



# Student Counselling

## What Is Student Counselling?

Student counselling is a confidential process intended to help students address their personal and academic concerns, come to a greater understanding of themselves, and learn effective personal and interpersonal coping strategies. It is a sensitive exercise that involves sharing personal and private information, which may be distressing.

It is a collaborative partnership between the student and the counsellor, who has the wish and willingness to help the student achieve their goals. Although the outcome of counselling is often positive, it is impossible to predict the level of satisfaction each student will receive.

## Student Support at Belgium Campus iTiversity

The Belgium Campus iTiversity Student Support Department ensures that an adequate student support mechanism is in place to support the learning of all students throughout their studies.

Depending on the student's needs, the Student Support Department will provide relevant support to ensure academic success and progression.

The following services are available to support at-risk students:

- Personal counselling by a student counsellor.
- Personal counselling by an educational psychologist.
- Peer-tutoring.

Negative academic performance is often the symptom of a deeper -rooted issue (e.g., learning disabilities, stress, and anxiety, to name a few).

Our student counsellors help students deal with anything that hinders their academic performance by getting to the root of the issue and addressing it step by step so they can perform at their full potential.



## Identifying At-Risk Students

At-risk students include students who:

- do not attend their classes – online or in person.
- are underperforming academically (exams and tests).
- not submitting any of their assignments or projects.

These students are invited to meet with a counsellor to determine their preferred learning style. The counsellor then recommends study methods, materials, and time management skills relevant to that learning style. They also have individual sessions with each student's lecturer to discuss the best approach for lecturing/ teaching them.

## Learning Styles

- **Visual (spatial):** You prefer using pictures, images, and spatial understanding.
- **Aural (auditory-musical):** You prefer using sound and music.
- **Verbal (linguistic):** You prefer using words, both in speech and writing.
- **Physical (kinaesthetic):** You prefer using your body, hands, and sense of touch.
- **Social (interpersonal):** You prefer to learn in groups or with others.
- **Solitary (intrapersonal):** You prefer to work alone and use self-study.

## Additional Resources

The Student Support Department also offers the following assistance:

**Concessions** - Extra time is given to students who provide a detailed assessment by an educational psychologist with this recommendation. The assessment is reviewed by the student counsellors and our psychologist to determine how much extra time must be given. These students must also fill in documents provided by the Belgium Campus iTversity counsellors.



## Treatment Plan for High-Risk Students

- STEP 1:** | Speak to the lecturer about the student's challenges.
- STEP 2:** | Have counselling sessions to address the student's challenges - 6 sessions, in total, to monitor the progression.
- STEP 3:** | Refer the student to an educational psychologist.
- STEP 4:** | Inform the student's parents - **this is the last resort and depends on each situation.**



## Student Counsellors:

### Pretoria Campus:

Alisha Narine - [narine.a@belgiumcampus.ac.za](mailto:narine.a@belgiumcampus.ac.za)

Lethlabile Selamolela - [selamolela.l@belgiumcampus.ac.za](mailto:selamolela.l@belgiumcampus.ac.za)

### Kempton Park Campus:

Mathapelo Leshilo – [leshilo.m@belgiumcampus.ac.za](mailto:leshilo.m@belgiumcampus.ac.za)

### Stellenbosch Campus:

Aniqa Johnson - [johnson.a@belgiumcampus.ac.za](mailto:johnson.a@belgiumcampus.ac.za)

### Availability:

- 08:00-17:00
- Mon-Fri
- **By Appointment Only**

## Educational Psychologist:

Dr Nicolette de Wit:

- [dewit.n@belgiumcampus.ac.za](mailto:dewit.n@belgiumcampus.ac.za)

### Availability:

- Two days a week
- **Subject to referral by a Student Counsellor**
- **By Appointment Only (No Walk-Ins)**