



STUDENTS' REPRESENTATIVE COUNCIL
IBHUNGA ELIMELE ABAFUNDI
STUDENTERAAD



UNIVERSITEIT
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100
1918 - 2018

SRC 2021/22 TERMREPORT I STUDENT WELLNESS

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Students' Representative Council
Third Floor, Neelsie Student Centre
Private Bag XI, Matieland, 7602
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Constitutional Responsibilities

The core functions of the Students' Representative Council include – (1) To act in the best interest of students and to actively promote students' rights under CHAPTER 2. (2) To represent students at – (a) The University Council. (b) The Senate. (c) The Institutional Forum. (d) Other committees, structures, and functionaries of the University. (e) National and international student structures. (3) To evaluate the University policy and give input in the formulation thereof. (4) To formulate and maintain policy to ensure that the SRC performs its functions and duties effectively. (5) To facilitate projects and initiatives to the benefit of students. (6) To inform students continuously, and obtain feedback, about its activities.

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Portfolio Overview

The portfolio has gone through many evolutions over the past few years, the most notable occurring in the 2018/19 term when a committee was created to draft the Mental Health Policy. The policy draft was both influenced by and influenced discussions around mental health at Stellenbosch University (SU). My predecessor's term was unfortunately heavily impacted by the global coronavirus (Covid-19) pandemic. It is however evident through her plans, and her speeches during the caucuses, that she had a great motivation to broaden and destigmatize the conversation around mental health. – Chloe Krieger (Student wellness 2019/20)

I am of the strong opinion that there are many factors that affect one's mental wellness, besides obvious mental illness, and it is for this reason that the 2020/21 plan for this portfolio is to spend at least a month specifically focusing on the different aspects of the Wellness Wheel in an effort to improve overall well-being-(Makabongwe Chido Kasek)20/21.

In 2022 I am happy to announce that the mental health plan was finally approved. In my term I want to build on what Makabongwe had started and that is why I am continuing with the wellness wheel. I also want to be more visible on campus to make it easier for students to reach out to me. I have realised that we can not fight the mental health problem alone and that is why collaboration between me and CSCD is going to be the core of my term.



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Committees/Task Teams

Student Achievement Committee

- The committee forms part of the process in awarding Rectors Awards for Excellence to students.
- We have not had a meeting yet.

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Term Overview

My plan for the first term was to settle in as well as possible. The term was filled with many trainings and sessions and possibly even more introductions. It was strange adjusting in the virtual space.

I had meetings with: Dr Elmien Sinclair, the head of the academic counselling and development. She is my go-to person if any student contacts me with a academic problem. She is also working on slide shows for my pop-up coffee shops to tell we students who the CSCD is and what they are doing.

Charl Davids, deputy director and head of the unit for psychotherapeutic and support services. We discussed the problem that student had to know if they need to pay for ambulance services that they need to pay for. The conclusion is that you need to pay for ER_24 but not for the stat ambulances.

Riana Engelbrecht, Res-Ed Manager. Me and Riana had a good conversation how the SRC can collaborate with cluster and we are working together on a financial literacy program.

Nugent Lewis, deputy director at the postgraduate office. We are trying to find a way that we can work with the postgrad office to help them to support their financial literacy course and that they can help us with a train the trainer program.

I set-up a good sub-committee that consist of 4 members taking on the following roles:

- General planner
- Social media coordinator
- Secretary
- Researcher

We are a great team, and we are getting things done.

We had a collaboration between the student wellness committee and Kuko on a screaming session that help with stress relief during exams. The first sessions were great but due to loadshedding we had a few drive by muggings and the screaming sessions was suspended for safety reasons. On the Tygerberg Campus the sessions continued, and we have received good feedback.



Plans for next term

- We will have an emotional wellness talk at Vesta (PSO) on 3 February.
- We will have a mental health talk at Lydia on 3 February.
- We will have an academic wellness talk at Helshoogte on 5 February.
- We will go to Nerina on 5 February to say who we are and what we do.
- I want to have our first pop-up coffee shop on 16 February on the Rooiplein. We need to have 3 pop-up coffee shops this term, but we first want to see how the first one goes before we arrange the others. One of our pop-up coffee shops needs to be at Tygerberg Campus. I am going to try to have it the same day as when we have our SRC meeting at Tygerberg.
- I want to have the financial literacy talk this term while the students are making their plans for the year. We do not have a date yet because I am still working with the postgrad office that we can do the financial literacy course together.
- Our Instagram posting will also continue as usual with the necessary information each month.