

Newsletter

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Society for Student Counselling in Southern Africa (SSCSA)

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EDITORIAL



Violence on Campus

As Student Counselling practitioners we are all aware of the potential of violence on our campuses. We often have to deal with the consequences of sexual violence, racial and homophobic intimidation, initiation rituals, suicide and aggravated assault with a dangerous weapon. In that regard the campus is a reflection of the violent society that we live in. An extreme recent example of violence on campus was the Virginia Tech incident in the USA. In April of this year a student went on a shooting rampage, killing several fellow students and staff members, eventually taking his own life.

Confronting the potential for a similar incident on South African campuses is an unpleasant but necessary task. A simple violent act on campus can have devastating consequences for the entire student and staff community. There are two broad ways in which Student Counseling, together with other stake holders on campus, can approach potential violent incidents. The first is to focus on preventative measures and the second is to be ready to respond to such a critical incident in an appropriate way.

A holistic approach to campus violence **prevention** would include some of the following as listed by the 2005 Campus Violence White Paper of the American College Health Association:

- Become aware of campus policies and practices which promote violence and change them
- Create an organizational culture where violence is unacceptable and address the entire continuum of violence on an ongoing basis
- Model the correct behaviour that respects the rights of others
- Encourage staff and students to raise grievances and establish forums where their concerns can be dealt with in a fair and constructive manner
- Infuse the use of non-violent behaviour to manage conflict into all aspects of curricular and co-curricular life
- Become aware of students' mental health problems, assess the risk of violent behaviour and refer where necessary
- Provide training to academic and administrative staff to make early referrals of students in distress
- Encourage staff and students to report verbal and written threats, possession of weapons and bizarre behaviour

- Make staff and students aware of the services available on campus in case of a crisis situation

In **responding** to a tragedy on the scale of the Virginia Tech killings it becomes important to have developed policy and procedures for critical incident stress debriefing. Counsellors need to be trained in managing the debriefing sessions of the affected members of the campus community as well as conducting some of the long term counseling if needed. A coordinated response to a critical incident on campus would usually form part of an institution's disaster management plan.

The **response of the EMC and GMC** to the Virginia Tech incident is that institutions should be ready to identify potential violence and respond to it in an appropriate way. Some of the suggested ways in which SSCSA members could equip themselves would be to organize training workshops in the regions, conduct research on violence and present papers at the annual conference as well as discussing the issues in other student services forums. In this way we are able to develop and share best practice.

I hope that you find the August newsletter informative and that those of you who are attending the SSCSA conference will find it intellectually stimulating and socially rewarding.

Abie de Villiers
EDITOR

MESSAGE FROM THE PRESIDENT

Dear Colleagues

We are in the last half of the year and we are approaching the annual conference which will be held at the UNW campus in Vanderbijlpark from 17-21 September. You will find more information in this newsletter and the EMC hopes to see as many of you as possible at the event. The conference programme is full of interesting and informative presentations, apart from the usual social events for which the SSCSA is rightly famous.

The EMC-GMC joint meeting was held in Vanderbijlpark on 11-14 June. The meeting dealt with the usual pre-conference business such as the selection of papers, workshops and posters, confirming the conference programme and visiting the conference venue. It also considered the two important documents namely the Position Paper and the Revised Constitution. Both documents were amended after the RAU (or is it UJ?) island meeting. The documents will be sent out to all

members as part of the pre-AGM documentation. Even for those of you who may not be able to attend the conference, the documents will be informative and worth looking at. You will find that the Society is projected to be more inclusive of all the disciplines that are found in the restructured units. We trust that it will help to consolidate collegiality in units and in the wider Society. Those of you who will be attending the conference and the AGM, are urged to familiarize yourselves with the documents in order to speak authoritatively about them if necessary. My wish is that we will not spend much time on minor issues like choice of words or editorial changes. We should strive to agree on the principled matters like the name, the various membership categories and the requirements for membership in the EMC.

The conference will also mark the end of my term as President in fact it would have been almost two successive terms. At times I have felt that I should step down from the position due to various other high priority commitments in the University. However, everybody seems to have full programmes at this stage and so I decided to see out the term. At the AGM you will have to elect at least a President-elect. It would be wise for nominators and nominees to consider the time required to spend on SSCSA matters. It can be quite considerable and one of the recommendations for the position of the President and I would think the President-Elect is that the person should have flexi-time to meet the various commitments. I trust that the right person will emerge and will be able to lead the Society into the next phase of its existence.

