

## Akademiese Projek sal voorkeur geniet

*'n Meer gefokusde konsentrasie op die Akademiese Projek sal vir die volgende twee jaar die middelpunt van al die universiteit se aktiwiteite vorm. Hierdie aankondiging is deur prof Jonathan Jansen, Visekanselier en Rektor, gemaak by die onlangse Dekaansberaad wat deur ons senior leierskap bygewoon is. Tydens die beraad het hy 'n aantal stappe aangekondig om die Akademiese Projek selfs nog verder te transformeer.*

“Die vernaamste dryfveer agter my eerste termyn is grotendeels verwesenlik met die hulp van 'n nuwe beleidinfrastruktuur, 'n getransformeerde simbolisme, 'n stabiele studenteliggaam, die herstel van die reputasie van die universiteit binne en buite Suid-Afrika se grense, en die totstandkoming van 'n nuwe akademiese platform. Alhoewel die UV vordering gemaak het wat betref al die vernaamste aanduiders van akademiese betekenis, het mededingende universiteite ook gegroei en vinniger uitgebrei,” het prof Jansen gesê.

Ten minste 20-25 toppresterende akademici van buite die universiteit sal gewerf word, aangesien die instelling nog nie oor 'n kritieke massa akademici beskik wat vinnig die Akademiese Projek in terme van die universiteit se navorsingstatus en die intellektuele karakter van die kampusse kan verhoog nie.

Die navorsingsproduktiwiteit en -prestasie van die universiteit gaan uitgebrei word. Dit sluit onder andere die herfokus van

hulpbronne op nuwe en opgegradeerde navorsingsinfrastrukture in, sukses wat betref kompeterende navorsingstoekennings – van akademiese boeke tot belangrike internasionale toekennings en betekenisvolle verskuiwings in die rigting van hoë-impak profiele van akademici in vaktydskrifte.

'n Sterk sin van die akademiese onderbou van onderrig sal op alle terreine van die universiteit se daaglikse akademiese proses gevestig word. Dit sal die verwesenliking van basiese professionele onderrigstandaarde, moderne klaskamerpedagogiek, en 'n nuwe kennisbasis vir post-apartheid-onderrig vereis.

Voorgraadse sukseskoerse sal verhoog word na 80-85% deur die kombinasie van onder andere beter keuringsprosesse en verbeterde akademiese onderrig. Ten minste tien uitstaande akademiese departemente sal tot stand gebring word deur groot beleggings in die toonaangewende akademiese eenhede vir daardie spesifieke dissiplines in Suid-Afrika. Die gehalte en grootte van die nagraadse groep studente sal vinnig uitgebrei word

en die kaliber van die voorgraadse groep sal ontwikkel word tot die mees diverse en akademiese kompeterende inname van alle Suid-Afrikaanse universiteite.

'n Verdere stap gaan wees om die Qwaqwa-kampus te lei tot 'n aantreklike en diverse akademiese universiteit, asook om die Suid-kampus tot 'n vername kern van derdestroominkomste te ontwikkel. Die werwing van nie-regerings-beurse en navorsingstoekennings vir arm studente sal voorkeur geniet en 'n stewige Bevorderingsinfrastruktuur en eksterne inkomste sal tot stand gebring word as 'n vaste basis vir die finansiële welstand van die universiteit en sy kapasiteit vir innovering en ondernemingsgees, ver verby wat moontlik is indien slegs op regeringsubsidie-inkomste gesteun word. – **Lacea Loader**

• Hierdie is 'n opsommende weergawe van die aankondiging deur prof Jansen. Please go to this link <http://www.ufs.ac.za/Academicproject> for the English version.

### Dr Aliza le Roux winner of Vice-Chancellor's Award.

The Centre for Teaching and Learning hosts an Excellence in Teaching and Learning intervention every year. This year Dr Aliza le Roux from the Qwaqwa Campus was announced as the winner of the Vice-Chancellor's Award. Aliza le Roux is a South African National Research Foundation-rated (NRF) scientist (Y2). She has devoted the past decade to research on the cognitive and communicative skills of wild mammals in the arid regions of South Africa and the highlands of Ethiopia.



# Van die redakteur

Die jaar staan einde se kant toe en almal is in rep en roer om projekte af te handel, of besig om hul deel te doen met betrekking tot ons studente se eksamens. Dan is daar natuurlik nog ook die bywoon van afsluitingsfunksies. Ek hoop dus dat jy êrens deur hierdie vol program 'n tydjie sal kry om jou laaste *Dumela* vir 2013 te lees.

Die inhoud van hierdie uitgawe weerspieël die verskeidenheid waarmee ons op 'n daaglikse basis te doen kry. Ons skryf oor minister Jeff Radebe van die Departement van Justisie en Grondwetlike Ontwikkeling wat ons universiteit geprys het vir sy werk met die bekamping van rassisme.

Heeltemal op 'n ander noot onthou ons ook van ons personeel wat vereer word vir hul jare diens hier by die universiteit.

Verder leer ken ons ook 'n hele paar van ons studente sowel as personelede op al drie ons kampusse. Hier verwys ek na Milton Nkoane, Mike Webb, Jack Zezi, Mxolisi Mgozeli en Moodiela Mathobela, om maar net 'n paar te noem.

Ons maak ook weer van hierdie uitgawe gebruik om ons studente en personeel se prestasies aan die groot klok te hang. Lees oor Stephan Steyn se lyndansprestasie, Ankie Bradfield wat aan mev. Wêreld gaan deelneem, en word saam met ons bly oor die aankondiging van die sportman en -vrou van die jaar op beide ons Bloemfontein en Qwaqwa-kampusse.

Ons is trots op die presteerders. Wat my verder verbly, is die werk wat ons in die gemeenskap lewer. Lees Amanda Tongha

se berigte oor die verskil wat ons studente en personeel in die plaaslike gemeenskap maak.

Net soos hierdie kollegas, kan elkeen van ons in hierdie eerskomende rustyd 'n verskil gaan maak – of dit nou is in die lewens van ons geliefdes of om 'n daad van liefde teenoor 'n vreemdeling te toon.

Ek wens elkeen 'n geseënde tyd saam met vriende en familie toe.

Sterkte met die laaste merkwerk. Tot volgende jaar.

Leonie



WHAT'S INSIDE



04 Amanda talks to ...  
Melissa Barnaschone



14 Your story ...  
Moodiela Mathobela



15 Your story ...  
Ankie Bradfield



16 Sport ...  
Sportsman and Sportswoman

*Dumela* is compiled by the Strategic Communication Division at the University of the Free State.

#### Editor:

Leonie Bolleurs  
051 401 2707 or 083 645 5853  
bolleursl@ufs.ac.za

#### Design and layout:

Linki Brand

#### Editorial Team:

The *Dumela* editorial team consists of staff from the Strategic Communication Division as well as representatives of all faculties, departments and campuses of the UFS.

All Facebook quotes are published as they appear on Facebook



## On Facebook ...

### Our post:

Students from Kopsie Rag Community Services assisted with the construction of the chocolate rhino at the Waterfront in Bloemfontein.

