



STUDENT DEVELOPMENT AND SUPPORT

Term 3, July 2026

CONNECTOR

KEEPING THE MOMENTUM

Welcome to Term 3

As we begin Term 3 of the 2026 academic year, we would like to extend a warm welcome to all students joining the Cornerstone community this term. Starting a new journey can feel both exciting and overwhelming, and we are delighted to have you with us.

To those who have recently completed their studies, congratulations on reaching this important milestone. Your hard work, commitment, and perseverance have brought you to this point, and we celebrate your achievement. We wish you every success in the journey ahead.

For students continuing with their programmes, take a moment to recognise how far you have already come. By this stage of the year, the pace can feel demanding and the workload heavier. If you are feeling stretched or uncertain, know that you are not alone.

Use this term as an opportunity to refocus, build on what is working, and make small adjustments where needed. Remember that support is available, and reaching out for help is a sign of strength, not weakness.

Wishing every student a focused, meaningful, and successful Term 3.

Xabiso Mnyengeza - Student Experience Coordinator

SDS Calendar

Term 3

July

- Academic Development Video Series
- Preventing Burnout Workshop
- Academic Development Programme
(Workshop Series incl. Referencing, paraphrasing, etc.)

August

- Nurtured Minds Matters Series
- Academic Development Video Series
- Academic Development Programme
(Workshop Series incl. Referencing, paraphrasing, etc.)

*Check your inbox for more info



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Term 3

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.

You could get a certificate acknowledging your service as a leader.

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 2026.

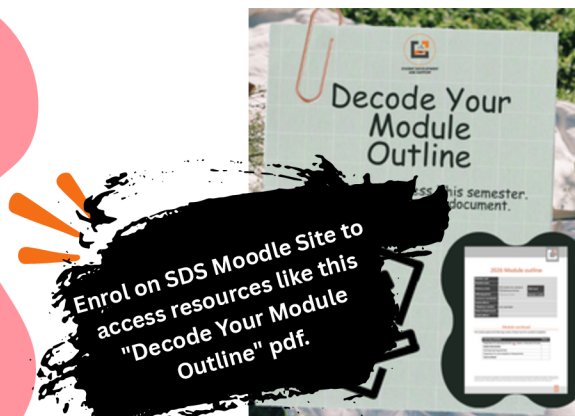
We are looking for suitable candidates who exemplify the Cornerstone values (Integrity, Respect, Inclusivity, Creativity, Unity, and Excellence) and demonstrate excellent student leadership potential. Please be on the look out in your module groups for who you would want to represent you as a student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

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



A Fresh Start with Fresh Eyes

New Term, new modules! While you have insight into navigating your way around studying at Cornerstone Institute by now, remember that every module comes with its own unique roadmap.



Enrol on SDS Moodle Site to access resources like this "Decode Your Module Outline" pdf.

Your Module Outline is your best friend for the next few months. Download it, read it thoroughly, and mark those assessment due dates from day one.

Important reminder: You have the first two weeks of semester to finalise your module registrations (the Module Amendment Period). If a module isn't quite what you expected, or you've changed your mind, this is your opportunity to make any changes you need free of charge and before the deadlines lock in.

You can contact us at academicsupport@cornerstone.ac.za for one-on-one sessions



Term 3 Health & Wellness

Thriving Through Self-Care: Why Well-being Matters

Well-being is about more than just academic success. It means nurturing your emotional, mental, physical, and social health so you can thrive, not just survive.

- Emotional: understanding and managing your feelings
- Mental: keeping your mind sharp and focused
- Physical: caring for your body through rest and movement
- Social: building connections that support you
- Spiritual: finding meaning and purpose in what you do



Self-Check-In



Pause and reflect. These questions can help you tune in to how you are really doing:

- How am I feeling emotionally today?
- Am I getting enough rest?
- Have I connected with someone I trust recently?
- Am I being kind to myself?
- What do I need more of right now?
- What do I need less of?

The Importance of Rest

Rest is not a reward, it is a necessity. Give yourself permission to pause without guilt.

