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# IMPRINT

## FROM SMU

### TO OXFORD UNIVERSITY

Ms Clara Maila, one of the top 50 students in the world who were accepted to do elective at Oxford University.

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### Aerobics Team Competes Internationally

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### THE "HONOURABLE" ONE

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## KNOW YOUR STATUS:

### FIRST THINGS FIRST!

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All hail and reign, Royalty:  
Mr & Miss SMU 2016/2017





### **VISION**

To be the benchmark institution providing holistic health sciences education that meets the health needs of the individual, the family, the community and the population.

### **MISSION**

The mission of the university is informed by the need for the development of relevant evidenced-based health care system that is staffed by highly competent health care personnel and scientists who can understand the research and other related matters to improve the system.

- Provide high-quality primary health care-oriented health sciences research, education and services.
- Deploy educational approaches that include evidence-based methods for curriculum development and delivery that are rooted in the community.
- Promote interdisciplinary research, education and skills training that recognizes the cross-disciplinary nature of holistic health care provision.
- Produce a cadre of health professionals with the transformative leadership capacity to identify, analyse and address the health needs of the individual, the family, the community and the population.
- Create an environment that supports innovation and harnesses the power of new technologies to address the health needs of the community.

This mission will be achieved through strengthening of human resources and research capacity, improved physical infrastructure and improved recruitment and selection of students.

### **MOTTO**

'Knowledge for Quality Health Services'

### **ACKNOWLEDGEMENTS**

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# Editor's Note:

Ms Daphney Mzimba



Ever looked through the window one time and find the grass always greener than the next minute is all brown or dead? Ever wondered why? Probably not because like everyone else, you only appreciated the end product without taking into consideration the processes the grass has to endure to get to its noticeable and appreciated state. We've all likely been told to follow our dreams and reach for our potentials, every now and then. Sometimes it sounds easy and looks simpler but getting there might take everything you have to build something you might or might not accomplish. Ever came across the saying "In the pursuit of happiness". This pursuit is not a walk in the park kind of pursuit, a lot is risked to actually and finally achieve it and be satisfied. You ought to give what you have to have something you never had- hard work, consistency, time management and attention, trials and errors are part of the equation too.

Gracing the first cover of our magazine is Ms Clara Maila, one of the top 50 students in the

world who were accepted to do elective at Oxford University. The SMU Aerobics team which recently qualified to partake at an international event in Austria (Europe), the First Things First campaign and the Honourable One, the man who always looks joyful and wishes everyone a great day ahead.

Milestones are celebrated differently, to some, would be to finally have a dream come true of completing a degree after years of working hard. Celebrating the fruits of hard work with the first SMU Oath Taking and graduation ceremonies, where families, friends and the SMU community ululated till the jaws dropped. A few of our students are making it internationally. It is academically, leadership and sports representations. They are not only flying the SMU flag high but also the South African one higher, and we couldn't be proud. We applaud and wish the newly reigning SMU Royalty a great stepping stone and the opportunity to be a force in leadership and changing lives within the SMU community and those around, one day at a time.

Death owns up to the happy and sad moments we share. It takes away everything we loved and needed, and for that, we must cherish the moments and share every minute life throws our way with our loved ones. Reminding them how much it means to have them in our lives. Our sincere condolences goes to the families who lost their loved ones from the beginning of the year till now. And to the university, the numbers of its future alumnus and graduands' have been reduced. It's sad and heart-breaking, but we ought to be strong and continue till we meet with them again.

We have come so far to be where we are and giving up shouldn't be seen as a solution. Winners are not scared of losing because it is seen as a lesson to work harder the second time. Don't be afraid of a setback, but it shouldn't be used as an excuse to remain at one level for a long time. The editorial team wishes every one of you a splendid 2016 and all the best wishes for exams and upcoming holidays.

# EDITORIAL TEAM



“

I was nervous and feeling lost during the first few days of my elective. My seven housemates were rotating in different departments. Being treated as an Oxford student for four weeks and given log books to complete made me calmer.”

”

**Miss Clara Maila,**

final year Bachelor of Medicine and Bachelor of Surgery (MBChB) student



# SMU STUDENT OFF TO UK

By Daphney Mzimba

Miss Clara Maila, final year Bachelor of Medicine and Bachelor of Surgery (MBChB) student, was accepted as one of the 50 Elective students at the Oxford University, in the United Kingdom (UK). She was attached to the Nutfield Department of Clinical Neurology, in the Clinical Medical School at the John Radcliffe Hospital, for four weeks. Imprint Student Magazine Editor, Ms Daphney Mzimba had an exclusive one on one in-depth interview with Maila.

## How did you feel after realising that you made it into Oxford University's Elective?

When I received the email from Oxford that I was one of the 50 students selected to be part of the elective program in 2015, I was excited and nervous at the same time. I didn't know how I was going to cope in a foreign land alone for four full weeks. I was excited that I would be amongst the bright young minds from all over the world. It was my dream coming true. I realized at that moment that my life was about to take a different turn. It was the hard work that I had put in for the rest of my life paying off.

## What motivated you to apply for the elective?

During our stay in Oxford, we met a few Oxford students. Amongst the students I have met that night was one elective student from South Africa who was also with the Abe Bailey bursary the previous year. He was still in his fifth year in one of the universities in South Africa. He motivated me and gave me a head start by sending me some details on how to go about applying. I started my search on their website and sent them an email to send me an application forms. That is how I started my long and stressful application. But it was worth it.

## Why did you choose Neurosurgery during your elective?

I fell in love with neurology in the second year of my medical degree when I was doing neuroanatomy

as a section of anatomy. It was my best section and I taught it to some of my class mates. I have since loved anything that had neurology attached to it. Neuropharmacology, neurophysiology, neurosurgery etc. I decided to choose neuroscience as my elective so that i could learn more about it and learn even the rarest conditions that we seldomly see in our country; so that I can decide if I want to pursue it as a career.

## What have you learnt during your elective period at Oxford University?

During my stay in Oxford I learnt independence, self- leadership, hard work, working in team, taking a stand in what I believe in and sticking by it, financial management, I gained confidence and I have learnt a lot about neuroscience and related disciplines such as psychiatry and Otorhinolaryngology. Being exposed to 13-15 different subspecialties of neurology such as movement disorders, neuromuscular conditions, basilar migraines, epilepsy etc. gave me an opportunity to learn more about this specialty and realize how powerful and important the brain is. I have learnt other people's cultures in summary.

## Apparently, only 50 students qualify per year during intake, how did you manage to be in the top 50 from thousands of applicants?

I believe it was the quality of my application, transcript of my results and the motivation thereof. It was up to the Elective panel to decide and I believe through the reasons stated above I was able to make it as one of the 50 students. It is very humbling and difficult to comprehend this at times. When I compare the intakes from other universities such as Harvard where they take a thousand students per year, I feel blessed.

