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A MESSAGE TO YOU FROM SACAP'S ACADEMIC DEAN

The COVID-19 pandemic has caught us all by surprise, hasn't it? I don't think any of us can yet fully grasp how this 2020 COVID-19 pandemic has re-shaped our world - not least your world as a 2020 matriculant. Right now, you are probably asking, "How will the disrupted school year affect my matric results?"; "Are my results going to be good enough for me to get into college or university?"; "When are the universities going to open in 2021?"; "Will the job market have shrunk because so much business has been lost during lock-down?"; "Will my family be able to afford for me to go to college or university?" The list goes on.

I want to assure you that these types of social, economic, and educational uncertainties will always exist for you in some form. It is part and parcel of life. The more important issue is learning how to manage them. It's all about your emotional state of mind, or staying mentally healthy. I have found three key principles that really have helped me and I want to share them with you.



UNIQUE: You have a unique contribution to make in life and there is no one else quite like you. Feeling good about yourself is called "self-esteem". Good self-esteem helps you cope when life is really tough.



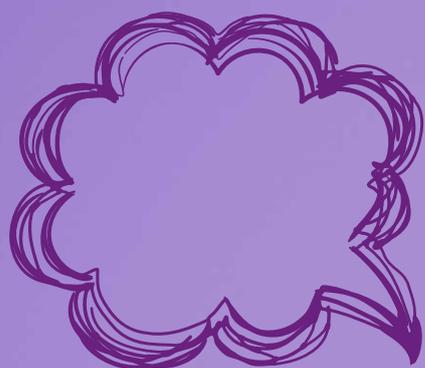
COMMUNICATE: Don't bottle up your uncertainties and fears. Talking about your feelings will help you to stay in good mental health, especially when you are feeling overwhelmed.



CONTROL: You are in charge of your future, no-one or nothing else. As much as external forces have massive influence, you are in control. When driving a car, you don't hand over control of the wheel while the car is moving. It would be fatal. You are behind the wheel of your life and you are in motion. Allow passengers to sit with you, and even advise you. However, you are driving - so drive well and make wise decisions regarding your direction.

I wish you all the best for your upcoming matric exams.

Dr Ashley Smyth
Academic Dean
SACAP



STEPPING INTO YOUR FUTURE: A 3-STEP GUIDE

by Raquel Da Encarnacao & Kyle Young

In case no one has said it to you yet, **CONGRATULATIONS** on reaching this point in your schooling career – it is a huge achievement and you should be very proud of yourself! You've probably got a lot on your mind: living in a COVID-19 world, finishing your final exams and considering your work and study options once you are done. That is a lot to think about all at once... but never fear! We are sure you can get through this busy time in three easy steps and we're along with you for the ride.

How to use this guide: Although this guide hopes to be useful to everyone, it is important to remember that we might all be at a different point in our journey and will probably have different needs. Some of the information and resources in this guide will be super useful at some points, but less useful at others, and that is totally fine. Do you have a specific question? What is your next goal? Do you have a particular challenge that you are trying to overcome? Great! Put that in the front of your mind and use the bits that you feel are most helpful to you. You are the star of this show and it has to work for you! Let's get started...

1

STEP 1: NAIL THOSE EXAMS

Let's be honest... it has been a rough year for many of us, but life is still moving forward! And for many matric students, that means that final exams are on the horizon. You can do this!

Although many people know that studying is an important part of preparing for exams, there is a second part that is just as important - taking good care of ourselves. By taking good care of our body, emotions AND our brain, we put ourselves in a good position to do the best we can, especially in a time where we might feel more stressed out than usual.

TAKE CARE OF YOUR BODY:

With being so focused on getting important facts into our brains, it is easy to forget to take care of the rest of our bodies. Taking small steps to ensure that we are getting enough rest, staying hydrated and getting a bit of exercise can have a huge effect on our overall health. When our bodies and minds are healthy, happy and relaxed, we even study better! Check out [this article](#) for some tips on how to do this.

GET ORGANISED:

Love it or hate it, studying is one part of matric exams that everyone has to do. The good news is that there are some really great tools to help you find ways to study in a way that work well for you. Have a look at this [awesome booklet](#) for some great information on planning your studying, how to manage time, getting the most out of your memory and other useful study tips.