I will have another opportunity to do so at the conference but I want to thank all of you who I may not see for your support over the last two years. I am confident that we have laid a solid foundation for the next few years and that the SSCSA will continue to play a definitive role in promoting the cause of student counseling and development in Southern Africa.

Kind regards

At van Schoor

EXECUTIVE MANAGEMENT COMMITTEE (EMC) NEWS

Information on resolutions taken at the EMC and GMC meetings in June 2007:

- There will be a number of proposals for fundamental changes to the SSCSA's Positional Paper and Constitution presented at the September AGM. ONLY paid

up members will be allowed to vote on these proposals. The deadline for outstanding membership fees is 31 August 2007. The last updated list of paid up members should be sent to the Financial Coordinator at the end of August.

- Regions should plan to organize at least one activity per year in the region for obtaining CPD points. The matter of applying for CPD will be discussed at the conference.
- Kwa-zulu Natal will host the 2008 conference, while Botswana will host the 2009 conference. The possibility of a roster where regions will take turns in hosting the annual conference will be discussed at the conference.
- The EMC decided on the following broad theme for the SSCSA annual conference over a period of 3-5 years: **Promoting Wellness in Higher Education**. Conference organizers can choose a particular area to explore within the broader theme.
- At the GMC meeting a decision was taken to provide the following opportunities for care and assistance to colleagues experiencing change and trauma as a result of a merger: (1) Consulting with colleagues at other institutions on issues such as the development of structures and staffing. (2) Discussing merger issues and the development of best practice at regional level and allowing opportunity for debriefing. (3) Contacting the SSCSA Regional Chairpersons who could make appropriate referrals for direct assistance.

2007 SSCSA CONFERENCE

The 28th Annual SSCSA Conference will take place in the Emerald Casino and Hotel in Vanderbijlpark on 17 - 21 September 2007 and will be hosted by the Vaal North West Region. The theme is: "*Student Counselling: A positive proactive view on the future*". The emphasis is on a positive view which can include all the sub-disciplines within the society. Further details can be obtained from the conference coordinator, Petra Lawson, Petra.Lawson@nwu.ac.za or the conference webpage (www.nwu.ac.za).

Important Dates:

Final date for submission of abstracts:	1 June 2007
Notification of acceptance of abstracts:	15 June 2007
Final closing date for registration:	24 August 2007
Final date for full papers for refereeing:	24 August 2007
Registration confirmation:	4 September 2007

NEWS FROM THE REGIONS

Eastern Cape Region

Darryl Smith
Chairperson

The annual 2007 mini conference in the Eastern Cape was held at Assegaai Trails near Grahamstown on the 25-26 June. All the institutions participated in the presentations and the catering at this year's annual event! We had 35 members attending. The highlight (apart from the evening socializing) was a workshop on Positive Psychology presented by Dr Hanna Van Lingen.

As a region we look forward to the 2007 conference and hope to continue our tradition of attendance and quality presentation. Our thanks also go to the EMC for their considerable efforts on behalf of the SSCSA members.

NELSON MANDELA METROPOLITAN UNIVERSITY (NMMU)

NMMU Student Counseling, Career and Development Centre (SCCDC) continues to consolidate itself at the end of the local merger process which is now nearing completion. We have been able to make positive use of various opportunities to re-position student counselling, career and development services. We are looking forward to exciting times ahead.

News items from our Programme and Campus Coordinators are:

Wellness Celebration

As part of the SCCDC's annual Wellness Celebration an Environmental awareness campaign has been organised to coincide with the annual Staff Spring Walk held at the Nelson Mandela Metropolitan University.

Career Counselling

The SCCDC has recently been granted generous outside funding for the provision development of career resources on the Missionvale (former Vista) Campus. This will enable the centre to increase the extent of its career outreach work in the community.

Peer Helping

The Peer Help team continues with its local, national and international partnerships in developing Peer Helping as a viable strategy to promote student retention and throughput in Higher Education. Several SCCDC staff members have again benefited from working with our partners at Gothenburg University both in Sweden and in Port Elizabeth.

Research Development

We are pleased to announce that we have very nearly completed the latest revamp to our main Student Counselling Database, and that it will be available for sale within the next few months.

We would also like to introduce two additions to the Research and Development team. Sonja Barnard is currently completing part of her Master's research placement with us, and Warren Leonard is a Psychology Honours student who has joined the team in his capacity as a research assistant.

Get ready for the Orientation Challenge for 2008!

