



# 20 OSLER PSO WELCOMING BOOKLET 21



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# From your Welcoming NC

Hello Osler!

You are about to take your first steps into university life and you could not have chosen a better campus. Everything may seem scary and Covid may be adding to your anxiety but we promise to do our absolute best to make your transition to our beautiful campus as smooth as possible. We are so so excited to meet you all!

In an ideal setting, we would be ready to welcome you as you enter the gates and hopefully one day we will be able to do so. But for now, we have planned some wonderful activities to help you make friends and give you an opportunity to ask all of your questions.

The 10 day welcoming schedule will be filled with sessions linked to academics, opportunities to meet others and make friends, and some fun activities to make the week enjoyable. We encourage you to lock up your fears, open up your mind and engage with every experience. Welcoming is often described as one of the busiest yet most memorable weeks at university and we hope that you will say the same thing to future newcomers.

If you have any questions, please do not hesitate to message one of us. We absolutely cannot wait to meet you. Until then, stay safe and get excited!

Love Amirah, Sarah and Tenille



# FROM YOUR PSO CO-ORDINATOR

Dear Osler Newcomer,

Welcome to Stellenbosch University and the Faculty of Medicine and Health Sciences. While we may live in extraordinary times, I trust that you will make the start of your first academic year one to remember.

As everyone begins their various journeys within the field of health sciences, remember that you are all united by various commonalities, two of which include being a Matie and belonging to the Osler PSO. As an alumnus of Stellenbosch University, and this faculty, I encourage you to discover and take advantage of the wealth that this place has to offer. Despite the limitations of a lockdown and the COVID-19 pandemic, the PSO Space has always ensured that students, even when physically isolated from one another, remain connected to each other as well as campus life. This year I encourage you to make new friends, broaden your horizons and experiences, and really step out of your comfort zone, because the challenges you face will lead to opportunities of growth. While you make many new memories, and establish yourself within this community, consider the person you want to be in this community, and be kind, because this is how you will be remembered.

The start to your academic year will take a blended approach, combining both virtual and on-campus opportunities as a chance to come together. Osler is your way of experiencing an exciting out-of-class and co-curricular experience, that is only going to enhance your time at Stellenbosch University, and culminate in a well-rounded programme that will prepare you for life after graduation. I look forward to meeting you all in these various spaces, in addition to the Clinical Anatomy dissection halls. Please do not hesitate to reach out to the fellow house committee members, or relevant faculty members, if there are any questions and concerns. To a wonderful year ahead, enjoy it thoroughly.

Greetings,

Bryan J. Bergsteedt

Visiting Head: Osler PSO

[bryan@sun.ac.za](mailto:bryan@sun.ac.za)

[www.sun.ac.za/pso](http://www.sun.ac.za/pso)

# WHAT IS OSLER?

Osler is a private student organisation (PSO) that is comprised of all Tygerberg students who live privately i.e. do not live in one of the residences on Tygerberg campus. This student community is composed of over 1000 students studying in the various health sciences degree programmes offered at Stellenbosch University. We aspire towards being a society that is driven by its values, and prides itself in embodying the vision we have for Osler. These values assist in shaping us as a community, and contribute to one's development as a well-rounded health professional.

- **I**nclusivity
- **C**ognisance
- **A**uthenticity
- **R**espect
- **E**mpathy

## HOW DO I JOIN?

There is no sign-up process to becoming a member of Osler - all private students automatically become Osler members.

So, welcome fellow Oslerian!

We hope that you're excited to join our student community so that you too can create a sense of home-away-from-home with the people who best understand what the next 4-6 years will be like.



# IMPORTANT INFO

## WHAT IS A PSO?

PSO stands for 'Private Student Organization.' It consists of students who do not live in a university managed residence. There are various PSOs at Stellenbosch University but Osler is the only one at Tygerberg Campus.

## WHAT IS A HOUSE COMMITTEE?

A House Committee (HC or HK) is a body of students that govern decisions made for the house i.e. the group of students who are the decision-makers for Osler. These students are voted in during annual elections that take place in September and the students with the most votes are inducted into the house committee. As members of the house, you vote for the candidates of your choosing, and from your second year onwards, you are eligible to run

## WHAT IS A CLUSTER?

The Osler PSO is part of the TygerMatie Cluster. The TygerMatie cluster is comprised of all the residences on Tygerberg campus along with Osler. Cluster is a student driven community which aims at creating spaces for communities to engage and interact on Tygerberg campus. The TygerMatie cluster aims at promoting networking, engagement, and interactions between all students on our campus. We do this by hosting various social events, panel discussions and spaces for dialogue throughout the year.

