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RHODES UNIVERSITY
Where leaders learn



Avil Kivitts, Heather Ferreira, Minnon Hotzhausen, Sarah Green, Zukile Madlebe,
Nomangwane Mrwetyana, Tanja Smuts, Delvene Gelderbloem, Phumeza Booi, Natasha
Douglas Second row from the left Vuyani Nyezi, Mike McInerney, Colleen Vassiliou,
Mpho Mbewe, Zininzi Bomoyi, Thandi Mzizi, Neville McLean
Absent on day of photo Lisl Foss, Leezal Visagie, Kirsten Friis,
Noluthando Ngindana and Glenda Hetula

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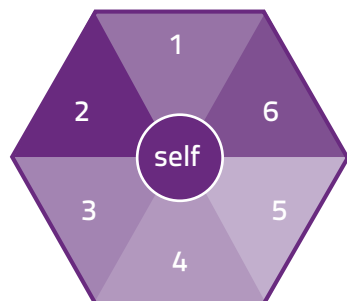
What is Wellness?



Wellness has traditionally been defined as freedom from disease; thus, if you were not sick, you were considered healthy. This perspective has changed and while everyone still agrees that the absence of illness is one part of being healthy, it does not mean that one is necessarily in a state of wellbeing.

Wellness is not the mere absence of disease, but rather a proactive and preventative approach designed to achieve optimum levels of health, as well as social and emotional functioning. Wellness can also be defined as an active process through which one becomes aware of the possibility of a more successful existence and makes choices aimed at achieving this state.

- 1 Emotional
- 2 Mental
- 3 Spiritual
- 4 Environmental
- 5 Social
- 6 Physical



A wellness-oriented lifestyle encourages one to adopt habits and behaviours that promote better health and an improved quality of life. It also involves the process of recognising that one has physical, mental, social, emotional and spiritual needs, with each dimension being necessary for optimal levels of functioning.

Wellness is a positive approach to living that emphasises the whole person. It is the integration of the body, mind, and spirit; and the appreciation of the fact that everything one does, thinks, feels and believes has an impact on the state of one's health.

Wellness is a dynamic process of change and growth. There are many interrelated dimensions of wellness, each of which is equally vital in the pursuit of optimum health. It is both a practice and a process, and requires great patience and persistence. Wellness embraces one's entire being.

For more information on wellness, please visit:

<http://www.definitionofwellness.com/>



Manager: Student Wellness
Dr Colleen Vassiliou

Student Wellness Management Team

Colleen Vassiliou (Manager: Student Wellness and the Counselling Centre),
Thandi Mzizi (HIV officer), Sarah Green (Manager: Career Centre),
Heather Ferreira (Head Nurse: Health Care Centre)



Tell us more about Student Wellness

The division, headed by the Dean of Students (DoS) underwent a restructuring process at the beginning of 2012, giving rise to a new section known as Student Wellness. This section encompasses the Counselling Centre, the Career Centre, the Healthcare Centre, and the HIV Office – all of which are dedicated to helping students and staff achieve optimum wellness and balance in their lives. The Counselling Centre and the Career Centre can be contacted on (046) 603 7070 or counsellingcentre@ru.ac.za while the Healthcare Centre and the HIV Office can be contacted on (046) 603 8523 or healthcarecentre@ru.ac.za

This publication is aimed at providing students and staff with more information on the services offered by Student Wellness. More details on the Counselling Centre can be found on pages 3 and 4, while the Career Centre is discussed on pages 5 and 6. The services offered by the Healthcare Centre are reflected on page 7, while the HIV Office is discussed on page 8.