MANAGE STRESS:

The ending of our school year, facing our final exams and thinking about taking our first steps into the "world of work" – these are all big deals and they are probably going to feel like it. At a few points in this journey, we might feel very stressed out and maybe even a bit overwhelmed. This is totally normal. The good news is that even the simplest breathing exercises are very good at reducing stress and can be done anywhere and anytime! You can [find one](#) that works best for you or even consider a free option [on an app](#).

2

STEP 2: IMAGINE YOUR FUTURE

The big, bright world of work is calling, but where to start? Thinking of taking a year off to find your feet? Planning to grab a promising job prospect? Considering what you might study further? There are a lot of options to consider and loads of great ways to find opportunities available to you.

GOSTUDY:

This [website](#) provides in-depth information on a variety of different occupations, institutions, study programmes, bursaries, internships and additional resources such as a career guidance questionnaire. Check out the cool career questionnaire if you want to explore a few potential directions!

SA STUDY:

Interested in studying further but not sure where a particular subject is offered? This [website](#) has information for prospective students in terms of where and what to study. There is also detailed information on a variety of courses, institutions, available bursaries, scholarships and learnership programmes.

CAREERS PORTAL:

Wanting to dip your toes into a particular career before taking the plunge? Consider an internship, where you can get a good feel for what it might be like to work in a particular industry. This [website](#) has great information on current work opportunities and learnerships that are available.

POST MATRIC:

Are you interested in a particular field of work or study, but want to read more about it? This awesome [website](#) has loads of excellent information on jobs in different fields and even interviews with people who do them! It also covers what each field is about and more information on the subjects needed in school, what further study is needed and the institutions where these qualifications are available.

EDUCONNECT:

Another very comprehensive [website](#) with plenty of information on different institutions, application deadlines, career options, subject choices, student funding, work readiness and after school options. There is also plenty of resources in the form of infographics, a CV generator and a career quiz that available as tools for students to get started in the world of work. There are also lots of details provided for [volunteer opportunities](#).

COMMUNITY HOURS:

Looking to give back and gain valuable experience in at the same time? This great [site](#) lets you search, select and book to volunteer at various different organisations – working with animals, the environment, communities, babies, seniors, health and wellness, education and virtual volunteering.

COGNITION & CO:

This [website](#) has plenty information related to studying in the field of psychology, but it also provides valuable information on volunteering opportunities across different parts the country.

3

STEP 3: TAKE THE STEP AND STAY CONNECTED

As you take these incredibly exciting (sometimes scary!) steps into your future, remember that support is there for you when you need it. Disappointments, setbacks and problems are part and parcel of everyday life, but we don't need to face them alone. When we feel like we can't cope or feel stuck in a problem, the best thing to do is to talk to someone who we know and trust, like a parent, a teacher or a good friend. It might sound strange, but speaking about our problems with someone we trust can bring us comfort, help us puzzle them out and might point us in a helpful direction.

If you feel like you are facing a challenge that you can't talk about with someone you know, consider using a counselling service. These are services where you can talk to someone (usually over the phone) about your difficulties. You don't need to sign up or even give your name and most of these services are totally free. Check out the contact information of SADAG and Lifeline below:

THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP (SADAG)

During lockdown SADAG are providing online support through:

- SADAG Helplines providing free telephonic counselling, information, referrals and resources 7 days a week, 24 hours a day – call 0800 21 22 23, 0800 70 80 90 or 0800 456 789 or the Suicide Helpline 0800 567 567.
- Online Toolkit on the SADAG website (www.sadag.org) with free resources, online videos, reliable resources, coping skills, online tools and info on social distancing, self-isolation, etc
- Chat online with a counsellor 7 days a week from 9am - 4pm via the Cipla Whatsapp Chat Line: 076 882 2775.
- SMS 31393 or 32312 and a counsellor will call you back – available 7 days a week, 24 hours a day.
- FREE online #Facebook Expert Chats daily, 1pm - 2pm on SADAG's Facebook Page.



LIFELINE SOUTH AFRICA:

LifeLine provides a confidential crisis intervention service available at no cost to all sectors of the community.