Contact details of Cluster Convenors:  
Tessa Brooke: [20691955@sun.ac.za](mailto:20691955@sun.ac.za)  
Catherine Bern: [21927677@sun.ac.za](mailto:21927677@sun.ac.za)  
[njabulom@sun.ac.za](mailto:njabulom@sun.ac.za)

# MEET YOUR HCG

*meet your hc*



*Raheez Morta*  
PRIMARIUS



*Naa'ila Khan*  
VICE-PRIMARIA



*Marc Nathanson*  
VICE-PRIMARIUS



*Jack Chiu*  
FINANCIAL MANAGER



*Chloe Prinsloo*  
HEAD MENTOR



*Keaton Harris*  
CO-HEAD MENTOR

# MEET YOUR HIG

*meet your hg*



*Virek Abraham*



*Sarah Bassa*



*Jenille Cannon*



*Amirah Gabru*



*Wambui Kimani*



*@osler\_pso*

# PORTFOLIOS:

## **ALUMNI MARC**

The funny part about graduation is that you think that you are done with the institution in which you graduated from but in reality, you hold the power to take the legacy that you created on campus into post-graduation life. In other words, you become an alumni of the university. Allow me to express why I took this portfolio. I believe that our alumni hold the power to influence current undergraduates and postgraduates through financial commitment, mentorship and a dedication to upholding the Maties name. Therefore, the role of this portfolio is to dive into the wealth of resources that are our graduates and connecting to them in order to gain a wealth of knowledge and support.

## **MERCHANDISE JACK AND SARAH**

We aim to make Osler more visible on campus through aesthetically pleasing merchandising that lets you show your Osler pride!

## **CLUSTER WAM**

As the House Committee Member holding the Cluster portfolio, I form part of the team that forms the TygerMatie cluster committee. Along with representatives from all the residences, and our two wonderful Cluster Convenors, we identify needs of the cluster and find ways to address them, as well as organising events and discussions to create spaces where students in our community can collaborate and engage with each other.

## **CRITICAL ENGAGEMENT SARAH**

Our aim is to create spaces for discussion where students can engage with, and learn from, one another. We aim to discuss important topical issues in our current socio-political climate and to foster an environment in which students feel safe and respected. This may take place on campus or on the Osler Instagram page, where we interview individuals in our community on topics of interest.

## **CULTURE SARAH AND VIVEK**

If there is one thread with the power to bring our vibrant community together - Osler culture is most certainly it. Music, art, dance, poetry and so much more adds immense depth to our university experience. We get to express our creativity, while also having the opportunity to experience cultural events and cheer our fellow Oslerians on as they put their hearts and souls out there. As the Osler Culture House Committee members, we want to offer everyone platforms from which they can get their creative juices flowing and appreciate art in all its wonderful forms.

From our soulful, award-winning Osler Mixed A Capella group, to our numerous talent shows and Osler Culture Evening planned for later in the year, there is something for everyone to enjoy. Make sure to keep a keen eye on our social media pages for events and drives you can get involved in. Most of all, don't be afraid to get involved; give yourself a shot and make sure to support your peers when they do!

# PORTFOLIOS:

## **SPORT & WELLNESS WAM**

Academics is not everything on Tygerberg campus! We have a variety of sports teams and opportunities for you to be physically active. The Sports & Wellness Portfolio is involved in organising events such as the (incredibly fun) Tygerberg Sports days and coordinating with students who participate in the sports teams. We try to embrace physical activity and wellness being incorporated into our daily lifestyles and are always willing to make student visions into reality and will help organise miniature leagues/ sporting events if there is a student interest.

## **EMPOWERMENT AMIRAH, NAA'ILA AND WAM**

Empowerment is a newly formed portfolio that, as the name suggests, aims to empower womxn and the lgbtqia+ community. This will be done by hosting various panels, drives, events and informative talks with the overarching theme and aim of enrichment and empowerment. Though Covid-19 has proved to be a spanner in the works, the empowerment HC are dedicated to building a solid foundation for this portfolio.

If you are interested in joining our sub-committee, or have any ideas, please contact Amirah, Naa'ila or Wambui.

## **SOCIAL IMPACT MARC AND NAA'ILA**

Osler prides itself on community engagement and a dedication to making a difference to any space we find ourselves in.

