

STUDENT SUCCESS & WELLNESS HUB



1.

PSYCHOSOCIAL COUNSELLING

Counselling with our registered counselling psychologist - Pravilla Naicker.
Email: counselling@milpark.ac.za



2.

CONSULTATIONS

Connect Here

1-on-1 consultations with a student success & wellness advisor. We provide students with guidance and support that goes beyond academic needs and that cater to overall well-being on our programmes.



3.

SUCCESS & WELLNESS SESSIONS

These sessions are meant to assist students in personal growth and development. They provide students with tools and resources to maintain a positive mindset, plan their time, and manage their studies according to their unique lifestyle.



4.

DROP IN SESSIONS

An informal group session for all postgrad students that allows for interaction based on students' shared experiences whilst on their studying journey. **Every Wednesday @ 18:30pm & Friday @ 12pm**



5.

COME STUDY WITH ME

PGDA Only

The "Come Study With Me" session is designed to create a supportive and productive environment for students to study. **This virtual room serves as a space where students can feel connected and focused**, like being in a physical library. These sessions are meant for individual studying purposes and not group study. The MS Teams session can be accessed 24 hours a day, including weekends, to accommodate students' varying schedules. So please feel free to hop on here whenever you are studying.



6.

STUDY GROUPS

Students fill in the study group form. Thereafter they will receive a link to the sheet with all students' responses. They would use the details on the sheet to reach out to other students to form their own study groups.



7.

STUDENT REPS

PGDA Only

The student representatives are viewed as a voice for the students. They are able to bring matters to the programme level team and provide feedback to the student body.



8.

MENTORSHIP

PGDA Only

The **CA² Mentorship Programme** is designed to connect you with a mentor from the wider CA Connect Community. The mentors are volunteers who have completed their PGDA and moved on with their career but are committed to giving back to this community and supporting students who are engaged with their PGDA.



Postgrad students can find out more about support options and the Success & Wellness Hub on their **Overview Module on Canvas**.

Postgrad consults: <https://outlook.office365.com/book/CAConnectConsultations@milpark.ac.za/>

**We've got you.
You've got this.**

For more information or assistance we are an email away:
<https://helpdesk.milpark.ac.za/SignIn>

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EDUCATION



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