Counselling Centre



Meet the Counselling Centre Staff

Delvene Gelderbloem (Receptionist: Counselling Centre and Career Centre), Nomangwane Mrwetyana (Counselling Psychologist), Mpho Mbewe (Intern Psychologist), Tanja Smuts (Clinical Psychologist), Zininzi Bomoyi (Counselling Psychologist) From left back Colleen Vassiliou (Manager and Counselling Psychologist), Michael McInerney (Intern Psychologist), Neville McLean (Intern Psychologist), Minnon Holtzhausen (Intern psychologist) Absent on the day of photo: Lisl Foss (Counselling Psychologist), Kirsten Friis (Intern Psychologist) and Glenda Hetula (Temporary secretary)



What is Art Therapy?



Art therapy is based on the notion that all people have the capacity to express themselves creatively and that such expression can have a positive effect on one's emotional wellbeing. Art therapy differs from 'art' in the sense that it does not focus on technical expertise or the idea of producing an aesthetically pleasing end-product. One does not have to be artistic or have any experience with art materials to engage in art therapy in a meaningful way. Rather, the only requirements are that one must be open to 'playing' with art materials and be willing to explore and be surprised by one's own creations.

Many people find art therapy helpful in facilitating self-growth and becoming more in touch with oneself and personally grounded. However, art therapy can also be used to work through difficult emotional issues and bring relief in cases of depression, anxiety, trauma, bereavement and so on.

Art is helpful as a therapeutic tool for a number of reasons:

- A variety of senses are involved in the artistic processes, allowing for a rich and engaging experience.
- Artistic expression facilitates alternative ways of communicating (as opposed to verbal only).
- The creative process can stimulate a sense of agency and mastery.
- The artistic process is usually experienced as relaxing, meditative and reflexive.

The Counselling Centre offers weekly art therapy workshops for students. These are small group workshops involving no more than five people at a time, facilitated by a psychologist, during which various art media and processes are introduced. Although these are group workshops, individual participants are guided to discover and engage with processes and themes that they find personally meaningful. In order to benefit fully from the experience, students are encouraged to participate in a series of workshops rather than just one.

The Counselling Centre is open Monday - Friday 8am - 5pm

For individual and group therapy/workshop appointments contact (046) 603 7070 or counsellingcentre@ru.ac.za

After hours emergency line: 082 8030 177

Second Floor - Steve Biko Building



Career Centre



Career Planning



The academic year can be a daunting prospect for those students planning to graduate at the end of the year, but the Career Centre is here to help students explore their options and prepare them for the process of finding employment. Students can attend a variety of workshops during which they will learn tips and guidelines on preparing for an interview (and be given a chance to practise their new-found skills), as well as the basics of compiling an individualised CV. Besides having the opportunity to gather in small groups to discuss their goals and possible plans and to share ideas, students can look forward to an exciting new workshop on emotional intelligence, leadership skills, presentation skills and much more. More details in this regard can be found in the GRP 2012 booklet and on the Career Centre's website.

Any student simply needing someone to talk to on a more personal level is welcome to pop into the Career Centre and make an appointment with one of the expert career counsellors on duty. A counsellor can help a student to find a sense of direction and develop a career path – not necessarily a direct route or plan, but one that leads to specific goals that can be accomplished in view of creating a professional image and identity that can be marketed in the job search process.

The comprehensive resources offered by the Career Centre can be accessed via the Centre's website and the various publications on display – which are also freely available after hours.

Open Monday to Friday 8am - 5pm
Contact details of the Career Centre (046) 603 7070 or
careercentre@ru.ac.za First Floor - Steve Biko Building

Career Centre Staff

Sarah Green (Manager and Counselling Psychologist),
Vuyani Nyezi (Career Centre Officer and Counselling Psychologist)





The DoS

Exceptional Involvement in Student Life Award



An exciting new career development opportunity awaits all Rhodes students in 2013 – the EXCEPTIONAL INVOLVEMENT IN STUDENT LIFE PROGRAMME, endorsed by the Dean of Students.

Signing up and participating in this programme allows students to commit to their own personal and professional development through their involvement in co-curricular activities at the university. Only specific, officially recognised co-curricular activities listed in the programme will count towards this certificate, with each registered activity having a maximum point value that will be scored at the end of the academic year and evaluated towards the award of a CERTIFICATE.