The NMMU Orientation Team would like to initiate an Orientation Summit at the National SSCSA Conference in 2008. A prelude to this was a Regional Summit held during the Eastern Cape Regional Conference in the tranquil setting of the Assegai Trails Camp near Grahamstown in June 2007. At the 2008 conference we hope to showcase Higher Education Orientation Programmes which are spearheading the movement towards first year student orientation for new generation universities. Orientation has been targeted as one of the centrally-driven student retention strategies that might have to expand in an effort to improve our success rates. This is in line with requirements stipulated by the DoE that universities must grow their success rates by 2010.

We would like to extend an invitation to staff involved in student orientation to come and share their Orientation successes at the 2008 conference - together we can grow the new generation. Student Counselling at the NMMU, where Orientation is located, we would like to get the ball rolling so that this summit can take place. Don't underestimate your programme - you might have a unique gem that could serve as a catalyst for growth in other institutions. Look out for further information at the 2007 Conference.

**Centre for Access Assessment and Research (CAAR) at the NMMU:
Focus on the National Senior Certificate**

The implications of the NSC is high on the agenda of all higher education institutions in South Africa. In terms of Career Counselling interventions the NSC will impact on student's subject choices and career paths as well as on career planning, development and final choice. Regarding access, changes in admission processes and practices will need to be facilitated with the introduction of the NSC. Staff in the CAAR office have been tasked with running NSC workshops within the institution and with other relevant stakeholders such as Life Orientation teachers so that we are prepared for the 2009 intake. We will also be presenting workshops on the NSC at this year's SSCSA Conference as well as at the PsySSA Conference.

Free State Region

Sunell Wiehman
Chairperson

SSCSA ACTIVITIES

Alan Ahlfeldt presented a Creativity Workshop on 30 and 31 May 2007. All our members attended. We had fun discovering each others true colours.

Our regional meeting was held during July. At this meeting we finalized our plans for the De Bono Workshop (presenter Dr Charl Cilliers). This will take place on 6 November 2007. Members from other regions are welcome to attend and can contact Petro Herbst at (051) 4012853 for more information.

NEWS FROM KOVSIE COUNSELLING

Our offices are currently being renovated. We are looking forward to our "funky brand new look". Despite all the chaos we have tried to keep it business as usual even if it meant we had to see clients in the kitchen.

Our multimedia library is still going strong! We've ordered the Study Methods DVD from Stellenbosch and this has been well received by Kovsie Students. This DVD as well as "The Secret" are shown on a weekly basis.

NEWS FROM STUDENT DEVELOPMENT AND SUCCESS

Student Development and Success and Kovsie Counselling are currently involved in the planning of a brand new 3 week orientation programme for Kovsie students.

This new programme promises to provide students with the necessary skills to become master students!

KwaZulu-Natal Region

Saloschini Pillay
Chairperson

Fazila Padayachee
Administrative Coordinator

INTRODUCTION

The KZN Region presents its activities and highlights for the period June to August 2007. This is a very busy time at Counselling Centres especially for those Centres that engage in Exclusions and Appeals counselling and programmes and projects for Women's month. Counsellors are very busy responding to the overwhelming number of students requesting Counselling or supporting letters for the purposes of the Appeals Committee.

HIGHLIGHTS OF THE REGIONAL COUNSELLING CENTRES

UKZN Westville Campus

Retention Project

The Retention Project, piloted by the Centre for Student Counselling, UKZN Westville Campus is receiving growing interest from all sectors on campus. The project was first presented in 2005 to Faculty staff and piloted in 2006 and due to the valuable data received, was once again implemented in the Faculty of Health Sciences for 2007.

The Risk Assessment was administered in 2006 to 193 out of 255 students in each discipline within the Faculty of Health Sciences. The analysis revealed and confirmed a vast amount of information regarding the risk factors that students are confronted with in their first year of study. Students participating in the project are also given an opportunity to explore and gain insight into their risk factors. The analysis was presented according to 5 intervention areas, i.e. individual personal risk factors, skills risk factors, academic risk factors, health risk factors and career choice risk factors.

Of concern is the fact that 41.5% of the students found that the terminology used in the lecture is challenging to them and poses a problem when comprehending the lecture. Having the ability to plan and manage time is an essential skill for student retention and the results indicate that 56% of the students have difficulty

managing their time, a pattern that is also noted during Counselling at the Centre. A student experiences various stressors at University that impact negatively on their studies, 34% of the students indicated that they were not able to effectively control their stress levels. Students are at a stage of development when they are developing new relationships and the Centre has noted that it is one of the highest problem categories that present during Counselling. The results reflected that 23.3% indicated that they had a personal problem and 17.1% experience relationship problems which impacts negatively on their studies.

