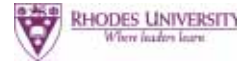


REALY RUWELL

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The official wellness publication of Student Wellness



Adjusting to University life

Whether it is your first time away from home or not, starting university is a time of great change. The transition from high school to university can be difficult even for the most prepared. The adjustment ranges from sharing a residence hall, dealing with demanding coursework, managing time, to encountering a broad diversity of people and ideas. This is a time when there are also confusing developmental changes and a sense of self-identity formation. All these changes might overwhelm you and you may struggle to keep the balance needed to reach your optimal goals of being at university.

The Wellness section within the Dean of Students Division provides services that will help you find the balance needed for your holistic development. We will help you address any personal or emotional issues that may stand in your way of having a good experience at Rhodes University. We have a team of professionals dedicated to providing you with assistance in strengthening your mental health and wellbeing.

We take pride in ensuring optimal health and wellness for ALL.

Nomangwane Mrwetyana Acting Manager
Student Wellness Email: n.mrwetyana@ru.ac.za
Tel: 046 603 7070



The Counselling Centre



Glenda Hetula
(Administrative Assistant)



The Student Counselling Centre is located on the top floor of the Steve Biko Building on Prince Alfred Street and is open Monday to Friday from 08h00 – 17h00. To contact the Student Counselling Centre, call us at (046) 603 7070 during Office hours or email counsellingcentre@ru.ac.za.

The Psychological Emergency Number is operated by the staff of the Counselling Centre after normal office hours (from 5pm to 8.00am daily and on the weekends). This number is 082 803 0177.

Meet our 2014 Intern Psychologists:
Sphe Nhlenyama, Ever- merry Chipise & Lauren Conchar



Therapeutic Art Workshops



What?

The Rhodes University Counselling Centre offers weekly therapeutic art workshops to students. These are small group workshops with no more than six students in a group, facilitated by a psychologist.

Why?

Art expression is an effective way to enhance one's overall emotional well-being. Many people find therapeutic art processes helpful in facilitating self-growth and becoming more in touch with and grounded in oneself. However, art can also be utilised therapeutically when working through emotional issues, and can bring relief in cases of, for example, depression, anxiety, trauma and bereavement.

How?

A variety of art media, themes and processes are introduced in the workshops. The focus is not on producing works of art, but rather on the emotional experience of creative self-expression. Although it is a group experience, individual participants are guided to discover and engage with personally meaningful themes. In order to get the most out of the experience students are encouraged to participate in a series of workshops.

Who?

Any Rhodes student is welcome to join the workshops. No artistic skill or prior art experience is needed. The only requirement is that participants are open to exploring and 'playing' with art material in a group set-up.

Students interested in attending Therapeutic Art Workshops can contact Glenda (administrative assistant at the Counselling Centre) on 046 603 7070 or counsellingcentre@ru.ac.za.



Tanja Smuts
Clinical Psychologist

Study Skills Workshops



The keys to success in any educational institution are not as dependent on intellectual ability as they are on the habits and attitudes that students bring with them. Therefore students can learn how to be better students and can develop skills that will help them achieve their goals. The study skills groups at Rhodes University Counselling Centre help students to meet these goals. The study skills groups provide the students with the opportunity to learn and incorporate study strategies into their existing skills. They aim to help the students develop healthy study habits, to adjust to the workload and to help implement study methods needed at a university level. The group is facilitated in a way in which discussion and sharing of ideas amongst group members are promoted and encouraged. The study skills group is run over an eight week period, when each week a different topic is presented and discussed. Topics that are covered include: helping your concentration, time management, making the best use of your memory, ways to improve your memory, listening and note taking, textbook reading, study hints and exam writing. The group focuses on a number of aspects, within these topics, pertaining to good study habits.

My involvement in the running of this group during 2013 has highlighted the significance and importance of groups that may enhance students' experience at university. I wish to see this group and other groups, which are presented by the Counselling Centre being utilised more by students in the future.

Students interested in attending Study Skills Workshops can contact Glenda at 046 603 7070 or counsellingcentre@ru.ac.za

Jeremy Ruiters
Counselling Psychologist



Laughter is the best medicine



Human 'flight/fight' response is the survival instinct of our bodies to flee or defend ourselves in a moment when we feel threatened. When this happens our bodies release hormones called cortisol and catecholamine.

Our bodies cannot endure the consistency of the 'flight/fight' response. That is why it is common for people to become ill after exam periods or for relationships to rupture during times of extreme stress.

One way to reduce stress levels is through laughter. It has been discovered that laughter reduces cortisol levels in the body. You may think that it is difficult to have a sense of humour during times of stress, but another interesting thing about our bodies is that they cannot tell the difference between genuine and fake laughter. Just pretending to laugh triggers healthy physical changes in the body. Laughter has been found to strengthen your immune system, boost your energy, diminish pain and protect you from the damaging effects of stress.

So when the year gets tough, get yourself a dose of the world's best medicine and best of all, this priceless medicine is fun, free, and easy to use.

For more information on the health benefits of laughter and laughter therapy, watch the following video: <http://www.youtube.com/user/madankataria>

Kirsten Ferguason
Intern Psychologist 2013



Treasure your time



As I look back at my time spent at Rhodes, it is the small special moments that stand out for me. Moments of experiencing real friendship; moments of achieving new understandings; moments of silliness and moments of fulfillment when hard work has paid off. Special moments may hide in the lazy walks between lectures where realisation, ideas and discussions wait to be sparked off. Special moments lie in the dining-halls waiting for a table of new friends to laugh together.

