

FACE-TO-FACE LEARNING

Young Minds Programme

*A 9-Month Career-Focused
Gap Year Programme for
School-Leavers & Young Adults*



The **Young Minds Programme** is specifically designed to equip school-leavers and young adults with the necessary skills, knowledge, tools, and mindset to be better prepared for the next chapter in their lives – the world of study and work, as well as life in general. This is achieved by helping them define their goals, strengths, and direction before enrolling in tertiary courses / degrees, embarking on a fixed career path, and building the life of their dreams.

Is this the right choice for me?

If you answer **'YES'** to any of these questions on the right, the *Young Minds Programme* could benefit you in the following ways:

- It will help you **understand yourself better** and **better define your life goals and overall direction**.
- It will help you **develop an entrepreneurial mindset**, and **create opportunities and wealth** for yourself, and others.
- It will help you gain the **necessary management and business skills** that will **increase your overall personal effectiveness and employability**.
- It will empower you to continuously **look to the future**, and **design a sustainable, viable, and feasible career**.
- It will expose you to the **practicalities and complexities of the real world of work and business**.

Have you matriculated and now want to prepare for a successful career?



Have you terminated your studies and now feel unsure about the future?

Have you just graduated and now want to create your own opportunities, or move into corporate business?





What can participants expect?



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FAQ 

A message to parents & sponsors:



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Content Overview



LIFE COACHING

Throughout the duration of the programme, you will be supported by a professional life coach who will support your personal development.

JOB SHADOWING

Through job shadowing guidance and your own initiative, you will receive the opportunity to explore the real world of work. Who you work for will be according to your own choice.

PSYCHOMETRIC PROFILING

Together, we will create a personal psychometric profile, which will help you better understand yourself, and others. By increasing your self-awareness, you'll be able to make better career and other important life decisions.

This is a 9-month programme that consists of two components:



Component 1

The first component will provide you with the basic theoretical framework of the modern economic environment. Classroom activities will take place three days a week, with assignments and practical work in between. Other practical activities (job shadowing), will take place after hours.

Over the course of this component, you will learn:

- Who you are and what you want to achieve in life.
- The dynamics of the modern economic environment.
- The essence of entrepreneurial thinking and behaviour.
- To capitalise on opportunities to create wealth for yourself.
- The principles of managing a small to medium business.

Component 2

The second component is a structured exploratory process where you will work independently but still be guided by a structured process of exploration – facilitated through activities, assignments, and the ongoing support of your life coach.

Over the course of this component, you will:

- Explore the practicalities of the real world of work.
- Report back on your experience in group presentations.
- Develop your presentation skills and confidence.
- Present a life plan and comprehensive business plan.

Learning Outcomes:

Over the course of 9 months, participants will be equipped to:

1. Integrate **personal mastery principles and techniques** to develop an **internal locus of control** and to **plan and manage self** and design, write, and present a **personal life plan**.
2. Apply **entrepreneurial thinking, skills, and behaviours** to identify opportunities for **creating wealth for self and others**.
3. Evaluate and implement **digital tools, technologies, and strategies** to enhance business processes.
4. Describe **business management principles and skills** to plan and **manage a small business or non-profit organisation (NPO)** and make recommendations on how such small business or NPO could **improve its impact and efficiency**.
5. Demonstrate **interpersonal skills and principles** to **work effectively with others** to achieve common goals.
6. Design and write a **comprehensive business plan**.
7. Explore the **reality of the world of work and business** as the basis for **considering career choices**.
8. Demonstrate **presentation skills** to write and deliver effective presentations.



Modules:

Business Management

Understand the holistic business management skills, principles, and practices necessary to plan and manage a small business effectively.

Entrepreneurial Thinking

Spot opportunities, leverage them, and design a business concept through the development and application of creative and innovative thinking.

Personal Mastery

Increase your self-awareness, discover who you are, what you want to be, and how to enhance your personal effectiveness to achieve success and fulfillment.



Academic Writing Skills:

Learn how to analyse and combine ideas from different sources, use proper referencing to avoid plagiarism, and write clearly with correct grammar and style.



E-commerce:

Develop and implement an e-commerce strategy and identify key operational aspects and legal, ethical, and cybersecurity best practices.



Financial Management:

Apply the basic principles and techniques of budgeting, accounting, and financial management.



Marketing:

Discover the basic principles of marketing, including the Marketing Mix. Learn about market research, marketing techniques, and designing a marketing plan.



People Management & Team Dynamics:

Plan, develop, motivate, and manage a productive Human Resource (staff) component for a small business.



Thinking & Paradigms:

Understand the concept of "paradigms," and its effect on your thinking, behaviour, and performance, as well as the lateral thinking required to break them.



