



SOUTHERN AFRICAN ASSOCIATION FOR  
COUNSELLING AND DEVELOPMENT  
IN HIGHER EDUCATION

2022 CONFERENCE

# REPORT

12-14 SEPTEMBER 2022

The Maslow Hotel  
*Time Square Pretoria*

## DIGGING DEEP

*Cultivating the student populous*



**VAAL UNIVERSITY  
OF TECHNOLOGY**  
*Inspiring thought. Shaping talent.*



# CONFERENCE THEMES & SUBTHEMES



2022  
Conference  
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sometimes when  
you are in a dark  
place you think  
you've been buried,  
when in fact you've  
been planted.  
- Christine Caine



## CULTIVATE

*/ˈkʌltɪveɪt/*  
verb

1. prepare and use (land) for crops or gardening.
2. try to acquire or develop (a quality or skill).

Synonym to  
EXCAVATE: meaning to dig in order to uncover buried objects (in order to unearth or discover things of the past)

## DIGGING DEEP

### CULTIVATING THE STUDENT POPULOUS

**1 language in the helping profession**  
*inclusivity/ role of language/ counselling/ sign-language/  
accessibility/ diversity*

**2 uncovering student needs**  
*challenges/ protests/ concerns/ digging deep enough/ who  
are we not reaching?*

**3 reaching beyond student support**  
*self-care/ keepers of keepers/ role of management on  
supporting staff/ staff wellness*

**4 creativity in the helping profession**  
*inclusivity / role of language/ counselling/ sign-language/  
accessibility/ diversity*

**5 a valued-driven helping profession**  
*accessibility/ social development/ accountability/ ethics in  
online support*

**6 an impact-driven helping profession**  
*post-Covid support/ grief and loss/ re-integration/ post-  
traumatic growth/ resilience*

# CONFERENCE AT-A-GLANCE



**2022  
Conference**  
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THE 2022 CONFERENCE WAS HOSTED BY VAAL NORTH-WEST REGION WHICH CONSISTS OF THE VAAL UNIVERSITY OF TECHNOLOGY AND NORTH-WEST UNIVERSITY

## **REGISTRATION FEES**

### **EARLY BIRD**

**SAACDHE MEMBERS: R4200**  
**NON-SAACDHE MEMBERS: R4700**  
**STUDENTS: R2200**

### **LATE REGISTRATION (FROM 30 JULY)**

**SAACDHE MEMBERS: R4500**  
**NON-SAACDHE MEMBERS: R5000**  
**STUDENTS: R2500**

*18 CPD points for  
three days  
attendance  
(depending on  
attended sessions)*

*Accreditation by  
CPDHub (SIOPSA)*

126 Delegate  
Registrations for the  
first Post-COVID 19  
contact conference



## CONFERENCE ORGANISING COMMITTEE

**Mr Mario Chauque**

**Ms Bianca Brits**

**Ms Retlotlilwe Mtimkulu**

**Ms Nomangwane Mbele**

**Ms Onelihle Makedama**

**Mr Donald Molema**



# 2022 Conference

12-14 September 2022

## **A full 3-day, 18 CPD point conference packed with learning, networking, and enlightenment**

### **3 Keynote addresses**

Dr Sibusiso Mchunu (Executive Director, Student Support Services- VUT)  
Digging Deep: Cultivating the Student Populous, Reaching beyond student support \*

Ms Stephanie Joos-Vandewalle (Programme Manager: Universities- Higher Health)  
Digging Deep: Cultivating the Student Populous, a Q&A session \*

Dr Sibusiso Chalufu (Executive Director, Student Life- NWU)  
Digging Deep: Cultivating the Student Populous, Uncovering Student Needs

### **4 External Training Workshops**

Psychology and African Traditional Beliefs  
Ms Vella Maseko

Gender-Based Violence in Higher Education: Processes and Reports  
Adv Kalpana Makanjee

PANDA: A mental health App  
Ms Kerri Howell (Strategy & Planning Manager: Panda) \*

The Lived experience of a Transgender Psychologist: Some lessons for practice  
Ms Jenna Bayer

### **1 External Panel Discussion**

ThisABILITY: Disability Inclusion Sensitisation: Do's and Don'ts  
Mr Simon Manda & Students





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## **PAPER, WORKSHOP, & POSTER PRESENTATIONS**