If there is a piece of advice that I can leave you with, it is to treasure your time, all of it, especially the small moments. 'Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life' –Ralph Waldo Emerson

Donna Mitchell
Intern psychologist 2013



Helping Each Other Heal and Grow



The Rhodes University Counselling Centre has identified that students present with similar problems and yet feel isolated and alone in their struggles. The idea of providing group therapy came about to help students realise that they are not alone in their problems, and to help them deal with their issues within a group setting with fellow students dealing with similar problems. The Counselling Centre offers group therapy for self-esteem, wellness, art therapy and relationships.

Group therapy was founded by Joseph H. Pratt, Trigant Burrow and Paul Schilder. After World War II, group therapy was further developed by Jacobs L. Moreno, Samuel Slavson, Hyman Spotnitz, Irvin Yalom and Lou Ormont. Yalom's approach to group therapy has been reported to be influential across the world. Group therapy offers students the opportunity to interact with others with similar issues in a safe and supportive environment. It is a powerful venue for growth and change. Not only do students receive tremendous understanding, support, and encouragement from others facing similar issues, but they also gain different perspectives, ideas, and viewpoints on those issues.

I therefore wish to encourage students to utilize this form of therapy because I believe that when we share our struggles with others we open up a space for healing and growth in our lives.

Students interested in attending Groups can contact Glenda at 046 603 7070

Thobeka Msengana
Counselling psychologist



Support from PARENTS essential

Every parent sends their child to university with the hope that they will enjoy the experience, obtain a degree and live life to their full potential. Every student is unique and the university experience is unique for each student. Some students experience a crisis situation which may include being hospitalised; wanting to 'drop out' of university; experimenting with drugs and alcohol, that lead to undesired situations; or wanting to end their life. When this happens, Rhodes University has systems in place to assist students.

Friends, wardens or lecturers access the Rhodes University after-hour's psychological emergencies line (082 803 0177) and are assisted by a psychologist manning the phone. The service is available 24 hours a day, 7 days a week during term time. Policies and protocols inform the work of the psychologists and often, due to the nature of the presenting problem, students are hospitalised. Once an assessment is conducted a decision is made as to what is best for the student, given their present situation.

At this time parents are often contacted and informed and sometimes the request is made for a parent to come to Grahamstown to either support or fetch their loved one. A request would not be made if the situation did not warrant this intervention. It is at this time that support from parents / guardians is most appreciated. Many parents are able to get to Grahamstown the very same day and this immediate response and willingness to come to the University within 24 hours is greatly appreciated. We wish to thank parents who have supported the Counselling and Health Care Centre in this way and we wish to encourage parents please to continue this support during 2014.

We would not call upon parents unless this was in the best interest of their child as guided by Rhodes University policies, protocols and procedures.

We trust 2014 will be a relatively crisis-free year.

'Faced with crisis, the man of character falls back on himself. He imposes his own stamp of action, takes responsibility for it, makes it his own.' Charles de Gaulle

Dr Colleen Vassiliou
Acting Deputy Dean of Students



Choosing subjects and career direction >

Sarah Green
Manager : Career Centre



Deciding what to study and choosing a particular course can be difficult if you are not sure or if you haven't had an opportunity to discuss your options with a well-informed person/teacher/family member/career counsellor.

Start with considering your interests, likes, dislikes, what energises you and motivates you and what doesn't motivate you. This will give you a general idea of your potential subject choice. DO make use of the student handbook – all the subjects on offer at Rhodes are listed and described alphabetically to enable you to make an informed decision.

When you look at this information – can you see yourself studying this for the whole year and possibly choosing this as your major subject? If not – rather choose something else. Being successful as a student is about consistent studying, effort and organisation of your time and energy in each of your subjects. You are not going to be able to rely on last minute 'cramming sessions' for exams.

Match your interests to your capability and aptitude. We all have different strengths – realistically assess your academic performance at school and use this as a guideline as to what you think you are capable of. If you are unsure – the deans are very knowledgeable and have a wealth of experience that can help you to make a decision – make an appointment with the faculty officers to pop in and discuss this with them.

Lastly – don't be too proud or afraid to ask for help. The Career Centre is available to any student struggling with making decisions and choices regarding study options and career direction. We have an online question facility www.ru.ac.za/careercentre - go to the online questions tab or call 046 6037070 or email careercentre@ru.ac.za to make an appointment. We have professional, friendly staff willing to help you with any query or concern.

Career Centre First floor – Steve Biko Building Prince Alfred Street

Career Development Toolkit for FirstYear Students ^

In the excitement of starting university studies and choosing a degree, First Years may think that any further action concerning their long-term career can wait until final year. However, a degree alone does not guarantee a job in an increasingly competitive and changing job environment. The reality is that employers are looking for skilled graduates. Start your career development in first year, as it will increase your employability by the time you graduate.



1. The best start to career planning is to establish a balance between meeting academic demands and your personal and professional development. All your activities, both on and off campus, will help you learn and develop. Maintaining a balance is important.
2. Keep in mind Stephen Convey's rule: 'First things first' (Convey, 1994). Start planning, prioritising and executing your week's tasks based on importance rather than urgency.



Christine Lewis
Counselling Psychologist



Benita Bobo
Career Centre Intern

For more go to: <http://www.catawba.edu/administrative/careerdevelopment/FirstYear.asp>

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

(Heather Ferreira (Head Nurse); Mandisa Nduna (Nurse); Natasha Douglas (Nurse); Leeza Visagie (Nurse); Lungajadi (Administrative Assistant: HCC&HIV office) Absent on the day of the photo is Avril Kivitts (Nurse)
Insert: Noluthando Ngindana, top, Pumeza Booi, bottom (HCC assistants)

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