### Comments we received:

**Rudi Buys** SABC News just carried the story ... thank you to all students who assisted.

**Daso Kopsies Kopsie Jool/RAG**, werklik 'n instansie om op trots te wees! Die goeie werk gaan nie ongesiens verby nie!

**Eric Ndou** proud to be associated with KOVSIE, good job

**Rudi Buys** #ufsgreatness very proud of all **Rulanzan V. Martin** Being a Rag committee member. I am proud to see the Rhino (by the way, we named her Coco) finally completed

**#Rag** it's a given!! :)

**Lebohlang Caroline Martins** KOVSIE ... A proud one!!

**Vanso Steven Maandamela** Kopsie students never cease to amaze me.

**Cornay Campbell** Proud Kopsie, Well done, guys!

**Buyisiwe Euphemia Jaka-Ngubane** Wow, well done, Kopsies I remember the Rag days

**Pamela Meje** Saw it today ... wow, it's awesome **Suzanne Marè** As the Rag CS vice-chairperson, I'm very proud of the committee and it was a lot of fun!!!

**Vusumzi Vusi Mesatywa** Playing with food, haha! **Amanda Nyingwa** Oh wow that is jst Brilliant!!!!!! Oh wow!!!!!! Truly in awe

**Lindiwe Moeletsi** Wow\*\*Choc mmmmm\* Awesome **Feroza Nooroodien** #proudKopsie, well done guys (") ... and what an aMaZinG cAusE!!!!!!

**Boitu Millio Mokhothu** Mmmmm, chocorhino, yum



## Alumni Voices ends the year on a high note

*The Alumni Voices choir at the university's Bloemfontein Campus ended 2013 on a very high note with one of their biggest productions ever.*

**I**n collaboration with the prestigious Drakensberg Boys' choir, this unique 24-man chamber choir recently performed *Joy to the World*, a production of new Christmas music by Karl Jenkins.

This majestic choir work will also be repeated as part of the weekend festivities, *Christmas in the Berg*, with the Drakensberg Boys' Choir later in December.

The choir founded by Leona Geldenhuys during 2003 originally consisted of full-time students – then named VOICES Inc. The choir now consists of staff and alumni and has been renamed as ALUMNI VOICES. Some of the original choir members are still part of this choir.

"The student choir had a very special energy. With the staff and alumni members there is another kind of special energy. The choir members are reliable, responsible and supportive. It is the glue that holds a choir such as this together and it makes me very enthusiastic about our future," says Leona, choir conductor and mastermind behind the choir.

Leona explains that, in Europe, a chamber choir traditionally consists of 32 members. "This choir has 24 members, which in effect means each member's voice is as valuable as the other's."

This year's performance with the Drakensberg Boys' Choir will not be a once-off event, as Leona says that there are already plans to have another production with this choir in May 2014. – **René-Jean van der Berg** <

Staff and alumni interested in joining the choir and becoming part of this choir experience, should please contact René-Jean van der Berg at [vanderberg@ufs.ac.za](mailto:vanderberg@ufs.ac.za)

## Make a difference

**O**ur Directorate: Community Engagement remains grounded in the vision and mission of the university to be an excellent, equitable and innovative university through quality education, research and community service.

Through a number of significantly identifiable projects, community engagement has been contributing towards a "scholarship of engagement" by responding to societal challenges, using teaching, research and community service to make a contribution to the development of the province as well as a wider South African region.

This year the directorate hosted its first Open Day, where students from the various faculties of the university displayed their community service programmes. A reasonable number of community partners also used the opportunity to demonstrate their project during the event. Satisfactory community participation reinforced acknowledgement for attainment of the objective for the day – that of raising awareness.

Among a number of other outstanding projects worked on this year is the Multilingual Informatics Development project (MIDP). Its objective is to institutionalise the functioning of multilingualism that exists at grassroots level in the Philippolis area. The Mimosa Mall exhibition pioneered by students from the Faculty of Health Sciences formed part of the Mandela Day celebrations in July.

"Our approach is aimed at empowering students and exposing them to the social and human dynamics as evident realities within the modern society. Negotiated collaborations and partnerships between the university and the interest groups continue to build relationships that are based on trust and respect," said Rev Billyboy Ramahlele from the Community Engagement Directorate.

He said that the office, which is situated in the President Steyn Annex Building, is committed to providing staff and students with support in order to enable them to initiate and nurture an environment in which exchange of knowledge, skills, expertise and resources is generated.

Visit the Community Engagement Directorate website on [www.ufs.ac.za/CE](http://www.ufs.ac.za/CE) and find out how you can make a difference.

– **Dikgapane Makhetha** <

The Directorate: Community Engagement aims to empower and expose students to the social and human dynamics as evident realities in the modern society.



## Fun facts about first digital planetarium in Sub-Saharan Africa

**T**he new digital planetarium was officially opened by the Minister of Science and Technology, Michael Masutha, on 1 November 2013. This planetarium is the first of its kind in Africa. Here are some fun facts about the planetarium:

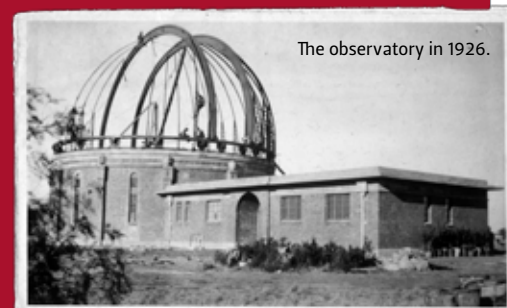
The planetarium is unique, as it is the only digital planetarium we know to be established inside an old observatory. The observatory was officially opened in 1928 for the first time, after a three-year construction period.

The original observatory was built as part of a research mission by the University of Michigan (UM) in the USA to discover and measure double stars in the southern hemisphere. Dr Richard Alfred Rossiter, head of the Lamont-Hussey Observatory at the UM, headed this project.

The digital planetarium projects about 10 million unique pixels of full-dome video on to the seamless aluminium 12-metre-wide dome screen and has a digital surround-sound system.

Visitors to the planetarium will be exposed to an inversing experience involving a tour through the micro- and macro-cosmos.

– **René-Jean van der Berg**



The observatory in 1926.



# Amanda talks to ...

## Melissa Barnaschone

Amanda Tongha is a Senior Officer: Internal Communication at our Strategic Communication Division.

“Is it true ...that we read your minds,” Melissa Barnaschone finishes the question I was about to ask. Sitting opposite the counselling psychologist, trying not flinch under the force of her stare, we talk about these and other misperceptions of her profession, as well as her work in Student Counselling and Development looking after the well-being of our students.

Melissa Barnaschone.

“I get that question a lot,” she answers. As soon as you mention the word psychologist, you see a person’s demeanour change. One of the questions that you get 99% of the time is, “You are probably reading my mind,” or “Are you analysing me now?”

As we settle into the conversation, another misperception about psychologists gets thrown out of the window. “I am a strong introvert,” she says, debunking the myth that all psychologists are extroverts. “I am very shy, but I am ambitious and enjoy challenges.”

This combination of introversion and come-dare attitude is one of the reasons why, from August next year, she will become the face of the Southern African Association for Counselling and Development in Higher Education(SAACDHE), an association that represents the interests of counselling and development service providers in higher education. Selected incoming president at the association’s annual conference in September this year, she will oversee the activities of the

national higher education body from August 2014 to July 2015.

“I have an intense interest in people,” she says about her role as a counselling psychologist at the university. Part of a team of 12 psychologists, clinical, counselling and interns, they offer free counselling services to registered students. These include psychological counselling, looking at issues such as depression, anxiety and low self-esteem; academic support; helping with study methods and presentation skills; career counselling; and hosting workshops on topics like assertiveness and stress management.

“We here to enhance people, to help people build on their strengths,” she stresses the role of Student Counselling and Development at the university.

