MARC-ALLEN JOHNSON
The IT guy

Beter tydsbestuur op kantoor
Disabilities: How accessible are we?
Só werk US se transformasieplan
Woordfees vier 15 jaar in Maart
Die eerste maand van 2014 is soos bits verby. Nou is die eerstejaarsstudente reeds in geburgerd, klasse is in volle gang, en dit is tyd om verdere vooruitgang te maak.

Aan die US is ons altyd besig om inverwikkeld te druk oor hoe die studente gedoen kan word of hoe om nuwe uitdaginge aan te pak. Kampusnuus fokus hierdie maand op aspekte wat die US op die pad na die toekoms stuur.

We popped in at Information Technology to meet Marc-Allen Johnson, Head of Software Development, to chat about what happens behind the scenes at IT. We often take for granted how IT makes our work at the office easier.

Much has been done to ensure that people with disabilities have access and mobility on campus – from ramps for wheelchair users to concrete strips which helps sight-impaired persons to find their way around campus. But a lot more could be done, as we report on page 8.

Our transformasie op kampus word al jare lank gepraat, maar daadwerwylke planne is in 2013 goedgekeur toe die Universiteitsraad die US se nuwe Transformasieplan aanvaar het. Op bladsy 10 vertel Monica du Toit, koördineerder van die US se Sentrum vir Inklusiwiteit, wat hierdie plan behels en hoe dit in praktyk sal werk op die pad voorlopende.

Gemeenskapsontertrekking is ‘n integrante been van die Universiteit se werksaamhede en alle afdelings en departemente moet hul bydrae lewer. Op bladsy 11 skryf Joanne Williams oor ’n projek van die Departement Chemie wat ‘n voorbeeld is van hoe goed gemeenskapsontertrekking kan werk.

Kampusnuus berg ook oor die US Woordfees, wat in Maart vir die vyftiende jaar aangebied word en al meer groei. Ontmoet ook die nuwe direkteur van die Universiteitsemuseum, Bongani Mgijima, wat pas sy nuwe pos opgeneem het.

Lekker lees, en laat hoor van julle per e-pos, op Facebook of Twitter.

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Marc-Allen, the IT guy

Very few people ever think of those working behind the scenes at Information Technology (IT) to make sure that the systems and programmes we use daily run smoothly. Marc-Allen Johnson, Head of Software Development, tells us more about his job. By SONIKA LAMPRECHT

A regular day … starts with grabbing a cup of coffee and catching up with the team. The day then charts out a combination of problem-solving sessions with team members, requirements clarification workshops with stakeholders, IT management related sessions, crisis management initiatives, and if I am very lucky, some time to do research so that I can stay abreast with what happens in our industry.

Most colleagues don’t know that I … am a 3rd Dan Black Belt. I haven’t found a need for it in the boardroom … yet. Free time … was this thing I had before I had toddlers. I wouldn’t have it any other way though – it is an immense blessing to be a parent and spend those precious moments being part of that life. Getting outdoors with the family, into nature, really recharges my batteries. For some reason, I continue to get myself “chatted” into renovation projects, so I guess that makes me an avid DIY-er as well.

What drives me … is that I really enjoy what I do for a living – no, seriously – I know it is a cliché and probably lame. And yes, it is not always easy, but you cannot beat the thrill of completing a project that is cool and beneficial to users. This often produces changes in the organisation and, for better or worse, I like to see the wheels of our organisation squeak forward. I hope that is not the definition of a workaholic.

After completing my Master’s degree, I promised myself to avoid studying again. But I believe this will wear off and I might do a PhD or MBA in the future. Combined with some free time, maybe one day I will also have a golf handicap one can be proud of.
US hortoloë kry erkennin vir innovasie in ná-oes-tegnologie

Twee voortrefflike projekte deur navorsers en studente van die US se Departement Hortologie het erkennin gegee tydens ’n simposium van die Ná-oes Innovasieprogram (NIP) wat by Spier buite Stellenbosch aangebied is.

Die simposium, wat die vierde week van November gedurig het, het die voortreflike projekte deur navorsers van die US se Departement Hortologie genoem.

Die NIP strewe daarna om die wydewyde mededingendheid van die Suid-Afrikaanse versuie-uitvoerbedryf te verbeter deur innoverende tegnologie te ontwikkel in die ná-oes-gedeelte van die waardetelling en om ‘n kultuur van innovasie te beoog.