This portfolio seeks to bring this to life through the organisation of community events such as sandwich drives, partnering with Rise against Hunger and working with MGD. This portfolio reaches far into the communities surrounding Tygerberg, as well as nationally, so that any Oslerian can take part wherever they may find themselves. Another key element of Osler is that we not only talk the talk but walk the walk. Check out this article on the SRC's social impact portfolio:

<https://www.matiemedia.org/src-reimplements-social-impact-portfolio/>.

## **CONNECT, VENSTERS AND WELCOMING AMIRAH, SARAH AND TENILLE**

This portfolio is dedicated to ensuring that your transition from high school to university (or from university to university) is as seamless and enjoyable as possible. We are responsible for creating an environment in which you feel prepared for the new challenges that a degree in medicine and health sciences poses. Welcoming is a 10 day event that not only assists in the admin of registering and adjusting to Tygerberg Campus, but also includes countless opportunities to explore campus, socialise with fellow Oslerians and residences, and make friends! Due to Covid-19, our welcoming program for 2021 is mostly virtual, with the exception of one or two main events. Be sure to check out our social media platforms to keep yourself informed about welcoming happenings!

Connect and Vensters are arguably the most famous aspects of welcoming. Vensters is a production that consists of acting and dancing - it is an unbelievably fun event that serves as your official entry into Stellenbosch University. This event also serves as a wonderful social opportunity, so remember to make friends and have fun.

# PORTFOLIOS:

## LEADERSHIP

### KEATON AND VIVEK

To be a leader is not only to guide and nurture others, but to be open to personal growth and broaden one's horizons. Leadership opportunities within the Osler community are numerous, and the Leadership Development portfolio aims to be the middlemen who give you access to them. Being involved in Osler leadership helps you understand the ins and outs of university leadership, and skillset and repertoire as you pursue leadership in the future; especially including online skills in light of the COVID-19 pandemic.

Such opportunities include, but are not limited to:

- Osler 1st Year Committee
- Osler 2nd Year Committee
- Osler House Committee
- Other Tygerberg Leadership Opportunities

Our portfolio also prides ourselves in providing student growth through external opportunities. These aim to help develop your leadership skills both personally and professionally, helping you become a holistic healthcare professional - ingrained with both local and international experience.

Some of these opportunities include:

- The Global Engagement Summit (Chicago, USA)
- The Kectil Leadership Programme (Atlanta, USA)
- The Global Student Entrepreneur Awards (Macau)
- The EDHE Intervarsity Entrepreneurship Competition (South Africa)
- The Young Sustainable Impact Program (Norway)

Remember, it's when you dip your feet into the experience of another that you challenge and reform and refine your cognitive notions. Watch out for these opportunities as they come, and contact us if you have any questions regarding Osler leadership.

## FINANCE

### JACK

The role of the financial manager is to handle all the transactions occurring within Osler PSO, including processing purchases as well as payments. I also oversee the entire financial stability of the PSO and give advice and consultation for any actions that can potentially cause a disturbance in the financial stability. Furthermore, I maintain the budget of the PSO as well as make sure all House Committee members stay within their allocated budget.

## ACADEMICS

### CHLOË AND KEATON

Academics at Tygerberg Campus can be rather intimidating, especially as you plan to adjust to the University setting! We want to make this a lot easier for you! Any academics questions you may have, whether it be study methods? How to take notes in lectures? What resources to use? Or even if you just want to chat over coffee! We are only one message away!

# PORTFOLIOS:

## **GREEN MARC**

Environmental sustainability is something that I hold close to my heart. I always ensure that no matter where I find myself, I always aspire to make the green decision. This portfolio aims to create change on Tygerberg campus through a variety of different initiatives such as decrease our usage of plastic, promoting recycling and advocating for greater sustainability. Through the connection with DACES (Deans Advisory Committee for Environmental Sustainability), we move to make sure these changes are planned, organized, implemented and evaluated for long-term change.

## **SOCIALS AMIRAH, NAA'ILA AND WAM**

Humans are social beings and need social interaction, and that is what the social portfolio is for! We organise various events throughout the year to promote social interaction and create spaces for Oslerians to get to know each other better in a non-academic environment. The highlight of the social calendar is the Annual Osler Ball which is always a glamorous evening to remember!