“If you look at a person as a holistic person, their physical being is made up of their thoughts, their emotions and then of course their behaviour. You can’t market yourself as a holistic person if there are issues or

gaps in other areas; therefore, it’s not only problem students or people with issues that we see. We also see students for personal development. We work from a very positive psychological perspective.”

Delving further into myths about her profession she says that, in her circle of friends, her friends don’t necessarily turn to her with their problems but she acknowledges being a good listener.

“You don’t have to be a psychologist to provide a listening ear to your friends. In a social situation I do not listen to somebody’s problem from a psychologist’s point of view; I will listen from a human being’s point of view.”

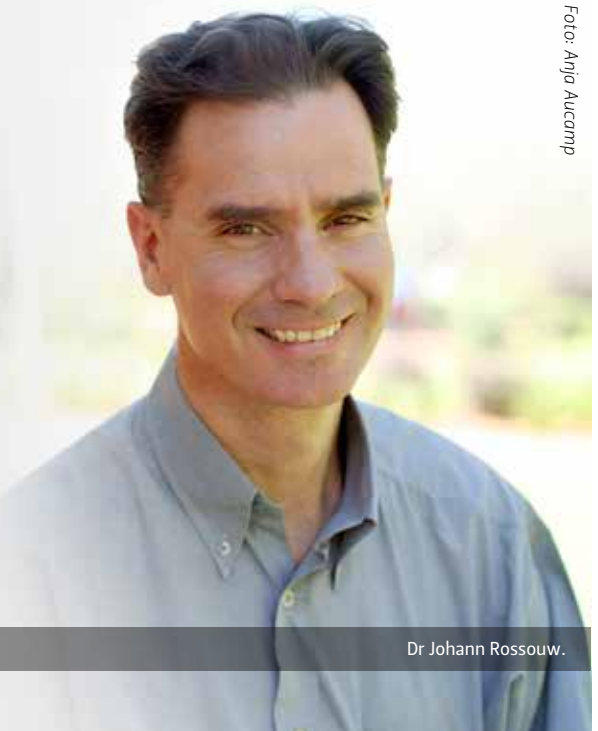
“Sometimes all you have to do is to listen. As psychologists we don’t give advice. We help people solve their own problems and find their own solutions. I can’t solve your problems for you, but can guide you in such a way that you reach the solution to your own problems.” <

# The experts say ...

Foto: Anja Aucamp

## Hoe belangrik ag ons etiek in die huidige werksomgewing?

*Daar is twee maniere waarop hierdie vraag vertolk kan word. Eerstens, hoe belangrik dink die meeste mense is etiek in die huidige werksomgewing? Tweedens, hoe belangrik behoort etiek in die huidige werksomgewing te wees? Hoe laasgenoemde beantwoord word, hou verband met hoe eersgenoemde beantwoord word, en daarom begin ek by eersgenoemde.*



Dr Johann Rossouw.

As 'n mens na die nasionale prentjie kyk, is dit duidelik dat etiek in die werksomgewing 'n dubbelsinnige status geniet. Aan die een kant vaar Suid-Afrika nie te goed in jaarlikse peilings wat met etiek in die werksomgewing te make het nie, soos byvoorbeeld dié van Transparency International. Die groeiende omvang van korrupsie en bedrog is ook welbekend.

Gelukkig is daar ook 'n ander kant van die saak. In die burgerlike samelewing en die private sektor neem heelwat prominente mense en groeperinge dikwels sterk standpunte oor etiek in

die werksomgewing in. Dit sluit in die kerke, Corruption Watch, sakeleiers en vakbondleiers. Instellings waarmee werknemers 'n sterk sentimentele band het, soos familiebesighede, goeie skole, kerke en universiteite plaas dikwels ook 'n hoë premie op etiek in die werksomgewing.

In die lig van bogenoemde kan ons nou stilstaan by hoe belangrik etiek in die werksomgewing behoort te wees. Die antwoord is eenvoudig: Baie belangrik! En des te meer omdat korrupsie en bedrog, soos al baie gesê is, minder geld vir maatskaplike dienste laat. Dit is dus 'n soort belasting op die armes waarin hulle

geen sê het nie. En hoe slegter dit met arm Suid-Afrikaners gaan, hoe slegter gaan dit met die land, veral omdat dit mense se lewens vernietig en stabiliteit bedreig.

Maar van watter etiek in die werksomgewing praat ons? Beslis nie die konvensionele siening van die nakoming van reëls nie. Nee, juis daardie benadering wat voortreflikheid, sorg en kollegialiteit sentraal stel. Kortom, 'n benadering wat 'n liefde vir jou instelling kweek, waaruit die begeerte om goed te handel vanself vloei. In so 'n instelling is dit wat mense moet doen en dit wat hulle wil doen dieselfde ding. – **Deur dr Johann Rossouw, dosent in die Departement Filosofie**

COLUMNISTS

## My ma sê ôk so

### “Is ons nou in die hemel, mamma?”

Ek was ses jaar oud toe my ouma my op Tafelberg neem. Net ek en sy alleen. En al was ek al op ander geleenthede weer op Tafelberg, is dit die besoek daardie dag wat ek onthou.

Want dit was die dag dat ek van soveel van my verbeeldingsgoeters ontnem is en geleer is om nuwe goed te verbeeld.

Dit was 'n pragtige sonskyndag – of eintlik: op die grond was dit 'n pragtige sonskyndag. By die Tafelberg-kabelstasie gekom, merk Mamma (dis hoe ek my ouma noem) op hoe die wolke op die berg saampak.

“Maar dis mos Van Hunks en die duiwel wat so rook,” het ek opgewonde gesê. “Gaan ons hulle sien?”

Daar bo was dit skielik doodkoud. Ons het al langs die

muurtjie bo-op die berg gestap, Mamma het vir ons hot chocolate en tjijs gekoop, ek het 'n foto saam met vreemde mense geneem, maar net nog nie vir Van Hunks gesien nie.

“Van Hunks is net 'n storie. Dié is eintlik net wolke. En wolke is maar so koud, want wolke moet reën maak.”

Maar Heidi se wolke is nie koud nie. Heidi spring en lê dan op die wolke en daai is ook in die berge.

Miskien is dié ander wolke. Miskien is ons in die hemel.

“Is ons nou in die hemel, mamma?”

“Miskien is ons. Steek jou hand op en voel.”

Ek was nie seker wat om te voel nie en ek was eerlik bietjie skrikkerig om my hand op te steek. Netnou voel ek iets wat ek nie wil voel nie. Maar ek het niks gevoel nie.

“Nou waar is die hemel, Mamma?”

“Die hemel is net daar waar jy wil hê dit moet wees.” <



René-Jean van der Berg is Senior Beampte: Mediaskakeling by ons Afdeling Strategiese Kommunikasie.





Rekenaarspeletjies sonder geografiese grense is 'n ideale manier vir ons nagraadse studente op 'n stimulerende manier met ander studente in aanraking te kom.

## Nagraadse studente sosialiseer in die kuberruim

Mense met belangstellings is interessante mense. Dit is die indruk wat jy kry wanneer jy met dr Henriëtte van den Berg by ons Nagraadse Skool gesels. Dit is juis dr Van den Berg se belangstelling in rekenaarspeletjies "sedert die dae van Pacman" wat haar dadelik laat instem het tot 'n voorstel van 'n groep nagraadse studente om hulle eie sosialisering 'n bietjie uit te bou deur by e-ball speletjies betrokke te raak.