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The water-lilies in the ponds of the SU Botanical Garden.

It has been decades since the water-lily ponds of the SU Botanical Garden housed tropical water-lilies, including the giant Victoria water lilies. The historic water-lily ponds in the Garden were recently renovated and with the utilisation of green technology the water is once again heated to bring these exceptions back to the Garden’s collections.

These recent changes to the Garden’s infrastructure are the first phase of a project that aims to ensure that it is more sustainable with regard to energy use. The same solar panels currently used to heat the pond water will also be used to heat two greenhouses in winter.

For a few years after the construction of the ponds in the 1960s it was heated every summer to grow these impressive tropical water-lilies. These plants proved so popular that special extended opening hours used to be arranged for the public to view the Victoria flowers which only open at night.

The first evening the Victoria flowers are white and have an extremely sweet smell, the second evening they turn pink before it disappears under the water, only to reappear when the seeds are ripe.

The latest batch of Victoria water-lilies were grown from seed sent from Longwood Gardens in the USA and the University of Helsinki Botanical Garden in Finland. At the end of this season the Garden staff will collect the seed of these giant annuals to avoid the hassle of importing seed annually.

Although the plants are still relatively new they are already getting the attention of many visitors and they should only become more impressive and will start flowering as summer progresses.

The water-lilies in the ponds of the SU Botanical Garden.

Phó: MARTIN SMIT

Technology brings plant collections back to Botanical Garden

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US gasheer vir internasionale sokkerspanne

Die US was van 6 tot 11 Januarie gasheer vir ‘n week van uitnemende sokker. ‘n Reeks internasionale wedstryde asook ‘n afpligtingskus waarby altaas 25 plaspakke afgetrek is. Dr Susan C. Long, eerste Direkteur van die ATLAS Institute aangebied. Die Nederlandse sokkerspan, PEC Zwolle, wat tans op die hoogste vlak in hul land speel, en Stuttgart VfB van die Duitse Bundesliga, het teen die plaspakke spande, Ajax Kaapstad en Vasco da Gama Kaapstad, gespeel voorheen hul kus in die finale wedstryd op Saterdag 11 Januarie gespeel het. Die sokkerwedstryd was deel van die Sokker-ontwikkelingsprogram, onder leiding van die US, wat daarop gemik is om sokker in die Stellenbosch-
**Registrar receives grant for app**

Dr Mapham

An ophthalmology registrar at Stellenbosch University’s Faculty of Medicine and Health Sciences, Dr William Mapham, recently received a R1 million research development grant from SAB to develop the Vula eye health mobile phone application. This mobile phone app is designed to teach people about eye health, conduct a simple eye test and can connect people to an eye health professional. Mapham’s inspiration to develop the app came from working in deep rural areas in Swaziland and the Eastern Cape where people had limited or no access to eye clinics.

While conducting eye clinics in far-flung villages in the old Transkei, I came across people who have been blind for many years and needed cataract surgery to restore their vision. Hopefully the app will be used to help people with eye conditions in rural areas receive the help they need as soon as possible, rather than suffering with preventable blindness for long periods of time,” says Mapham.

The Vula app is also the focus of his MMed dissertation and he aims to use it to improve the Ophthalmology Division’s referral system. It is also supported by the Brien Holden Vision Institute. The name Vula means “open” and was taken from the name of an eye clinic in Swaziland, Vula Amnelho Eye Clinic.

The app will be tested in two sites: testing in an urban setting will take place at Tygerberg Hospital, and rural testing will take place in the Mossvold Hospital in Northern KwaZulu-Natal. Once testing is complete it will be released on app stores, hopefully by July this year.

There is potential in the future to translate the app into different languages and adapt it for use in countries other than South Africa.

**Sukses vir HOPE@Maties, SciMathUS**

Vul Aids Centre’s community mobilisation programme is led by well-known singer Prof Jimmy Earl Perry, UNAIDS’s first national goodwill ambassador in South Africa.

“We received an invitation in January 2013 and all who are involved with Lucky, the Hero! agreed that we should participate,” says Perry. He added that their participation at the AACT festival gives them the opportunity to showcase their work to a wider audience. “It has been a great desire as an American myself to showcase our work in the USA in order to show how South Africa and the Africa Centre is making a difference in the eradication of new HIV infections.”