Services and contact numbers:

- Telephone counselling service / crisis line – 012-804-3619 or 0861-322-322
- Face to Face counselling (by appointment) – 012-804-1853
- Rape crisis line – 082-340-2061
- Trauma counselling – 012-804-1853



Crisis lines

Lifeline National Crisis Line – 0861-322-322
 Gender Violence Crisis Line – 0800-150-150 (toll-free)
 HIV and AIDS – 0800-012-322 (toll-free)
 SA Depression and Anxiety Group – 0800-70-80-90 (toll-free)
 Substance Abuse – 0800-12-13-14 (toll-free)
 Suicide Crisis Line – 0800-567-567 (toll-free)
 Destiny Helpline for Youth and Students – 0800-41-42-43 (toll-free)
 Childline – 0800-055-555 (toll-free)



LIFELINE PRETORIA
URGENT NOTICE: COVID-19

Please note that LifeLine Pretoria is offering telephone counselling until further notice. Our lines will be open during office hours: Mon-Fri 08h00-16h00

LifeLine Pretoria: 072 592 2858
 079 644 8644
 072 460 7811

Rape Crisis: 082 340 2061

LifeLine National (24-hour service): 0861 322 322
LifeLine National Covid-19 (Toll Free): 0800 012 322
Coronavirus Outbreak 24-hour Hotline: 0800 029 999

To donate to LifeLine Pretoria: Nedbank - 1602066493 - Hatfield (160245)
 We are a BBBEE level 1 organization. Donations to us are tax deductible by using our NPO number, 001592.

YOU CAN DO IT.

We believe that each one of these steps can go a long way in setting yourself up for success in the future. Looking after your body and mind helps you feel confident and healthy and organising how you study gives you an opportunity to do your best in your exams. The world of work is huge and there are countless pathways to all types of careers. Find your passions, research your options and make your move. And always remember that no matter what, you have people who support you. It is not always going to be easy, but when the going gets tough, reach out.

Before you rush off to begin your future, we want to say that we believe in you. How is that possible if we don't even know you?! Well, the truth is that we in the discipline of psychology know a few things about human potential, and can say with confidence that there is something very important and special about you. There is a spark... a uniqueness that only you have; something distinctive about who you are and how you do things. No matter who you are, where you are from or what you do, you add something of incredible value to the world.

Find that spark, believe in yourself and claim the success and happiness you deserve.

**ALRIGHT,
ARE YOU READY TO BEGIN?
GREAT!
OVER TO YOU IN
3...
2...
1...
GO!**



STUDY STRATEGIES TO ACHIEVE SUCCESS

by Esmarie Cilliers, Registered Counsellor

READING IS NOT STUDYING

Reading material or notes is not actively engaging in the material. It is simply re-reading your notes. Re-reading leads to quick forgetting. Reading is an important part of studying but studying does not end with reading.

Learning information requires actively engaging in the material which is the process of constructing meaning from text that involves making connections, forming examples and truly shapes your understanding of the material.

IDEAS FOR ACTIVE STUDYING INCLUDE:

- Write complete answers.
- Create your own quiz.
- Become a teacher. Say the information aloud in your own words as if you are the instructor and teaching the concepts to a class.
- Derive examples that relate to your own experiences.
- Create concept maps or diagrams that explain the material.
- Develop symbols that represent concepts.
- For non-technical classes (e.g., English, History), figure out the big ideas so you can explain, contrast, and re-evaluate them.
- For technical classes, work the problems and explain the steps and why they work.
- Study in terms of question, evidence, and conclusion: What is the question posed by the instructor/author? What is the evidence that they present? What is the conclusion?

Organisation and planning will help you to actively study for your subjects. When studying for a test, organise your materials first and then begin your active reviewing by topic.

Studying effectively is not a matter of chance. Educators and psychologists have researched study methods for years. This research has shown us that students who follow scientific methods learn more easily, retain more material for longer periods of time, and save themselves hours of study time.

STUDY METHODS RESEARCHERS HAVE FOUND THAT WORK ARE:

1. CHANGE YOUR SCENERY

Changing your scenery can help with giving you a little extra boost whether it be better lighting, fresh air or more space.