## How was the experience during the elective?

I was nervous and feeling lost during the first few days of my elective. My

seven housemates were rotating in different departments. Being treated as an Oxford student for four weeks, and given log books to complete made me calmer. I made friends and things started being easier. John Radcliffe hospital is a big hospital and I got lost every day until I left. The quality of their equipment was amazing and I have learned to do few things such as electroencephalogram, musculoelctrogram etc. The experience was eye opening and I discovered that my love for neurology was deeper than I thought. Most of all, I have learnt that our training is of international standard.

## Which speciality would you like to pursue after completing your undergraduate degree?

The experience has been very useful in my academic and personal journey. When I was rotating in Neurology this year, things were easier and less foreign. Of the students I spoke to, neurology is regarded as a challenging specialty and most will opt for a case with a different condition but neurological condition. But, I find it very clear and straight forward. I believe it has to do with the experience I got while abroad combined with the teaching I have received from my lecturers here at our university. I am definitely pursuing neurology after my undergraduate degree. I plan to do more international exchange programs to expose myself to different practices of medicine from different countries.



Miss Amogelang Lefine

Mr Thomas Sithole

## ORAL HYGIENE STUDENTS EMBARKS ON EXCHANGE PROGRAMME

By *Thabiso Malebana*

Final year Bachelor of Oral Hygiene students, Thomas Sithole (22) from Jane Furse, Limpopo and Miss Amogelang Lefine (21) from Bethanie (Brits), North West recently went to Sweden for the students and lecturer academic exchange programme between Sefako Makgatho Health Sciences University (SMU) and Jönköping University (Sweden).

The pair was accompanied by their lecturer, Mr Gracia Malaka during their three month long programme at Jönköping University which lasted from 17 January until 17 April 2016. While at Jönköping University, their programme entailed learning about health care improvement; oral

health, clinical practice; intercultural and international communication; and Swedish language, culture and society.

“I learned that oral hygiene practice in South Africa is almost the same as in Sweden. And that oral hygiene in Sweden is mostly used as the major prevention in dentistry”, said an overwhelmed Mr Sithole. Meanwhile, Ms Lefine learnt a great deal in terms of Swedish learning and teaching methods.

Sithole further said, “The experience that I gathered while in Sweden will help me throughout my career. In Sweden, they spend more time on oral examination and make

accurate diagnosis and that they always provide the best treatment. It may be due to their high economic status”.

Both Sithole and Lefine qualified to undergo the programme after they met the selection requirements at the Department of Oral Hygiene. They were requested to write a motivational letter indicating why one thinks he/she is the one to go and represent the department, and how is one going to make up or cover the previous academic work on return from abroad. And also how one work and behave.



# REALEBOGA SEBITSO – ABE BAILEY RECIPIENT

*By Realeboga Sebitso – fifth year, Bachelor of Medicine and Bachelor of Surgery (MBChB) students.*

I have never thought I would see the world as I do today; as a place that is continually transforming, expanding and above all, a platform of on-going learning and growth. Truly, the Abe Bailey Tour came with a paradigm shift. Growing up in a very small town with slow and modest development, far away from institutions of Higher Learning and Training, a town of only “teachers and policemen”, being raised by a single mother and studying in an institution that is often marginalised, one was allowed to dream, just not beyond these borders, but I still could not leave the narrative unchallenged and unchanged. When I applied for the Abe Bailey Travel Bursary, I was strongly driven by my background, by this background.

“Magnificent! Enchanting! Sensational” were, or rather are, my famous attempts to reply when asked how the United Kingdom was. My modest journey began when Sefako Makgatho Health Sciences University and the Abe Bailey Trustees were bedazzled and saw me fit to represent the institution and be one of the eighteen (18) students in South Africa to embark on a journey to the United Kingdom from the 28th of November to 19 December 2015. Following a three-day tour orientation programme at the Mother City (Cape Town), meeting fellow ‘Abes’ and a hearty and inspirational farewell dinner in the midst of Abe Bailey Fellows

since 1951, my feet finally landed on the European Ground!

Being overseas for the first time and walking the streets of the United Kingdom could have easily been the highlights of my trip, but this experience was so overwhelmingly packaged with elements that served as a source of motivation, growth, empowerment and enlightenment; touching in all spheres of an individual as a whole and leaving me better, wiser and stronger. The three and half weeks of this tour were possibly the best time of my life, and will remain so for a very long time. The calibre of the class of 2015 and the discussions (around and away from the table) surpassed my expectations and left me as a knowledgeable and conscious civilian of our beloved country. Our tour started in the Cosmopolitan London (England) to the Highlands of Scotland via Cambridge, Oxford, Stratford and Edinburgh. Among many places visited, these are some of them; Houses of Parliament in Westminster, St. Paul’s Cathedral, The Barbican, the famous Stonehenge, the historic Roman Baths in the City of Bath, British Museum, National Art Gallery, Boat cruise to Greenwich, Colleges of the University of Oxbridge (Oxford and Cambridge), visit to Shakespeare’s family house and burial place, Scottish Parliament, the South African High Commission and many others. We were also fortunate to meet and engage with prominent

figures in the United Kingdom such as the Major of St. Albans, Mr Bradley Fried ( of the Bank of England and co-founder and CEO of Grovepoint Capital), the two members of the British Parliament (both from the Conservative and Labour parties), the Provost Vice-Chancellor and Students of Oxford University, the members of Brenchin Rotary Club and Mr Golden Neswiswi (Acting South African High Commissioner in the UK)... not forgetting Punting in Cambridge and Curling in Scotland!!!

When we empower ourselves with education and leadership, we empower our societies – the Abe Bailey Bursary serves this very purpose, to bring young leaders from across South Africa for leadership development and form a strong vanguard that will challenge the status quo and improve societies towards nation building. I wholeheartedly praise the good Lord for gracing me with this opportunity, and I thank the late Sir Abe Bailey for funding this luxurious, generous, remarkable, enchanting and explorative tour, the Trustees, the university, my family and friends, and everyone that relentlessly supported me throughout this tour. My journey just started... and with my leadership revamped, service reinforced and stewardship entrenched, I shall continue ploughing towards the improvement of my institution and every community I find myself in.