Participating in this programme will add value to the career development process, as the student will have proof of transferable skills such as accountability, appreciation of diversity, ability to work both independently and in a team and much more. These are important qualities that greatly improve an individual's employment prospects, as they are attributes sought by potential employers in the workplace.

Recognised extra-curricular activities include SRC positions, residence leadership positions, involvement in university sport, school coaching and related positions, community engagement activities, academic positions such as class representative or tutor, as well as additional activities such as part-time employment with the university during academic terms. All valid activities will be specified in the programme guidelines issued to students upon registration. A student must provide proof of involvement and a record of adequate performance in such activities in order to earn the points needed to qualify for the award – i.e. a minimum of 15 points earned in at least three different categories of activities over the period of time in which the student is registered at the university.

In addition to adequate performance in the particular registered activities, the student will be required to record and reflect on the roles and responsibilities of these activities and provide evidence of professional and personal growth in the form of a portfolio submitted at the end of each academic year. The Career Centre will keep a record of each student's progress and will evaluate that student's performance within the programme. Various workshops will be held throughout the year, aimed at assisting students in this process of reflection and personal development.

If this programme appeals to you as something that will inspire and motivate you to strategise and embark on a plan of action to develop yourself both personally and professionally, be sure not to miss the introduction of this programme and the opportunity to find out whether you qualify to register for this certificate in 2013.

For more information, contact the Career Centre.
Don't forget to visit our Career Centre website. www.ru.ac.za/careercentre/



Health Care Centre



Silent Voices



Humans are wonderful and beautiful creations that are essentially similar in appearance, yet so very different...

We have so many talents, so many emotions, hopes and dreams...but at the same time so much pain and frustration. The beat of life has a bittersweet sound. Are you tuned in to your body's voice? It speaks to us constantly and often with a warning, but many choose to ignore that nagging little voice...

Sometimes the voice is silent, like a throbbing headache;

Sometimes the voice grows louder, like an unexpected sneeze;

Sometimes the voice is deafening, like a rasping cough.

When your body talks to you, it is wise to listen and take heed. Health is a universal condition that many people take for granted – often until it is too late. Start listening to your body, and when it tells you that something is not quite right, visit your healthcare provider for a check-up.

The Healthcare Centre is your first stop for a professional assessment and opinion. We understand your body's voice, so let us help you make sense of what it is saying.

Remember, without a healthy body you cannot have a healthy mind. Make your health a priority by being proactive and going for regular medical check-ups.

An ancient African proverb says it best: 'The strong ones hear the unseen; you need more than eyes to see in the bush.'

Meet the friendly Health Care Centre Staff

Avril Kivitts (Nurse), Zukile Madlebe (Administrative Assistant: Health Care Centre and HIV office), Heather Ferreira (Head Nurse), Phumeza Boo (Assistant), Natasha Douglas (Nurse) Absent on the day of the photo: Leezal Visagie (Nurse) and Noluthando Ngindana (Assistant)



Open Monday - Friday 8am - 5pm and Saturday and Sunday from 8am - 1pm.
For appointments contact the Health Care Centre on (046) 603 8523
or healthcarecentre@ru.ac.za | After hours emergency line: 082 8011 409

HIV Office

Know your status



HIV office:
Mr Thandi
Mzizi (HIV
officer)

Do you know your status?

As a student at a higher education institution, you are in a high-risk age group for HIV infection, and it is therefore extremely important that you know your HIV status. Making the decision to have an HIV test is difficult – you might feel that it would be better not to know your status, but knowledge is power and will allow you to take control of your life and your future.