2. CURVE OF FORGETTING

Scientists started exploring the “curve of forgetting” in 1885, but the concept remains useful to today’s study habits. The gist of the “curve of forgetting” is this: The first time you hear a lecture or study something new, you retain up to 80% of what you’ve just learned -- if you review the material within 24 hours. Fortunately, this effect is cumulative; so after a week, you may retain 100% of the same information after only five minutes of review. Generally, psychologists agree this type of interval studying -- as opposed to “cramming” -- is best, and that students should study closer to the day they learned the material than the day of the test.

3. ACTIVE RECALL

This controversial method of studying was a hot topic in 2009, when a psychology professor published an article advising students against reading and rereading textbooks -- which, he argued, merely lead students to thinking they know the material better than they do since it is right in front of them. Conversely, he suggested students use active recall: closing the book and reciting everything they can remember up to that point to practice long-term memorization.

4. THE LEITNER SYSTEM

Named for its originator, German scientist Sebastian Leitner, the study method forces students to learn, through repetition, the material they know least well. The system involves moving cards with correctly answered questions further down a line of boxes and moving incorrectly answered cards back to the first box. Thus, the cards in the first box are studied most frequently and the interval becomes greater as the student proceeds down the line, forcing her to review again and again the information she doesn’t know.

5. TAKE PRACTICE TESTS

As you would with the ACT, SAT, or GMAT, take advantage of professors and instructors who make old exams available as practice tests. You can get a sense of the instructor's testing style and become familiar with how the information might be presented on the real test day. A 2011 study finds students who tested themselves with a practice test after learning the material retained 50% more of the information a week later than their peers who did not take a practice test.

6. MAKE CONNECTIONS

Experts argue that the difference between "slow learners" and "quick studiers" is the way they study; for example, instead of memorizing, "quick learners" make connections between ideas. Known as contextual learning, this process requires students to customize their own methods of learning, thus making connections that inspire all of the information to fall into place and make sense for them individually. Some students find that recording all information visually in one place (such as on a sheet of paper or chalkboard) can help to paint a fuller picture and aid their connections within the learning process.

7. TRY THE FEYMAN NOTEBOOK METHOD

Physicist Robert Feynman created this organization-based learning method by writing on the title page of an empty notebook, notebook of things I don't know about. From there, he developed a technique of deconstruction and reconstruction of ideas, in an effort to understand even the most complicated of concepts. To use this method and learn how to study effectively, first identify what you want to learn. Then, try explaining it as you would to a five-year-old. The Feynman method is ideal for using analogies to further illustrate your concept (e.g., a bonsai tree is just like a big tree, but smaller).

8. TAKE ON THE ROLE OF A TEACHER

Research shows that students have better memory and recall abilities when they learn new information with the expectation of having to teach it to someone else. This makes sense, as teachers are charged with not only learning information for themselves, but also with organizing key elements of said information to explain it clearly to others. Studies also suggest that students are more engaged and will instinctively seek out methods of recall and organization when expected to take on a "teacher" role. This can be especially effective with subjects like reading comprehension and science, though part of the magic involves working out how you'd "teach" each subject on a case-by-case basis.

9. RETRIEVAL PRACTICE

The first of these is probably the most important of these effects, but also the most surprising: it can seem strange at first that simply trying to remember something will strengthen your memory of that information, making it easier to remember it later.

Relaxing is important – use the following to relax

Listen to music

Exercise first

Rest in between

But think of it like this: a big chunk of success in most exams comes down to simply being able to remember the information from your course. In other words, the exam tests your memory of what you learned. If you are training to remember information – you must practice remembering information, just like someone that is practising to do a long jump in order to do a great long jump at a competition.

HOW TO MEMORISE FOR EXAMS WITH RETRIEVAL PRACTICE STRATEGIES

So how to apply all of this when studying?

Here are some of my favourite retrieval practice based memorisation techniques for exams and tests you can start using today:

- Write what you know from memory on a blank sheet: a plain sheet of paper is a very under-rated study tool! Put your books away, then scribble down everything you can remember about a topic. After you've squeezed out as much as you can from memory, you might like to go back and add in any missing details in a different coloured pen. Next time you train yourself on this topic, aim to have fewer missing details – until you have none at all come the week before the exam!
- Draw concept maps from memory: a slightly more sophisticated variant on the “blank sheet” method is drawing concept maps based on what you know of a topic. A concept map links ideas together visually, putting ideas in boxes, and linking them together with arrows to show how they relate.