**Maties verteenwoordig SA in hokkie-toetsreks**

Vyg Matie- en vier oud-Matie-hokkiepelers is in die nasionale vrouevoetbekaap opgeneem wat Suid-Afrika verteenwoordig het. Die toetsreks is van 15 Januarie tot 4 Februarie gehou. Maties Sport se Sportvrou van die Jaar vir 2013, Quanta Bobbs, is een van die huidige Matie-spelers wat aan die toetsreks deelgeneem het. Die ander is Hanli Hatting, Ilse Davids, Erin Hunter en Taryn Glasby. "Die toetsreks was gereguleer deur die Afrikaanse Hoëskoolleerders Bond (AACT). Surrounding interest is high in both the US, UKOD, skaakhoofde, leen, onderwysers en ouers.

”Hierdie rolspeelers spon ‘n gedigte span wat baie elkeen eindig het en nou die vrugte daarvan pluk. Dit is ‘n span wat van oorsprong is oor die toekoms van ons kinders.”

By het byvertog dat die goeie resultate ‘n bewys is dat hinderneste oor koms word wanneer almal saamwerk en dat dit moetlik is om ten spyte van strukkels en uitskies dat hoë gehalte te behaal.

**Husband and wife tackle MBA**

It is often said that MBA studies lead to divorces and break-ups, but Gauteng couple Francois and Eli Flamengo, 2014 full-time MBA students at the University of Stellenbosch Business School, are hoping that it will have a positive effect on both their marriage and the two companies they run – a software development consultancy (Enterprise Application Integration) and a digital publishing company (Do-it-Now). “I decided to do my MBA three years ago and had to plan for it accordingly because I wanted to do it full-time. Working for myself and in a company that I’m very passionate about, I wanted to equip myself with the more academic side of running a larger company, especially looking at the challenges that we will face in the future of (the IT) industry,” says Francois.

At the same time he started mentioning an MBA, Eli also reached a place in managing the company where she realised she needed new leadership, business and financial skills to lead her team more efficiently.

At the moment, says Francois, they are just taking it one day at a time, setting into the course, the area and the people.

“After completing my MBA, I would like to open a Cape Town office for EAI and service clients in this province. This will be our first expansion project and it will require proper analysis of the culture in the Cape,” says Francois.

**SU Aids Centre’s play off to the USA**

An educational play about the importance of Steenbok’s Lucky, the Hero! was created by Stellenbosch University’s Africa Centre for HIV and Aids Management will be performed in America in June.

The Aids Centre applied and then received an invitation to perform its educational play Lucky, the Hero! at the annual festival of the American Association of Community Theatre (AACT).

ACCTWorldFest 2014 will be held at the Venice Theatre in this city in the state of Florida from 16 to 21 June. Community theatres from across the world will perform their theatre pieces at the festival.

The creative team behind Lucky, the Hero! at ACCTWorldFest 2014. 

"We received an invitation in January 2013 and all who are involved with Lucky, the Hero! agreed that we should participate,” says Perry. He added that their participation at the AACT festival gives them the opportunity to showcase their work to a wider audience. “It has been a great desire as an American myself to showcase our work in the USA in order to show how South Africa and the Africa Centre is making a difference in the eradication of new HIV infections.”

**Nieu hoof vir USB-se MBA-program**

Dr Marlies Terblanche-Smit, senior lektor in bemarking en strategie by die Universiteit van Stellenbosch Bestuurskool (USB), het vanaf 1 Januarie ’n bykomende verantwoordelikheid: Sy is nou ook die hoof van die USB-se MBA-program.

Terblanche-Smit het aan die begin van 2013 by die USB van diens getuig. Sy was voorheen senior lektor aan die Departement Ondernemingsbestuur op die Stellenbosch Universiteit.

Oor haar nuwe rol sê Terblanche-Smit sy voel gelukkig, en dat sy daartoe verbond is om die MBA-program gedurend toe te verbeter om die ingewikkelde uitdaginge in die sake-omgewing in Suid-Afrika en die res van die wêreld die hoof te bied.

**Sukise vir Maties Sport’s Sportvrou van die Jaar en hokkie-spelers**

Ander oud-Maties in die span was in die nasionale hokkie-span opgeneem wat Suid-Afrika al by twee Olimpiese Spele verteenwoordig het, insluitend die skooler reeds vir Maties gespeel het en ook in die SA o21 span opgeneem is.