# SMU OVERALL GRADUATION STATISTICS 2016



# SMU STUDENT REGISTRATION STATISTICS 2016

## SCHOOL OF MEDICINE

DEGREE PROGRAMME	2016
MBCHB	1187
MBCHB-ECP	339
B RAD (DIAGN)	95
ELECTIVE	21
TOTAL	1642
POST GRADUATE	291
<b>TOTAL</b>	<b>291</b>
<b>GRAND TOTAL</b>	<b>1910</b>



## SCHOOL OF HEALTH CARE SCIENCES

DEGREE PROGRAMME	2016
BSC-PHYSIO	207
B OCC THER	152
BSC- DIET	109
B SPEECH LANG	113
B PHARM	247
B CUR-NURSING	254
BNSC	25
Adv Dipl in Occ Health	15
TOTAL	1122
POST GRADUATE	428
<b>TOTAL</b>	<b>428</b>
<b>GRAND TOTAL</b>	<b>1550</b>



## SCHOOL OF ORAL HEALTH SCIENCES

DEGREE PROGRAMME	2016
BDS	240
B DENT THER	60
B ORAL HYGIENE	42
TOTAL	342
Advanced Dipl Comm Dent	6
POST GRADUATE	42
<b>TOTAL</b>	<b>48</b>
<b>GRAND TOTAL</b>	<b>390</b>



# SMU STUDENT REGISTRATION STATISTICS 2016.....CONTINUED

## SCHOOL OF PATHOLOGY AND PRE-CLINICAL SCIENCES

DEGREE PROGRAMME	2016
BSCPMM	11
BSCXPM	18
BSCCMM	4
BSCXCM	11
BSCMLM	27
BSCXMM	32
BSCG01-Life Sciences	313
BSCH01-Mathematics	153
BSCI01-Physical Sciences	136
BSCJ01-Occ & Environ	153
BSCK01-ECP Life Science	181
BSCL01-ECP Maths	79
BSCM01-ECP Physics	87
<b>TOTAL</b>	<b>1205</b>
POST GRADUATE	283
<b>TOTAL</b>	<b>283</b>
<b>GRAND TOTAL</b>	<b>1484</b>
<b>TOTAL REGISTERED</b>	<b>5334</b>



# SMU BODYBUILDER TO COMPETE IN ITALY

*By Maphefo Maruma*



Multiple-award winning SMU Bodybuilder, Xiniso Shabalala (25) will be representing South Africa in the International Bodybuilding Fitness Federation (IBFF) Championship in Taranto, Italy. Shabalala will be among several bodybuilders to represent the IBFF South Africa region on 15 October 2016. He will compete in the male category of over 1,77m.

Diet is his lifestyle and if he eats unhealthy meal, he gets a reflex that the next day makes sure to exercise and flushes it out of his body. "I eat well prepared rice, veggies, skinless chicken, fish tunas, and beef" said Shabalala, who is a third year MBChB student.

*Xiniso Shabalala*

# KNOW YOUR STATUS:

## FIRST THINGS FIRST!

*Daphney Mzimba*



Our warm hearts have opened their doors for your bright future and beyond. Your academic success is our first priority and so it's your balanced social lifestyle.

'As first entering students, every year at the beginning of the first semester, we have obliged to make sure you make the right choices by doing the First Things First: get tested and know your HIV status.' Ms Kelebogile Nonkwelo, SMU Health Promoter.

First Things First is a campaign incorporated into campus health that ensures students get tested at the beginning of the year. The campaign's aim at first was to target first time entering students to familiarise them with the whole varsity environment and taking responsibilities towards their lifestyle choices and the post-matric experiences and environment. However, the campaign serves all students within campus who are willing to come forward to know about their status. Campaign organisers' work hand in hand with HEAIDS to ensure their goal is reached and the mission is fully accomplished.

The campaign offers students: HIV testing and counselling and other sexually-related transmitted diseases, relationship advices, diabetic testing and hypertension. The target at start was 1500 students as SMU is a community of ±5000 students, and the response from students is always amazing. Moroka Amogelang, first time entering BCur student was caught in a queue of New Start, HIV/AIDS testing and counselling service provider signing a participating form to get tested for one of many reasons, 'I am curious about my status. I am a bit anxious and as a BCur student, I want to lead by example. I believe it's important for all of us to know our status.'

New Start also offers student counselling as partners together. Masoko Makono and Thekoane Oubry were one of the students who tested as partners. 'We wanted to know our HIV status as partners and how to maintain it as well'. Makono said, 'I was curious before testing though it wasn't the first time. And afterwards, I was excited and relieved because I did the first things first.'

Among other service providers, South African National Tuberculosis Association (SANTA) was invited for HIV/AIDS and TB testing and counselling. They appreciate the students' response and are eagerly awaiting their invitation for next time. On the other hand, Seboka Training and Support Network had an expectation of about 1500 students testing and the stats they have received, looks great. 'We distributed TB, alcohol abuse & violence and circumcision booklets, health talk and male & female condoms demonstration. Jogi Mokoena, the team leader said the outcome was positive from students and wishes to come with the whole team again when asked for assistance.

First Things First pledges all students to come out and learn about the importance of knowing their health status, that of their loved ones and making the right choices, all the time.

Stay smart. Stay alert. Live healthy and graduate alive. Make the right choice and do the First Things First.

# TEENAGE MOM:

by Thabiso Malebana

AN INTERVIEW WITH AN ANONYMOUS STUDENT AT SMU. IMPRINT STUDENT MAGAZINE REPORTER, THABISO MALEBANA HAD A ONE ON ONE INTERVIEW WITH HER.

**Thabiso Malebana (TM):** What can you tell me about yourself?

**Anonymous Student (AS):** I am loud around people I feel comfortable with. I do not talk too much about my personal life but I am a good listener. I love crying when I am happy, sad and stressed. I love being around friends more than family. I am shy and quite around strangers.

**TM:** How did you suspect that you were pregnant?

**AS:** Well I never had morning sicknesses like most people. I just had a feeling, it was my first time so I was like what if...and then I brushed it off, saying uh I don't think it is possible. But the more I thought about it. It made me feel scared because I knew it was possible and then I did a home pregnancy test and it was positive. That is how I found out that ya really it is happening.

**TM:** How did you react when you saw the test was positive?

**AS:** I cried, as I have already said that I cry a lot and I blamed myself for being so stupid. I was stupid because I knew that what I did was wrong. I was afraid of disappointing my mother and that I was in matric, young, and what if I fail matric. And at the same time it was a bit exciting having a little someone growing inside me.

**TM:** What kept you going?

**AS:** I told myself that this is not the end of life. I made a mistake and that there is life after that. I cannot disappoint myself and drop out of school, I can do this. And also I could not disappoint my mother and fail because being pregnant at a younger age is a disappointment on its own. I was determined and wanted to achieve something in life. Just because I got pregnant did not determine my future.

**TM:** How did the baby daddy react when you told him that he was soon going to be a father?

**AS:** He was shocked, because it was not something we expected. But he supported me. And he was there for me when I needed him.

**TM:** Is the baby father still a part of your life and the baby?

**AS:** Yes (laughing)...he is. He supports us. And he loves us.

**TM:** How did your mother react?

**AS:** She did not yell at me as I expected her to. She just said ok these things happen. She was calm about the whole situation. She told me that I should focus on my studies and that it would make her happy if I did so. She supported me and told me what and what not to expect.

**TM:** How did you deal with people's remarks about your pregnancy?

**AS:** I did not care what people said about me, because people talk whether you do good or bad, it's like their daily mission is to make other people miserable about everything they do so... I did not let them get to me. It's like the more they talked, the happier I became. What they say does not matter, even now. I pretended as if nobody existed.