Neuro Leadership:

Improve your personal mental functions by better understanding how the brain works and applying specific neuro-leadership techniques.



The Entrepreneurial Process:

Understand the process of creating opportunities and wealth / income for yourself, and others, using practical tools.



Operations Planning & Project Management:

Capitalise on a viable business opportunity by applying the basic principles of designing and managing a cost-effective business operation.



Career Planning & Personal Branding:

Map a potential career path using career management principles and guidelines, as well as your personal branding and psychometric information.



Economics:

Understand the dynamics of the modern economic environment and its impact on doing business.



Emotional Intelligence (EI):

Handle challenging interpersonal and conflict situations better, as well as build and maintain constructive relationships with others, by understanding and applying EI techniques.



Self Leadership:

Use guidelines to develop your personal vision, identify your life goals, as well as achieve success and fulfillment.



Innovation:

Capitalise on business opportunities by understanding and applying the principles of creativity, innovation, and design-thinking.



Presentation Skills:

Convey an effective and convincing message to others by applying different communication techniques and presentation skills.

In the spirit of continuous improvement, modules & module content are subject to change.

Putting the spotlight on
Personal Mastery



This theme is at the core
of the Young Minds Programme.

It encompasses subjects and elements, including:

Emotional Intelligence (EQ),

Career Management,

Life Coaching, a Life Planning project,

discovering Paradigms and shifting negative self-beliefs,

Self-Leadership,

Time Management and Personal Branding.

FAQ >

“

The three themes of personal mastery, business acumen, and entrepreneurship are skillfully integrated to enable impactful personal growth and insightful self-discovery towards future career aspirations.

”

ZELDA BURGER

FORMER LEARNING PROCESS FACILITATOR



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What does it cost? 2027 Price TBC

The fees cover the cost of the programme and programme material. It does not cover accommodation and transport, nor Wi-Fi / data and laptop cost. These additional costs are the responsibility of the guardian / parent / student and are therefore required to make the necessary arrangements.

Stellenbosch University Digital Certificate



- Upon successful completion of the programme, you will receive a secured digital **Certificate from Stellenbosch University (SU)**.
- This does not constitute a formal qualification, and successful completion of this programme does not facilitate admission to a degree at SU.
- It is, however, a valuable certificate to add to your CV – no matter the career direction you may choose.
- To qualify for this certificate, you must have attended a minimum of 90% of all activities, as well as passed all subjects and assignments with a minimum pass mark of 50%.

MORE INFO 

NOTE: As an official Stellenbosch University document secured with anti-fraud technology, it cannot be printed.

FAQ 

Deposits, Cancellations & Refunds



DEPOSITS & BALANCES:

- A non-refundable 10% deposit is payable within 7 days after the invoicing date.
- The balance of the programme fee is payable 2 weeks prior to the start of the programme (Due: February 2027).

CANCELLATIONS:

- All cancellations must be in writing and receipt confirmed via return email from the Programme Manager. In this case, only 90% is refundable where the applicant has paid in full upfront.
- Should the applicant cancel less than two weeks prior to the commencement of the programme, a cancellation fee of 15% will be levied.
- This cancellation fee is in addition to the 10% non-refundable deposit referred to above.
- Should the applicant cancel after the programme has commenced, a 100% cancellation fee will be levied.

Please note that programme fees and dates are subject to change.

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The course helped me to set out small goals toward my dreams.

Tsebo Koena - Young Minds Programme



How do I enrol?



Acceptance onto the programme will be granted based on the achievement of a minimum pass mark of 55% for prelim / mid-year Grade 12 results.



No specific Grade 12 / equivalent subjects are required for admittance to the programme.



Participants are still required to submit their final results to the Programme Manager on receipt, in order to be awarded their Stellenbosch University (SU) Certificate on successful completion of the programme.



Complete the application form and send it to the Programme Manager. As soon as your application has been assessed, we will send you an email to inform you whether it has been successful, or not.



Successful applicants will receive an acceptance letter that must be signed and sent back to the Programme Manager. Once we receive your letter confirming your intention to attend the programme, you will be invoiced.

Requirements to pass:

In order to qualify for the **Certificate from Stellenbosch University (SU)**, you must adhere to the following requirements:



A minimum pass mark of 50% in each component and module of the programme. If you do not pass an assignment, you will get a second chance – but you will only qualify for a 50% mark for such an assignment.



As the programme is, in essence, a personal development programme, personal discipline forms an integral part of the learning process.



Regular and punctual attendance of all scheduled activities is vital, and a minimum attendance rate of 90% of all scheduled activities, as well as 100% attendance of feedback and life coaching sessions, is required.



