UNIVERSITY OF KWAZULU-NATAL
INYUVESI YAKWAZULU-NATALI

COLLEGE OF HUMANITIES

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STUDENT SUPPORT SERVICES

INVESTING IN YOUR SUCCESS LIFE-SKILLS PROGRAMME

College of Humanities Student Support Services - Term One 2026 Life Skills Webinars

WEBINAR TOPIC	DATE/TIME	MICROSOFT TEAMS MEETING LINK
Note-taking and Making the Most of Your Lectures	Thurs, 5 March 2026 14H30 – 15H30	CLICK HERE TO JOIN MEETING Meeting ID: 351 199 902 462 0 | Passcode: wt72Uv6H
Time Management / Creating a Study Timetable	Tues, 10 March 2026 14H30 – 15H30	CLICK HERE TO JOIN MEETING Meeting ID: 382 634 916 875 09 | Passcode: hN9bf6VK
Learning Styles	Thurs, 12 March 2026 14H30 – 15H30	CLICK HERE TO JOIN MEETING Meeting ID: 311 169 885 974 62 | Passcode: rr77SE2T
Mental Wellbeing / Suicide Risk Awareness	Tues, 17 March 2026 14H30 – 15H30	CLICK HERE TO JOIN MEETING Meeting ID: 396 057 917 935 13 | Passcode: nN7LY9mw
Mindfulness	Thurs, 19 March 2026 14H30 – 15H30	CLICK HERE TO JOIN MEETING Meeting ID: 313 761 306 032 65 | Passcode: 8DY9Nf6i
Motivation	Tue, 24 March 2026 14H30 – 15H30	CLICK HERE TO JOIN MEETING Meeting ID: 398 968 687 673 12 | Passcode: GG7s3nK2
Substance Use	Thurs, 26 March 2026 14H30 – 15H30	CLICK HERE TO JOIN MEETING Meeting ID: 366 518 830 462 60 | Passcode: vt77C92R