Unlike mind maps, they are quick to draw, placing more importance on getting the right information down on the page, with a sensible structure around it, rather than spending too long making the final result sumptuously beautiful (I know it's fun... but you're not going to be graded on your artwork at the end of the day! Unless you're studying Art, of course...)

- Practice questions: Work through exercises from your textbook or revision guide. Answer real exam questions. Or even make up your own quiz questions – I know some students who like to revise by first reading through their notes, making a list of their own “quiz questions” they know they will need to be able to answer to prove they know that topic properly. Then they put their notes away, and take the quiz.
- Train with flash cards: start by making them, and then use them! Flashcards are my favourite way to learn large amounts of information quickly, and through long experience (both my own, and coaching students), there are some very specific steps you need to take to get the most out of studying with flashcards. You can get my free guide on the subject here.

Whichever of these techniques you're using, keep your notes away until you've had a good try at remembering. Then you can check your notes (or the mark scheme, if you're doing past exam questions) and give yourself feedback on where you went wrong. This feedback step, understanding where you missed things or slipped up, is a very important part of the overall learning process, so don't skimp on it.

If you find you can't reliably remember a particular aspect of a topic, you'll know to prioritise giving that issue some extra time until you have it nailed.

Remembering something once doesn't prove you'll know it forever.

Just because you know it today, doesn't mean you'll remember it tomorrow, or next week. Some scientists recommend aiming for at least 3 successful retrieval attempts before deciding you “know” something – though you might need more, depending on how long you've got before your exam, and how complex the information is.

DON'TS

1. DO NOT OVERLEARN

Once you've been able to cycle through your flashcards without making a single mistake, you may feel a sense of satisfaction and call it a day, or you may feel a charge of adrenaline and be tempted to continue studying. When you come to this fork in the road, keep in mind that a sharp onset of diminishing returns during "overlearning." With a limited amount of time to study each topic, you're better served moving on to something else.

2. DO NOT MULTITASK

Multitasking is a myth. You may think you're killing two birds with one stone by texting while studying, for example, but you're actually forming poor study habits. According to researchers, so-called "multitasking" extends your study time and ultimately may damage your grades.

3. DON'T FOCUS ON ONE SUBJECT TOO LONG

If you've never felt "burned out" from repeatedly studying pages of history notes, scrutinizing chemistry formulas, or practicing music scales, consider yourself lucky. But know that the threat is real. It's best to vary your material rather than zeroing in persistently on one area. (It is acceptable to join related or similar subject areas together; for example, instead of only memorizing vocabulary, mix in reading as well. If doing math, tackle several concepts together instead of just one.)

7 HABITS OF HIGHLY EFFECTIVE STUDENTS

1. THEY'RE PROACTIVE

Successful students are architects of their own destiny: success isn't something that passively happens to them, it's something they take active responsibility for, working proactively towards their goals.

They plan ahead, reducing risk and stress by avoiding last-minute panics before assignments and night-before cramming for tests.

2. THEY KNOW WHERE THEY'RE GOING...

Successful students have a plan for the future. This doesn't necessarily mean having an entire career mapped out in detail, but certainly some firm ideas for where they want to be in 2-3 years' time. What do you want to be studying? Where do you want to go to University? What do you need to achieve now to make that possible?

To answer these questions, it may be helpful to look further into the future: what kind of life do you want to be leading in 20 years? What qualifications do you need to earn or skills do you need to cultivate to get you there?

3. THEY FOCUS ON GETTING THERE

Successful students put first things first: prioritising long-term ambition over having fun in the moment. That doesn't mean never hanging out with friends, watching TV or gaming, it just means putting things in the proper order, doing studies first, and relaxing when the work is done.

And when they are studying, they avoid distractions and turn the phone off, to fully focus on the task at hand – as a result, often getting assignments done quicker as well as to a better standard.

4. THEY PERSEVERE

Successful students are “gritty”: deploying deliberate, sustained effort to get to grips with things that seem tough at first.

They use aspirational language when talking to themselves or others: “I can’t” becomes “I can’t yet”. They know there is always room for growth, for barriers to be climbed.

5. THEY STUDY SMART

Successful students spend the bulk of their study and revision time on high-quality learning techniques [book]. In particular, they use retrieval practice [article], which means learning by bringing information to mind, using a spaced learning schedule [article] to revisit knowledge over time.