Interventions were offered to students prior to the year-end examinations, however many who had indicated risk factors did not respond as they were busy preparing for the exams. Further, the turnover of ADP's (Academic Development Persons) in each discipline in the Faculty of Health Sciences as well as the absence of ADP's in some schools impacted, negatively on student's response as the ADP's played a role in facilitating the students' access of the interventions.

Celebrate Women

In keeping with the 2007 National Women's Day theme "*Ending Impunity for Violence Against Women and Girls*", the Centre for Student Counselling (Westville Campus) hosted 2 events which highlighted the fact that eliminating violence against women remains one of the most critical and pressing challenges of society. Violence against women and girls is not only devastating but is unacceptable as it violates women's human rights and is one of the major hurdles in achieving gender equality.

To celebrate Women's Rights and the tenacity to triumph despite all odds, the first event hosted on 16th August, was the screening of the captivating movie "*Once were Warriors*". The movie tells the story of an urban Maori family, the Hekes and portrays the reality of domestic violence.

The second event hosted on 23rd August was in the form of a panel discussion entitled "*Violence Against Women*". An array of speakers touched on issues of Sexual Harassment, the Legal Aspects of Domestic Violence and procedures on how to report incidences of Violence. An evaluation of the programme by participants showed that the usefulness of the forum discussion, depth and thoroughness in dealing with the topic and audience participation was good. Students agree that similar awareness programmes are valuable in educating them about domestic violence and abuse in general.

All speakers highlighted the resources available, procedures, policies and services which are in place to assist persons who are victims of violence and abuse. Of note was the testimony of Cookie Edwards, Director of the KZN Network on Violence Against Women who relayed her personal experience of abuse and violence from

childhood to adult life. She emphasized that abuse and violence cuts across race, culture, creed, ethnic group and social standing. She now refers to herself as the "*Voice for the Voiceless*" whose adversity empowered and educated her to become a motivational speaker, both nationally and internationally.

Lucky draw prizes sponsored by Premier Campus Bookshop and Adams Campus Bookshop were awarded to 8 lucky participants.

Disabled Students Support programme

The Office for Students with Disabilities (Westville Campus) (OSD) hosted a successful workshop entitled "*Understanding Language Learning Disorder (LLD) and Attention deficit Hyperactive Disorder (ADHD) in Tertiary Students*" on 1st August 2007. Punjee Naidoo, Co-ordinator of OSD (Westville Campus) together with Penny Flack, Discipline of Speech-Language Pathology and Pragashnie Naidoo, Discipline of Occupational Therapy facilitated the workshop. The aim of the workshop was to create awareness among the academic sector on the needs and challenges experienced by students with learning disabilities. A total of 25 participants attended the workshop. The absence of the majority of the academic staff was noted with regret. The evaluation report indicated that 75% of the participants considered the workshop relevant. Audience participation, depth and understanding and style of presentation were rated as very good.

Feedback from the breakaway groups is listed below:

- Accessibility of information and lecture notes should be given to students with learning disabilities prior to lectures.
- Assessment should focus on understanding as opposed to accuracy in spelling. The use of scribes can be useful.
- Need for collaborative work with all stakeholders in identifying students with Learning Disabilities. Provide training to mentors and tutors in the early identification of said students which would assist in providing support and assistance timeously.
- Academics to ensure that question papers are proofread prior to the exams being written to alleviate disruptions on exam days. Of concern to Invigilators and students with learning disabilities is that they are distracted by these interruptions to address changes on the exam papers.
- Need to market and advertise the availability of support services for students with learning disabilities.
- Conduct education and awareness programmes.
- Develop a policy to meet the needs of students with learning disabilities.
- Adopt a multidisciplinary approach.

Western Cape Region

Donna Weakly
Chairperson

Elmarie van der Walt
Administrative Co-ordinator

Regional Meetings and Training Opportunities

The Western Cape held its second regional meeting on 5 June. We were hosted by Student Counselling, CPUT (Bellville Campus). Staff from Stellenbosch University, namely Charl Cilliers, Handré Brand and Le Roux van der Westhuizen, addressed members on the very relevant topics of benchmarking and impact studies for student counseling centers. Participants found this a very useful exercise and were enthusiastic to take the concepts and ideas back to their units to look at possible implementation.

