



16 January 2023

**Dear STUDENT**

A warm UJ welcome to the 2023 academic year! We look forward to a positive teaching and learning experience as you come onto our campuses for your academic programmes.

We would like to ensure that 2023 is off to a good start. UJ aims to give you the teaching and learning experience of a lifetime.

**Back to campus!**

**Teaching and Learning**

Being on campus means we can all experience what makes UJ a special place to be. You will attend classes and your lecturers will teach you face to face in these classes. There will also be online activities. You can learn how to use Blackboard [here](#).

***NB: Stick to the timetable for your classes. Check uLink and Blackboard frequently so that you do not fall behind or get confused.***

**UJ is here to support your learning**

We know that University life can be stressful, regardless of your year of study. If you are feeling stressed, anxious, or need academic or other support, please make contact. **Let someone know that you need help.** Success at university is not only about being clever (you were accepted, so we know that's in order), it is also about being

able to **keep on trying**, to **make contact** when you need help, and **staying up to date** with your work.

### **What do I do if I am struggling to cope?**

Sometimes you may feel totally overwhelmed and just need somebody to talk to. Always remember that [PsyCaD](#) is there to listen to you and to provide support. There is no problem that is too big or too small and we have registered Mental Health Professionals to assist you. We offer a whole range of services such as counselling, career advice and preparation and all our services are free.

- Visit any of the PsyCaD offices on any of the campuses. You do not need to make an appointment. Alternatively, phone any of the offices to request a consultation or make an appointment. Contact numbers may be found on the PsyCaD website.
- You can also send an email to [psychservices@uj.ac.za](mailto:psychservices@uj.ac.za) and one of our Mental Health Professionals will contact you.
- PsyCaD also has a 24 HR Crisis Line and students can call 082 054 1137 when they are in extreme distress or have been exposed to any form of trauma.
- UJ provides support for people with disabilities. If you should need support, you can send an email to [disabilityunit@uj.ac.za](mailto:disabilityunit@uj.ac.za) or contact them on 011 559 3745.

Remember that we are here to help you on your journey at UJ. We are committed to supporting you through this process and will do what we can to make your studies an enjoyable and positive experience. We look forward to walking this road with you to academic success and hope that you take every opportunity to participate in all the activities that make the UJ experience.

In the words of this song sung by the UJ choir, we hope that "[everything beautiful resonates inside of \[you\]...](#)"