### **31 Paper Presentations**

Mental wellness challenges during COVID-19 (Ms Mabowa Mamashu & Mr Makahane Fhatuwani) \*

First-year university students' experience of resilience, well-being, and its impact on successful adaptation to tertiary education (Ms Tebello Mabusela)

Student-Counsellor interaction: how advice is requested, offered and responded to in online consultations (Ms Sharon Tebele & Ms Kgomotso Nyamakazi) \*

Psycho-educational Program for University Female Students against Risky Sexual Behaviour in Eastern Cape, South Africa (Mrs Sivamoney (Sandra) Sharma)

You are not alone. Exploring first-year adjustment through music creation - a reflective account. (Mr Kobus Fourie)

Even hungrier for knowledge: A 10-year follow up study on vulnerability to food insecurity amongst students at the University of KwaZulu-Natal (Dr Nicholas Munro)

Learning and studying during the pandemic: How did students fare? (Ms Ane Craven)

“Sonke” in counseling: ODeL (Open Distance electronic Learning) University student counsellor’s views and readiness for career construction of students with disability (Ms Mmamokele (Tina) Tryphosa Molekoa)

Psychological crisis intervention for students within a Higher Education Institution in South Africa. (Mrs Karen Pretorius)

Coping with the mental health needs of students in our changing landscape - Working smarter in responding to student needs. (Ms Shameen Naidu)

How do we compare? A post-Covid benchmarking exercise. (Ms Shameen Naidu)

The lived experiences of offenders enrolled in an ODeL university: A career counselling perspective in Johannesburg Correctional Centre (Ms Mabowa Mamashu)



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## **PAPER, WORKSHOP, & POSTER PRESENTATIONS**

Barriers to learning experienced by first-year students at higher education institutions: implications for support (Dr Matjhabedi Mazibuko)

Journeying together towards the promotion of professional and career development of trainee career guidance practitioners (Mrs Candice Chetty) \*

GBV AWARENESS SERIES PROJECT (Ms Vhutali Ndou and Ms Obakeng Makgale)

Exploring Support Services Rendered to Guardians of Raped Children (Mr Lulama J Nombola & Ms Zanele Ntloko)

Prospects for sustainable development linked to a focus on interrelatedness, interdependence and mutuality (Dr Pitsoane & Vhahangwele Patricia Lethole) \*

Say what? Using health communication and marketing to increase help - seeking behaviour among South African university students (Mr Tobias van den Bergh)

Stepping Ahead - Adapting University Mental Health Support (Mr Vinoba Krishna)

Reflections on a post-covid, transformational curriculum: are student needs met? (Dr Luce Pretorius & Mrs Vedhna Lalla)

How can psychological assessments help students MAP the journey towards reaching their GOAL? (Ms Megan Fredericks)

Wellness Wednesdays Wellness every day: a Psychologist's Experience of Wellness Interventions at Student Counselling & Development (SCD) at the University of the Free State (UFS) (Ms Vhutali Ndou)

Insights of a University Counselling Psychologist's Experience of Using Inclusive Language and Creative Therapeutic Approaches in an LGBTQIA+ Therapy Group (Mr Deepesh Dayal)

The evolution of the REBT programme at UFS (Ms Nadia Maloney & Mr Nico Venter)

Technology Enhanced Student Engagement with Student Support Services in the College of Health Sciences, UKZN (Dr Saloschini Pillay)

Excavate until you hear their voices...covid and beyond (Dr Shariefa Hendricks) \*



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## PAPER, WORKSHOP, & POSTER PRESENTATIONS

From surviving to thriving: A creative approach (Mrs Lize van den Bergh & Dr Munita Dunn-Coetzee)

In search of the magic between theory and practice in developing the contents of and access mode for an early warning analytical instrument for UWC students (Prof De Wett Schutte)

Responding to students' unheard voices (Ms Candice Chetty) \*

Cultivating a student support centre that co-creates agency and a culture of learning (Mrs Dorothea Hendricks)

Coping strategies and therapeutic interventions in dealing with grief and bereavement after experiencing any form of loss (Ms Maserame Dipale) \*

### 4 Workshop Presentations

Art Expression: Utilizing artistic self-expression mindfulness activities for personal well-being (Mrs Sheri-Ann Pietersen & Ms Maryke Ackerman)

Ethical challenges for mental health care practitioners in the tertiary educational environment (Dr Francois vd Berg & Mrs Karen Pretorius)