They know that these techniques may take a bit more effort than lower-quality techniques like re-reading, highlighting or making notes, but they know their efforts will be richly rewarded on results day.

6. THEY’RE HELPFUL

Successful students know that a rising tide lifts all boats: they make good, supportive classmates, exchanging handy resources and always happy to try and explain a tricky concept to a friend.

They also help their teachers by being open about what they still don’t understand, despite making best efforts independently.

7. THEY SHARPEN THE SAW

Time invested sharpening a saw is time well spent: the tool becomes more effective, and it’s far easier to cut wood as a result. Without any time looking after mind and body, any student, like a saw, will gradually become blunt and ineffective.

Successful students therefore take time to look after themselves, so they can continue to be effective, day after day, year after year. That means looking after physical health: eating a balanced, nutritious diet; getting exercise through the week; and having a regular bed-time to get enough sleep. That also means looking after mental and emotional health, having some time to unwind, and cultivating kind, warm relationships with family and friends

RESOURCES:

Kunshman, A. (2018, August 18) Success Isn’t About Talent Or Luck. It’s About Consistency.

<https://www.lifehack.org/539153/success-isnt-about-talent-luck-its-about-consistency>

Learning Centre.

<https://learningcenter.unc.edu/tips-and-tools/studying-101-study-smarter-not-harder/>

<https://www.grin.com/document/427645>

Covey, Stephen R. (2008) The Leader in Me: How Schools and Parents around the World are Inspiring Greatness, One Child At A Time. Free Press, Detroit MI.

<https://examstudyexpert.com/successful-student-habits/>

<https://examstudyexpert.com/>

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HEALTHY EATING FOR SUCCESS

by Nathalie Mat, Registered Dietitian

THE BRAIN

The average brain weighs about 1.5kg. This organ relies on blood sugar for energy. The sugar in our blood comes from the foods we eat. Despite its small size, this is a hungry organ and it uses up as much as 20% of our daily energy. The performance of this organ is also affected by what we eat, so if you are not eating well, it is possible that your concentration may also be affected. So let's look at the idea of blood sugar a little more closely.

The way you fuel your brain can make a big difference to how you feel and how you perform during exams. It is important to eat small regular meals with a balance of healthy foods. Less healthy choices may send you on a roller coaster of mood swings and make your stress levels worse. So what do those choices look like?

AFTER A NIGHT OF SLEEP WE NEED TO LIFT OUR BLOOD SUGAR.

BREAKFAST:

This can be done with a high fibre cereal with or without fruit. Some people may want to follow a higher protein diet. This does not work for everyone, and I would not experiment with your diet around exam times. Ask your parents if you can see a dietitian if you would like to know exactly how much food you need in a day or if you have diet concerns.

LUNCH:

The best lunch is home made lunch, preferably including fruits and vegetables as well as a mix of starchy food and protein-rich foods. We should always choose lean sources of protein like fish, lean chicken, meat or beans. Low fat dairy and eggs are also a good source of protein. Extra pieces of fruit and yoghurt can be used as snacks during the day.

DINNER:

This should contain again a mix of lean protein, starchy foods and vegetables.

RETHINK YOUR DRINKS:

The best drink is water. One of the biggest issues for students is the energy that is being consumed in drinks. Whether it's as fruit juice, energy drinks, sodas or sugar added to tea and coffee. Young South Africans tend to drink too much sugar, and the energy that we get from drinks does not fill us up in the same way as the energy from the food we eat. Drinking juices, energy drinks or cool drinks is one of the quickest ways to upset our blood sugar control and encourage weight gain... I would encourage you to stay well clear of these drinks and choose water instead.

THE BASICS OF HEALTHY EATING

1. Eat a variety of foods
2. Keep sugar and refined starchy foods in check
3. Fish, chicken, meat and eggs can be eaten daily
4. Eat plenty of fruit and vegetables every day
5. If you choose to drink, do so in moderation

EXAM SURVIVAL TIPS

Do not eat while studying
Limit the intake of stimulants
Eat small, regular meals
Choose home-made foods over take-away foods
Prepare your meals & snacks in advance

Here is a quick recipe and example of a balanced meal plan for students.