## **MEDIA & MARKETING AMIRAH, JACK AND TENILLE**

Instagram. Twitter. WhatsApp. TikTok. Facebook. How many of us can confidently say that we do not spend a significant amount of time on at least one of the abovementioned (or any other) social media platforms, daily? In today's world, social media has become an unavoidable phenomenon, and it is for this very reason that the media and marketing portfolio exists (and thrives, if we do say so ourselves). Media and marketing aims to increase PSO visibility and engagement through the effective use of various mediums, such as social media and physical media. We aim to ensure that as many Oslerians as possible see and stay up-to-date with the latest developments, exciting upcoming events, preliminary dates and NB information with regards to our PSO. This is done through our social media accounts (Instagram and Facebook), as well as via email.

## **SAFETY & SECURITY MARC AND NAA'ILA**

The idea behind this portfolio is to ensure that whenever there is an event with Osler student attendees, the safety and security of our members is our top priority. Through communications with the Tygerberg Student Council (TSR), we plan and implement safety protocols that enable us to look after our community. Such protocols include ensuring sleeping or transport arrangements that are made in the case of late night events, Covid protocols and providing first aid at any event. Furthermore, this portfolio aims to ensure the needs of the students are heard and met. This includes taking complaints to the TSR for discussion and fighting for a better campus experience. For any Safety and Security concerns, be sure to contact Campus Security on K-floor, or alternately use the **24hour Tygerberg Campus Security Emergency number: 021 938 9507.**

# QUESTIONS? *Contact Us*

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**Keaton:**  
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**Vivek:**  
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**Amirah:**  
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**Tenille:**  
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**Wambui:**  
22945148@sun.ac.za

# GET IN *touch:*



A TINY BIT OF SHAMELESS SELF  
PROMO NEVER HURT ANYBODY...

OUR OSLER INSTAGRAM ACCOUNT SERVES AS OUR MAIN SOCIAL MEDIA PLATFORM. HERE, WE POST ABOUT ALL THINGS OSLER, FROM SOCIALS TO CRITICAL ENGAGEMENT AND EVERYTHING IN BETWEEN. BE SURE TO CHECK OUT OUR [HC TAKEOVERS](#) THAT ARE HAPPENING WEEKLY UP UNTIL WELCOMING!

FACEBOOK: OSLER PSO  
EMAIL: OSLERPSO2021@GMAIL.COM



# VENSTERS? CONNECT?

“Connect is a student driven non-profit organization aimed at assisting students in their social impact projects, where all funds raised are used to empower communities. They believe in engaging Stellenbosch students, to start up and run their social impact projects on and off campus. Connect aims in helping students and communities excel, by achieving their maximum potential, and believes in assisting students to leave a positive impact wherever they place their foot.”

Vensters acts as the main fundraising event for Connect. This year residences and PSOs will partner up with each other and produce a 15 minute video performance. These videos will be shared online, with the online voting making up a part of the rubric, with a panel of judges adjudicating on the rest of the marks. For the first time ever, there will also be a Vensters anthem – a prescribed song and dance which must be included in the performance.

But do not fret just yet, more information will be communicated!

# CONNECT PARTNERS



2021 has certainly brought about many changes, and Vensters is no exception. This year, we are fortunate enough to have been paired with not one, but two student residences: Huis Francie van Zijl and Dagbreek. The Vensters prep is well underway and we are certain that the supergroup that is **DAGFRANSLER** will not disappoint. Provisional date: 12/13 March 2021.



HUIS FRANCIE  
VAN ZIJL



STELLENBOSCH  
1921 100 2021

DAGBREEK



OSLER PSO

# ONBOARDING: GET READY FOR YOUR FIRST YEAR AT SU

Stellenbosch University will be offering an online onboarding programme for all provisionally accepted first years during February 2021. Everything you need to know about SU and your faculty is just a few clicks away! Please note that access to this programme does not mean you have been accepted to SU.

The programme is available on SUNLearn (the University's learning management system) from 1 February 2021. This is where you will be spending a lot of time as a student, so this is an effective way to familiarise yourself with the platform. The following topics (apart from the faculty-specific information) are explained:

- Making the most of my 24 hours (time management)
- Rocking university life (success and well-being)
- Go with the flow (stress management) Ace your studies (exam and study skills)
- Money matters (financial literacy)
- Read like a pro (academic reading)
- Be the best student you can be (I-FlourishWell4Life programme)

In an extended question and answer section you will be able to search for the answer to many of the questions you may have about SU and even post your own. Videos of students sharing ways to cope at university, a virtual campus tour, and info on available support are easily accessible. You will also be able to connect with some of SU's mentors. For the best SUNLearn experience, use Google Chrome as your default browser.

