

NEWSLETTER

Cornerstone
Learn to change the world

EDITION:2



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SAWUBONA

Welcome to the second-quarter edition of the Cornerstone Institute newsletter! We're excited to connect with you again. We aim to provide engaging content highlighting our dedication to education, innovation, and community impact.

We look forward to sharing many more informative and inspiring updates with you in the future!



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A word from the executive dean: Dr. Louw



Workplace Spirituality | Enhancing Purpose, Belonging, and Balance

Are you also experiencing this year as fast-paced and demanding? One major way to keep thriving at such times is to actively practise workplace spirituality in our organisation. Workplace spirituality is about recognising our humanity at work. Here are three ways in which we can do that.

Human beings need to experience a sense of meaning or purpose – feeling that they are contributing to something bigger than themselves. Regardless of what specific work we do at Cornerstone, we are making a difference to people's lives, helping them to get a higher qualification, which enables them to improve their living conditions. Ultimately, our work reduces poverty. How is that for meaning and purpose?

People need to have a sense of community or belonging, even at work. We are social beings, and it is painful to feel isolated or invisible. We can make our colleagues feel they belong by finding out what makes them tick, what they value outside of work. And a quick word to express appreciation or concern can go far in creating a sense of connection.

Another crucial aspect of workplace spirituality is work-life balance – the extent to which the workplace culture supports the integration of employees' work and personal lives. Short stints where work cuts into our personal time are normal, if they remain the exception. At the same time, sometimes people's personal lives and emotions may intrude during work time. We need to demonstrate understanding for this, without encouraging unprofessional behaviour.

Workplace spirituality is not just about being nice. Research shows that workplace spirituality increases job satisfaction and productivity. It is good for people, and it is good for business. Let's mindfully consider how we can contribute to workplace spirituality in Cornerstone!

OPEN DAY: A GATEWAY TO FUTURE SUCCESS



1

We had the pleasure of hosting an Open Day on campus, welcoming prospective students and their families to experience what our institution offers firsthand.

Open Day is a pivotal event for any educational institution. It provides prospective students with a comprehensive overview of the academic programmes available, allowing them to make informed decisions about their education and career paths.

Prospective students attended detailed programme briefings, explored our campus facilities, and engaged in interactive career sessions. These activities provided a real taste of the student experience and the academic rigor they can expect.

2



The success of Open Day relies heavily on the seamless collaboration between various departments. Our staff from different disciplines worked together to ensure each visitor received a well-rounded and informative experience. Academic departments provided insightful presentations and workshops, showcasing the unique aspects of their programmes. The collaboration and effort of all departments during Open Day reflect the essence of Cornerstone Institute—a place where education, opportunity, and community come together to create a nurturing and empowering environment for future leaders.



3

We also incorporated games and interactive activities to make the day more engaging, allowing prospective students to interact with current students and faculty in a fun and relaxed setting.



4

We look forward to welcoming the next generation of students and continuing our tradition of excellence and innovation!

GRADUATION: CONGRATULATIONS TO THE CLASS OF 2024!



5

On the 18th of May, we proudly celebrated the graduation of our students at Cornerstone Institute. This ceremony marked not just the end of an academic journey but the beginning of a new chapter filled with promise and opportunity.

Graduation is a significant milestone, and our students have shown remarkable perseverance and have overcome countless challenges to reach this point. Their determination to stick it out till the end is truly inspiring, and it speaks volumes about their commitment to their personal and professional growth.

Our theme was 'Sawubona,' a Zulu greeting that means 'I see you.' It's an invitation to truly perceive one another, embrace our diversity, and forge meaningful connections beyond the surface. We are committed to fostering an inclusive environment where everyone is seen, heard, and valued.



We couldn't be prouder of our graduates. They embody our values and the promise of a brighter future. Congratulations to the Class of 2024!

Graduation Highlights

Florence Geraldine Kilian - Against All Odds Bachelor of Arts

Florence Killian received the prestigious "Against All Odds" award. Despite the untimely deaths of her two brothers and father throughout her three years of study, Florence's perseverance and determination were evident. She is deeply grateful to her husband for his everlasting support, her coworkers for their consistent encouragement, and her children for their steadfast faith in her. Florence also expresses gratitude to the Cornerstone Institute facilitators, including Henrietta Settler for encouraging her to persevere, Nariman Laattoe for believing in her, and Candice and Claudine for their support.



Graduation Highlights

Anneke Roux - Top Student Bachelor of Arts Honours in Psychology (Academic)

Anneke Roux has been recognised as the top student in her category. Anneke expresses her profound gratitude to her parents, family, and friends as she completes her Honours in Psychology. She says, "Without their support, it would not have been possible. It's fantastic to see that all of my hard work has paid off."



Congratulations to Anneke and Florence on their incredible achievements and inspiring adventures. Their experiences remind us of the importance of endurance and community.

Welcome aboard, Jodi!

We are delighted to welcome Jodi Thompson as our new Front Desk Coordinator. Jodi brings a wealth of experience and a warm, friendly demeanor that will enhance our front desk operations.



MEET OUR MARKETING DEPARTMENT



The Marketing Department is dedicated to promoting our institution's values, programmes, and achievements to a wide audience. They are responsible for creating and implementing strategic marketing campaigns, managing our digital presence, producing engaging content, and coordinating events.





