

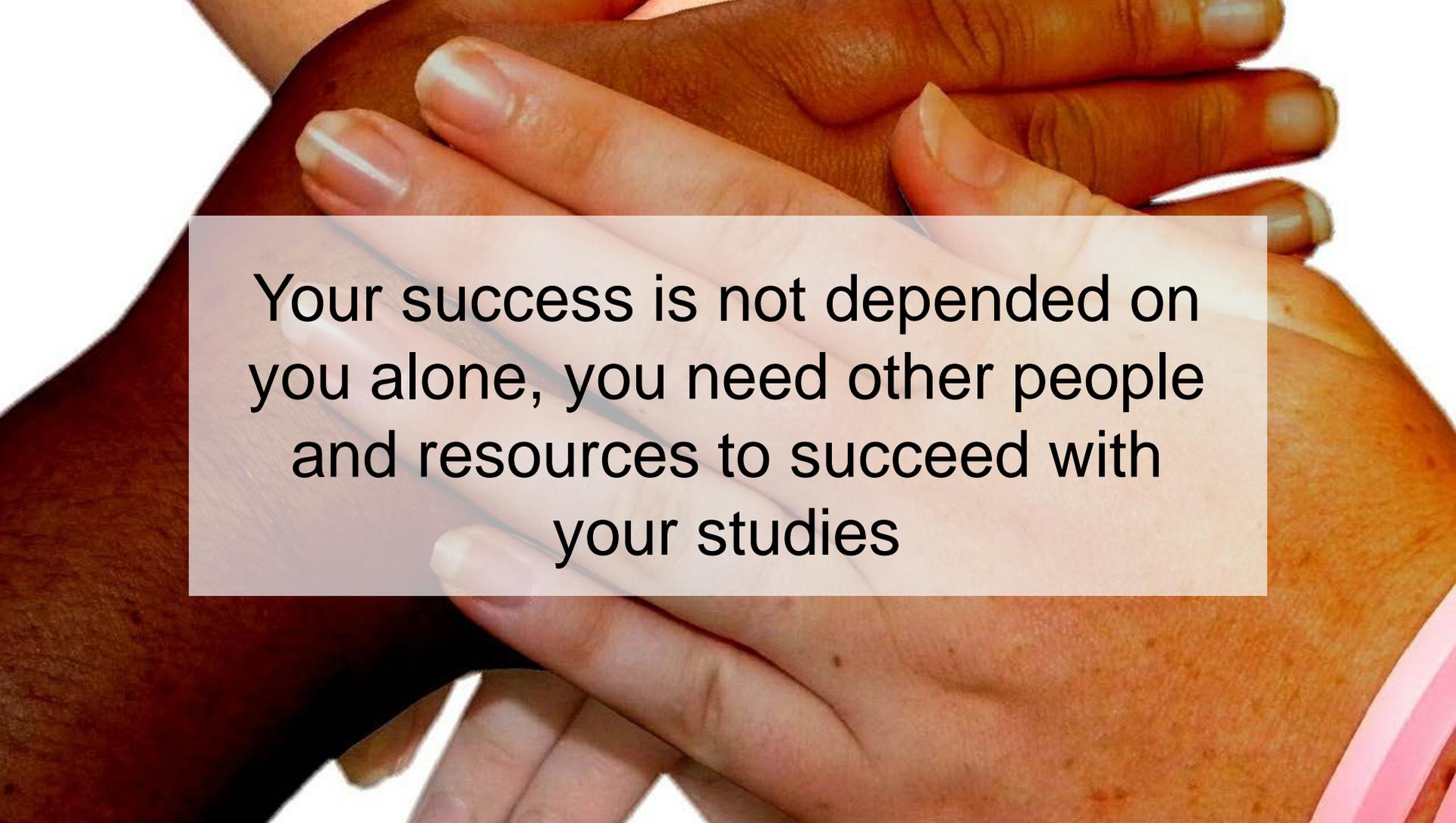


# Negotiate support for your studies

Directorate for Counselling  
and Career Development

# What is support?

- What do you need support with?
- What support systems have you been using?
- How have you been negotiating support?



Your success is not depended on  
you alone, you need other people  
and resources to succeed with  
your studies

The background consists of numerous overlapping yellow signs with black borders, each containing the word "HELP" in bold, black, uppercase letters. The signs are scattered across the entire frame, creating a dense, repetitive pattern. A semi-transparent white rectangular box is centered over the image, containing the text "What kind of support do you need?".

What kind of support do  
you need?

# How to negotiate the support you need?

- Making the people in your life understand the demands of ODL.
- Having their understanding means having their support.
- Communicating your needs and challenges.

# Do you need space for your studies?

- What is the importance of the space that you need?
- Negotiate the space and time that you need for your studies (dining room/kitchen/study room and be specific in terms of the period you need to utilise the space).



When do you negotiate the support you need?

# What will happen should your expectations not be met?

- Take responsibility
- How?

# Ineffective ways of utilising the support you negotiated?

- Taking advantage of your loved ones, e.g. not allowing them to engage with their activities e.g. playing music, watching TV which they enjoy.
- Multitasking when studying, e.g. studying in front of TV, while on social media for social conversations or engaging in social events during your exams e.g. partying and intake of alcohol

# Negotiation is a take and give situation. How can you give back to your family?

- Prepare special lunch for them.
- When you take study break spend time with them.
- Reward them for your success, shopping or holiday and tell them why they deserve that treatment and how their support mean to you.
- When you receive your results give them feedback.

# What support is available at Unisa?

- Do you know what types of support are available at Unisa?

# What support is available at Unisa?

- Learning
  - Work-integrated learning
  - E-tutorials
  - Tutorials
  - Academic literacies centres

# What support is available at Unisa?

- Counselling

- Career, learning and personal support

- Visit us, or e-mail

- Visit our website:

- <http://www.unisa.ac.za/counselling>

# What support is available at Unisa?

- Library
  - Access library material in print and online

# What support is available at Unisa?

- Student affairs
  - SRC
  - Student development (student organisations)
  - Students with disabilities
  - Student funding

# Contact us

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- Tel: +27 12 441 5388

Website: <http://www.unisa.ac.za/counselling>

Facebook:

<http://www.facebook.com/UniversityofSouthAfrica>

Twitter: <http://www.twitter.com/unisa>