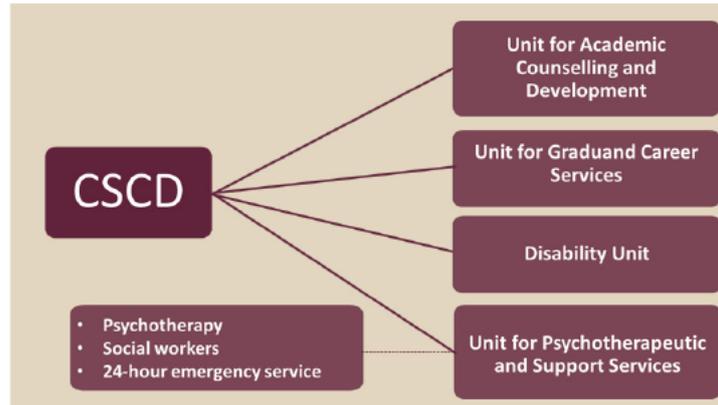


Centre for Student Counselling and Development



The Centre for Student Counselling and Development (CSCD) offers professional psychological support and development services to students at Stellenbosch University. The CSCD, comprises of five units which each offers specialised services to optimise student success. The five units are:

- Unit for Academic Counselling and Development (UACD)
- Unit for Graduated Career Services (UGCS)
- Disability Unit (DU)
- Unit for Psychotherapy and Support Services (UPSS)

1. Unit for Academic Counselling and Development (UACD)

The Unit for Academic Counselling and Development's (UACD) overarching goal is to empower students to improve their well-being to experience success. The team comprises educational psychologists, a psychometrist, a registered counsellor and intern psychologists. Academic skills support and psychosocial and career development interventions are offered in the form of work sessions, lectures, psycho-educational self-help material and individual consultations.

2. Unit for Graduated Career Services (UGCS)

This Unit is headed by a registered counselling psychologist, and the team consists of two educators, one who manages the student development portfolio and the other who manages the graduate recruitment portfolio. The Unit supports students with the transition from education to employment.

3. Disability Unit (DU)

The Disability Unit fosters disability inclusion campus-wide in support of inclusive education. It offers a range of services to students with disabilities, from advice on appropriate academic support solutions to accessible, tailored study materials. The Unit's activities are informed by the Disability Access Policy of Stellenbosch University (SU). We advise prospective students with disabilities about the possible support once at SU. We also discuss appropriate academic support solutions and ensure that academic material is accessible for study, test and exam purposes. The DU also offers students and staff various training opportunities. These include a Lead with Disability programme for students and facilitating staff training through the Siyakhula training sessions.

4. Unit for Psychotherapeutic and Support Services (UPSS)

This Unit assists students with psychological and social welfare challenges. The Unit also plays a significant advocacy role, as it engages with various stakeholders who take an interest in students' wellbeing. For students to function optimally, it is essential that the services contribute to their holistic development. A key responsibility of the Unit is to provide students with continuous and professional services. The Unit strives to attain this goal by offering a range of services on the Stellenbosch and Tygerberg campuses, comprising individual psychotherapy, group therapy, work sessions, a 24-hour emergency service and support pertaining to social work.