**TM:** Do you have any regrets?

**AS:** No I do not, because most people including my family looked at me as if I am this person who does not make mistakes and does not live in this world. They made me to be this Holy person that I was not because I did not drink alcohol, I was single until... you know, I was a church girl and very focused in my studies that I did not let anyone or anything get in the way. So I love my baby and he is not a mistake. So ya, I do not regret. I am not saying that I am proud of what I did. I just do not regret myself.

**TM:** What advice can you give to other pregnant teenage girls?

**AS:** Abortion is not a solution. It does not make you a mother of a live child, but a MOTHER of a dead child. Your parents are there to guide and protect you from the world, it is their job to love and look out, yell and shout at you when you are going the wrong way. Think about it, if your mother had killed you when she was pregnant, you would not be reading this now. The truth is we sometimes act recklessly, so we must also deal with the consequences and not run away from them.





Mr Peter Radipoonono Tladi

# THE HONOURABLE ONE

By Merick Khumalo – Guest Writer

He is a force of change and an echo of humanity, as the name reflects, Mr Peter Radipoonono Tladi is a father to all. He encompasses humility and is a messenger of happiness. Those he crosses paths with are always left elevated and motivated. He showers you with greetings, and anchors you with encouraging words and finally sends you away looking at life with optimism. This is the reason we have chosen to honour such a great man.

Mr Tladi is part of a dedicated gardening services workforce at Sefako Makgatho Health Sciences University (SMU). According to him, the work environment is a stage that allows him to interact with different people, and to see young people taking education seriously, a character that he treasures as much as good moral conducts.

He likes cultural issues as well as cultural activities and the annual

heritage day celebrations mark a significant time in his life. Whereby, the SMU community gets to celebrate their roots and awaken tradition.

Despite having the gift of the gab, Mr Tladi draws fine art and writes remarkable poetry, which has been printed in highly esteemed magazines such as the now defunct Staff Rider's Magazine.

“There should be equality in education, because this is critical if we need to match the strides of top performing countries like Cuba. Only young people can advance the future of our country, we need to pay much attention to the quality of the leadership role. They will one day play as well as upholding high standards of good morals,” said Mr Tladi.

He further emphasised the importance of embracing and safeguarding the fruits of attaining

freedom. “We need to learn from our great leaders such as Mr Nelson Mandela, not taking for granted the sacrifices they made and their dedication to us. They did this to lay a foundation, so that we can reap the fruits.”

## Five interesting facts about Mr Tladi

Mr Tladi is one of the SMU FM presenters. His programme deals with current affairs and on Fridays there will be a slot of poetry, hip hop and rap for all you music lovers. He was a member of the Ga-Rankuwa Arts Association. He was a member of the South African art group known as Staff Riders. He has trained at Pretoria Art Museum as an Education Assistant. He is a father of two: son, Phatsimo and daughter, Lindiwe.



# MS KELEBOGILE NONKWELO - HEALTH PROMOTER

*By Joseph Fatlane*

It has been thirteen years since Ms Kelebogile Nonkwelo, better known as “Mama K” was diagnosed with HIV. The 41 year old Mama K is a Health Promoter at Sefako Makgatho Health Sciences University (SMU). Her work as a Health Promoter entails creating a healthy and vibrant SMU community. This will be achieved through education, advocacy, and community building projects. Armed with skills such as project management and HIV/AIDS counselling, Ms Nonkwelo runs educational campaigns and collaborations with students and staff, through the following activities:

- Research health issues and converting that information into easily presentation and understandable health messages.
- Create environment for change through education and health talks.
- Create and execute workshops and presentations to student groups.
- Serve as a confident role model for students regarding health choices.
- Provide information and support to students through focus groups one on one session.

- To organise health awareness campaigns looking at four spectacles of health namely, HIV / AIDS, STI pregnancy, reproductive and environmental health.

“When you work with students you need to be resourceful, meaning I need to have all expected information that concern my scope of practise. For example I must have a good referral system where I cannot help” she said.

She advocates for fight against stigma and discrimination towards people living with HIV. She further advice communities to report gender based and intimacy partner violence as they are the main perpetrators of HIV. “We will implement a developmental programme that focuses on young men so as to influence good behaviour and groom them to be responsible men, as most of the time men are treated as perpetrators. At the end we will have zero gender base violent cases.” said Mama K.



From left to right Ms Zandile Makola, Mr Oratile Mokwena and Ms Talente Biyela.

# SMU BSC STUDENTS – HEAD TO RUSSIA TO HONE THEIR RESEARCH SKILLS

*By Daphrey Mzimba*

SMU Students, Mr Oratile Mokwena, Ms Talente Biyela, and Ms Zandile Makola are among 30 post-graduate students, from South African universities who are currently partaking in the Joint Institute for Nuclear Research (JINR) Student Practice in Dubna, Russia. South Africa has an associate membership status via a bilateral agreement signed between the JINR and the Department of Science and Technology (DST). The student practice is a three-week training and research programme taking place from 4-27 September 2016. The student practice aims to expose the South African postgraduate students to world class scientific equipment, research and expert supervision of internationally rated scientists at JINR.

They were selected among several postgraduate students who applied and enrolled in any of the following disciplines: Mathematics, Physics, Chemistry, Engineering and Computer Sciences. The JINR conducts both theoretical and practical research in basic particle physics, nuclear physics and condensed matter physics. The programme purposefully targets students from the previously disadvantaged backgrounds and institutions of higher learning.

When asked about her plans, Ms Biyela said, “I will use the opportunity to do research in the latest technology and also enlighten the youth about research opportunities. It is my ultimate dream to open a science centre that

will bridge the gap between tertiary and high school science.”

The students aim to learn more during the three week long programme and are grateful for the opportunity. Ms Makola said, “Going to Russia will help me in terms of up scaling my research skills”. When echoing Makola’s sentiments, Mr Mokoena said, “It has always been my plan to study Bachelor of Science and now I am going to Russia to learn more about Mathematical Modelling for DNA Repair”.



## IMPRINT STUDENTS MAGAZINE, ROVING REPORTER, JOSEPH FATLANE, HAD A ONE ON ONE INTERVIEW WITH SMU ALUMNI AND FORMER SRC PRESIDENT, TISETSO NTSIE

**Joseph Fatlane (JF):** What is your vision as a leader?

**Tiisetso Ntsie (TN):** To be able to inspire in my constituency, the will to work hard to achieve set goals. To see effort coming to fruition, impacting positively to those that carried out the work.

**JF: You have served in several leadership roles for a number of years, what is unique about your operational / leadership style?**

**TN:** Having had the opportunity to serve in a number of portfolios and projects, my outlook on managing became very diverse and highly dynamic. Most importantly, I learned not to rely on hearsay though I listened attentively. Though I come across as an intimidating figure, I am actually very open and welcoming. That allows me to hear more from a wider range of people I am leading. I also prefer to get my hands dirty and do the work, so I do not mandate a lot.