Quick lentil curry



Rinsing tinned legumes helps to reduce the amount of FOS they contain – reducing bloating and flatulence.

Please use a mild curry powder or garam marsala without chilli if making for children.



Serves 2

Nutritional Analysis per serving:
One recipe makes 4 protein units with 2 fat units – some people struggle to eat their full allowed portion – honour your satiety and stop when you've had enough.

Ingredients

- 1 small brown onion, chopped
- 2 tsp. canola oil
- 1 garlic clove
- 2cm chopped fresh ginger
- 2 tsp. mild curry powder or garam marsala
- 1 tin chopped tomatoes
- 1 tin lentils, rinsed and drained
- Black pepper to taste

Method

1. Heat oil in a thick-based pan; fry until translucent. Add garlic and ginger, stir for two minutes.
2. Sprinkle curry powder into onion mixture and stir until fragrant.
3. Add tinned tomatoes and lentils. Turn up the heat and allow lentils and tomatoes to simmer for 10 minutes.
4. Serve with steamed vegetables, cauliflower rice, brown rice or whole-wheat roti as per your meal plan.

Recipe and picture: Nathalie Mat. Copyright Natalie Mat | Registered Dietitians



Example of balanced eating for students

Portion size guide	Option 1	Option 2	Option 3	Option 4
Breakfast	Cooked cereal	Egg	Cold cereal	Toast
Protein	Low fat milk	Boiled/scrambled/poached egg/s	Low fat milk	Cheese or savoury beans (like baked beans)
Starch and/or fruit	Cooked Maltabela or oats	Whole-wheat bread (ideally 6g fibre per 100g/bread) followed by a piece of fruit	Bran flakes or Weetabix-type cereal (At least 6g fibre and ≤12g sugar/100g cereal)	Whole-wheat bread (ideally 6g fibre per 100g/bread) followed by a piece of fruit
Fat (optional)	1-2 teaspoons peanut butter mixed into cooked cereal			Optional: chop avocado over breakfast + fresh herbs if wanted
Snack	Snack	Snack	Snack	Snack
Fruit	Apple	Pawpaw	Banana	Pear
Lunch	Open chicken sandwich	Salad with sugar beans	Cheese and crackers	Braai
Protein	Chicken breast OR shaved chicken/turkey	Sugar beans, rinsed and drained	Low fat cottage cheese with chives OR Mozzarella	Ostrich wors OR chicken kebab OR small steak OR fish in foil
Starch	High fibre bread (>6g fibre/100g)	Corn kernels OR whole-wheat roll	Rye cracker bread OR Rye finn crisps	Corn on the cob OR whole-wheat couscous OR pap
Vegetables(½-2 cups)	Sliced tomato and gherkins + carrot sticks	Mixed salad vegetables	Selection of crudité for snacking on and adding bulk	Big herbed salad
Fat	margarine or avocado for sandwich	Low fat mayonnaise	Basil pesto	canola oil for salad dressing, avocado in salad
Afternoon snack	Snack	Snack	Snack	Snack
Fruit	Banana	Naartjies	Pineapple	Dried mango (keep portions small)
Protein (preferably dairy) (this is optional)	Low fat plain yoghurt	Low fat or fat free milk	Low fat plain yoghurt	Feta sprinkled into salad or vegetable soup
Dinner	Quick lentil curry (see recipe)	Chicken stew	Fresh/tinned/boxed fish	Scrambled egg/Frittata
Protein	Lentil curry	Chicken piece/s	Hake/ Pilchards/ Sardines/ Mackerel/ Tuna etc.	Eggs scrambled or beaten and baked with roasted vegetables
Starch	Brown rice or whole-wheat roti	Whole-wheat couscous OR corn kernels (can be frozen) OR samp	Baked potato OR lentils	Sweet potato pieces OR boiled baby potatoes
Vegetables(½-2 cups)	Mixed cooked vegetables in a rainbow of colours	Shredded slaw, roasted vegetables OR steamed mixed vegetables	Side salad or steamed vegetables	Roasted vegetables (can be left-overs)
Fat	Olive/canola oil for cooking	Olive/canola oil for cooking	Olive/canola oil for cooking OR low fat mayonnaise OR low fat salad dressing	Olive/canola oil for cooking

Notes: Use fat allocation as per prescription. **See recipe. Please feel free to eat more vegetables if desired.
1 tsp = 5ml; 1 tbsp = 15ml; 1 cup = 250ml; Deck of cards ±80g of protein.