Zizipho Dyubeni
Marketing Manager



Thomas Barry
Marketing Intern



Koketso Moloto
Junior Content Coordinator



Vuyolwethu Fundam
Communications Lead



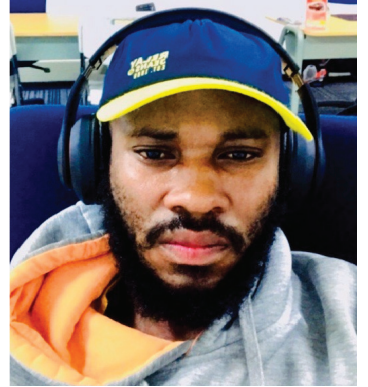
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Marketing Intern



Aurel Okuka Mokando
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Luxolo Qampi
Graphic Designer/ Video Editor



Anelisa Nqatha
Graphic Designer



Nomhle Wilson
Student Admissions Coach



Leanne Meyer
Marketing Coordinator



Joshua Coleman
Video Team Lead/ Senior Film
& Video Editor



Craig Hendricks
Recruitment Officer



Loella Njilana
Helpdesk Coordinator

Alumni Stories | Marjory Dick (Bachelor of Arts Academic Honours Psychology)

Navigating the world of higher education might be intimidating for students. Yet, the quality of their educational experiences profoundly shapes their academic success and personal development.

In this context, Marjory Dick, a Bachelor of Arts Academic Honours Psychology student at Cornerstone Institute, offers insights into her journey as a student. She admits that when she first arrived, she was taken aback by the modest size of the campus and lecturer rooms. But that meant that it was personal and intimate, she says.

"You are not just a number there. The staff know your name, and the lecturers chat with you. It's so beautiful and different from what I was used to in my undergraduate degree."

Reflecting on her classroom experiences, Marjory praises the dedication of the lecturers.

"It was such an amazing experience to walk into class and see someone teach with passion. Learning materials, workshops, and class discussions were seen as vital to the learning process, and not only as something to complete."

The Cornerstone Experience:

In what ways has your education at Cornerstone Institute prepared you for the challenges and opportunities you've encountered beyond the classroom?

I have gained so much confidence in what I know and what I can know. Cornerstone has enabled me to see my potential—not only what I can do but also what I can still learn. It's a blessing to learn, and they made it clear that learning is practical, fluid, and ever-changing. This makes it much easier to adapt to a space outside the classroom.

Can you speak to the role of community and support networks within Cornerstone Institute and how they have shaped your journey and growth as an individual?



The support at Cornerstone blew my mind! A term that some might be familiar with is 'gate-keeping', in which people withhold information to stay ahead. It was the exact opposite at Cornerstone. Everyone helped everyone. It was a space of collaboration and growth instead of competition and selfishness. Not only did they help me grow in my studies through various forms of support, from staff to lecturers to class members, but in myself, where I learned to outgrow the habit of gatekeeping.

What advice or insights would you offer current or prospective students navigating their development journey at the Institute?

Ask everything! Ask about socials and assignments, and ask for help, not with fear, but from a place of curiosity and wonder. Cornerstone is amazing! It allows for growth at your own pace.

There are so many lecturers and classmates you can learn from. There are so many new areas of interest that you can indulge in. Networking is so important, so talk to those around you and let them teach you. Bless those who get a taste of Cornerstone!

Cornerstone Institute - Learn to Change the World.

What's New?

Cornerstone Institute Partners with Wynberg Boys' High School Rugby Teams For Holistic Wellness



Cornerstone Institute proudly announces its partnership with Wynberg Boys' High School (WBHS) Rugby Teams as their dedicated Wellness partner. This collaboration underscores Cornerstone Institute's esteemed Psychology department and its unwavering commitment to advancing social justice.

In alignment with our shared vision, Cornerstone Institute will assume a pivotal role in nurturing the holistic wellness of the various teams at the school - particularly the high-performance cohorts. Recognising the multifaceted challenges athletes encounter, such as stress, anxiety, and other psychological pressures arising from competition, academics, or personal matters, this partnership aims to provide comprehensive support.

Central to our initiative is the provision of Mental Health Support through tailored workshops and group counseling sessions. Led by esteemed experts Dr. Serahni Symington and Nick Hardwick from Cornerstone Institute's distinguished Psychology Department, these sessions will address various aspects of mental well-being, performance enhancement, and team dynamics. Dr. Serahni brings over 15 years of expertise in private practice and academia, while Nick, a former student turned Senior Lecturer, specialises in programme evaluation and Research Psychology.

Studies, such as those published in Health Psychology Research, underscore the prevalence of stress among school athletes, with approximately 91% experiencing stress related to sports. Fear of failure and self-imposed pressure are cited as common stressors, underscoring the critical need for tailored interventions (source: <https://healthpsychologyresearch.openmedicalpublishing.org/article/70167-prevalence-of-stress-amongst-high-school-athletes-v2>).

Our commitment extends beyond mental health support. We are dedicated to driving Wellness Education by fostering performance enhancement, improving team dynamics, and facilitating the cognitive process of injury rehabilitation. Recognising the profound impact of holistic well-being on academic performance, interpersonal relationships, and overall life satisfaction, we are steadfast in our commitment to fostering a culture of well-being within educational settings.

In addition to our wellness initiatives, Cornerstone Institute proudly announces its collaborative sponsorship of the WBHS rugby jersey, symbolising our unwavering support for the school's athletic endeavors.

As we embark on this journey, Cornerstone Institute reaffirms its core values of service excellence, innovation, and responsiveness to social imperatives. Together with Wynberg Boys' High School, we aspire to cultivate a prosperous and equitable society while empowering individuals with the necessary social skills to confront today's challenges.