Dr Van den Berg verduidelik: "Veral nagraadse studente is dikwels vasgevang in hulle studies, met min tyd om met ander nagraadse studente in aanraking te kom. Ons het besluit om hulle sosiale netwerk 'n bietjie uit te brei deur die gebruik van rekenaarspeletjies teen studente in ander lande." Met die hulp van die Departement Rekenaarwetenskap en Informatika het die muise begin klik, en onlangs het die eerste aanlynkompetisie as 'n loodsprojek plaasgevind. Die kompetisie was so suksesvol dat die Nagraadse Skool reeds beplan om 'n internasionale intervarsity te hou, waar daar teen universiteite in ander lande meegeding kan word. "Ons oorweeg om aanvanklik teen universiteite in Europa mee te bring, want die tydsones in Amerika en Australië verskil nogal radikaal van dié in Suid-Afrika," sê dr Van den Berg.

Rekenaarspeletjies sonder geografiese grense bied die ideale manier om studente op 'n stimulerende manier met ander studente in aanraking te bring. Nie alleen kry die studente kans om hulle opponente te ontmoet nie, maar ook hulle medestudente wat nie elke dag op die kampus is nie. *Dumela* sien daarna uit om verslag te doen oor die eerste e-ball intervarsity. Dr Van den Berg se speletjie-ervaring – sedert haar Pacman-dae – sal haar die ideale spanbestuurder maak.

– Igno van Niekerk ◀



Dr Milton Nkoane.

## Strengthening research ties for the UFS around the world

Dr Milton Nkoane, the current Head of the School of Education Studies, has enhanced and deepened a research culture within the Faculty of Education. This was demonstrated by the positioning of the School of Education Studies in second and third position, in 2011 and 2012 respectively, in terms of publication outputs per department/School.

He has peer-reviewed various journals and books and is currently guest-editing a special issue of the *South African Journal of Higher Education* (SAJHE), *Higher Education for Democratic Citizenry through the Creation of Sustainable Learning Environments*.

In addition, he has produced numerous articles and book chapters and established a cohort of about 70 postgraduate Master's and PhD students, working with 15 other academics within the Faculty of Education across the two campuses.

Recently Dr Nkoane was invited as a keynote speaker to the 6<sup>th</sup> International Conference on Educational Reform (ICER) at Siem Reap, Cambodia.

"I have initiated research collaborations with Aalborg University in Denmark. I am a full member of the Discourse Power and Resistance (DPR) Institute at Plymouth University in the UK and I have delivered papers at DPR conferences since 2011. Currently, I am working with colleagues at Rutgers University, New Jersey in the USA on an edited peer-reviewed book. The idea around the development of this international, scholarly collaboration is to produce a scholarly volume."

– René-Jean van der Berg ◀



Minister Jeff Radebe.

## Minister Jeff Radebe delivers lecture in prestige series in Faculty of Law

In a packed hall with, among others, university students, staff and members of the judicial system, Minister Radebe said that it was to this university that many other academic institutions should look to when they dealt with the challenges of racism in its various manifestations in their midst. "I commended the university for taking drastic measures to address within its own premises the challenges of racial prejudices," he said.

The Minister of Justice and Constitutional Development was delivering a lecture in the Prestige Lecture Series of the Faculty of Law.

The Legal Practice Bill and the transformation of the State Legal Service were the most important initiatives under way through which the Institutions of Higher Learning will contribute. "The Bill seeks to establish a single regulatory structure that will be responsible for setting the norms and standards for all legal practitioners. Members of the public as primary beneficiaries of the legal profession will also be represented in this structure. Other important objectives of the Bill are the removal of barriers of entry to the profession for young law graduates who aspire to pursue a legal career and the introduction of measures aimed at ensuring that fees chargeable for legal services are reasonable and within reach of ordinary citizens," he said.

The Minister concluded, "Our courts must reflect both the race and gender demographics of our country and so must the university communities in their various capacities as a microcosm of the society we seek to build." – Leonie Bolleurs ◀



Dr Michael Webb.

### UFS helps with haematology training in Botswana

Dr Michael Webb, Acting Head of the Department of Haematology in the Faculty of Health Sciences, recently gave a series of lectures at the University of Botswana's School of Medicine.

Dr Webb was invited to the University of Botswana as part of a group of medical specialists from around the world visiting this institution with the aim of providing continuous training to students and specialists in internal medicine. His expertise was requested in particular, as there is currently no clinical haematologist at the University of Botswana to assist with the training of the medical students.

"Even though it is a recently established medicine school, there is already a range of specialists involved in the training of both medical students and specialists in internal medicine.

"I had the pleasure of joining them on ward rounds and giving lectures both to the medical students and doctors training in the sub-speciality of internal medicine.

"Whilst medicine is also practised in a resource-limited capacity there, even more so than in South Africa, the patient demographics and disease profile were remarkably similar to that which we see.

"The doctors were all very passionate about the opportunity they had to make a difference in their patients' lives, and were eager for the external input on topics that they dealt with on a daily basis, yet felt ill-prepared for. It was most gratifying to be able to share knowledge and insights with colleagues who were so eager for additional input."

– René-Jean van der Berg <



Dr Tania Coetzee.

### Heidedal secondary school learners benefit from Humanities bursary

This year, a group of secondary school learners from Heidedal once again impressed judges from our university and NGOs, speaking confidently about how they make a difference to lives of others in their community. The Grade 11 learners from Dr Blok, Petunia and Heatherdale Secondary schools took part in the Faculty of the Humanities' annual socially responsible learner competition. At the event, held in the Heidedal Public Library, learners showcased projects they had undertaken in order to influence community members to become socially responsible citizens. This is the fourth year that the faculty has hosted the competition, rewarding the winner with a R5 000 bursary to study in the faculty after finishing matric. Innocent Mokhoele, a learner from Heatherdale Secondary, took top honours this year, impressing judges with his project on Emotional Intelligence. The Grade 11 learner roped in experts to teach fellow learners what emotional intelligence is and how to cope with difficult issues that arise from time to time. Other projects entered saw some learners starting book clubs at their schools, offering extra Maths and Physical Science classes as well as doing safety on the roads.

Dr Tania Coetzee, chairperson of the Faculty of the Humanities' Community Engagement and Service Learning portfolio committee, says the bursary helps to motivate learners to do their best in matric. "They know it allows them to study after matric, making their dreams a reality."

Bernice Duiker from Dr Blok Secondary School was one of the learners who entered and was grateful to be part of the competition. "I would like to thank Dr Coetzee who really assisted and motivated us to be part of this project. It helped me realise the influence I can have in my community."

– Jerry Mokoroane <



Adv Inez Bezuidenhout.

### Skynhofkompetisie word in geregtelike hoofstad gehou

Die Departement Proses- en Bewysreg het onlangs die negende jaarlikse Kovsie eerstejaar-skynhofkompetisie aangebied. Sestien Engelse spanne en sewe Afrikaanse spanne het daaraan deelgeneem. Die eerste rondtes is in die plaaslike Hooggeregshof aangehoor voor praktiserende advokate van die Vrystaatse Vereniging van Advokate, naamlik: J Lubbe (SC); AH Burger (SC); S Reinders; JG Gilliland; PR Cronjé, DM Grewar, JMC Johnson en S Tsangarakis.