Open educational game resources and infectious diseases, a focus on pathogens plaguing South Africa and the globe (Ms Chandré Liebenberg, Mr Mario Chauque & Ms Aurelia Williams)

A Guided Imagery Music experience as self-care for Caregivers (Mr Kobus Fourie)

### 3 Poster Presentations

Challenges faced by Peer Educators: A Focus Group (Ms Selloane Makau)

Career Guidance and Counselling: The importance of outreach programmes to prospective students and youth (Ms Miemie Taukobong)

Maximizing student support in an open distance learning institution (Dr Mubi Muvaso)

\*Due to reasons beyond the control of the COC the following presentations were canceled. Keynote addressees in the programme were replaced by the proxy-speakers noted above



# NETWORKING & SOCIAL EVENTS



2022  
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THE CONFERENCE INCLUDED TWO NETWORKING & SOCIAL EVENTS- A WELCOMING COCKTAIL FUNCTION AND GALA EVENING.



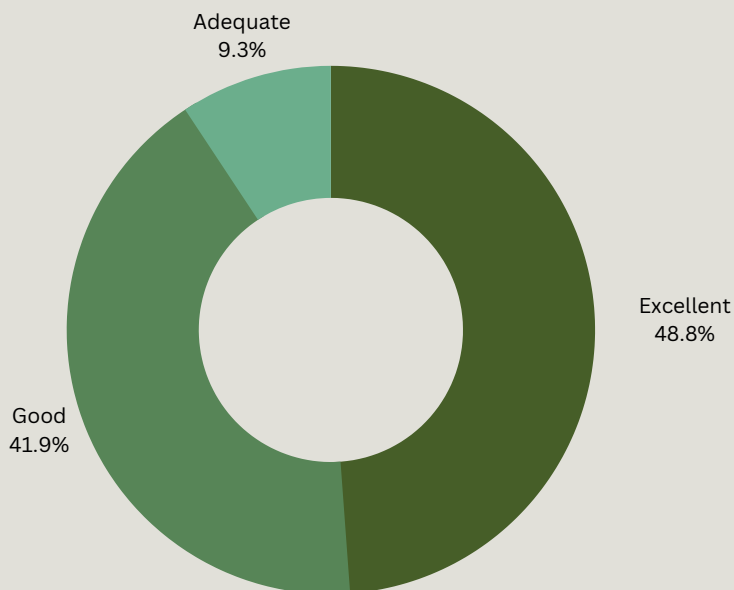
WELCOMING COCKTAIL EVENING



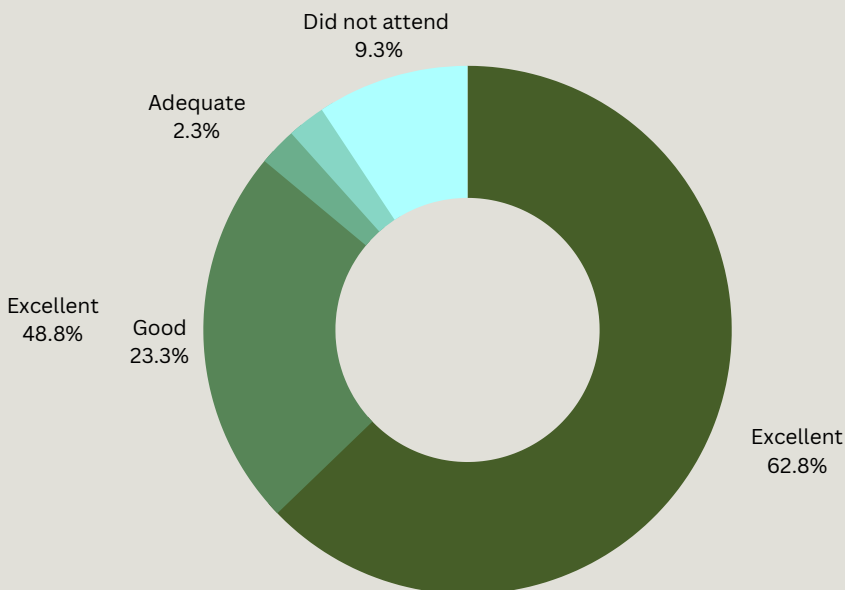
GALA DINNER



### Overall Satisfaction with Conference

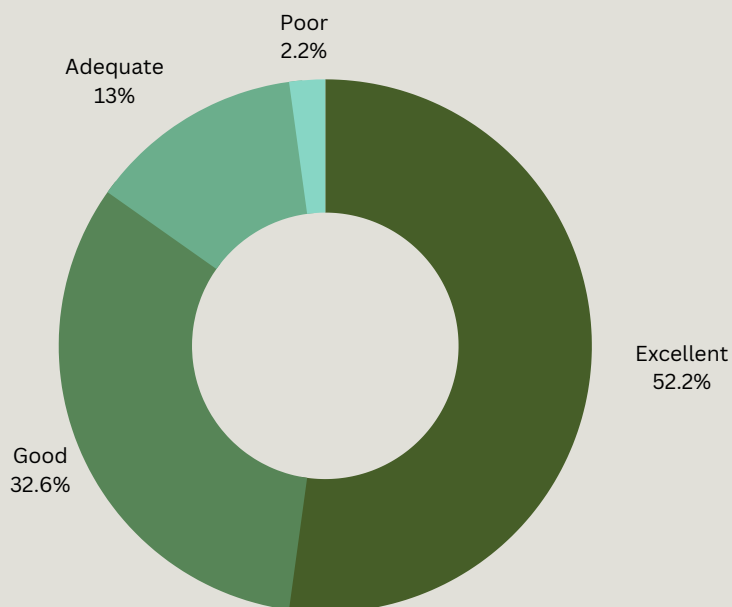


### Overall Satisfaction with network events (cocktail & gala evenings)

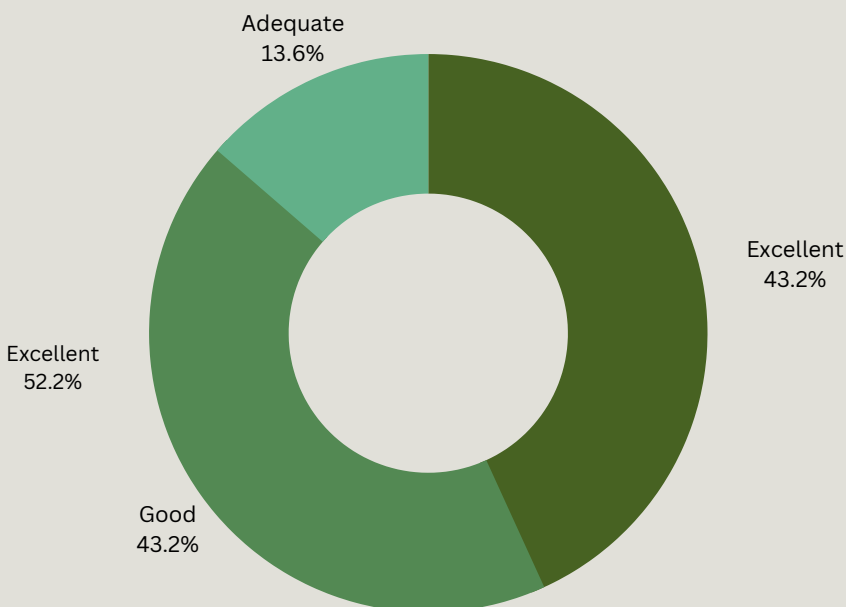


### Administrative Arrangements

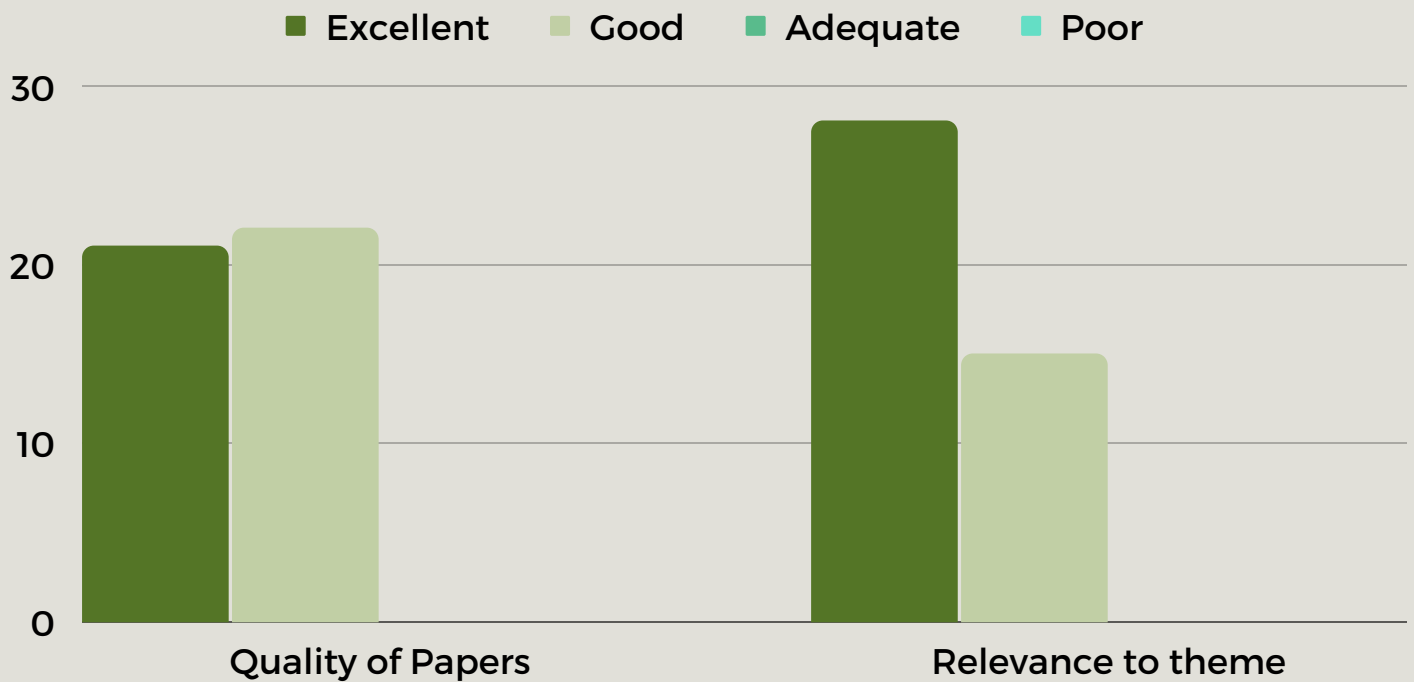
#### Prior to conference



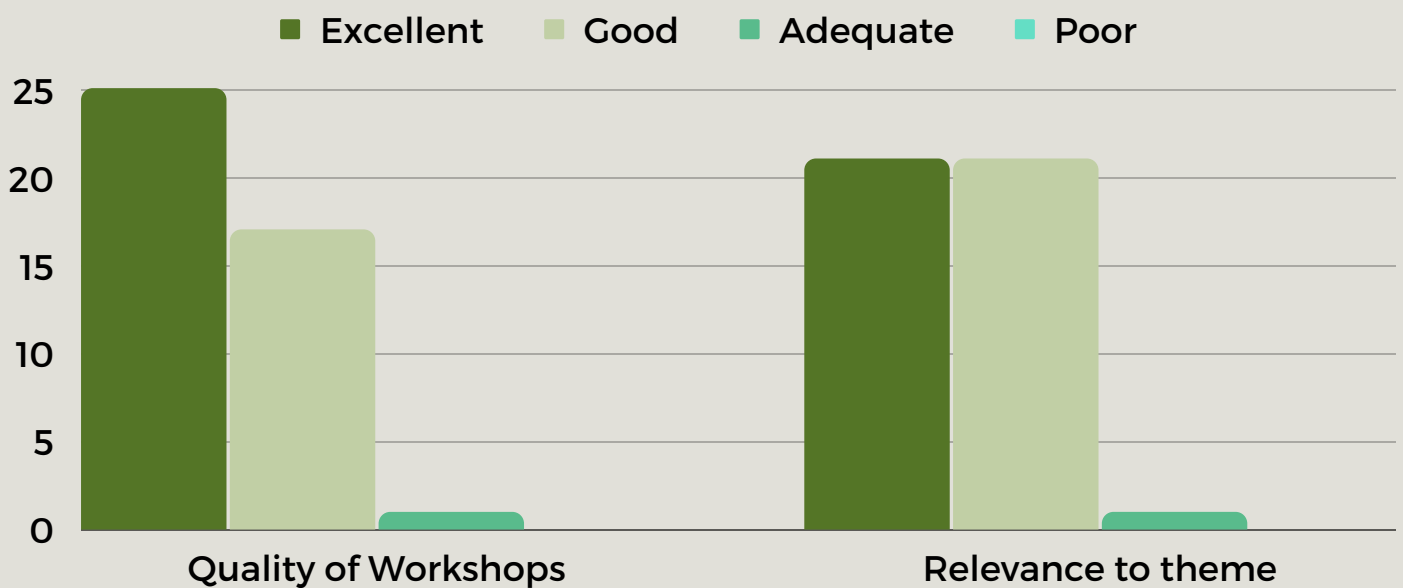