**JF: As a member of the SMU/Medunsa Alumni Association, what is your message to current students?**

**TN:** My advice to the current crop of students would be that there must be unity amongst them. They must always strive to find common ground so as to speak in one voice, more especially on student academic matters. Be brave enough to break new grounds in terms of student activity projects. Most importantly, they must take measured interests in the day to day running of the institution and its statutory committees. Always have in the back of their mind the primary objective of their academic enrolment, and they must work hard & smart to achieve their set goals.

**JF: What did you require from your fellow SRC members, in order for your term of office to function efficiently?**

**TN:** Our ultimate aim was always to put student interests first. So our very first meeting after being constituted,

I emphasized on that principle. Open and clear communication was also a key aspect of our SRC. We regularly met to get reports back on progress made or even challenges. That practice allowed us to be highly efficient & progressive. I, as the President, insisted that every member of the council must adhere to these principles.

**JF: What is your advice to readers who would like to emulate your leadership success?**

**TN:** My advice would be common understanding about the expectations of each SRC member must be established and cordially agreed to. As a leader, one should allow space for fair debate on issues. Be open to other people's ideas. Rally everyone behind a common course. Be firm on enforcing all agreements reached without bias. Also one need between to acknowledge that human resource management requires one to be dynamic in approach but also responsible. Have humility, patience and be receptive of genuine positive criticism.

**JF: During your term as SRC President, what have you learnt and how are you going to implement that in future?**

**TN:** To do proper documentation of meeting's minutes and resolutions. To grow a thick skin because there is going to be constant attempts to put one down. Have patience to objectively listen and hear others. Be prepared to be on the ground and do the work. Read and understand guiding documents like the constitution & develop a thorough understanding of policies. To be extensive in approach which requires one to research what others are doing better.

**JF: What are the values that you live by?**

**TN:** I try to be as brutally honest as possible. I take life & its challenges as it comes. I pray hard and trust in God's plan for me. I know hard work pays so I put in the work.



From left to Right Letlhogonolo Modise, Nainai Madia, Angel Mokwena, Dineo Mashiane, Lerato Sambo and Deviane Maluleke.

# AEROBICS TEAM COMPETES INTERNATIONALLY

By Joseph Fatlane

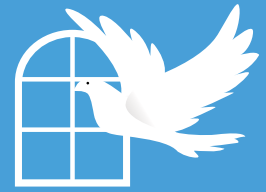
SMU Aerobics Team qualified to compete in the 2016 FISAF International & Hip Hop Unite World Championships from 18 – 22 October 2016 in Austria (Europe).

They will be among representatives of the South African Fitness Sports Aerobics Federation (SASAFF) in the category of FISAF international Step Teams: Petite. The team comprises SMU students, namely Lerato Sambo, Nainai Madia, Angel Mokoena, Dineo Mashiane, Deviane

Maluleke and Letlhogonolo Modise. “We won first place and received gold medals. We will be competing at international level with Federation colours (SASAFF) after obtaining an average of 7.6 points” said Lerato Sambo, Chairperson of SMU Aerobics Team.

Aerobics is a form of physical exercise which is usually performed with the accompaniment of music and may be practiced in a group, led by an instructor.

Rhythmic aerobics exercises are a combination of stretching and strengthening training routines, with the goal of improving all elements of fitness, namely flexibility, muscular stretch and cardio vascular fitness. Formal aerobics classes are divided into different levels of intensity and complexity; there are also a number of different dance-like exercises.



# POEM: IN REMEMBRANCE OF ALL DEPARTED SMU COMMUNITY MEMBERS

*By Faith, MBChB ECP 1 Student*

There is no word, no label, no identity moniker,  
I am neither a widow nor an orphan, not childless,  
But many nurses, doctors, friends and helpers,  
Unfortunately no one ever warned us,  
Left in sudden horror,  
Like the wrench of being torn apart, of being reminded that nothing is permanent.

We should never allow the memory of death to overpower the memory of life it took,  
The legacy they left behind, their blessing and radiant smiles,  
We cannot imagine the great pain the families are experiencing right now,  
But we will be by your side and support you.

Not even the ones we love, the ones our lives revolve around,  
And when darting calamity life began to claim them one by one,  
Week after week we did not know how to respond,  
Feeling so robbed,  
Robbed of our joy, Laughter, Peace.

Doctors, nurses, future surgeons,  
Farewell my friends, you've left us,  
It's time for you to go,  
Your friendship was a blessing and we will miss you so much.

Although your work on earth is done,  
Your life in heaven has just begun,  
Your struggles here were long and hard,  
But they are over now you're finally here,  
There is hope.

Filled with so much anger we did not even know how to respond,  
And because we felt cheated in our own game (life)  
We were filled with anger, we retaliated and divided,  
Pointing fingers, blaming each other,  
Preachers came and read us eccyesis,  
But we asked why? Why now?  
Jeremiah 29:11.



Reatise Kgolane (Mr SMU 2016/2017) and  
Tshiamo Moahloli (Miss SMU 2016/2017).

# ALL HAIL AND REIGN, ROYALTY: MR & MISS SMU 2016/2017

Thabiso Malebane & Daphney Mzimba

When empty chairs turns into a house full of enthusiastic crowd, you know it will be a night to remember. The Friday night of the 23rd of September will be a memorable one for many who witnessed the crowning of Mr & Miss SMU 2016/2017. The event was not the first of its kind on campus, it is a culture that has been embraced for years and it still continues. The aim of the crowning is not only to be the face of university but to choose amongst the rest those who are brave enough to lead and be led by others. The crowd was kept entertained to the last chunk by the energetic and vibrant MC, Mr Stone Seate, the face and voice which is no stranger to beauty pageants in our institution.

SMU Royalty has yet gained another queen, Ms Tshiamo Moahloli (18), 1st year dental student. The newly reigned Miss SMU 2016/2017 hails from the dusty streets of Soshanguve. A township full of hopes, dreams and most importantly vibrant people, as she described it.

Ms Moahloli describes herself as an ambitious lady who recalls her first memory of modelling dating back in 2009, at the age of 11. When asked about her feelings after winning, 'I feel elevated. My confidence during the competition was inconsistent especially when I got halfway through the ramp when it was almost silent. I drew my strength from all the people that have been showing me tremendous support throughout', she said. Like any ordinary girl, she has role models and she has hard time picking one from the other. But she has her favourites, two bold African women namely Lupita Nyong'o

and Chimamande Adiche Ngozi. And when asked why, she had the following to tell, "I admire how unapologetic they are about being African and representing the African culture and speaking about issues that face people and especially women of colour". Moahloli has had her share in the competition. With the stats going on about black women, self-love, authenticity and all, keeping up in a modelling competition has its pros and cons. Facing the

challenges along the way, she had to keep up by simply being true to herself and to her values. 'It is very hard to be genuine and authentic in pageant since you are almost customized to look a certain way. I had to fight a personal battle as whether to change my hair from braids to a weave, but I honestly felt beautiful in my braids. I had to define what beauty meant to me. I conquered the battle of conformity and remained true to myself', she said. The greatest weapon in fighting a winning fight, is to be genuinely and unapologetically be true to yourself, no matter what. For her attire, her mom came with the

idea that she wears Indian attire for her matric dance. With that being said, she already had the attire with the help from her mother.