Advantages of knowing your status

HIV testing is vital when it comes to accessing treatment and practising behaviours aimed at protecting yourself and others from infection, if necessary. Routine HIV testing, such as that offered by the Healthcare Centre, could also be an effective means of reducing the stigma attached to this process. There is evidence that HIV testing has many significant benefits – for example, those who know their status are more likely to be more knowledgeable about HIV, and have a better perception of risk, among other factors. Despite these advantages, disclosing one's status could be met with a negative response from certain family and/or community members who stigmatise and discriminate against those with HIV. It is therefore essential that anyone thinking of having an HIV test first meets with a counsellor to discuss all possible outcomes – both positive and negative – of being tested, so as to be able to make an informed decision. Nobody can be forced into being tested or disclosing their status to anyone else. Deciding whether or not to be tested, and whether to disclose your status and to whom is up to you and nobody else, but knowing your status holds significantly more advantages than disadvantages. Deciding not to be tested and not knowing your status does not mean that you do not have HIV.

What are your rights?

- No test may be administered without your total consent.
 - The administering of any test, as well as the test results, will be treated with the strictest confidentiality and privacy, and no information on your HIV status will be revealed to anyone without your permission.
 - The results of your test will not be used to discriminate against you in any way.
 - You are under no obligation to reveal your test results.
- However, should you test HIV positive, you are advised to disclose your status to your sexual partner(s) so that they may be tested and seek proper care and treatment if necessary.
- Any person living with HIV or AIDS has the right to proper medical treatment and care.

What happens during an HIV test?

Voluntary Counselling and Testing (VCT) is a three-step process that involves pre-test counselling, the test itself, and post-test counselling.

Step 1: Pre-test counselling

This will prepare you mentally for the actual test and help you to accept the result, whether positive or negative. A trained counsellor or intern psychologist from the Counselling Centre will explore your reasons for being there and will explain issues of shared confidentiality. You will have the opportunity to discuss HIV as a disease and your level of risk in terms of having HIV. The

counsellor will help to clear up any misconceptions you may have and will explain the testing procedure in detail. The importance and benefits of knowing your HIV status, as well as the different options available to you, will be explained, and you will have the opportunity to ask any questions you may have about HIV or the test. You will be encouraged to talk freely about your fears and concerns. When you feel ready for the test, you will be asked to give informed consent.

Step 2: HIV test

The Healthcare Centre makes use of the rapid HIV test, whereby a qualified nurse will prick your finger to produce a drop of blood for the test kit, to which a chemical agent is then added. After a 15-minute waiting period, you will receive the results of your test. If the test is positive, a second rapid HIV test will be administered to confirm the result.

Step 3: Post-test counselling

In the post-test counselling phase, the results of your test will be explained to you in clear and simple terms. Should you discover that you have tested HIV positive, the counsellor will give you time to process the information and will make sure that you understand the situation clearly. The counsellor will assist and support you throughout, helping you to deal with your immediate emotional reactions, arranging for immediate support to be available to you, and identifying your options and/or resources.

Positive test result

A positive test result means that you have been infected with HIV. Discovering this fact will undoubtedly cause feelings of shock, fear and anger, but the counsellor will be there to help and support you. The counsellor will speak to you about your choices when it comes to revealing your status to any family members, friends and sexual partners, as well as ways in which you can live a healthy and meaningful life. Being HIV positive does not mean that you have no future, and there are many people who, despite being HIV positive, are able to be happy, healthy and productive. However, this will only be possible if you are committed to keeping your immune system healthy, reducing your stress levels, building up a good support system, and protecting yourself and your partner(s) from further infection. The counsellor will inform you of your rights as someone living with HIV and will refer you for further supportive counselling and medical treatment whenever needed.

Negative test result

The counsellor will discuss with you the various ways in which you can keep yourself and your sexual partner(s) safe from HIV. There is a 'window period' that exists in HIV testing, so even if you tested negative, there is a possibility that you might have to be retested to be completely sure. Even though you might have tested negative, you have a responsibility to keep yourself and your partner(s) safe by avoiding any 'risky' behaviour in future and using condoms at all times. If you and a partner are tested together, and one of you tests positive, you might need support in terms of how this would affect your relationship.

Please contact the HIV Office: 046-6038535/7216
or email: t.mzizi@ru.ac.za for more information