

# COUNSELINK

## STUDENT COUNSELLING GOES DIGITAL

09 | JULY-2020 | VOLUME:1

DEPARTMENT OF  
**STUDENT  
 COUNSELLING  
 AND HEALTH**

### OUR INTERNS

Student counselling is proud to present our new team of hard working, determined and beautiful interns. The team consists of two intern psychologists:

Hannah Elsner and Sinothile Makhathini, and two public relations interns: Ntobeko Zondo and Kgotlelelo Mnisi.

### WORKSHOPS

During the national lockdown, the Student Counselling Centre has been providing the following workshops on Microsoft Teams:

Psychological First Aid.  
 Self-care during COVID-19.

Gender-Based Violence.

Transitioning to online learning.

Supporting families during COVID-19.

CRC POA to fight against the negative effects of COVID-19 on career choice and career related issues.

*By: Ntobeko Zondo*

The whole world has been hit horribly by the Corona Virus pandemic, yet your DUT Student Counselling Centre searched for and found a loophole to carry out its duties to assist students during this difficult time. Student Counselling abided with digital formats to continue its services, the centre is now using an application called Doxy.me for counselling sessions and Microsoft Teams for all online workshops. Bookings for counselling sessions are directed to [candicel@dut.ac.za](mailto:candicel@dut.ac.za) during working hours.



You can also make a booking for a counselling session by calling call 031 373 2266. The centre is offering online counselling sessions for the health and safety of students and staff. The Student Counselling Centre also has a subdivision called the Career Resources Centre. The Career Resource Centre is a unique facility that is dedicated to the housing of updated and current career related information. Its primary role is to provide critical support to registered and prospective students. To access the Career Resource Centre services, you can call 031 373 2571 or email [VuyelwaD@dut.ac.za](mailto:VuyelwaD@dut.ac.za).

**NB: Due to the COVID-19 pandemic, all consultations are to be booked and done online.**

**We care about you and your health, stay safe, always wear a mask, and do not forget to sanitize your hands.**

# GENDER BASED VIOLENCE DIALOGUE

The Student Counselling Centre hosted its first ever online Gender Based Violence dialogue on Microsoft Teams on the 3rd of July 2020. The dialogue was a success, with more than 20 people attending. The dialogue was facilitated by the centre's Public Relations interns, Kgotlelelo Mnisi and Ntobeko Zondo.

The main aim of the dialogue was to create an open, safe, and conducive space for students to have meaningful conversations on the topic of gender-based violence. The dialogue was also aimed at raising awareness of critical issues related to gender-based violence, to gain insight on what our students know about the topic, while also identifying areas where much education on the matter is still needed.

The dialogue gave us an opportunity to hear the voices of our students and to identify potential programs that the department of Student Counselling could implement to raise awareness on the core issues relating to gender-based violence.

The dialogue focused on the following aspects:

- What is gender-based violence?
- The different forms of gender-based violence.
- The role of gender stereotypes as a contributing factor to gender based violence.
- Factors ignored around gender-based violence.
- Platforms for males to openly share experiences and views of gender-based violence.
- What has hindered the success of the fight against gender-based violence?
- What is the institution doing to educate and support students?
- DUT gender-based violence policy.

The dialogue was a great learning opportunity for everyone who was involved. As the department of Student Counselling, we would like to thank all the participants who attended and shared their views on this matter.



## Counselling Services:

- Individual counselling for personal and relational issues.
- Individual supportive counselling for chronic illness.
- Individual career counselling.
- Individual study skills counselling.
- Psychological crises/ emergency.
- Life skills and personal development workshops.
- Academic study skills and workplace preparation workshop.
- Leadership development.
- Peer Helper and mentor training.
- Academic advocacy.
- Time concessions.



## Career Resource Centre Services:

- Information on different career choices.
- Company profiles, addresses and annual reports.
- Information on educational institutions locally and internationally.
- Information on bursaries.
- Economic and job market information.
- Job search information.
- Assistance with CV writing.
- Interview Skills and preparation.
- Access to computer for CV writing.



## Contact details:

### Durban Campus

Student Counselling: 031 373 2266 or  
email [candicel@dut.ac.za](mailto:candicel@dut.ac.za)

Career Resource Centre: 031 373 2571 or  
email [VuyelwaD@dut.ac.za](mailto:VuyelwaD@dut.ac.za)

### PMB Campus

Counselling services: 033 845 8976 or  
email [thokozanis1@dut.ac.za](mailto:thokozanis1@dut.ac.za)

Career Resource Centre: 033 845 8976 or  
email [SindisiweD@dut.ac.za](mailto:SindisiweD@dut.ac.za)