



## STUDENT DEVELOPMENT AND SUPPORT

Term 1, February 2025

# CONNECTOR

## NEW BEGINNINGS

New beginnings can be exciting and challenging at the same time. I find myself being filled with different kinds of emotions every time I start something new! Does that happen to you too? For instance, I am getting married next month and while I am very excited about this new beginning, I go through various emotions as I consider this commitment to my life partner. Ensuring that everything is ready on the day of the wedding requires thorough planning, good communication and finding the right resources to make the day special. Embarking on an academic journey is similar, as it is also a commitment.

You may be starting an academic journey for the first time, returning to engage with new lecturers and modules, or even changing career paths. Whatever your new beginning is, recognise the joy and angst that may come with it, always remembering your end goal. When you registered for your specific programme, you committed to completing all the requirements to reach your goal and graduate. This commitment will require thorough planning, good communication, and ensuring you have the right resources to make things flow easily.

As we start this new year, may your lives be filled with good things and may all the plans and goals you set for yourself come to pass. May you gain new knowledge, develop new skills, cherish your relationships, and grow in all areas of your lives.

Best wishes to you for 2025!

Beverley Dankers



## SDS Calendar

Term 1

### February

- First Year Support Group
- Academic Development Programme Workshop 1 & 2
- Academic Video Series & Discussions (Online)
- Nurtured Minds Matters Series: Enduring Bad Situations
- Overwhelmed & Mindfulness Workshop

### March

- First Year Support Group
- Academic Development Programme Workshop 3 & 4
- Academic Video Series & Discussions (Online)
- Nurtured Minds Matters Series
- Exam prep. & Study Skills Workshop

\*\*Keep an eye on your inbox for more info



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# Student Development & Academic Support

## Student Leadership

### Congratulations SRC 2025!

The new SRC team for 2025 were elected in September last year. After participating in a training and handover process they stepped into their new roles in November 2024.

Check out more details on their webpage.  
To contact them you can email:  
[src@cornerstone.ac.za](mailto:src@cornerstone.ac.za)

### Class Representatives

Each semester for each module a class rep. is chosen. This is a voluntary leadership role where you act as the primary liaison between lecturer and class. The SRC support you in this role. Should you be interested in becoming a class rep. you can volunteer to do so during your first lecture or tutorial.



**Timothy Simpson**  
B-com (Commerce)



**Lia Wells**  
BA Sociology & Comm. Dev.



**Armand Visagie**  
Bth Community Leadership



**Grace Simpson**  
BA Psychology

## Timeous Tips to Start Well

It is the start of the year and for some the start of your academic journey. It is essential to plan to succeed by first of all knowing how to use your time wisely.



Time management is an essential skill for achieving balance and ensuring efficiency in studies. Before you get caught up in the avalanche of responsibilities, take time to schedule your tasks:

- Prioritize the most predictable and essential tasks first (i.e. lectures, deadlines, etc.)
- Add in other priorities / tasks / events
- Maintain balance by scheduling time to rest
- Avoid an impossible schedule by making time for yourself, friends, family, hobbies, etc.

Balance while studying is essential for overall well-being which can enhance productivity and prevent burnout.

If it gets too much or you do not know what to do, please reach out.  
You can contact us at [academicsupport@cornerstone.ac.za](mailto:academicsupport@cornerstone.ac.za) for one-on-one sessions





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# Health & Wellness

## MENTAL HEALTH SUPPORT

**NEW YEAR,  
NEW HABITS,  
NEW GOALS!!**



A range of mental health and wellness services are available to Cornerstone students. Our mandate here at Student Development & Support (SDS) is to provide multifaceted, student-centered co-curricular engagement opportunities and relevant professional services. All offerings are evidence-based and aim to enhance quality of life, holistic wellness and student success.

Our services also offer various engagement opportunities throughout the year. These include, but are not limited to, psychosocial support, psychological interventions, and mental health promotion and psychoeducation. Other offerings include Health and Wellness workshops, Nurtured Mind Matters video series, career assessments, reasonable accommodations for students with disabilities, as well as a Gender Equity and Empowerment Project.

## IMPROVING WELLBEING, INSPIRING SUCCESS

### ABOUT LAST YEAR

Welcome to the new year, 2025!  
It is good to take some time to reflect on the previous year and to see how much you have grown. Take some time to think about the goals you set up for yourself in 2024 and make a checklist of how much you have achieved. Enter this year with a renewed mind and a smart strategy on how to achieve your 2025 goals.



### GOAL SETTING 2025

Goal setting is an excellent exercise for starting the year. Make an intentional effort to achieve your dreams by following these easy steps:

- On a piece of paper, write 10 goals you want to achieve in the first six months.
- On a separate page, write another 10 goals you want to achieve in the last six months.
- On the same paper, write all the resources, activities, people, and strategies that will help you reach your goals.
- Write 10 good habits you need to adopt to achieve your goals
- Write 10 habits you need to let go or eliminate to reach your goals.
- Write 10 ways in which you will reward yourself for each goal you achieve.

To schedule a counselling session email [counselling@cornerstone.ac.za](mailto:counselling@cornerstone.ac.za)





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# News & Events

## Online Communities @ Cornerstone

**Cornerstone**  
Learn to change the world

*Cornerstone is coming to KZN to connect with you!*

**KwaZulu-Natal Regional Connect**  
23 November 2024

**JOIN US**

Want to meet your Cornerstone KZN community?  
Need in-person support?  
Interested in learning more about our courses?

Cape Town to Durban

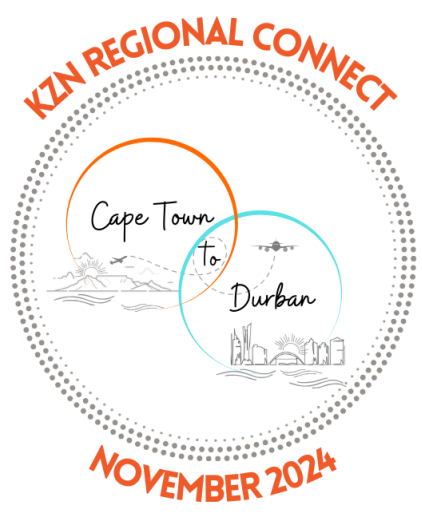
Gatvol Coffee – 30 Braemar Ave, La Lucia, Durban North  
15:00 to 17:00

**UPDATE!**  
Cornerstone visited KwaZulu-Natal at the end of November 2025.

Keep an eye on your inbox for when we might be visiting your region! In the meantime, join our virtual connect where we meet one another over video platforms.



If you would like to become part of a regional community, contact [onlinecommunities@cornerstone.ac.za](mailto:onlinecommunities@cornerstone.ac.za)



For other forms of support email [sds@cornerstone.ac.za](mailto:sds@cornerstone.ac.za)