**Sukise vir Maties Sport se Sportvrou van die Jaar en hokkie-spelers**

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How accessible are we really?

Access to universities has come under the spotlight following a recent incident at a South African university where two blind students were denied access due to the institution’s inability to “reasonably accommodate” them. LYNNE RIPPENAAR-MOSES touched base with Stellenbosch University’s Office for Students with Special Learning Needs (Disabilities) to find out how they are ensuring that students and staff with disabilities are accommodated here.

The Office for Students with Special Learning Needs (OSSLN) focuses on advocacy and raising awareness with relevant stakeholders regarding how Stellenbosch University can improve accessibility through teaching and learning areas on campus. This entails working closely with Disability Officers, the student body for students with disabilities at the institution, and facilitating and advising various role players on academic support, support around physical infrastructure, and assistive technologies.

We are increasingly working towards adding ramps and lifts to our buildings to improve physical access and signage in and around buildings.

Along with the Lombardi Braille Centre, which is responsible for translating course work and textbooks into Braille, electronic and large text format, the OSSLN also assist staff on how to include students with disabilities.

“Included in the range of services we provide are technology bursaries for qualifying students with disabilities, consultation with the Registrar’s Office regarding extra writing time during tests and exams where warranted, and the provision of enlarged print or Braille where required,” explains Maria Lyner-Cleophas, Head of the OSSLN.

The bursaries, she says, are offered in conjunction with HUMARCA. It provides students with disabilities who benefit from assistive technology but can otherwise not afford to buy this expensive equipment and software, with the means to access screen reading software (such as JAWS for blind students) and reading and writing software like WYNN (for students with severe reading problems).

“On top of this, we are, in conjunction with Facilities Management, increasingly working towards adding ramps and lifts to our buildings to improve physical access and signage in and around buildings. In general, where problems of access are noted, we attend to these by liaising with this department.”

The main objective of the Office, says Lyner-Cleophas, is to have students fully integrated into the student body.

“You do not want to further disable the student by acting as a constant support system that they cannot do without. We want to foster independence and the confidence amongst our students that they can make a positive and meaningful contribution to South African society when qualified.”

While accessibility for people with disabilities has improved since the establishment of the Office in 2007, she says much still remains to be done.

“The University has pockets of excellence where you can find academics, administrative and support staff that factor in and plan for accommodating students with disabilities. We excel in some regards. For example, we act as a facilitator to ensure reasonable accommodation of students’ needs and do this in consultation with various role players. However, we need to remain vigilant to the rights of students with disabilities, and constantly and actively strive towards the inclusion of these students campus-wide. This is not only a matter for a disability office. All environments on campus must be vigilant as to how they might be excluding students with a range of disabilities,” she says.

Access needs to become business as usual and if we can design our environment in its broadest sense to be accessible to all, then we have really arrived.

Lynner-Cleophas maintains that inclusion should be a golden thread that runs through the institution in terms of awareness; in planning, be it for course work, teaching materials or physical facilities; admission requirements; accessible information; special parking provisions; and the design of recreational areas. “Access needs to become business as usual and if we can design our environment in its broadest sense to be accessible to all, then we have really arrived. Students are increasingly starting to voice their dissatisfaction with exclusion based on universities saying that they do not have the facilities to support them.

“So while we succeed in many ways, we still have a way to go in other areas to attain full inclusion. We need to plan for better access,” she says.

Access to universities

Some of the reasons that disabled students are often not accepted at higher education institutions, says Lynner-Cleophas, include a lack of text conversion services, Sign Language interpreters, extra support in the form of tutors; not enough accessible lecture material for students with physical or other disabilities, and the lack of accessible buildings on campus.

When not zooming in on issues on campus, Lynner-Cleophas, who was elected as chairperson of the Higher Education Disability Services Association (HEDSA) in 2012, is also responsible for furthering the disability advocacy and awareness work of this non-profit organisation nationally. HEDSA, which was launched in 2010, represents all 23 higher education institutions in South Africa and is in the process of expanding its membership to include Further Education and Training (FET) institutions as well. It is the only association of its kind in this country. Its executive committee consists of representatives from SU, and the Universities of Cape Town, Johannesburg, Witwatersrand and KwaZulu-Natal.