Vier Engelse spanne en twee Afrikaanse spanne het deurgedring na die finale rondtes in die Hoogste Hof van Appèl. Die rondtes in laasgenoemde hof is deur regter Fred Beckley en landdros Quvashini Nulliah beoordeel.

Vanjaar het die Nelson Mandela Metropolitaanse Universiteit asook Varsity College vir die eerste keer deelgeneem. Regter Brand het die kompetisie geopen en die studente is deur Aletta van der Bergh van die Hoogste Hof van Appèl verwelkom. – Adv Inez Bezuidenhout <





## 40-year category



Willem van der Westhuizen

# Long-term servers honoured

This year the university awarded a total of 210 long-service awards to staff members across various faculties and departments.

Among these, 96 of our colleagues received long-service awards in the 10-year category; 55 in the 15-year category; 37 in the 25-year category; 20 in the 35-year category; and even two in the 40-year category.

The university is very proud of these colleagues and thanks them for their valuable contributions over the years.

Colleagues from all three our campuses (Bloemfontein, Qwaqwa and South Campus) receive long-service awards annually. Long-service awards are offered to staff members who have worked and provided service to the university in the categories of 10 years, 15 years, 25 years, 35 years and 40 years. – **Stefan Lotter** <

## 35-year category



Lerina de Bruin



George de Lange



Piet Erasmus



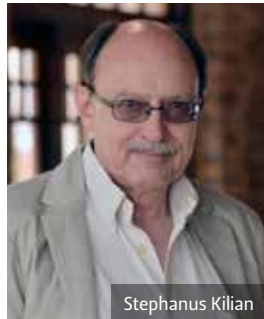
Charles Herbst



Dirk Jansen



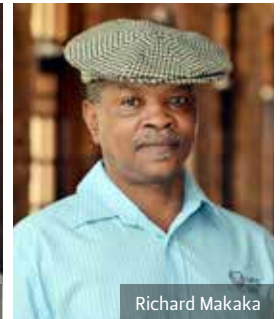
Anne-Marie Kilian



Stephanus Kilian



Martha Letsoara



Richard Makaka



Motselets Motshudi



Victoria Mphuthi



Jakkie Naudé



Adelina Phangisa



Sarah Scheepers



Moses Tlhokwe



George Tshwene



Hennie van Collier



Anna van der Walt



Lean van der Westhuizen



## 25-year category



Susan Coetzee



Gesine Coetzer



Liechen DeMan



Danette de Villiers



Karel Esterhuyse



Nellie Friend



Lena Herselman



Christa Heyns



Reginald Hiscock



Rita-Marie Jansen



Chrissie Jardine



Haumie Joubert



Christoffel Kok



Emma Koko



James Kumalo



Anna Liebenberg



Elsabé Marais



Merriam Mavula



Marilyn McLure



Marilyn Meyer



Anna Moeti



Edwin Mohatlane



Marietjie Nel



Rita Niemann



Marlene Opperman



André Pelsier



Cecile Pietersen



Johan Pottas



Sadie Geldenhuys



Henriëtte Strauss



Piet Strauss



Wijnand Swart



Tshelo Philemon



Annetjie van den Berg



Hester van der Berg



Alet van Rooyen



Marie Watson

# Dumela asks ...

Text and photos by Thabo Motsoane

*Dumela* is one of the university's most consistent publications, always enabling staff and students to express their opinions regarding development and transformation of human life. This time around, the question is about a positive contribution each of us would make, should we have an opportunity to make a difference in someone's life. This is how staff and students responded:

## Vuyani Khosana, Provisioning

If it's a young person, I would encourage them to acquire education and try to make them aware of the dangers of HIV/Aids.



## Jennie Masalla, Physical Planning

Well, I would say it is important to make people feel welcome by giving them a warm smile. When you give people a warm smile, at least they feel at ease and for me that is what we can do to make a positive difference in someone's life.



## Prof Hanneke Brits, Physiotherapy

I would be there for them to offer my support in case they need someone to talk to. For example, right now we have Cuban students and we are offering them support regarding communication so that they have someone they can trust and talk to. That way, things get a little bit easier.



## Elize Horn, BSocSc student

I would give my time to others, and let them know that they are loved and that money is not everything. Love is everything.



## Prof Karel Esterhuyse, Department of Psychology

I would give them the opportunity to improve him/herself, by giving them good value systems which they can live by, such as having respect for other people and also make them feel free to voice their opinion.



## Teboho Mopedi, Law student

If they are students then I would buy them books and give them food parcels so that they can focus on their studies. <

## In the headlines

By René-Jean van der Berg

In recent weeks, a filming crew from the *Good Morning Africa* breakfast show on the Africa Magic Channel (DSTV 154) visited the Bloemfontein Campus to focus on the research the university is doing and the great strides our researchers have made. The Division: Strategic Communication has identified areas and researchers in these areas to feature on the show. Three of the planned eight programmes have already been broadcasted on this channel.

In September, *The Platinum Weekly* and *Mining News* reported on the latest research conducted by Prof Marian Tredoux from the Department of Geology, in collaboration with her research assistant, Bianca Kennedy, and their colleagues in Germany, who scrutinised established theories closely regarding how minerals of the platinum-group of elements are formed. For Prof Tredoux, the research results proved ideas she already had some 20 years before regarding the forming of platinum minerals. Young researchers were very excited at recent conferences about the findings, since the new models can bring new insights.

The Faculty of Natural and Agricultural Science launched the Agripedia Project in September 2013. This project aims to be a one-stop online information facility providing information and solutions to farmers. *OFM*, *Volksblad*, *SABC 2* and *kykNET* reported on the launch event.

Two well-known artists, Lira and Karen Zoid, performed at the Kopsie Extravaganza and had the audience all hyped up during this social event. *The New Age*, *Public Eye*, *Free State Times* and *Bloemnuus* reported on this. <

## Om vir jou toekoms te beplan is makliker as wat jy dink.

Om seker te maak dat jy jou geldsake en finansiële beplanning agtermekaar het, kan na 'n onbegonne taak klink.

Ben Opperman, senior onafhanklike finansiële beplanner, kan jou help met die volgende:

- Finansiële beplanning
- Aftreevoorsiening
- Spaar en beleggings
- Testamente en trusts
- Persoonlike dekking
- Voorsiening vir opvoeding

Hy is deeglik vertrou met die produkte en dienste van Sanlam, Ou Mutual, Liberty, PPS & Altrisk.



### Ben Opperman

Senior Onafhanklike  
Finansiële Beplanner  
051 407 8156  
082 457 2240  
benoprnm@intekom.co.za



## Laziness is as bad as smoking

*We all know smoking is bad for your health, but did you know that by doing no exercise for a week you have in fact smoked a pack of cigarettes? This is according to recent findings by Dr Robert Sallis, chairperson and founder of the international Exercise is Medicine movement.*



Signing an agreement to declare the university's commitment towards the encouragement of a healthy lifestyle among students are, from the left: Rudi Buys, Dean: Student Affairs, Robert Sallis, Chairperson of the international Exercise is Medicine Movement and Dr Louis Holtzhausen from the Sports Medicine Clinic at the university.

Dr Sallis, based in California, recently delivered the Annual Sports Medicine Lecture at the university. He explained how, by doing physical activity for just 30 minutes a day, you can lower the risk of various chronic diseases like high blood pressure, diabetes and coronary heart disease.

"The market is full of different medication available to treat conditions that can just as well be treated with physical activity. In many researches it is found that physical activity is a more

effective treatment than the prescribed medication," Dr Sallis said.

