



STUDENT DEVELOPMENT AND SUPPORT

Term 3, July 2025

CONNECTOR

TENACITY

A warm welcome to our new students! To our returning students, I hope that the break from your studies gave you time to focus on your families and loved ones, your work (if you are employed), or the time you needed to rejuvenate and be ready for this next stretch.

I believe you all have unique qualities, and as I thought about you, I wondered if you were to list the qualities you have or things that make you who you are as a person, whether the word tenacious or TENACITY, would be one of them? In an academic environment, TENACITY is quite important. You see, when you have TENACITY, you just won't quit until you reach your goal! It means hanging in there when you feel like giving up, having determination even when the odds are against you, doing that reading even when you think it has no relevance to your chosen field of study, or staying up one more hour to get your assignment in on time.

From experience, sometimes, I have to drag myself along to complete the goals I have set for myself. Reminding myself of why I set the goal in the first place motivates me to continue. I challenge you to keep going, with TENACITY, and let it be the quality that others admire and aspire to when they see you!

All the best for term 3!
Beverley Dankers



SDS Calendar

Term 3

July

- Semester begins (14 July)
- Class Reps Elected
- Academic Development Video Series
- Academic Development Programme (Workshop Series)
- Cultivating Healthy Boundaries Workshop
- Mandela Day Project

August

- Academic Development Video Series
- Academic Development Programme (Workshop Series)
- Nurtured Minds Matters Series- Video
- Gauteng Virtual Regional Connects
- Navigating Work-Life Balance Workshop

Keep an eye on your inbox for more info about each out these.



STUDENT DEVELOPMENT
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Student Development & Academic Support

Student Leadership

Class Representatives get elected each semester in the first week of classes to voluntarily represent their class and liaise with the lecturer on behalf of the class.

These students need to display good student leadership potential and have the capacity to accept the responsibility of being a class rep.

Once elected, the class reps will be added to a class rep. whatsapp group (managed by the SRC) where they can then receive guidance from the Student Representative Council (SRC) related to student leadership matters.

The **Student Representative Council (SRC)** gets elected each year for their voluntary term of service. This year's election process is set to start in August 2025.

We are looking for suitable candidates who exemplify the Cornerstone values (Integrity, Respect, Inclusivity, Creativity, Unity, and Excellence) and demonstrate excellent student leadership potential. Please be on the look out in your module groups for who you would want to represent you as a student body.

Keep an eye out on your emails for more information on how to nominate someone and when to do so.



The Academic Essentials

If you were about to embark on a journey, what are the essentials you would need to pack? Similarly, for your academic journey, once you have registered there are a few other essentials you need for the journey to be a success. Make sure you have the essentials below before you start:

- Your **Cornerstone student email** - always use this email to communicate with the institution.
- Your **Cornerstone Funda Login details** - Funda is the Learning Management System where all your course material will be accessed and your assignments will be submitted.
- The **Academic Guidelines** - this is your ultimate guidebook for all your assessments. Read it and make sure to always have a copy close by.
- The **Student Handbook** - a helpful general guide to all the basic information you need to know related to being a student at Cornerstone.
- The **Referencing Convention** - know & understand how to use it (Academic Guidelines)
- The **Assignment Template** - find this in your Orientation Module on Funda
- The **Module Outlines** for each module registered for - explains everything you need to know about each module including assignment deadlines.
- The **Timetable** - clearly lays out when you will have lecturers/ tutorials
- A personal **schedule/calendar** - to stay organized and manage your time.



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 for one-on-one sessions



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Health & Wellness and Counselling

Mental Health & Well Being

June was Men's Health Month! It was a time to check in, speak up, and prioritize the kind of care that too often gets pushed to the back burner. At the Student Development and Support department, we believe mental health is just as important as physical health.

As a holistic student support department, we're here to support men in prioritizing their well-being with options that include mental health services, counselling, and more. Let's break the stigma and start the conversations.

Contact counselling@cornerstone.ac.za for one-on-one sessions.



Term 3 Essentials: Health & Wellness Tips

MENTAL WELLNESS

- Prioritise rest: Manage academic stress with proper sleep 7-9 hours nightly.
- Mind your mental health: Take regular breaks, practice mindfulness, journaling, or deep breathing.
- Reach out for support: Don't hesitate to connect with counsellors or support services if feeling overwhelmed.



SOCIAL & EMOTIONAL WELLNESS

- Stay connected: Nurture positive relationships with peers, family, and your support network.
- Set healthy boundaries: Balance your academic, personal, and social life.
- Practice gratitude: Reflect daily on positive moments to boost mood and resilience.



PHYSICAL WELLNESS

- Stay active: Incorporate daily movement - even a 5 minute walk helps.
- Eat balanced meals: Choose whole foods, hydrate with at least 2 litres of water daily, and avoid excessive caffeine.
- Limit screen time: Schedule screen-free moments to reduce eye strain and fatigue.



ACADEMIC WELLNESS

- Stay cyber-safe: Protect personal information and practice safe online behaviors.
- Be aware on campus: Know campus safety protocols and emergency contacts.



Mandela Day Mugs of Motivation

"A good head & a good heart are
always a formidable combination"

Nelson Rolihlahla Mandela

- Fill a mug with treats or stationery & drop it off at the SDS office from the 14th to the 18th of July.
- Spend your 67 minutes with us on the 18th of July from 10 to 11:07am at the SDS offices packaging the mugs & writing inspirational notes to the teachers & staff.

Partner with us as we encourage
& support the teachers & staff at
Sunridge Primary School

- We will spend time at the school one afternoon in July. If you are interested in being part of the team, please indicate in the link below and we will keep you updated on how you can be involved.

USE THE QRCode TO INDICATE HOW
YOU WILL BE CONTRIBUTING





STUDENT DEVELOPMENT
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News & Events

Online Communities @ Cornerstone



Cornerstone
Learn to change the world

KWAZULU-NATAL REGIONAL CONNECT

Cornerstone Institute in
KwaZulu-Natal AGAIN

27 JUNE 2025
15:00-18:30pm
Gatvol Coffee, La Lucia

CORNERSTONE INSTITUTE IS COMING TO KZN TO CONNECT WITH YOU!

- Want to be reunited with your Cornerstone KZN community?
- Need to connect with us for in-person support?
- Interested to know more about what we offer? Come and meet up with us!

UPDATE!

Cornerstone visited
KwaZulu-Natal for the
second time in June.

It was a blast! We had a lot of
fun engaging with over 45
people in various locations
around Durban.



BUILDING GLOBAL LEADERS



If you are interested in being part of one of our online communities or you want
more information email onlinecommunities@cornerstone.ac.za

For other forms of support email sds@cornerstone.ac.za