

# Ruwell

THE OFFICIAL WELLNESS PUBLICATION OF STUDENT COUNSELLING

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RHODES UNIVERSITY  
*Where leaders learn*

## The Dean of Students Office

oversees a range of student service-focussed divisions at Rhodes. Sports, Careers, Health Care, Counselling, the SRC, HIV advocacy & harassment offices all report to the Dean of Students. While most of these areas have different home bases, the central control of all the sub-divisions is in the DoS Office, in the Main Admin block:



The Dean of Students has time for students in crisis. When all other options seems to have failed and you possibly feel a bit desperate, come and tell Dr Vivian de Klerk what the problem is, and she will make sure that you are assisted if at all possible. Her main role is to represent the student perspective on a wide range of high-level committees, ensuring that the University is constantly aware of student concerns and student needs, and takes them into account when taking strategic and operational decisions.

Follow the Dean's regular comments on twitter and facebook if you want to know what the current issues on campus are.

<http://twitter.com/#!/ViviandeKlerk> or <http://www.facebook.com/vivian.deklerk>



Selene Walters, the administrator in our office coordinates the Get Home Safe Project which ensures that no matter how 'mare-ish' your evening becomes, you can call one of our drivers and you never need to put yourself at risk to make it home in one piece. The Get Home Safe Project was started in 2008 for the safety of our students and has proven very valuable over the years, with a steady increase in use annually.

Our contact number is 084 8699 679 and the service is offered every Wednesday, Friday and Saturday from 22h00-03h00 during term times. We have teams of Rhodes Student Drivers (one man and one woman per team) for each shift so call them if you get stuck and you can be sure you'll always get home safely.



Disability advocacy, Student governance and transformation issues are addressed through the Office of the Deputy of Students. When the SRC needs guidance they turn to Roger Adams for advice and assistance. If you have a physical or learning disability, Roger is your first port of call for assistance. Roger also works closely with Larissa Klazinga on matters relating to Student Services (see below) and stands in with general assistance when the Dean is unavailable.

## The Student Services Officer



*The Student Services Officer is engaged in a programme of advocacy and awareness-raising activities throughout the year addressing issues such as substance abuse, gender-based violence, human rights, HIV and AIDS, constitutionalism, African identity and lesbian, gay, bisexual and transgender issues. Larissa Klazinga also organises special events of interest throughout the year which include the 'Sexual Violence = Silence' protest, 'My Body, My Choice' photo exhibition, the Rhodes Truth Commission and the Dean of Students Alcohol-free Challenge.*

Something new to watch out for in 2012 is the Humans vs Zombies collaboration between the Dean of Students office and Gamesoc, which will form part of our Live Smart Week in the 1st team. The aim of the week is to promote healthy lifestyle choices, combat substance abuse and encourage students to find creative ways to have a great time. Humans vs Zombies will get 2012's 1st years and our returning students to interact with each other outdoors for the most vigorous and creative week-long game of tag anyone has ever seen. Be sure to sign up so you don't miss out!

The Student Services Office also deals with all reports of Student Harassment and Larissa Klazinga is available to assist you if you experience any form of harassment or discrimination. These include such seemingly simple things as people sending you rude or obscene smses or facebook messages, hacking into an email or facebook account and posting abusive content or things as traumatic and violent as domestic violence and rape. You can contact her at [l.klazinga@ru.ac.za](mailto:l.klazinga@ru.ac.za) if you experience any form of harassment, intimidation or victimisation based on race, gender, sex, pregnancy, ethnic or social origin, colour, sexual orientation, age, disability, conscience, belief, culture, language or health status.



**WE WANT BRAINS:** The zombie horde grew at a rapid pace, with these brain-suckers determined to win the game.



**RHODES UNIVERSITY**  
*Where leaders learn*



*The Students' Representative Council (SRC)* is founded by the students, for the students, with a developmental consideration of the functional needs of the University's student body.

We, as the active voice of the student body, acknowledge our duty to maintain a key responsibility in the workings of the institution.

Our vision is for the University to be a student-oriented and approachable institution that fosters a conducive developmental environment, both within and outside the academic sphere, and which is committed to the advancement of student needs in a timely, responsible, empathetic and transparent manner.

*Feel free to contact the SRC at the following:  
e-mail address: [srcliaison@ru.ac.za](mailto:srcliaison@ru.ac.za).*





## WEIGHTS

## PERSONAL TRAINING

**FITNESS IS AN IMPORTANT COMPONENT OF HEALTH AND WELLNESS. THE RHODES UNIVERSITY HEALTH SUITE IS ALL ABOUT PROMOTING AN EXCITING AND FUN FITNESS LIFESTYLE**

**WE OFFER: Indoor Cycling, Weights Training, Personal Training and Group Fitness**

**COMPETITIVE AND FLEXIBLE MEMBERSHIP RATES FOR STUDENTS, RHODES STAFF AND GRAHAMSTOWN COMMUNITY**

**TO JOIN TODAY CONTACT FELIX**

**OFFICE: 046 603 8367 // CELLPHONE: 083 627 9536 // EMAIL: [f.munyai@ru.ac.za](mailto:f.munyai@ru.ac.za)**

## INDOOR CYCLING

## GROUP FITNESS



## Student Wellness consists of:

- **Counselling Centre**
- **Career Centre**
- **HIV Office**
- **Health Care Centre**

# Counselling Centre

The Rhodes University Counselling Centre is situated on the top floor of the Bantu Steven Biko Building (on Prince Alfred Street).

Professional, registered psychologists and interns are available to discuss a variety of issues related to students' mental health and wellbeing.

### *The Counselling Centre specialises in:*

- Confidential counselling;
- Referral information (directing and linking students to other appropriate support services, thus ensuring that students get the right help within the least amount of time);
- Workshops on relevant issues; and
- Support groups for students with similar interests and goals.