The Association’s work is also driven by a national imperative. South Africa subscribes to the United Nations Convention on the Rights of Persons with Disabilities, which was developed in 2006 and signed by our country in 2007. Under this Convention, access to education for all people with disabilities is considered a right and government organs are expected, amongst others, prevent persons with disabilities from being “excluded from the general education system on the basis of disability.”

But what expectation does this create at university level? "Section 24 of the Convention refers to all institutions of learning being open to students with disabilities. The Convention also refers to reasonable accommodation of students where environments are not fully accessible. For universities, this means aspiring to the social model of understanding disability, which considers factors outside the person with disabilities as often being the disabling factor as opposed to the person with the impairment.”

Some of the national issues that need to be addressed, says Lynner-Cleophas, are the need for more staff at disability units, better support in the form of tutors or scribes with the needed funding for this, greater advocacy of disability matters on campuses, and a bigger focus on how inclusion is fostered on campuses.

“That the whole university – from top management to departments and units – must put disability matters firmly on their meeting agendas and plan for students with special learning needs in a proactive rather than the mostly reactive way that currently pervades institutions.”

While it is important to be inclusive and practice universal design in all that we do, Lynner-Cleophas is not living in utopia. She knows that it is expensive to provide physical, human and technological support to students with disabilities and that limited funding hampers the campus from becoming fully accessible overnight.

"Very recently, this, together with Facilities Management applied for and received funding from the Department of Higher Education and Training for infrastructure and technology upgrades at SU during 2013. Further funding provided by the University brought the total figure to R12.7 million. 'The funds will be used for the construction of lifts – which cost about R1 million each – and ramps leading up to buildings on campus. Lynner-Cleophas believes that universities who are trying to become more accessible should receive special funding and incentives to do so.

“We have to face the fact that if you want to be inclusive, it does come at a financial cost. The international trend is that state education departments allocate a portion of their student subsidies to universities for the support of disability inclusion.”

While institutions can make changes within their own structures and equip and prepare students for the realities of the workplace and the world, Lynner-Cleophas believes that society, in particular South African society which is grounded in a culture of human rights awareness, needs to re-examine how it views people with disabilities in all facets of society.

“Disability is a degree a social construct. There are many disabled people who feel that disability is only an impendiment and that they are disabled by society through the lack of universal access to buildings or transportation, the availability of enlarged reading material and while it is through the negative attitudes and stereotypical of disabled people. Being excluded from social events due to buildings not being equipped or systems or the lack of Sign Language interpreters are further disabling for many people with disabilities.”

www.sun.ac.za/kampusnuus
Plan vir die toekoms

‘n Transformasieplan vir die US is in 2013 deur die Universiteitstraad goedgekeur. ILSE ARENDS het met Monica du Toit, koördineerder van die US se Sentrum vir Inklusiwiteit, hieroor gesels.

Wat behels die US se transformasieplan?


Die demografie van die studente en personeel en die institutionele kultuur word beskou as belangrike boustene om die institutionele uitsigte van navorsing, leer en onderrig en gemeenskapsterase te transformeer.

Moet transformasie nie ‘n natuurlike, ontwikkelende proses wees nie?

Indien ‘n mens transformasie beskou as ‘n poging om ‘n rassekatorie met ‘n ander een te vervang, sal dit bloot ‘n getallebespeletjie wees om ‘n minimum vereiste te behaal en dan sal dit op ‘n spesifieke punt stop. Die idee dat ons die toekoms van ouderdom glad nie meer sluit nie, is ook moontlik op ‘n egale definisie van verandering gebaseer.

Transformasie het plaasgevind met betrekking tot sommige aspecte van ons instelling. Transformasie aan die US is veral betekenisvol omdat dit in vele opsigte die historiese ekstreme van eksklusiewiteit en die beweging na inklusiewiteit verteenwoordig. Totdat die reg opgaan dat ‘n meer inklusiewe kultuur betekenisvol is, sal die reg opgaan dat ons moet toegeneem om verskeie stadia van inklusiewiteit te bevraag en te evalueer.

Hoe sal dit geïmplementeer word?

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Hoe sal die sukses daarvan gemee word?

