

### Who is Student Counselling and what is counselling?

This video provides an overview of the Department and debunks myths about counselling.

#### Student Counselling: Resources for Students



##### Student Self Care Corner- resource compilation to manage exam stress and pressure

This folder contains a compilation of essential resources for students to help them prepare for exams, but also to manage procrastination, productivity, stress and anxiety during exams. We include a links to videos on self care and coping strategies such as relaxation and mindfulness, and how to establish a positive mindset.



##### Build your career



##### Mental health



##### Study skills



##### Gender Based Violence (GBV)



##### Student Life



##### Self-Help Material

Self-Help booklets/brochures on various topics.