She strongly believes that the essence of her being makes her an African. 'The way that my hair grows defies the Law of gravity, the color of my skin works well with nature, melanin not only protects me from the harsh sun rays but it also keeps me looking radiant and young', she added.

There is a saying, rather stereotype saying that models have no brain capacity. Her take on the matter as a model, she attested that everyone is born with a brain that helps them think. And to say that models have no brains meant that you're dehumanizing them.

According to her, modelling requires an active critical thinker because you always need to make conscious decisions that reflect you accurately and positively.

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meant that you're dehumanizing them. According to her, modelling requires an active critical thinker because you always need to make conscious decisions that reflect you accurately and positively.

Ms Tshiamo's advice to those considering modelling, 'Modelling is a great platform for one to make personal discoveries including learning that all people are different and unique. Your difference is your uniqueness -use that. Never allow society to impose limitations and restrictions on you. Remain true to yourself and never conform to what conflicts to your personal

values- be assertive'. The portfolio hasn't started yet but Ms SMU is already looking forward to be innovative and changing lives. And the evidence can be attested with the statement, 'Being at SMU makes this title even better since SMU is a great University full of resourceful young minds I plan to work with the students, exchange ideas and innovations and finally execute them. My plan is to be an ambassador and a true representation of the University'.

Our king, Mr. Reatise Kgolane (21), BSc student feared failure when entering the competition. However, he put in all the effort with expectations to win. He did not only enter to win but to create a platform for himself within the university to be recognised as a role model. 'There are many issues I wish to tackle and I have always thought of going into modelling', he added. His challenges during the competition included being inexperienced with modelling. 'Inexperience always made me feel like I might mess up, having to master the dance moves, cat walk and all choreography within a week. But I said to myself, Reatise 'Let go and let God'', he said. The new Mr SMU 2016/2017 was ecstatic when called to the stage as a winner that up to this day, it still feels quite surreal and life changing for him. 'That is the moment I will forever cherish', he said.

With the opportunity to reign, he believes the issues of sexually transmitted diseases are not stressed out on campus even though they possess very bad repercussions if left untreated. Therefore, with the assistance with funding, he believes they can be able to access medication for the affected since it is costly and some cannot afford it.

If there is one thing he will never forget about that Friday night, was when the crowd cheered for him before winning. 'The way the crowd believed in me. I heard my name chanted when MC asked who the

crowd think should win. So, definitely it was a confidence booster, believing in myself to do anything I want', he said.

Mr Reatise was sceptical when it came to representing the Venda culture because he has always been a very narrow-minded person about African cultures. 'I didn't understand and couldn't speak. The more I asked Venda people and researched the Venda culture, I realised that it is a beautiful and strong culture. He added, 'I may not be able to pronounce certain Venda words or names like 'Luvhani' correctly but I am humbled and honoured to have

represented the culture and I would do it again.' To those who would like to be part of the competition in the near future, he stresses the need to be true to yourself and be yourself because 'at the end of the day you want to enjoy making



Reatise Kgolane (Mr SMU 2016/2017)

memories and not pretend because you'll be expected to be that person in your time of reign. Just be yourself, relax and think because those questions need real thinkers and be well informed about current affairs', he concluded.

We got a glimpse of reflection on the journey of Mr & Miss SMU 2015/2016. For Mr Levy Thokoane, BSc student, he has learned a lot and most importantly, learned to be a leader. 'To have a philanthropic heart and acknowledge that we are not all from the same family background' he said.

When asked if he would like to have changes in the programs he was presented with, he dared said he wouldn't change anything. He believes the programs they were dealt with, they did their best to make them a success and fulfilled their goals.

Former Mr SMU's expectations to the new Mr SMU is the hope and belief that he can just walk on his footsteps and to make what they've done more better and run more projects. He is always available to help them if they need him. 'I'll be elated to help', said Levy. He advises the new face of

our university not to be scared by any obstacle on the way. Over and above that. He reminded them that God will always be there with them to help them make everything a success. 'Mr Tumelo Moila is always the right person to consult if they need any help again', he said. He believes he has done his best as Mr SMU to make sure that what they have done for the new team was exceptional. His best moment of the night was highlighted when he crowned the new Mr & 1st prince and he alluded that he gave the title to the right hands.

As for Miss SMU 2015/2016, Ms

Maphefo Marumo, A BSc student, had time of her life and she would do it over and over again if it was possible.' I've learned that there is nothing impossible and if you really want something you should give out your all to make it happen. I've also learned that beauty pageants are more than just a pretty face of the University, the looks end on stage then after the pageant that's when the community meets the Queen in you which is defined by who you really are, what drives you and the purpose you serve. I have grown into a stronger and better person, for me the journey was more than just being the Face of SMU', she recalled.

She had challenges with time. 'It wasn't easy to manage time among our projects because we didn't have any

“Minky had challenges with time, effort and sleepless nights. She had negative mind-set where having faith and believing in herself even though she had doubts and maintaining her self-esteem was also difficult. And she had no help during preparations of the event. She said, 'I was alone in this. Nobody helped me with my attire. I chose and bought my own attire. It was all my own effort'.”

programme for our activities due to lack of SMU Royalty executive so we had to attend lot of events in a very short period of time . We also had to arrange our projects on the other hand, going up and down with door to door campaigns after classes which were too tiring and the next day it's class. Preparing for events was challenging cause we had to setup in the morning to find that most SMU Royalty volunteers especially males are still in class then I had to setup Gazebos with other females and it wasn't easy. Getting sponsors for our projects was also challenging but things became easier when SMU

marketing came on board to assist us with reaching out for sponsors and for that I'm forever grateful, they made our reign easier', she added. If she was offered one wish, for her it would be to register SMU Royalty as an official structure of the university so that Mr & Miss SMU can have a stand in the institution by the rules and know where to go for help and to report. To help monitor the Royalty through their reign and make sure they fulfil their duties and wave the flag of beauty with a purpose. It will make things easy to take appropriate measures against the winners if they fail to follow the rules stated on their application forms.

Maphefo expects the new faces to carry out their responsibilities as SMU Royalty, to be involved in SMU events, network with SMU students and most importantly carry out SMU Royalty projects. She expects them to elevate the Pad Drive campaign to a higher level than they did. 'I believe they are capable', she said. She added that she will be mentoring them, making sure they get all the assistance and direction they need to have a successful reign. And that she is prepared to hold their hands till the last day.