According to research done by Exercise is Medicine, physical activity proved to lower suicide risk among depression patients more than three of the leading anti-depressants prescribed for treating depression would do.

According to the Exercise is Medicine Movement, physical activity is defined as being active for 30 minutes per day. This does not have to be time spent jogging

or a heavy workout at a gymnasium, but also includes walking at a comfortable pace. This 30-minute activity can also be divided up throughout the day.

"Park 10 minutes walk away from your office and walk the distance. Instead of using the elevator, take the stairs. At lunch, walk 5 minutes to where you will have your lunch and walk the 5 minutes back. After work, take the 10-minute walk back to your car," Dr Sallis suggested.

– René-Jean van der Berg

## Universiteit gee hoërskoolleerders 'n blik op beter lewe

**Met 'n vakgemiddeld van 70% in Wiskunde is Paballo Lefeta, 'n graad 10-leerder aan Ntemoseng Hoërskool in Botshabelo een van die top leerders by haar skool. Om onder die top-tien leerders van haar skool te wees, is 'n prestasie wat Paballo sedert laerskooldae behaal.**

Die 17-jarige droom daarvan om eendag 'n dokter of 'n ingenieur te word en so die eerste gegradueerde in haar gesin te wees. As een van 67 leerders wat baat vind by ons universiteit se First Generation Student-program, is sy 'n treetjie nader aan dié droom.

Die First Generation Student-program wat uit prof Jonathan Jansen se kantoor bedryf word, gee aan top akademiese graad 10-leerders in minderbevoorregte skole die kans om 'n universiteit by te woon. Hierdie leerders sal dan ook die eerstes in hul familie wees wat oor 'n graad beskik. Die program behels dat leerders die laaste drie jaar van hul skoolloopbaan gedurende skoolvakansies klasloop in óf Biologie, Rekeningkunde of Regte ter voorbereiding van hul eindeksamen. Verder word hulle ook blootgestel aan die universiteitsomgewing.

Danksy 'n skenking van die finansiële maatskappy Investec gaan nog leerders hopelik by die program baat vind. Die maatskappy het vanjaar reeds meer as R500 000 aan die program geskenk om onkoste te dek. Die uitgawes sluit in skoolbehoefte, mentors, akkommodasie op die kampus, voedsel en chaperones in die program.

Tessa Ndlovu, projekbestuurder vir die

First Generations Student-program, sê: "Dis programme soos hierdie wat studente in minderbevoorregte skole motiveer om eendag universiteit toe te gaan. As projekbestuurder kry ek die kans om op 'n een tot een- of groepsbasis met die leerders te gesels. Om te weet hierdie projek maak 'n verskil in 'n kind se lewe wat nooit kom droom om by 'n universiteit te studeer nie, maak dat ek elke dag glimlag." – Amanda Tongha



Die projek maak 'n verskil in kinders se lewens wat nooit sou kon droom om aan 'n universiteit te studeer nie.

Foto's: Verskaf

## RPL office recognises skills

**“There is no need to settle for a life less than you are capable of.”**



Tersia Kühne.



Photos: Supplied

It is according to this quote of former President Nelson Mandela that the Centre for Teaching and Learning's Office for the Recognition of Prior Learning (RPL) functions every day.

RPL recognises the skills and knowledge a prospective student has resulting from learning through work experience, life experience, informal study, short courses and formal study. It is a way of assessing knowledge, skills and competencies against the outcomes of study programmes, qualifications or modules.

The RPL Centre of the Free State Higher Education Consortium (FSHEC) is located at the South Campus.

Tersia Kühne, manager of the RPL Office, says that since its inception in 2005 they have already processed over 6 000 queries. “We try not to be a dead end to those potential students who do not qualify for RPL. Instead, we advise them on the way ahead.” Tersia explains that at first, the concept of recognition for prior learning was not well known and the RPL programme had a slow start. Later, potential students

learnt more about the service and the RPL office has seen an increase in queries and applications. Currently the RPL office renders its services to the UFS and the Free State School of Nursing.

“However, most of the applications are for postgraduate studies. Many professional employees have gained a lot of experience in the work environment. After 10 years, they might be appointed in managerial positions. These employees are motivated to specialise in the various fields and thus apply for RPL.”

– René-Jean van der Berg <

## Qwaqwa Sportsman and Sportswoman aim high

Limakatso Mosia only started running in 2009 as a Grade 9 learner at Karabelo Intermediate School. Between then and now, she has claimed her stake as one of the best cross-country runners in the Free State.

“I have always loved running since I was a child,” says Limakatso, a Bachelor of Education Foundation Phase student on our Qwaqwa Campus. Limakatso is the 2013 Sportswoman of the Year and believes that hard work pays in the end.

The last three years have been good to me as I managed to make it to the schools national championships in Pretoria as an under-8 runner in 2010. I also did well in the 4 km category in

Mpumalanga in 2011.

“I never knew that doing what I love would one day open doors for me. Her team mate, Serame Mosia (no relations) is a pillar of strength, who has also had a fruitful 2013. He is the Qwaqwa Campus 2013 Sportsman of the Year.

“My biggest achievement this year was getting a bronze medal during the Eastern Free State championships that were held in June. I also managed to qualify for the national championships,” Serame adds.

“With hard work, we will soon be flying the national flag and singing the national anthem at one of the major international events,” Limakatso concludes.

– Thabo Kessah <



Photo: Thabo Kessah

Serame Mosia and Limakatso Mosia have something to show for their hard work in 2013. They are the Sportsman and Sportswoman of the Year on our Qwaqwa Campus.

## Navorsing oor Heidelbergse Kategismus in *Acta Theologica* gepubliseer

Die Fakulteit Teologie het onlangs 'n konferensie aangebied oor die resepse en relevansie van die Heidelbergse Kategismus. Lede van die fakulteit en navorsingsgenote het ook deelgeneem aan 'n internasionale konferensie oor die Heidelbergse Kategismus by die Universiteit Stellenbosch. Die uitsette van beide hierdie konferensies word in 2014 in 'n spesiale uitgawe van *Acta Theologica* gepubliseer.

**Ds Helené van Tonder** van die Departement Ekklesiologie het navorsing oor dié dokument gedoen. Sy vertel meer:

“Vanjaar is die 450-jarige herdenking van die Heidelbergse Kategismus. Hierdie invloedryke dokument is deel van die belydenisgrondslag van baie gereformeerde kerke wêreldwyd, en vele instellings en gemeenskappe het vanjaar die rol van hierdie dokument oor vier en 'n half eeue bestudeer en herdenk.

“Studies aangaande die Heidelbergse Kategismus neem baie vorms aan. Die dogmatiese en etiese inhoud en die bekende driedeling van daardie inhoud (ellende, verlossing, dankbaarheid) word wyd bespreek, geïnterpreteer en gekritiseer. Historici bekyk en bestudeer die verskillende maniere en plekke waar die Heidelbergse Kategismus gebruik is, en die godsdienstige en kulturele impak daarvan bly 'n relevante vraag.

“Gesien as die identiteitsvormende en -draende dokument wat dit is, bied die Heidelbergse Kategismus 'n lens waardeur ons na verskillende godsdienstige groepe kan kyk. Die taak van geskiedenis is nie bloot om te verstaan wat in die verlede gebeur het nie, maar ook hoe verlede, hede en toekoms aan mekaar skakel en hoe identiteite deur tyd heen bestaan. Die Heidelbergse Kategismus is só 'n skakel, en die bestudering daarvan is belangrik vir die verstaan van hedendaagse godsdienstige identiteite,” sê ds van Tonder. <



## How to get on to the squash courts and into the pool

Health and Wellness should be a priority for each and every person on campus. Living and working on a campus like ours make it easy to attend to one's physical wellbeing by making use of sporting and recreational facilities.