(<https://rebrand.ly/onboardingsu>) to access the programme. Sign on with your username (student number only) and the password (example: SUN123456) that you use to monitor your application status. Should you have any password related issues, feel free to visit <http://www.sun.ac.za/password> to reset or refresh your password. You are welcome to contact [help@sun.ac.za](mailto:help@sun.ac.za) for any assistance with this. If you have questions about the onboarding programme, please e-mail: [onboardingsu@sun.ac.za](mailto:onboardingsu@sun.ac.za).

# OSLER MENTORS

Starting a new journey in an unknown environment can be quite daunting, and university is definitely one of these environments. As Osler, we want to make sure that you feel comfortable, welcomed and that your experience as a first year student is nothing short of amazing. Of course this will be a bit different than previous years due to the global pandemic we find ourselves in but we will try our best to make this year a memorable one for all the right reasons.

Our Osler Mentors will be there to support and help you throughout your journey as a first year. They will be there for you when you need to talk, when you have questions or when you just need a friend. Not being able to see each other face-to-face as often as we would've liked to, does not mean that the role of your mentor becomes obsolete. Your mentor will be reaching out to you via online platforms and will even try to schedule a coffee date with you to get to know you better with all Covid precautions taking place.

We as Head Mentors, will try our best to ensure that we are also available to answer all of your questions should you feel confused or overwhelmed. Remember, we are all here to help you and we hope that 2021 will be a fruitful one for all!



# OSLER MENTORS

The Osler Mentors for 2021 are:

- Kauthar Noordien
- Paige Tyler
- Nuha Hoosen
- Iman Cassiem
- Rebecca Bibergal
- Tahseen Sungay
- Hannah Guthrie
- Yusra Booley
- Maryam Kollia
- Amina Dhansay
- Kaela Eloff
- Fayyaz Ebrahim
- Rameez Chicktay
- Jihad Essop
- Neelam Latief
- Luqmaan Dawray
- Laeeqa Carstens
- Ameerah Booley
- Jenna Anderson
- Sinthivhele Sinthumele
- Koena Lichaba
- Samantha Alexander
- Mu-Amir Jackson

**If you have any questions, please do not hesitate to contact the following people:**

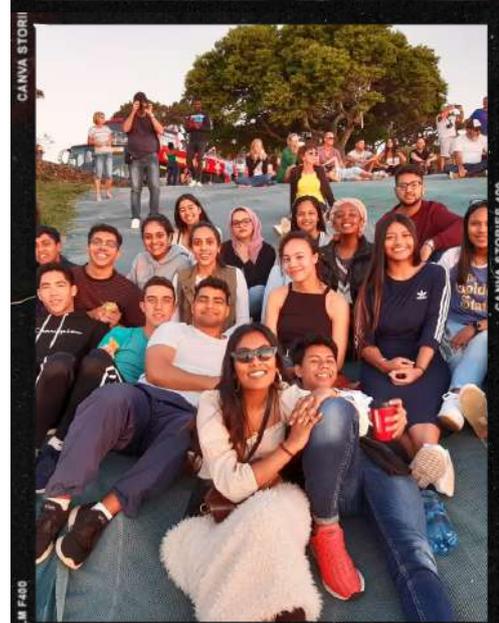
Chloe Prinsloo (Head Mentor)

- Email: [20982925@sun.ac.za](mailto:20982925@sun.ac.za)

Keaton Harris (Co-Head Mentor)

- Email: [kharris@sun.ac.za](mailto:kharris@sun.ac.za)

We look forward to welcoming you into the Osler family.



# mentor, mentut and sst

## THE BREAKDOWN

Mentors provide support during your first year of university. Think of them as your older siblings; they offer guidance, advice, and even quick coffee-and-catch-up sessions.



Mentuts provide academic support throughout your first few years of university. They offer helpful tips and tricks, strategies and tuts to ensure you are able to cope with and excel in your academics.