Transformasie is nie ‘n enkelvoudige bestemming nie, maar ‘n manier om leer en onderrig, navorsing en gemeenskapsterase te benader. Ons sal dus verskeie stukke werklike benodig om verandering in praktiese en belede te meet. Wat ons wil meest is vooruitgang, impak en hoe dit tot ons seule-tuiksituation ‘n hydra maak, eerder as wat ons sukses wil meet.

Sommige glo dat die US geen getransformeer het, terwyl ander glo daar is nog baie wat moet gebeur. Wat dink jy?

Monica du Toit, Foto: JUSTIN ALBERTS

Even rainy weather and thunder storms could not keep the Metropole South District’s teachers away from the SUNCOI Teachers’ Workshop on 16 November 2013.

Chemistry in action

Teaching and studying chemistry at an under-resourced high school is a frustrating endeavour for both teachers and learners. Doing practical work in a proper laboratory is often not possible. But a community interaction project by SJ’s Department of Chemistry and Polymer Science plans to change this.

The SUN Chemistry Outreach Initiative – or SUNCOI, as it is known – was initiated by Dr Rehana Malgas-Enus and Prof Klaus R. Koch of the Department of Chemistry and Polymer Science.

The aim was to assist disadvantaged high schools with their prescribed chemistry practicals by involving learners and their teachers to conduct their experiments in one of the University’s fully-equipped laboratories.

Not only was the goal to provide much needed infrastructure support, but also to develop a deeper understanding of the conceptually challenging topics of their prescribed syllabus.

Malgas-Enus feels passionate about this initiative because she comes from a similarly disadvantaged background to most of the learners participating in this project. Although many disadvantaged schools have dedicated physical sciences teachers, there is unfortunately no lab space or chemicals to do the prescribed practical work which form an essential part of the learner’s assessment. This situation leads to a decline in the number of learners in physical sciences, ineffective practical work and a lack of experience on the part of teachers in doing practical work.

The pilot practical took place in May 2013. Grade 11 learners from three disadvantaged Stellenbosch schools – Kylemore, Lülihoff and Cloetesville high schools – were invited to do their prescribed chemistry practical work at SJ. The day was successful since the learners managed to link the theoretical concepts to the practical experiments. Learners expressed their excitement at being in a real laboratory for the first time, and said the lectures had stimulated their interest in the subject.

“By a team to reach more learners, it was decided that teachers’ workshops would be beneficial to both teachers and learners” says Koch. In November 2013, two teachers’ workshops were presented in collaboration with the Western Cape Education Department. A total of 44 teachers from the Cape Winelands district and 48 teachers from the Metropole South District underwent training for Grade 12 chemistry practical work.

Nadjmah Abrahams, a teacher at an urban high school, said: “We hope that by making this initiative sustainable we will be able to inspire more learners to firstly do physical sciences as a subject at school, and secondly to motivate them to study sciences at a tertiary level. We need more teachers, scientists and engineers in South Africa,“ says Malgas-Enus.
Kuns hier, kultuur daar

Van Zyl:
In die afgelope 15 jaar het die US Woordfees ook geproeg tot ‘n nasionale kunstefees. Daarbenewens het die fees ook een van die hoogtepunte van die jaar geword sinds hul ouderdom in 1999. In 2014 het die fees reg op 500 toegestemde deelnemers gehad.

Prof Dorothea van Zyl, wat in 2014 lid van die raad van bestuur van die fees was, het oor die afgelope 15 jaar met die fees gewerk.

Van Zyl het in haar afgelope 15 jaar die fees as ’n belangrike tydskrywer geëxperienceer. Sy het oor die jare verskeie projekte met die fees georganiseer, insluitende die fees se programme en die beheer van die fees se infrastruktuur.

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Met 2014 valstoom aan die gang, begin die afsprake, spertye en lysies van werk wat gedoen moet word reeds op te hoop in die meeste van ons dagboeke. Hier is raad om jou tyd op kantoor beter te bestuur.

Tydbestuur is vir jou almal as een van die belangrikste administratiewe taaks. Daar is nie 'n manier van te bestuur jou werk- of persoonlike tyd nie, nie is alles te verwag nie. Hoe gaan jy dit reglik? Tydbestuur is die wegvoor. Hier is 'n paar wenke en riglyne om jou daarmee te help.