It costs R5 for squash and swimming everytime you swipe your card.



Swimming and playing squash are both particularly great cardiovascular exercise for staff (and students) of any age. However, getting one's personnel card activated specifically for using the swimming pool and the squash courts may seem like a even more daunting task than actually starting to exercise ...

So, here's how it works ...

Firstly, one heads off to the cashiers at the Thakaneng Bridge (situated between Van Schaik and Absa). Rather try and go there when you take your morning teabreak, because everyone always floods the place

during lunchtime. There you have to pay a registration fee for the activation of your personnel (or student) card. This fee is R100 for the use of the squash courts and R120 for the swimming pool. You will have to specify on the forms which one you are registering for, if not for both.

On top of this, you will also have to load enough money onto your card, since it costs R5 for both squash and swimming every time you swipe your card. Be wise about how much money you upload for this use. The cards will only be active from January to December each year and the cash that is not swiped off by the end of the year will not

be carried over for use the next year. Thus, if you activate your card in November, do not put R500 on your card.

After you are done at the cashiers, go to Agnes Seloane at Room C205 in the Mabaleng B Building with your proof of payment for the electronic activation of your card. After 24 hours, you can go for a swim or take your boss for a beating on the squash courts.

For any more enquiries about the use of the sporting facilities on our campus, contact KovsieSport at 051 401 2580.

– Stefan Lotter

## International all-star dances his way to the top

*Think: line dancing. Does the mental picture involve Stetson hats and cowboy boots stamping to a rhythm? Think again.*



Stephan Steyn.

Stephan Steyn, winner of the World Dance Masters 2013 in Advanced Line Dancing, quickly banishes the stereotypical view of this sport. "Line dancing is any choreographed piece of music and is not necessarily danced in a straight line. Several different dance styles are incorporated into line dancing, country only makes up a small part of it. From hip-hop to samba they get integrated into line dance styles." The only difference is that one does not need a partner to dance with.

Lecturer in the Department: Soil, Crop and Climate Sciences, Stephan has been dancing for 10 years now. "The dance school I belong to, Bohám's, specialises in ballroom, Latin and line dance and we are like a small family." He reckons

this is part of the attraction of dancing – a fun way to meet and interact with others. As he describes how all his daily worries get suspended while he is on the dance floor, it is easy to see how this activity can be described as meditation in motion. "Dancing is my escape," he says with a smile.

From the moment Stephan decided to participate in the competition, he also decided that he was going to bring the trophy back home. "I love to compete. I cannot argue; I love to win!" He laughs at himself as he describes how he prepared as if for war. Before the battle could commence, Stephan was faced with a hurdle, though. On his arrival, he discovered that one of his three required dance styles was changed. "I thought,

this is it ... but then I resolved that this is not going to derail me." During a Saturday he learned the routine and went on to conquer the dance floor. Stephan returned to South Africa with a valuable insight. "Often we, as South Africans, do not think we are good enough, that we are a third world country who cannot compete against the rest of the world. Watching the contestants over there, I instantly knew that some of my fellow dancers from Bloemfontein could give them a go if they had the chance."

Speaking of chances, Stephan shares a piece of personal wisdom, "Do things while you are still able to. Do not wait. Sometimes you just have to take that leap." – Michelle Nothling

# Moodiela masters the art of demystify paragraph writing

Moodiela Mathobela is passionate about successful academic reading and writing. This is evident in his research that seeks to demystify paragraph writing, particularly in the case of first-year students. Moodiela has studied student engagement techniques, which give him an insight into processes that need to be followed in improving students' writing skills. He talked to *Dumela*:



Photo: Thabo Kessah

Moodiela Mathobela.

To contribute to the scholarship of teaching and learning (SoTL) in my discipline, I studied student engagement techniques (SETs), particularly background probe variations and reflection journals. The aim was to improve ALN108 students' paragraph writing. I chose these two student engagement techniques because background probe variations help to engage students fully in their paragraph writing as their background knowledge about a certain concept or topic is activated. Students become more motivated to gain knowledge in addition to their background knowledge. Reflection journals help students to

develop positive attitudes, values, and self-awareness regarding their paragraph-writing competency.

"It is well known that on the Qwaqwa Campus most students have been failed by the schooling system. They arrive at the university ill-prepared and unable to construct clear, logical, coherent and cohesive sentences and paragraphs. The greatest challenge to teach ALN108 is that most students have good Basic Interpersonal Communication Skills (BICS) but lack Cognitive Academic Language Proficiency (CALP). The latter

is a prerequisite for successful academic reading and writing and that is what the ALN108 course seeks to achieve (Cummins, 1989). Faced with this dilemma and to improve SoTL in my discipline, I apply the two mentioned SETs to engage the students more in their own learning. The intervention aims to improve students' confidence in their writing and to develop their self-awareness regarding their own learning through reflection at the end of each topic learned. These reflections help them to monitor their own learning, ultimately to become self-directed learners," says Moodiela. <

## The write site: where you learn to write and write to learn

*Most of us have all been there at some stage or another: you stare at the blank screen in front of you, waiting for the muses, the inspiration or the intervention of the gods. You wait, but nothing seems to be forthcoming, except for the awareness that the deadline is looming closer with each ticking second.*

Most students and lecturers are not natural academic writers. However, part of learning about a subject often constitutes writing about it. This is where the Write Site or, for the Afrikaans speakers, die Skryfwerf, comes to the rescue. In the words of Prof Arlys van Wyk of the Centre for Teaching and Learning, this is where students come to "learn to write and write to learn".

During the interview with *Dumela*, Prof Van Wyk is with colleagues, Laura Drennan, (Write Site Coordinator) and Dr Annette de Wet, who is responsible for the Skryfwerf. Their enthusiasm is tangible as they talk excitedly about what the Write Site offers, and the departments where

they are already making a difference thus demonstrating a tremendous dedication to the success of students and lecturers who make use of their services.

The Write Site aims to facilitate students' development towards becoming autonomous, effective writers of academic discourse. Currently, the Write Site offers a series of workshops which include workshops on academic essay writing,

critical reflective writing, report writing and database searches. Lecturers can also contact the WriteSite for tailor-made workshops to address-specific writing needs. Students are able to book individual sessions with the Write Site to address their specific writing needs.

For more information on the Write Site, contact [writesite@ufs.ac.za](mailto:writesite@ufs.ac.za).  
- Igno van Niekerk <



Photo: Igno van Niekerk

From the Centre for Teaching and Learning are, from the left: Prof Arlys van Wyk, Laura Drennan and Dr Annette de Wet.





Photo: Supplied

Ankia Bradfield.

## Ankia Bradfield, Mrs United Nations finalist, on a journey of servitude

*Crowned as Mrs Bloemfontein 2011, Ankia Bradfield is now in the run for the crown of Mrs United Nations SA. She might be a gorgeous woman, but it is her involvement with charity and the difference she makes in her community that were the deciding factors on 18 November 2013.*

Eighteen women from across South Africa – four of whom had already dropped out – were nominated to take part in this challenging, but ultimately rewarding, competition. Preparing for the first round of auditions, Ankia was admittedly nervous about meeting the other contestants. “I was feeling a bit inferior. Coming from the Free State, I was concerned that I would not compare favourably with the other women. But I soon realised there was no reason why we should take a back seat to anyone.” Instead, Ankia feels people from the Free State have an advantage, since we are not caught up in the big rush. “Our people seem to have more time for one another.”