- Set a consistent sleep routine
- Take short breaks during study sessions
- Spend time away from screens before bed
- Allow yourself a full rest day each week
- Try calming activities: reading, music, or nature walks



Caring for Your Emotional Well-being

- Journal your thoughts and feelings
- Practise mindfulness or deep breathing
- Express yourself creatively
- Set healthy boundaries
- Limit exposure to negativity



Building Meaningful Connections

- Join a group or club on campus
- Reach out to someone you trust
- Be present in your interactions
- Offer support to others too



Remember

You deserve the same care and compassion you give to others. Start small. Start today.



Term 3 Health & Wellness

Small Acts of Self-Care Matter

Self-care is not selfish, it is essential. Taking small, intentional steps each day helps you stay grounded and energised.

- Drink enough water throughout the day
- Take a short walk outside between tasks
- Write down three things you are grateful for
- Spend time on a hobby that brings you joy
- Stretch your body for 5 minutes each morning
- Listen to music that lifts your mood



Practising Self-Compassion

Be kind to yourself, especially when things feel hard. Growth is not always linear, and that is okay.

- Celebrate your efforts, not just results
- Let go of unrealistic expectations
- Speak to yourself as you would a friend
- Accept that bad days are part of the process
- Rest without guilt when you need it
- Acknowledge how far you have come



Signs You May Need Extra Support

It is okay to ask for help. Look out for these signs:

- Persistent sadness or low mood lasting more than two weeks
- Feeling overwhelmed by stress that does not ease
- Withdrawing from friends, family, or activities you enjoy
- Difficulty sleeping or changes in appetite
- Loss of interest in things that used to matter to you
- Feeling hopeless or unable to cope



Wellness Reminder

Well-being is not a destination, it is an ongoing practice. Be patient with yourself.

"Take care of yourself with the same compassion and commitment that you give to others."

For counselling support, contact: counselling@cornerstone.ac.za



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Term 3 News & Events

Who is new?



MéniQue Haasbroek joins the **Student Development Services (SDS)** team as a **Student Registered Counsellor (SRC)** within the Health and Wellness Department. She is currently **registered with the HPCSA** and will be supporting students with well-being and mental health. Originally from Jeffreys Bay in the Eastern Cape, MéniQue previously studied through Nelson Mandela University and Varsity College in Port Elizabeth. She is passionate about creating **safe, supportive spaces** where students can explore personal growth, build resilience, and thrive academically and personally. MéniQue looks forward to connecting with students and contributing to the **holistic wellness** and development of the Cornerstone community.

What is new?

Cornerstone Institute paid a visit to Sandton for our much anticipated **Gauteng Regional Connect** which took place from 6 - 7 May. It was a great time of connection with students, alumni, and staff and extended the Cornerstone community beyond Cape Town.

Cornerstone is Coming to Gauteng

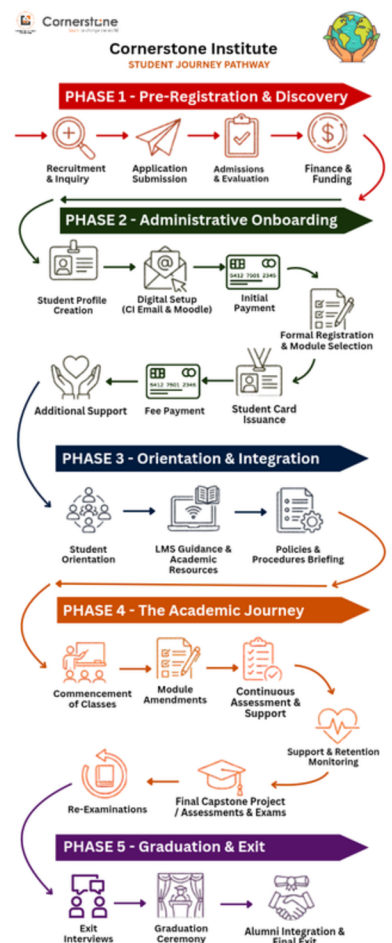
Join us in Sandton on **6-7 May 2026**
to gain insights from Cornerstone, build
your network, and learn about
resources for your success.

6-12 6-7 May 2026

4 pm-8 pm

Workshop17 West Street, Sandton

RSVP Now



Contact us at SDS@cornerstone.ac.za