On 1 August we had our third regional meeting, held at Student Counselling, Stellenbosch University. Prof Mark Watson from NMMU did a presentation on post modern approaches to career counselling - also introducing members to a new instrument, namely the MSCI (My System of Career Influences) developed by Wendy Patton, Mary McMahon and Mark Watson.

Our next meeting will take place on 20 November and our topic will be self care.

News from the Region:

EDUCOR (Previously ICG)

ICG recently underwent a merger and is now known as EDUCOR. Student counselling is involved with the at-risk calls to students that seem to have dropped out or are not actively participating in their studies (e.g. have not submitted recent assignments). They are also currently in the process of investigating psychometric instruments for assessment and placement of students.

Northlink

Northlink College is undergoing new developments re staffing - two new counsellors have been appointed. The implementation of services has been difficult because the service is spread out across 8 campuses. Northlink also has a new programme - students who complete grade 8 to 12 on Northlink campuses - together with older people studying HE programmes. This results in clients of very different age groups and constitutes a big challenge. In addition the College is also in the process of getting a new College Council, which might lead to further changes for the institution and, consequently, for Student Counselling services.

University of Stellenbosch (US)

The unit got results back from the First Year Academy - the aim of the programme is the early identification of first years at risk. The CPD-Well programme has had 4 meetings already. This initiative, by Student Counselling and Development, is aimed at providing psychologists with CPD activities via presentations and case discussions as well as on-line articles. There currently are 530 participants participating on the different streams.

Another initiative is the LearnWell4Life DVD, which is now available in three languages and includes a manual for peer facilitators. The new Student Counselling and Development website was also launched at the beginning of August. Please feel free to have a look.

The unit got in a consultant to assist the team with looking at critical performance indicators - this process includes linking these indicators with the strategic plan of university, which also entails re-looking at the organogram. This exercise will impact on job descriptions and performance management contracts. It also includes a process of bench marking. Staff are currently involved in four different research projects, namely a longitudinal impact study (2004-2006), looking at the experience of students in the life skills programme within the medical school, bench mark research as well as interrogating the communication gap between staff and students. The staff, however, also has time for fun: a team building exercise on took place on 22 of June at Arniston.

Cape Peninsula University of Technology (CPUT)

Self care activities are on the CPUT agenda this year. Regular peer supervision sessions are scheduled for counsellors to get together informally to discuss cases and other concerns. CPD points have been obtained for the attendance of the sessions. Staff have also had two teambuilding events - they went to Kirstenbosch for a fun walk and did a full day workshop on self care on 24 August.

Student Counselling did training with school teachers, involved in career counselling, on a career decision making model - this took place over four Wednesday afternoons during May. It was very well rated by participants.

A Student Counselling Newsletter for staff and students was distributed in July, marketing services and addressing relevant topics, e.g. sexuality, anxiety disorders and wellness.

Wellness Celebrations took place on our Wellington and Bellville campuses in March already and Cape Town campus is following suit - a Wellness Fiesta is taking place on

this campus on 3 September and will include live entertainment and the distribution of information on the seven dimensions of Wellness.

New chairperson for the WC region

It is with sadness that we had to say goodbye to Laurent Cadet de Fontenay, who served as regional chairperson this past term (year and a half). Laurent has been offered a job in the UK and is going there to explore this opportunity. It is not only the staff from the University of Stellenbosch that will miss him, but also the members from the Western Cape region, as well as the members of the SSCSA as a whole. Since he joined Student Counselling at the University of Stellenbosch and became an active member of the Society, members have come to know him as someone who brings loads of enthusiasm and dedication to everything he tackles. We wish him all the best with his new venture.

At our last meeting, we have elected another staff member from the US, Student Counselling team, to chair our region - **Donna Weakley**.

Swaziland Region

Sindisiwe Malindzisa
Chairperson

At the conference in 2006, hosted by the Eastern Cape Region, Swaziland was given regional status, and Ms Sindisiwe Malindzisa is the Regional Chairperson and Mr Thulani Shongwe is Regional Administrator. SOTESCO had an annual general meeting last November in which a new executive committee was elected, and the Vice Chairperson was made the Regional Administrator so that he can work with the Chairperson on SSCSA issues. It was also decided on that general meeting to add the Regional Chairperson in the executive committee of SOTESCO. The membership for SOTESCO presently comprises of 22 institutions that include the University, colleges and other training institutions.