Arriving late for scheduled activities or leaving early will be deemed as non-attendance.

Cohorts (Groups):

To ensure optimum personal attention, participants will be divided randomly into cohorts (groups) for some of the learning activities (depending on the number of participants enrolled in the programme). This means that you will partake in large classes, medium-sized classes, small group activities, and individual activities (such as life coaching sessions), as part of your learning journey.

Learning Process Facilitator (LPF):

In order to enhance and support the learning experience of participants, each cohort will be assigned a dedicated Learning Process Facilitator (LPF) to coordinate the activities of the programme. The LPF plays the vital role of mediator, mentor, and advisor to participants and groups. The LPF is present in every class and is responsible for:

(1) Ensuring that session outcomes are achieved, (2) that all participants actively participate in discussions, and (3) that facilitators address all questions and concerns fairly, clearly, and in a manner that supports understanding.

Computer & Internet Access:

As you will have to submit assignments electronically (no written assignments will be accepted), you will need to have continuous access to a laptop with a stable internet connection.

Participants are responsible for their own arrangements relating to a laptop and W-Fi / data access for self-study and completion / submission of assignments.



How will I learn?

Over the course of **9 months**, participants will be **learning face2face** in an interactive in-classroom environment. These classroom sessions will take place on the **Stellenbosch University (SU) campus**, allowing participants to experience the student life unique to Stellenbosch. The venue for the programme will be communicated at a later stage.

Attendance for all scheduled classes and activities is compulsory. The full programme will be shared with participants prior to the start date.

Here's an example of our schedule:

2027 schedule to be confirmed

09 March – 04 November 2026

PARENT / SPONSOR ORIENTATION SESSION

DATE	TIME	WHERE
25 February 2026	16h30 - 17h30	Live, via Zoom

FACE-TO-FACE | STELLENBOSCH UNIVERSITY CAMPUS*

ORIENTATION WEEK	09 - 12 March 2026
LEARNING PERIOD 1	16 - 27 March 2026
RECESS	28 March – 06 April 2026
LEARNING PERIOD 2	07 April – 12 June 2026
RECESS	28 June – 19 July 2026
LEARNING PERIOD 3	20 July – 04 September 2026
RECESS	05 – 13 September 2026
LEARNING PERIOD 4	14 September – 23 October 2026
FINAL PRESENTATIONS	02 – 04 November 2026

* Although the programme is predominantly in-person, there will be some remote sessions (via Zoom) throughout. These will be communicated in advanced. **PLEASE NOTE: All dates are subject to change. The final comprehensive schedule will be shared with registered participants prior to the start date.**

Enquiries: **T** +27 (0)21 918 4488 **E** info@sbs-ed.com

FAQ 

Additional Information:

Use of sports facilities and participation in social activities at Stellenbosch University (SU):

As a participant of this programme, you are entitled to make use of the SU sports facilities and partake in organised social activities on the SU campus, through the Commuter Student Communities (CSCs) under certain conditions. In this regard, you are welcome to contact the following persons after you have registered:

Nyakallo Leotlela
Acting CSC Coordinator
nyakallo@sun.ac.za

LEARN MORE 

Jethro Georgiades:
CSC Manager
jethro@sun.ac.za

LEARN MORE 

IMPORTANT NOTE: Participants may only join the activities above once they have finally registered and received their student cards. As the programme starts later than other University programmes, participants will miss out on some of the CSCs early annual activities.

For Private Accommodation:

- **Neelsie Property Offices:**
+27 (0)21 887 3780
info@stellenbosch.rentals
- **Academia:**
+27 (0)21 887 1260
applications@academia.co.za

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Recognition of Prior Learning (RPL)

YMP

Young Minds Programme

Year 1

Entry

ACCESS ONLY -
NO CREDIT EXEMPTION



Foundational Degree In Operations Management (FdSc)

Mode: Face-to-face, Online or Modular

Admission Requirements: At the discretion of the institution

Duration: Part-time, estimated 18 to 24 months

On successful completion of the Young Minds Programme, participants can apply for recognition of prior learning (RPL) on the listed Lincoln foundational degree for **entry to Year 1**, on condition that they meet the language entry requirements as detailed below, as well as the application process and admittance criteria requirements.

[MORE INFO](#) ➤

Lincoln International Business School

Tracey White

E wbdladmin@lincoln.ac.uk

T +44 (0)1552 83 5539

[FAQ](#) ➤

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MORE INFO 

SBS-ED is proud to partner with Capitec Bank.

*Participants require a South African ID number to apply for the loan.



General Enquiries:

✉ info@sbs-ed.com
📱 +27 (0)21 918 4488

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