#### During the conference



### Overall Satisfaction with Paper Presentations



### Overall Satisfaction with Workshop Presentations



# FEEDBACK & RECOMMENDATIONS



**2022  
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## GENERAL FEEDBACK

Thank you for choosing quality accommodation.

I particularly enjoyed the ethics workshop and the workshop about caring for the carers. I think more workshops that support the practitioners and not just provide good information, will be well received at future conferences

Well done! Your hard work paid off. I also loved the conference bag and its contents.

**THANK YOU COC!!!!** It was an amazing experience. The venue was great, and the social functions was really nice. Well done on an amazing conference!!

The COC deserves a medal! Thank you for hosting such a well-organised, engaging, and enjoyable conference.

The conference was a platform to network and reflect on one's practice as a Student Support practitioner

Thank you guys! You really nailed it with an excellent conference. Your follow-ups can learn from your :)

It was a well organised conference. It was my first time and I enjoyed every single moment

It was a really nice conference, thank you!

I wish to point out that it was informative and fun at the same time

Conference was well organized

COC you did a great job! Congratulations!!

Over all it was an amazing conference with relevant topics and activities.

No a lot of communication was received prior to the conference. BUT Overall, thank you. It was a great experience. =D

### RECOMMENDATIONS

Disappointed by the amount of canceled papers and speakers, better follow-up could've been done.