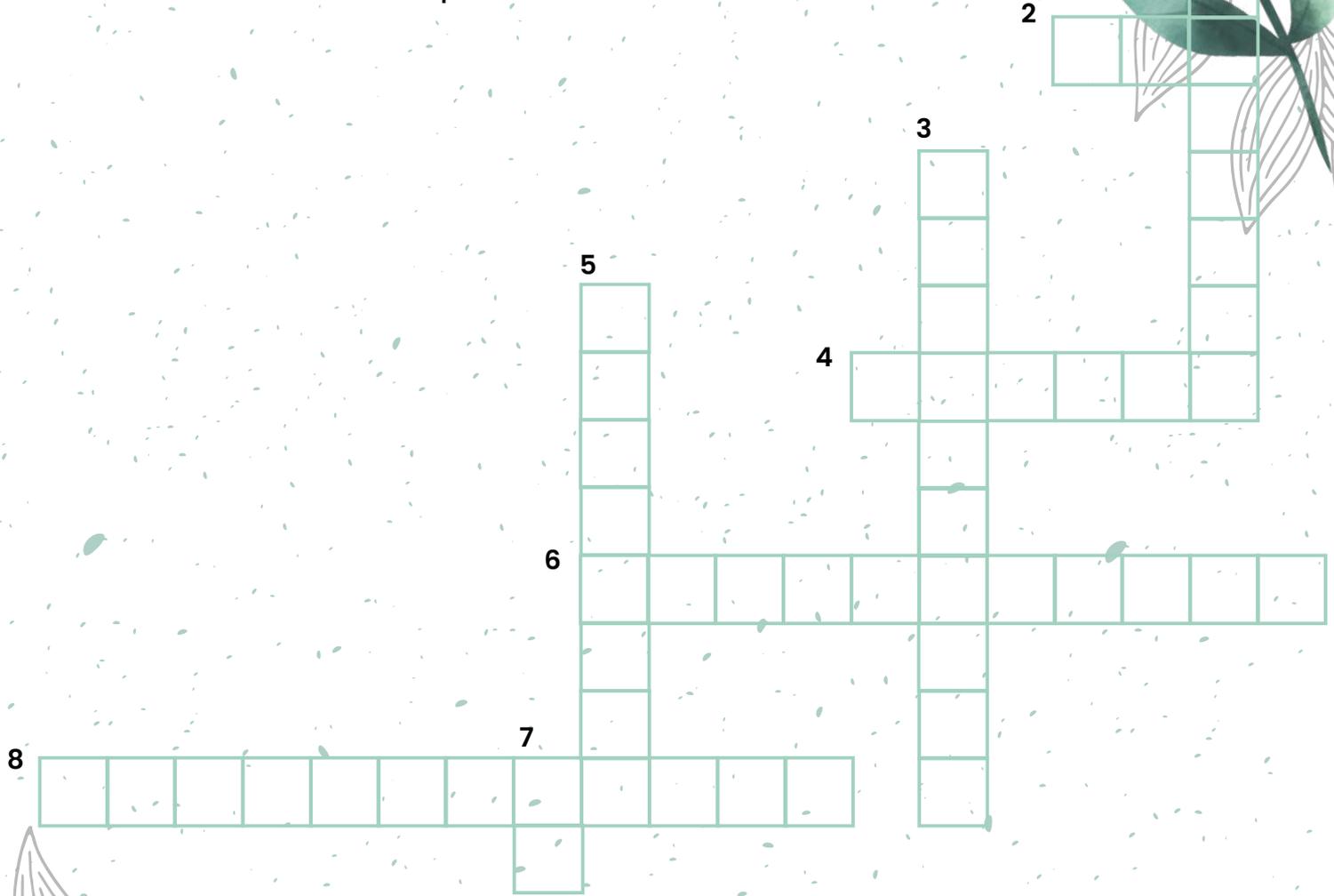


SSTs (subject specific tutors) provide targeted assistance with regards to academics. If you require additional academic support in specific fields or subjects, they are your go-to. Help is offered in the form of tuts, practice questions, mock tests and more.



# CROSSWORD PUZZLE

Answer the questions below by filling in the blanks in the puzzle.



## ACROSS

- 2 - Osler is an example of a \_
- 4 - A mentor that assists with your academics
- 6 - Our Vensters partnership name
- 8 - The person after whom Osler PSO is named (name and surname, no spaces)

## DOWN

- 1 - The overarching initiative that Vensters forms part of
- 3 - The \_ cluster comprises of the Tygerberg residences as well as Osler
- 5 - Osler's glamorous annual ball, informally known as our \_
- 7 - Osler's nickname

ANSWERS: 1. CONNECT 2. PSO 3. TYGERMATIE 4. MENTUT 5. HUISDANS 6. DAGFRANSLER 7. OZ 8. WILLIAM OSLER



**OSLER 2020/21**

**MADE TO BE GREAT**