Prioriteer take. Take kan in vier groepe verdeel word:

- Nie dringend of belangrik
- Dringend en onbelangrik
- Dringend en belangrik
- Nie dringend maar belangrik

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Breek grote take op. Dit is soms makliker om vir korter tye aan ‘n groot of minder aangename projek te werk. Ruim dus daagliks tyd in om aan ‘n projek te werk wat volgende week moet klaar wees.

Vermied perfeksionisme. As jy altyd net met perfek tevreden is, gaan dit dikwels nie ‘n taak afgehandel kry nie of jy gaan dit nie aanpak nie omdat jy bang is dit gaan nie perfek wees nie. Gee jouself genoeg tyd om jou beste te doen, voltooi die taak en beweeg aan.

Doen een ding op ‘n slag. Terwyl baie van ons dink dat ons effektief aan ‘n klomp goedgek oor werk, word daar geraam dat dit ‘n mens te brie en tot 30 minute kan neem om elke keer wat jy van taak verwissel te herfokus. Gee dus jou onverdeelde aandag aan belangrike take en probeer onnodige onderbrekinge weg.

Bestuur jou e-posse. Wis dadelik e-posse uit wat onbelangrik is of nie op jou van toepassing is nie handel dit wat vinnig gedoen kan word, dadelik, af delegeer-versoek of navrae wat beter deur iemand anders hanteer kan word of ruim tyd in om dit in ‘n latere stadium te hanteer indien dit nie nou belangrik of dringend is nie.

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ADVERTENSIES / ADVERTISEMENTS

TE KOOP: Philips-kleur-TV, 32dm R300. Netjiese bypassende TV-tafeltje/telefoontafeltjie met sitplek langsaa, R290; ouer TV-tafeltjie, R40; 2 enkelbeddens met matrasse, R270 elk; verskeie stoele, R40 tot R190. Skakel 072 219 9265.

MOTOR TE KOOP: Polo Classic 1.4i, 73 000 km, 1 eienaar, 2000-model, gereelde versienings (dienste), R39 750 o.n.a, kontant. Skakel 072 219 9265

SAAMRY / LIFTS

Stellenberg/Vredekloof – Stellenbosch: Bestaande saamryklub soek een persoon met motor om aan te sluit. Werksure 08:00 tot 16:30. Kontak mhanekom@sun.ac.za of 021 808 2601.

Near Karl Bremer Hospital – Stellenbosch: Existing lift club looking for a person with a car to join. Working hours 08:00 till 16:30. Contact nmalherbe@sun.ac.za.


IN a first for the University, student leaders signed a declaration on Tuesday, 21 January, in which they accept joint responsibility for the achievement of SU’s vision of an inclusive, innovative and future-oriented institution. The declaration strengthens the ambition of SU and the Rector, Prof Russel Botman, to promote a welcoming culture at Maties. Pictured here are Botman, SRC Vice-Chairperson Renita van Zyl, SRC Chairperson MJ Dippenaar, and Prof Arnold Schoonwinkel, Vice-Rector: Learning and Teaching. Photo: HENNIE RUDMAN

Prof Razeen Davids (Department of Medicine), his wife Gadija, and son Thaabit (first-year medical student) at the welcoming ceremony at the Tygerberg campus.

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Bev Witten, Senior Director: Alumni Relations, her husband Al Witten, and their son Dane Witten (first-year physiotherapy student) at the welcoming ceremony at the Tygerberg campus.

Die Matie-eerstejaars van 2014 het Donderdag 23 Januarie duurande 'n bio-afbiereende helium-ballonreis by Coetzenburg-stadion die lug in gestuur – simbole van die drome wat hulle vir hul toekoms het. Studente het hul drome op die ballonne geskryf en dit toe alles gelokid. Van die drome wat altyd voorgekom het, was om verlief te raak, voluit te leef, te groei in hul geloof en suksesvol in hul studies te wees. Foto: JUSTIN ALBERTS

Prof Razeen Davids (Department of Medicine), his wife Gadija, and son Thaabit (first-year medical student) at the welcoming ceremony at the Tygerberg campus.

Die Departement Wingerd en Wynkunde het ’n skenking van die vate-maatskappy Radoux ontvang. Die skenking behels die gebruik van hul vate (ter waarde van R6 000) vir voorgraadse studente. Op die foto van links na regs is Edmund Lakey (eerste tegniese beampte), Daniel Reyneke, Salomon Monyamane, Anthony Sarvado (al drie studente), en William Calkins (van Radoux).