Slightly more time for the paper presentations, as well as time to move between sessions/venues. Perhaps if the key note addresses are dropped this will allow more time for this.

The venue of the conference was too clustered, it could have been better in outskirts not in the city

Maybe fewer papers but more in depth engagement

Admin at the conference was disappointing. There was no standard way of announcing changes (if attendees missed the few minutes when they were mentioned, there was no notice outside re changes. confusion on the first day with the change in venues, but no sign put up at the venues to make it clear that it stayed the same throughout; etc.

Time management and sticking to the schedule would be my only suggestion

Please confirm with speakers beforehand to avoid cancellations. Most of the presentations were cancelled which really took from the conference. Also look at the time given to speakers as some papers ignited questions and there was not enough time set aside. To give the presentation of the posters the attention it deserves requires that they each be allocated at least 15 minutes. It was a disservice to the hard work done to squash all three posters into a 15 minutes slot DURING tea break. Try to look into the food menus especially breakfast, being considerate that not everyone loves or is able to take sugary treats such as were offered for breakfast. It would have been nice to have sandwiches or savory treats to cater for everyone.

Please ensure that all invited speakers know who their target audience is going to be. Maybe presentation sessions could be 45 minutes instead of 30 as sometimes presenters have to rush through the info and a lot of the information gets lost.

It would have been helpful to plan for the open slots on the programme when cancellations occurred. Communication should have been noted with presenters regarding conference registration to not allow for misunderstanding. Keynote speakers also changed timeslots as a result of being late. I obtained a halaal meal for 3 days and received the same meal all three days including the gala event which was disappointing. The social events needed a programme and none was available.

Poor time management, presenters not availing themselves

To give presenters of the paper presentations more time to provide more information

## SPONSORS

SAACDHE COC would like to thank the following sponsors for their generous contributions and for making the 2022 annual conference a great success! Without your support we would not be able to have reached our goals. Thank you!



## Tiger Brands



# CONFERENCE HIGHLIGHTS



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THE VAAL NORTH-WEST REGION WOULD LIKE TO THANK EVERYONE WHO HELPED US MAKE THIS YEAR'S CONFERENCE A SUCCESS. FROM PRESENTERS TO EACH AND EVERY DELEGATE THAT ATTENDED, WE APPRECIATE YOU AND ENJOYED HOSTING THE 2022 ANNUAL CONFERENCE!

WE HOPE YOU FOUND THE EXPERIENCE AS ENLIGHTENING AS WE HAVE.