The University of Swaziland Student Counseling Office has been involved in a number of activities since the beginning of the academic year in August 2006. It has a fully established Peer Educators and Counselors (PECs) groups in all the three campuses of the University. It has established house committees in the students' residential halls that frequently organize meetings with the students, peer counselors and the student Counselor's Office. PECS are also involved in the orientation of 1st year students, when a new academic year begins in August. The Student Counseling office has also hosted Voluntary Counseling and Testing services last September that were provided by PSI. There were three workshops held for the Peer Counselors and Educators last November, one on basic counseling skills, and

another on food and nutrition for People Living with HIV & AIDS and the last one was on HIV & AIDS. The Student Counseling Office is involved in outreach programmes with communities and schools. In the schools the peer counselors and educators train students on life skills. The counselor carries out home visits to clients' homes, especially those clients who are students. There is also an information desk which students use to get condoms and written information, which is apparently actively used by the students. The office is in the process of establishing working relationships with the Department of Correctional Services, where they will be providing training on life skills and counseling for warders and inmates.

Some of the members of SOTESCO are in a Student in Free Enterprise (SIFE) project. This is a project that is coordinated by the student counselors in the colleges in which students are encouraged to start income generating projects, and viable projects are entered into a regional competition. Last November, there was a workshop for the students in the colleges involved in this project, which was hosted by the University of Swaziland. And, this year November a group of students will leave for Norway on the same project.

TRAINING

All monthly meetings include a training section in an attempt to bring all members at par on dynamics involved in student counseling. The region also held a 2-day workshop using the funding from SSCSA on July 31 to August 1. Topics covered included student counseling concept, basic processes and skills; principles and ethics for counselors; suicide among students; sexuality and sexual orientation. Ngwane Teachers Training College held its first peer counselors' training workshop, with the help of the Student Counseling Office in the University of Swaziland.

SSCSA Conference

Members have always attended conference in large numbers, but did not take an active part in the conference. This year, as a result of the training we have in our meetings, the region will have five papers presented at conference. In our May meeting we discussed the Draft Position Paper and the Revised Constitution, and members agreed with the proposed inclusive membership, election of president, role of membership and name change.

OTHER ACTIVITIES

The society is involved in out reach activities with schools and communities. We have career's fair for school leavers in March every year to provide career guidance to those who have just completed high school education. Members also participated in a Youth Day in the northern part of the country, where they made presentation

on guidance and counseling at tertiary institutions. We are in the process of compiling member profiles, so that we can know our members and their training needs. The region will hold a one-day mini conference on 31 August, to prepare for the SSCSA conference in September. The constitution for the region is being reviewed to be in line with the revised SSCSA constitution.

TRAINING FORUM

Continuous Professional Development (CPD)

The training forum section aims to provide an opportunity for us to share SSCSA training sessions arranged for Student Counselling staff in the regions and the units. Please forward summaries of workshops, papers or articles that you would like to share with the SSCSA community.

The Professional Board for Psychology has supplied the following dates for the application of CPD points:

Meeting Dates	Submission Dates
End March	End January
End June	End April
End September	End July
End November	End September

The CPD guidelines are available on the HPCSA website: www.hpcsa.co.za/CPD.

Training in the Regions

Regions reported on the following **training sessions**:

Free State

Alan Ahlfeldt presented a Creativity Workshop on 30 and 31 May 2007. All the members attended. We had fun discovering each others true colours.

Swaziland

The region also held a 2-day workshop using the funding from SSCSA on July 31 to August 1. Topics covered included student counseling concept, basic processes and skills; principles and ethics for counselors; suicide among students; sexuality and sexual orientation.

Eastern Cape

Dr Hanna van Lingen conducted a workshop on positive psychology as part of the Eastern Cape mini-conference in June.

Western Cape

Charl Cilliers, Handré Brand and Le Roux van der Westhuizen, from the University of Stellenbosch, presented on: Benchmarking and Impact Studies for Student Counseling Centers. Participants found this a very useful exercise and were enthusiastic to take the concepts and ideas on this very relevant topics back to their units to look at possible implementation.

Prof. Mark Watson from the Nelson Mandela Metropolitan University (NMMU) presented on qualitative approaches to career counseling and discussed the My System of Career Influences Workbook (MSCI) developed by himself and his Australian colleagues. Prof Watson stimulated participants into thinking about the uncritical application of psychometric instruments, developed and standardised mainly in America, within a uniquely South African context. In addition to the various instruments available, members were also encouraged to take cognizance of the ongoing and recursive interaction between the individual, the social as well as the environmental systems. We have applied for CPD accreditation for this activity, but are still waiting to hear whether it has been approved.

