

Unit for Academic Counselling and Development (UACD)
Academic Skills and Personal Development Work sessions
2025

All sessions are offered in person—unless otherwise indicated.
Please send an email to studysuccess@sun.ac.za to enroll/cancel for a session.

Semester 1

February 2025					
10	Mon	Classes start			
13	Thu	Intern orientation session for work sessions	13h – 14h00	Den Bosch	Interns & Supervisors
18	Tue	Academic skills needed at Uni (1)	13:10 – 14h		
			16:10 - 17h	online	
19	Wed	Managing time as a student	13:10 - 14h		
			16:10 - 17h	online	
20	Thu	Beat procrastination	13:10 - 14h		
			16:10 - 17h	online	
25	Tue	Academic skills needed at Uni (2)	13:10 - 14h		
			16:10 - 17h	online	
26	Wed	Managing time as a student	13:10 - 14h		
			16:10 - 17h	online	
27	Thu	Building academic self-confidence	13:10 - 14h		
			16:10 - 17h	online	
March 2025					
4	Tue	Skills to focus and concentrate better	13:10 - 14h		
			16:10 - 17h	online	
5	Wed	Academic skills for success	13:10 - 14h		
			16:10 - 17h	online	
6	Thu	Dealing with failure	13:10 - 14h		
			16:10 - 17h	online	
11	Tue	Skills to focus and concentrate better	13:10 - 14h		
			16:10 - 17h	online	
12	Wed	Managing my time as a student	13:10 - 14h		
			16:10 - 17h	online	
13	Thu	Dealing with failure	13:10 - 14h		
			16:10 - 17h	online	
18	Tue	Academic skills for success	13:10 - 14h		
			16:10 - 17h	online	
19	Wed	Handling stress/anxiety for better results	13:10 - 14h		
			16:10 - 17h	online	
20	Thu	Academic skills for success	13:10 - 14h		
			16:10 - 17h	online	
28	Fri	Classes end for first Quarter			
April 2025					
7	Mon	Classes start for second Quarter			
9	Wed	Building self-confidence academically	13:10 - 14h		
			16:10 - 17h	online	
10	Thu	Beat procrastination	13:10 - 14h		
			16:10 - 17h	online	
15	Tue	Skills to focus and concentrate better	13:10 - 14h		
			16:10 - 17h	online	

16	Wed	Dealing with low marks and failure	13:10 - 14h		
			16:10 - 17h	online	
23	Wed	Skills to focus and concentrate better	13:10 - 14h		
			16:10 - 17h	online	
24	Thu	Beat procrastination	13:10 - 14h		
			16:10 - 17h	online	
May 2025					
6	Tue	Handling academic stress and anxiety	13:10 - 14h		
			16:10 - 17h	online	
7	Wed	Exam writing skills	13:10 - 14h		
			16:10 - 17h	online	
8	Thu	Handling academic stress and anxiety	13:10 - 14h		
			16:10 - 17h	online	
13	Tue	Exam writing skills	13:10 - 14h		
			16:10 - 17h	online	
14	Wed	Handling academic stress and anxiety	13:10 - 14h		
			16:10 - 17h	online	
15	Thu	Exam writing skills	13:10 - 14h		
			16:10 - 17h	online	
16	Fri	Classes end for second Quarter			
20	Mon	Exams start for Semester 1			

Semester 2

July 2025					
21	Mon	Classes start for third Quarter			
29	Tue	Managing time as a student	13:10 - 14h		
			16:10 - 17h	online	
30	Wed	Academic skills for success	13:10 - 14h		
			16:10 - 17h	online	
31	Thu	Managing time	13:10 - 14h		
			16:10 - 17h	online	
August 2025					
5	Tue	Academic skills for success	13:10 - 14h		
			16:10 - 17h	online	
6	Wed	Managing time as a student	13:10 - 14h		
			16:10 - 17h	online	
7	Thu	Skills to focus and concentrate better	13:10 - 14h		
			16:10 - 17h	online	
12	Tue	Handling academic stress and anxiety	13:10 - 14h		
			16:10 - 17h	online	
13	Wed	Academic skills	13:10 - 14h		
			16:10 - 17h	online	
14	Thu	Managing time as a student	13:10 - 14h		
			16:10 - 17h	online	
19	Tue	Skills to focus and better concentration	13:10 - 14h		
			16:10 - 17h	online	
20	Wed	Handling academic stress and anxiety	13:10 - 14h		
			16:10 - 17h	online	
21	Thu	Managing time as a student	13:10 - 14h		
			16:10 - 17h	online	
26	Tue	Building self-confidence academically	13:10 - 14h		
			16:10 - 17h	online	

27	Wed	Skills to focus and concentrate better	13:10 - 14h		
			16:10 - 17h	online	
28	Thu	Academic skills for success	13:10 - 14h		
			16:10 - 17h	online	
September 2025					
2	Tue	Beat procrastination	13:10 - 14h		
			16:10 - 17h	online	
3	Wed	Handling stress/anxiety for better results	13:10 - 14h		
			16:10 - 17h	online	
4	Thu	Managing time as a student	13:10 - 14h		
			16:10 - 17h	online	
5	Fri	Classes end for third Quarter			
15	Mon	Classes start for fourth Quarter			
16	Tue	Study skills for success	13:10 - 14h		
			16:10 - 17h	online	
17	Wed	Handling stress/anxiety for better results	13:10 - 14h		
18	Thu	Skills to focus and concentrate better	16:10 - 17h	online	
October 2025					
1	Wed	Building self-confidence academically	13:10 - 14h		
			16:10 - 17h	online	
2	Thu	Beat procrastination	13:10 - 14h		
			16:10 - 17h	online	
7	Tue	Skills to focus and concentrate better	13:10 - 14h		
			16:10 - 17h	online	
8	Wed	Dealing with low marks and failure	13:10 - 14h		
			16:10 - 17h	online	
9	Thu	Building self-confidence academically	13:10 - 14h		
			16:10 - 17h	online	
14	Tue	Beat procrastination	13:10 - 14h		
			16:10 - 17h	online	
15	Wed	Skills to focus and concentrate better	13:10 - 14h		
			16:10 - 17h	online	
16	Thu	Study skills for success	13:10 - 14h		
			16:10 - 17h	online	
21	Tue	Handling academic stress and anxiety	13:10 - 14h		
			16:10 - 17h	online	
22	Wed	Exam writing skills	13:10 - 14h		
			16:10 - 17h	online	
23	Thu	Handling academic stress and anxiety	13:10 - 14h		
			16:10 - 17h	online	
24	Fri	End of classes			
27	Mon	Exams start for Semester 2			