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MOVEMENT AS MATRIC MEDICINE

by Joshua Marc De Hahn, Biokineticist

BIOKINETICS

The word Biokinetics is made up of two words; “Bio” meaning Life and “Kinetics” meaning Movement.

A Biokineticist is a Health Professional that prescribes exercise as medicine. We see patients/clients from final phase rehabilitation and working on general health and wellness to increasing performance in athletes.

SITTING FOR LONG PERIODS OF TIME

We live in a society today where sitting for extended periods of time is “normal”. We see it in the office place, schools and universities, but did you know that sitting for long periods (+6 hours a day) has adverse effects on your body?

Your Cardio-Metabolic Risk is greater with sitting for prolonged periods of time on a daily basis. This affects us even if we lead a healthy, active lifestyle.

Factors like increased cholesterol, increased fasting glucose levels, increased fats, increased waist circumference and poor blood circulation are all risk factors for Cardio-Metabolic health. These contribute to the increased risk of cardiac conditions (heart failure, cardiovascular disease) and metabolic syndrome (diabetes, high blood pressure, insulin resistance).

Poor blood circulation is another factor that plays a role in the adverse effects of prolonged sitting. Less blood and oxygen to the brain means lower levels of concentration, memory and productivity. Often times we feel like we have hit a wall or we experience “brain fog” and this is a result of poor blood circulation to the brain.

Blood pooling in the legs means that because the muscles in the lower limbs are not helping to pump blood out of the limbs, there is a volume of blood that collects in the legs. This in turn means that a lower volume of blood flows through the brain and other vital organs, creating a less than optimal state in the body and brain.

This can also lead to a condition called Deep Vein Thrombosis (DVT). A DVT is a clot in the deep veins, usually in the legs. The reason this is such a serious condition is because the clot can loosen and travel through the body to the lungs.

Luckily there are steps that we can take to tackle these long periods of sitting.

EXERCISE A.K.A MOVEMENT & MEDICINE

I want you to think of exercise a bit differently, I want you to think of exercise as movement instead.

Any movement can be considered an exercise, the factors to consider are dosage (the amount) and intensity (amount of effort). This is great news because it means that we can exercise anywhere and at any time – in your seat, in your room or at your local park.

Exercise is important, especially during study time. If we think of what we have just learnt about sitting, we can create a better environment in the body through exercise.

By exercising, we increase blood circulation and oxygen consumption. This means that there is more oxygen and nutrients travelling through the body and especially to the brain for better concentration and productivity.

TYPES OF EXERCISE ROUTINES FOR YOU TO USE DURING YOUR STUDY TIME

1. **A Seated Session** – allowing you to exercise in your seat
2. **A Standing Session** – allowing you to exercise in your study environment
3. **A Session Outside of your Study Environment** – because breaks are important too

Here is a link to another video for some more information about the effects of sitting: <https://www.youtube.com/watch?v=k1iZYaUz8uY>

SACAP COURSE OFFERING

SACAP COURSE OFFERING	NQF LEVEL
<u>Higher Certificate in Counselling and Communication Skills</u>	NQF 5
<u>Diploma in Counselling and Communication Skills</u>	NQF 6
<u>Advanced Certificate in Counselling and Communication Skills</u>	NQF 6
<u>Bachelor of Applied Social Science Degree (majoring in Psychology and Counselling)</u>	NQF 7
<u>Bachelor of Applied Social Science Degree (majoring in Psychology and Human Resource Management)</u>	NQF 7
<u>Bachelor of Applied Social Science Degree (majoring in Psychology and Business Management)</u>	NQF 7
<u>Bachelor of Psychology Degree</u>	NQF 8

UPCOMING OPEN DAYS

VIRTUAL OPEN DAY

14 NOVEMBER 2020
TIME: 10:00 - 11:30

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ONLINE OPEN DAY

18 NOVEMBER 2020
TIME: 12:00 - 13:00

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ONLINE OPEN DAY

25 NOVEMBER 2020
TIME: 18:00 - 19:00

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