THIS and THAT

Staff News from the Regions and Units

Eastern Cape

Nelson Mandela Metropolitan University

The student Counselling Unit of would like to introduce you to new staff members:

- **Alida Sandison.** Alida was a lecturer in the NMMU Psychology Department. Personality development and assessment is one of her areas of interests.
- **Kameshnee Ramasamy** a registered Psychologist has rejoined the Student Counselling and Career Development Centre at Nelson Mandela Metropolitan University after spending a few years at the University of the Witwatersrand Counselling and Careers Development Unit.

- **Candice Chetty**, a registered counsellor, has joined the North Student Counselling Team as a permanent staff member this year. While her contribution to the Centre is covers a wide range, her passion lies in the field of career counselling. Her other passion is 1 year old Jayden
- **Sheralyn Hornby** has joined the Student Counselling, Career & Development team at NMMU in January 2007 as a junior student counsellor. She qualified in 2006 and registered with the Psychology Board as a Registered Counsellor shortly afterwards. She has enjoyed the many growth opportunities afforded in her new position so far as well as the stimulating and supportive team environment.
- **Zainuneesa Dolley** has returned to SCCDC as a Student Counsellor after having worked in industry for four years.
- **Gail de Zitter** joined the SCCDC team on contract in April 2007 after completing her internship at the end of 2006 at Student Counselling at Rhodes University. She enjoys dealing with students.

University of Fort Hare

- Two male counsellors, Mr Dabula and Mr Mdikana have been recruited for the unit. Mr Dabula has joined the unit on the 2nd July 2007. Mr Mdikana is expected on the 01st October 2007.
- Miss Mabusela will be transferred to the East London Campus for equity purpose and will join the East London SCU office on the 2nd October.
- Mrs Mlisa's took sabbatical leave as follows: 01 June - 30 July 2007. She attended and presented a paper at the AEGIS European Conference on African Studies in Leiden Netherlands from the 11 - 14th July 2007 in Panel 66 - Traditional Religion and Healing in Africa and the Role of the Inner Sense; which she convened. Her paper was titled: "Dreams, vision and intuition: traditional therapy among Xhosa amagqhira in Southern Africa."
- Mr Sam Van Musschenbroek rejoined the unit on the 01 June 2007. Mr Van Musschenbroek was on sabbatical leave 01 April 2006 - 31 May 2007.

Kwazulu-Natal Region

The UKZN Westville Campus welcomes Ms Mary Mkhize as their new intern for 2007 and Mrs Paulette Naidoo as Student Counsellor. We also wished Susan Kongwa farewell and every success in her new job at ABSA in Pretoria.

Kovsie Counselling

A new psychologist has been appointed at Kovsie Counselling. Me Lerato Makhele will join the team in November 2007.

Cape Peninsula University of Technology (CPUT)

Mr Amith Ramballie was appointed as a Student Counsellor at CPUT and started on the Cape Town campus on 1 June 2007.

Stellenbosch University

Laurent Cadet de Fontenay has left the Centre for Student Counseling and Development to take up a position in Britain. Donna Weakley was elected as the new regional chairperson for the Western Cape in his place.

EDUCOR (Previously ICG)

Quinton Meiring joined the team on the 14th of May, in the position of Lynne Lyndall (as a learner counsellor).

EMC and GMC DETAILS FOR 2007

Executive Management Committee (EMC):

President:	At van Schoor vschowa@unisa.ac.za
President Elect	Nomfundo Mlisa lmisa@ufh.ac.za
Financial co-ordinator:	Anita Fourie anitaf@uj.ac.za
Administrative Co-ordinator:	Anlia Pretorius anliap@uj.ac.za
Public and Regional Liaison officer:	Abie de Villiers devilliersab@cput.ac.za

Regional Chairpersons (RCs):

Botswana:	Keba Mophuting mophutik@mopipi.ub.bw
Eastern Cape:	Darryl Smith darryl.smith@nmmu.ac.za
Free State:	Sunell Wiehman wiehmans.rd@mail.uovs.ac.za
Kwa-Zulu Natal:	Saloschini Pillay pillaysl@ukzn.ac.za
North West:	Harm Stavast harm.stavast@nwu.ac.za
Swaziland:	Sindisiwe Malindzisa sindma@yahoo.co.uk
Western Cape:	Laurant Cadet de Fontenay ldf@sun.ac.za
Witwatersrand:	Thomas Mkhathshwa thomasm@uj.ac.za

NEXT NEWSLETTER

The next quarterly edition of the SSCSA newsletter will be distributed in November 2007.