Although the contest packs her schedule to the brim with charity work, this vivacious woman insists that the key to success is balance. She lives by the rule that her family must never be neglected due to her other responsibilities. And when she speaks of her family and her religion, she visibly beams. “It is incredibly important to have the support of my husband in this endeavour, and to walk in the will of my Creator.”

She also involves her children in the projects she works on – the blind and the elderly being especially close to her heart. “I want to teach my children that, no matter who we are we are all the same. We may not look down on anyone.” For Ankia, charity truly begins at home. “As parents, we must lead by example and teach our children to have empathy and care for others.”

Crown or no crown, this Kovyie staff member is already an ambassador for the values close to the university’s heart.

– Michelle Nothling

## Mxolisi achieves study goals while protecting our campus

It took him more than two decades to fulfil his dream of getting a degree. In September this year, Mxolisi Mgozoli, a security officer at Protection Services on our Bloemfontein Campus, finally did what he always wanted to do – walk the stage at a graduation ceremony collecting his degree. In front of proud family members he became the first graduate in his family by obtaining his B Admin degree. Still in his post, guarding the campus and protecting students, staff and visitors, 46-year-old Mxolisi is now busy with his Honours studies, hoping to attain his second degree soon.

“I always wanted to study, but due to financial constraints I had to work to feed my family,” the father of two says. Matriculating in 1992, Mxolisi started working as a security guard, a job he has been doing all these years.

Opportunity beckoned when he started working at the university in 2003. Encouraged by colleagues, Mxolisi took up studies in 2009, enrolling for his first degree at the age of 42. By obtaining his degree, Mxolisi has become a role model, not only to colleagues but also his younger classmates. “They say, you are a security guard, but you are studying. If you can study, then we can also study.”

Colleagues inspired by his success have started to enrol for short learning programmes, with some doing courses through Unisa. He always says, “Good people, you don’t have a guarantee what is going to happen tomorrow, but if you can use the opportunity you have today, you can change the world.”

Mxolisi, who wants to continue with his Master’s degree, says he prefers to stay at the university, but hopes to get a better position some day. “I have come to love this place. I have benefited a lot,” he adds. – Amanda Tongha

Photo: Anja Aucamp



Mxolisi Mgozoli

Gemagtigde finansiële diensteverskaffer / Authorised financial service provider FSP NR. 14864

**Moorivier**  
Makelaars  
Brokers

Laat ons jou help om voorsorg te tref vir daardie onvoorsiene situasies.

Let us help you to be prepared for that unforeseen situations.

Skakel ons gerus vir vriendelike en persoonlike diens.

Please contact us for friendly and personal service

**Korttermynversekering**  
Short-Term Insurance

Tel: (051) 447 6877

Celeste Spies  
082 924 1292



## Maryka and Wayde, Bloemfontein Campus's sports stars for 2013

The end of the year marks a time for awarding our university's top achievers. In October, it was time to award Kovsies' top sportsman and sportswoman with the honour they so well deserve for their hard work in 2013.

Wayde van Niekerk (athletics) and Maryka Holtzhausen (netball) were named the Sportsman and Sportswoman of the year, respectively, while the Junior Sportsman and Sportswoman for 2013 are Jacques du Toit (rugby) and Izelle Lategan (hockey).

Wayde was a member of the SA Athletics team that participated in the World Athletics Championships in Moscow. Maryka was a

member of the Protea Netball team that participated in the Fast Five World Series in Auckland New Zealand in November 2012. She captained the victorious Protea Netball team in the African Cup in Malawi in May 2013 and was also the captain of the Protea team that toured England in September 2013.

Jacques was a member of the SA U/21 Rugby team that participated in the IRB Junior World Championship in 2013. Izelle was not only a member of the SA U/21 Hockey team that participated in the Hockey Junior World Cup in August 2013, but also captained the team. She also captained the SA U/21 Hockey team that toured Europe in July 2013 and won the Africa Cup Tournament in order to qualify



Maryka Holtzhausen (netball) and Wayde van Niekerk (athletics) were announced as Sportsman and Sportswoman of the year.

for the Junior World Cup. Izelle's outstanding performances were recognised by SAHA when she was announced as the SA Junior Hockey Player of SAHA. She was also a member of the SA Senior Women's Protea team that participated in the World Series Hockey League.

– Stefan Lotter

## bultjie

**All work and no play makes Jack a dull (and dumb) boy!**

It's the end of the year and before long everybody wants to rush off to the seaside. With the current economic pressure, Bultjie is considering buying a holiday home much closer at Maselspoort or so! But before we can go; it's time for students to evaluate modules and staff performance. This is the time of the year when staff endures that last bit of tension. Results might be not as fine as you expected at the beginning of the year and not all plans did in fact realise, due to numerous reasons. But the pressure is on through-put! Statistics can sometimes be a slippery thing. One colleague mentions that, for example, 100 students register for a module at the beginning of the year, but due to financial or other reasons, disappear a few months later when deregistration takes place. Of the 100 students only 70 complete the course and "Voila!" your through-put for a module is 70%, way below the expected ideal! To avoid a total personal crash, colleagues must remember this fact. You might not be such a bad lecturer after all. Somehow this must be reflected in the

through-put statistics per module.

Maar dis vakansietyd. Onthou dat akademiese prestasie nie altyd 'n volledige voorspeller van intelligensie is nie. Baie hoogs intelligente studente presteer nie altyd akademies uitstekend nie; 'n onderliggende probleem waarvan ons as personeel nie altyd weet nie en begrip voor moet hê. Voordat studente nie die vrymoedigheid aan die dag lê om dosente hiermee te vertrou nie, kan die probleem nie verstaan of opgelos word. Bultjie wonder maar net hoe ver mens moet gaan. Ons mense by Menslike Bewegingskunde sal dadelik vir jou sê dat 'n gesonde liggaam 'n gesonde gees beteken. Dieselfde breinprosesse wat motoriese vaardighede verbeter, is blykbaar dieselfde wat effektiewe leer bevorder. Hulle reken psigomotoriese vaardighede en leer is beide afhanklik van effektiewe sensoriese integrasie en sensoriese prosessering. Dr Frank Belgau advises activities that use balance challenge and sensory integration

to stimulate, calibrate and strengthen the brain's neural network.

So, wat beteken dit vir ons studente en personeel die vakansie? Onthou, om té lekker te kuier met generaal Richelieu om die vuur, tel nie as 'n "activity that uses balance challenge" nie! O aarde, nee! Word weer jonk van gees en gaan swem, ry fiets, draf, dans en jol onbeskaamd! Jy bou sommer weer selfvertroue ook op, wat kan deurslaan na 'n lus om volgende jaar die akademie verfris aan te pak. Mammie wil weet of rofstoei ook kan werk! Bultjie se probleem is net dat Mammie op haar dae vir De Aar se Spoorwegspan gestoei het!

Geniet die vakansie en vergeet van alle sorge. Ry veilig en kom uitgerus terug. Soos emeritus-prof Terry Terblanche altyd in ons dae gesê as die nuwe eerstejaars in die Mitologieklass instroom: "O Zeus! Hier kom die waansin weer!"

Vakansiegroete

**Bultjie**