Students are encouraged to visit the Counselling Centre if they at any time feel anxious or concerned about any personal issues. Over 1500 students visited the Counselling Centre last year alone.

The Counselling Centre is open daily from 08:00 to 17:00. After hours, students are free to use the Counselling Centre's psychological emergency helpline, which is dedicated to helping students in distress. This helpline is to be used for psychological emergencies only – by students who are depressed or considering suicide, or by those seeking help for a student in immediate distress.

### *Please contact the Counselling Centre:*

*(046) 603 7070 to make an appointment or  
e-mail :counsellingcentre@ru.ac.za.*

*The emergency after-hours number is 082 803 0177*



# Career Centre

– Rhodes University

No matter where you are in your personal career plan, you are always welcome at the Career Centre. Our staff members are always available for information or ideas on where to find what you are looking for, as well as over-all assistance with your personal career development.

How does this work? You are invited to make a 30-minute appointment with a career counsellor, during which your academic performance – both past and present – will be discussed; your interests and abilities will be examined, and a general discussion on career planning will also take place.

Besides these personal sessions, group sessions and workshops focusing on specific topics will take place throughout the academic year – so take note of what is on offer, and take responsibility for your own development by attending these workshops. Workshop themes include CV-writing and interviewing skills, as well as career construction.

Various companies are also invited to the campus from time to time for lunchtime presentations and to participate in our career fairs. Again, please take note of the dates and times of sessions in which you may be interested and make a point of attending, since this is where you will learn more about what the world of work is really like, and where you will be given the opportunity to pose questions to the company representatives in attendance.

The Career Centre is the place to come for any information you may require or for answers to any questions you may have about your studies here at Rhodes or your future career. There is no “right” way of developing a career, and no specific plan applicable to everyone. It is simply a matter of gathering information and knowledge about the roles, tasks and requirements of various jobs that appeal to you or which inspire you, and then creating and using opportunities as they arise – especially in the form of vacation work or community engagement projects. In doing so, you will be able to develop and practise the skills required in the world of work ... and in the process, launch your own career development path.

**Where are we?** – First floor of the Steve Biko Building. See you there!



*E-mail: [careercentre@ru.ac.za](mailto:careercentre@ru.ac.za) or  
Call (046) 603 7070 to make an appointment.*



*Career Centre Manager: Sarah Green*

*Does too much drinking  
contribute to the spread of*

# HIV and AIDS ?



The social side of student life can be the most enjoyable and for some students it will be their first taste of independence. You'll meet and make new friends, discover new and exciting opportunities and get involved in things that you have never tried before. However, some people find themselves unprepared and the responsibility that comes with this new-found freedom can be hard to deal with. People from big cities describe life in Grahamstown as "boring", so students get involved in a "drinking culture". One thing typically leads to another: too much to drink ... a loss of self control ... and the next thing is unplanned casual and unprotected sex. High levels of drinking, particularly at bars and clubs is linked to a higher likelihood of one night stands and sex without a condom. And the World Health Organization has identified unsafe sex as a leading reason for HIV transmission among young people. So YES – alcohol does contribute to the spread of HIV and AIDS among students!

At Rhodes University, a survey in 2009 showed that the prevalence of HIV among students was 0.2%, which is very low. But things can change very quickly, with 1000s of new students arriving each year, and many of them having sexual relations with more than one partner. We need to aim for 'no new infections', and to help each other avoid such risky sexual behavior. Rhodes University is well equipped to identify and respond to the risks facing our students. The Dean of Students office takes a proactive stance in addressing this "drinking culture" by promoting "responsible drinking" on campus. Go ahead, be a responsible drinker, and don't allow alcohol to influence your judgement!

*Please contact the HIV officer: (046) 6038523  
or e-mail: [t.mzizi@ru.ac.za](mailto:t.mzizi@ru.ac.za) for more information.*

Thandi Mzizi





Health Care Centre Head Nurse: Heather Ferreira



Professional nursing personnel (Sisters Heather Ferreira, Natasha Douglas, Avril Kivitts and Leezal Visagie) are on duty throughout the term to provide a dedicated and caring service to Rhodes students.

Please call (046) 603 8523 to make an appointment, or e-mail [healthcarecentre@ru.ac.za](mailto:healthcarecentre@ru.ac.za).

Nursing sister's fee: Doctor: Doctor's fee:	Free for students On duty weekdays from 08h30-10h00 for students R125 for basic consultation
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### Operating Hours: During the Term:

Mondays – Fridays	08:00 – 17:00
Saturdays, Sundays and Public Holidays	09:30 – 12:30 & 14:00 – 17:00

### During Vacations:

Weekdays	09:30 – 12:30
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Afterhours: A Healthcare Centre sister is on 24-hour call in case of emergencies.  
Contact the Healthcare Centre on: 082 8011 409.

### Free services:

- Treatment of minor ailments such as flu, tonsillitis, etc.
- In-patient care for acute illnesses
- Management and care of patients with infectious diseases
- Post-operative monitoring
- Emergency assessment and crisis management (e.g. in the case of rape)
- Voluntary HIV testing, including pre- and post-test counselling
- Treatment for chronic care e.g. TB, HIV/AIDS, Hypertension
- Screening tests, e.g. blood pressure
- Family planning advice and contraceptives

### Services at minimal cost:

- Vaccinations (flu etc.)
- Pregnancy tests
- PAP smears and blood tests
- Vitamin injections

Referral services: Healthcare Centre staff can make referrals to a range of other medical services in town, including private doctors and dentists, the Counselling Centre, the Rhodes University Psychology Clinic, Settlers' Hospital, as well as social workers and private counsellors.