Check SSCSA website regularly for information and updates. Back copies of the SSCSA Newsletter are also available on the website.

www.sscsa.org.za



Invoice

Date:

From: Financial Co-ordinator, SSCSA

Postal Address: Dr Anita Fourie
Student Counselling
PO Box 28669, Kensington, 2101

Contact Details: Tel: (011) 406 2117
Fax: (021) 406 2271
E-mail: anitaf@uj.ac.za

To: Member Institution

Please pay according to the membership scale provided and attach a list of all members you paid for. Please fax or post a copy of this with a copy of your deposit slip to **Dr Anita Fourie**.

Members can either pay by **cheque** or by **direct deposit** into the society's account.

Please make **cheques** payable to the **SSCSA** and preferably deposit your payment directly into our account.

STANDARD BANK : CURRENT ACCOUNT
HATFIELD BRANCH : 011545
ACCOUNT NUMBER : 011948167
REFERENCE : **Insert name of Institution**

Please note that when **direct deposits** are made into the Society's account, on the deposit slip at the bank, under reference – you **must** indicate the institution that is making the payment. Failure to do this would result in “**unknown**” payer. Please fax through a copy of your deposit slip:

For Attention: Dr Anita Fourie
Fax Number: 011- 406 2271.



Society for Student Counselling in Southern Africa

Website: www.sscsa.org.za

Membership Application Form

Vision The SSCSA strives to be a dynamic and proactive network of counselling and development service providers within higher and further education in Southern Africa.

Mission Our mission is to promote and protect the interests of counselling and development service providers, and develop and monitor the delivery of counselling and development services, at institutions for higher and further education in Southern Africa.

Membership

Full Membership:

All institutions of higher or further education in Southern Africa may apply for full membership of the Society on behalf of individuals employed within their Counselling & Development Centre(s).

Individuals employed within such centres will be deemed full members of the Society if the application for membership by their institution has been approved by the Society and the required fees paid.

Associate Membership

All educational institution which are not institutions of higher or further education in Southern Africa may apply for associate membership of the Society on behalf of individuals employed within their Counselling & Development Centre(s).

Individuals employed within such centres will be deemed associate members of the Society if the application for membership by their institution has been approved by the Society and the required fees paid.

Affiliated Membership

Individuals not employed at an educational institution in Southern Africa but whose work is directly related to the academic, career, personal and/or social well-being and development of prospective and registered students pursuing higher or further education in Southern Africa, may apply for affiliate membership of the Society.

Such individuals will be deemed affiliated members of the Society if their application for membership has been approved by the Society and the required fees paid.

PLEASE COMPLETE AND FORWARD TO:

Anita Fourie
anitaf@uj.ac.za
Phone: 011 406 2117
Fax: 011 406 2271
Student Counselling University of Johannesburg
P.O.Box 28669, Kensington, 2101

Institution: _____

Unit / Department: _____

Name of Head/ Director: _____

Postal Address: _____

Postal Code: _____

Telephone number: _____ Facsimile number: _____

E-mail address: _____

Preferred means of correspondence: Post E-mail Other _____

Main services rendered by your unit or department: _____

Number of staff members you would like to register: _____

Please see next page for Membership Fee Structure



Society for Student Counselling in Southern Africa

Website: www.sscsa.org.za

Membership Fee Scale

Number of Individual Members	Individual rate (Not an option)	Total Fee for Institution	Title	Surname & Name of Individual members	Job Title / Specialization Field	E-mail address / Phone nr
1	390	1390				
2	385	1770				
3	380	2140				
4	375	2500				
5	370	2850				
6	365	3190				
7	360	3520				
8	355	3840				
9	350	4150				
10	345	4450				
11	340	4740				
12	335	5020				
13	330	5290				
14	325	5550				
15	320	5800				
16	315	6040				
17	310	6270				
18	305	6490				
19	300	6700				
20	295	6900				
<ul style="list-style-type: none"> ➤ R 1000 standard fee for each institution ➤ Decreases with R 5 for each individual member ➤ Associate member: 75% of applicable scale ➤ Affiliated member: 75% of Individual Rate 1 ➤ Interest group: 75% of Individual Rate 1 ➤ Student member: Individual Rate 1 less R100 						

Fax or e-mail Anita Fourie – 011 406 2271 or anitaf@uj.ac.za