We have seen her work and as an ambassador she has played her part in SMU events, the lives of SMU family and communities outside SMU. Most importantly with the Pad Drive which is the biggest and core project for SMU Royalty, she is proud to call it her baby and a legacy that she left in SMU. 'Thanks to SMU Royalty team for always being by my side', she added She recalled the moment she received her honorary award from Imprint Student Magazine as the most highlight moment for her last night and walk as Miss SMU. 'When I received the award for community outreach from Imprint Student Magazine: how much it means to me can never be told. I didn't expect it and I'm really honoured to know that all the hard work didn't go unnoticed. Special thanks to Imprint Student Magazine team'.

Her advice to the new reigning duo goes, 'Whatever that you will be doing as SMU Royalty, do it with love and passion so it can succeed. With an excuse to avoid failure, never touch anything with half of your heart to avoid failure and don't initiate anything for fame. Do it with love, seek advice where you get stuck and be humble at all times'.

Hillariah Mangena, from the audience's perspective, enjoyed the first part where the contestants represented different cultures, since well the following day was heritage day that served as a reminder of who we are as South Africans and it was really beautiful as it conveyed the diversity and the rainbow nation that is South Africa. And also the group that was performing the Zulu dance, it was superb.

The reigning 2nd princess, Minky Mohale (19), from Nellmapius Pretoria East. She describes herself as an optimistic young lady, who it was her first time participating in beauty pageant or rather modelling. 'I am proud of myself and its breath taking that I finally won something in my life. For a moment I doubted myself, and yet I made it', she alluded.

She describes her mom as her role model simply because she is kind and compassionate. She is an inspiration and blessing to her and for others who know her.

Minky had challenges with time, effort and sleepless nights. She had negative mind-set where having faith and believing in herself even though she had doubts and maintaining her self-esteem was also difficult. And she had no help during preparations of the event. She said, 'I was alone in this. Nobody helped me with my attire. I chose and bought my own attire. It was all my own effort'.

Loving and appreciating nature describes what being an African is to the new 2nd princess. 'Recognising that a successful, strong nation with a collection of varying talents and abilities for common goals to build a rainbow nation is what we need', she said.

Her word to the people is to encourage them to believe in themselves and never doubt what they are capable of. 'Never limit yourself and always give it the best shot. Remember to do something for the purpose of it reflecting in the future and not just for the moment', she added.

To convey it all in sentences will take a year and a half, we celebrate and honour the winners to take in leadership and serve their people.



Tshiamo Moahloli (Miss SMU 2016/2017)



*Major scales (1st Place)*



*Faith the Poetess (2nd Place)*



*Didintle (3rd Place)*



*Phenyo and SK (4th Place)*

# SMU' S GOT TALENT FINALE

*By Thabiso Malebana*

The acapella group, Major Scales, was declared winners of the inaugural SMU's Got Talent competition. Major Scales is a trio acapella group that comprise SMU students, Zolile, Christina and Mthobisi. They walked away with R15 000 and a trophy for their efforts. In second place was Faith (the poetess) who talked about how it is like being black. In third place was Didintle (a singer) and in fourth place were Phenyo and SK (singer and pianist.) The winners of second to fourth place walked away with R5 000 and trophies each. Mr Lehlogonolo was awarded R300.00 and a T-shirt for getting most votes on social media and for selling most tickets for the show.

When asked what he was going to do with the money, Mthobisi said he was going to use the money to help him with academics pursuits and for allowance. He said they worked hard to be in the finals and that he was grateful for the opportunity. The competition was tough because there was so much talent, but nonetheless the judges made their choice and winners for the night were decided.

The night was full of emotions and expectations that were fulfilled and others not. The anticipation of who was going to win the SMU's Got Talent was indescribable. SMU Community flocked in with excitement and ready to support

their favourite acts. The event was billed the survival of the fittest. The event was organized by SMU post graduate student, Mr Siphon Mapfumari who together with his crew was to recognize and celebrate the different talents that students have apart from academics.

Most of the acts included music, dance and poetry. Some of the instruments played were guitars, a violin and a saxophone. The dance moves included kwaito and breakdance to mention a few. The performances were amazing and one could tell with the screaming from the audience.



Mr Kgashane **Malesa**  
**SOCIAL WORKER**

# SOCIAL WORKER SERVICES AT SMU:

Providing crisis management services (Crises Intervention);  
Conducting psychosocial assessments and social histories;  
Assessing students for substance use, support systems, physical and emotional functioning, barriers to academic;  
Performance, peer issues, suicidal/homicidal ideation, and similar issues;  
Providing direct therapeutic services such as individual, family or group therapy regarding specific issues;  
Advocating for student services and students' best interests;  
Basic counselling and development of coping mechanisms in students;  
Food security investigation and assistance;  
Intermediary services e.g. assist with preparation in case of medico-legal process e.g. in the case of a student being a rape victim;  
Social services and referrals, collaboration with the relevant stakeholders in a multi-disciplinary team.

**Telephone:** (012) 521 4579

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**Cell Number:** 083 879 0697

**E-mail:** kgashane.malesa@smu.ac.za



# MBChB STUDENT – REFINE LEADERSHIP QUALITIES

*By Joseph Fatlane*

Ms Boraine Barnard (22), a fourth year MBChB student at SMU, is among eighteen students from South African universities, who received the Abe Bailey Travel Bursary to UK. She will tour England (London, Cambridge, Oxford) and Scotland (Edinburgh), during an all-expenses-paid three-week educational tour, from 24th of November until 18th of December 2016. A new feature in this year's tour will be a one day visit to African Union Headquarters in Addis Ababa, Ethiopia, enroute to London.

The Bursary is awarded to university students who possess exceptional leadership qualities and community service. This prestigious award has been made to over 800 South African students of outstanding calibre since 1951. During the tour, she will visit universities, and parliament to further develop her leadership qualities towards nation building.

When asked about how she feels about the trip, Ms Barnard summarised her feelings through two quotes. "Work hard in silence, let success be your noise" - Frank Ocean, and "The place God calls you to is where your deep gladness and the world's deep hunger meet" - Frederick Buechner.

Ms Barnard went through the selection process after meeting the following conditions:

- Student of not less than two years standing;
- South African nationality;
- Aged 25 or less at the start of the tour;
- Have a sound academic record;
- Have been involved in leadership roles within the university, schools and/or community.

# WORD PUZZLE

By Thabo Matlala

S	T	Y	U	O	N	O	I	T	C	E	J	O	R	P
T	J	H	G	T	N	I	R	P	M	I	S	F	R	Y
E	J	I	N	F	L	A	M	M	A	T	I	O	N	T
T	V	G	H	J	K	M	B	V	F	B	T	P	Y	H
H	A	A	D	F	G	H	J	H	R	E	J	H	U	A
O	P	T	P	C	O	N	V	E	C	T	I	O	N	G
S	H	G	B	O	L	D	W	R	L	D	N	T	G	O
C	A	H	V	I	R	R	F	T	J	S	D	O	F	R
O	S	B	C	U	H	A	L	Z	P	J	I	N	D	E
P	I	P	E	T	T	E	T	I	N	O	C	S	L	A
E	A	Q	F	U	I	P	H	I	L	M	A	T	A	N
O	L	Q	G	M	B	O	N	S	O	P	T	T	T	I
K	C	A	P	H	N	O	T	W	E	N	I	H	E	M
J	B	R	A	C	I	D	B	A	S	E	O	A	R	P
C	I	E	L	E	V	A	T	I	O	N	N	B	A	R
N	H	J	K	L	G	F	M	E	L	Y	X	I	L	I

## HINTS:

1. A medical device used to listen to heartbeat, or internal sounds of the human body.
2. In audiology; partial or total loss of the ability to articulate ideas or comprehend spoken or written language, resulting from damage to the brain as a result of injury or disease.
3. In physiology; localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful.
4. In physics; an elementary particle, the quantum of all forms of electromagnetic radiation, includes light.
5. The father of gravity.
6. In physiotherapy; forms part of the RICER principles.
7. In mathematics (trigonometry); represents the angle.
8. In mathematics; a theorem that shows the relation in Euclidean geometry among three sides of a right triangle. (Theorem of ...)
9. In chemistry; an instrument that is used to transport a measured volume of liquid.
10. Measurement units of frequency.
11. Related to heat transfer; the rise of warmer air or liquid, resulting in decreased temperature of the air/liquid.
12. In psychology; a defence mechanism whereby humans defend themselves against their own unpleasant impulses by denying their impulses while attributing them to others.
13. The process of a substance in a liquid state changing to a gaseous state due to an increase in temperature.
14. Conditions that allow treatment to be performed.
15. Related to movement; movement of a limb away from the midline.
16. In biology; a tube found in plants, and is responsible for passage of water all around the plant.
17. Find one unique word. NB! No hint is given for this word.

# DEPARTMENT OF SAFETY & SECURITY

## Our Objective

The objective of the Safety and Security Department is to serve the University in its activities of teaching, learning, research and community engagement, by effectively contributing towards an environment that is conducive to such activities. This would be achieved by providing a system of safeguards designed to protect the physical property of the University and to ensure safety and security in the university for all students, staff and persons interacting with the University.

## Emergency Numbers



AMBULANCE



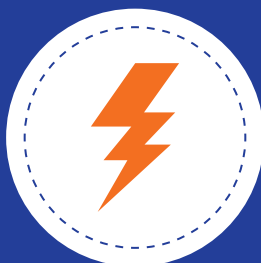
SECURITY



FIRE



WATER



ELECTRICITY

24 Hour Control Room:

**012 521 4139 or 6100**

24 Hour Supervisor:

**082 793 1367 or 6004**

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**THE DEPARTMENT OF SAFETY AND SECURITY IS SITUATED NEXT TO THE MAIN ENTRANCE TO THE UNIVERSITY**



AS THE IMPRINT STUDENT MAGAZINE EDITORIAL TEAM, WE ARE CREATING A WAY TO INTERACT WITH STUDENTS THROUGH SHARING OF PHOTOGRAPHS, WHILE CREATING PRICELESS MEMORIES AND ENHANCING KNOWLEDGE FOR QUALITY HEALTH SERVICES.

# # I AM SMU

Students can submit pictures showing their love for SMU

**Acceptable pictures that resemble the following:**

- SMU landmarks (i.e. Statue, Main Gate, Sports Facilities, Buildings)
- SMU logo
- SMU Branded Attire
- SMU colours (blue, orange, white, grey, and black)

**NB: the editorial team reserves the right not to publish submitted pictures that do not meet the quality required. To receive credit for your submission, send pictures with the student official names and social media handles to: [imprint@smu.ac.za](mailto:imprint@smu.ac.za)**

## COMMUNICATION PLARTFORMS



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(TRANSITIONAL STUDENT  
REPRESENTATIVE COUNCIL)



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Mr Tebogo **Moloko**  
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Mr Peter **Rangwaga**  
**TREASURER**



Ms Azile **Mawisa**  
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Mr Moeng **Sebole**  
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# EXAMS ARE AROUND THE CORNER!

And while most of us are procrastinating, the workload is piling up and before we know it we will be panicking and worrying about the lack of time we have to study everything. We all know how exam stress can literally chew your hair out, so a smart thing to do now is to start preparing for your exams while there's still time. Here is a list of Exam Preparation Tips to help you out:

## 1. Manage Your Time Accordingly

Start setting out study a time-table for yourself

Take a picture of the exam time-table, if it is already out, and plan your study days accordingly.

Make sure to complete assignments and homework, because most of the stuff your lecturers are giving you now will be in the exam.

Remember, you have to qualify for your exams first, so collect as much marks from your tutorials, practical, assignments and semester tests as possible.

This will help to give yourself enough time to study because by then you will be familiar with the concepts.

## 2. Study In Intervals

Picture yourself to be an athlete preparing for the coming Olympics. Training 24-hours the previous day of the Olympics won't make you fit enough to win, but dividing your training into intervals will not only save you from dying from body aches but also get armed and ready for those Olympics.

Your brain is a muscle too, so studying everything all at once will only lead to it being counterproductive.

Take regular breaks, find time to just relax your mind and let the information sink in.

## 3. Avoid Distractions

The time spent on searching local series on YouTube should be reduced now.

Instead, you can utilize YouTube for additional help on topics you haven't fully grasped.

Find a study environment that you will be comfortable in, because after all, we all have different preferences.

Choose an environment that helps you stay focused.

## 4. Practice Past Exam/Test Papers

This will help you wrap your head around the way your lectures set papers, and you get to identify the topics that carry a lot of marks in the exams so you know which topics to focus on the most.

## 5. Get Involved In Study Groups

Group discussions tend to help understand concepts clearly.

Furthermore, you get to rectify your mistakes in concepts you perhaps misunderstood in class.

This process will also help you remember most information because you don't only talk about it but you also hear it being repeated to you.

If however, you not a social person, try using visuals to help you revise on concepts.

Using colorful pictographs or graphs or even just highlighting important terms tends to help with memory. As I have said before, we all have different preferences. Some might even find it more convenient to have music playing in their back ground.

If you are a music person, then try finding study music on the internet, or just classical music. The frequency of calm music keeps you focused rather than singing along or dancing to the rhythm because then your mind is focused on too many things at once.

## 6. Drink Lots Of Water

Keeping your body hydrated helps your brain to work at its best.

## 7. Other Methods You Can Try

'Method of Loci' – Connecting images of the environment around you with piece of information you are studying. When trying to remember the information you can simply think about the object you linked it to. Perhaps even create stories in your head where each object had a character representing the information you are studying.

Concept of Mnemonic – Using the first letters of a chunk of information to create a more memorable phrase. For example, BODMAS- Ben Of Denmark Made A Sandwich.

Use your senses, sense of smell, taste etc.

Create rhymes/songs about certain information you taking in.



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# SPEAK OUT!

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