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NAMCOL HOLDS DEBATING COMPETITION



Southern Regional Debating Winning Team with the Director, Mr H. Murangi

The 2nd NAMCOL National Debating Competition was held in Ongwediva from 18 – 19 July 2014. Debating teams from NAMCOL's four regions participated in the Grade 10 and Grade 12 Competition which was ultimately won by the debating team from the Southern Region (Khomas, Hardap, !Karas and Omaheke Regions), while Northern Region (Ohangwena, Omusati, Oshikoto and Oshana Region) won the second prizes in both grades.

In the Grade 10 competition, Central Region (Otjozondjupa, Kunene and Erongo Regions) won the third prize, while in the Grade 12 competition, North Eastern Region (Kavango West, Kavango East and Zambezi Regions) took the third spot.



Best Male Speaker, Gabes Shekunyenge and the best Female Speaker, Angezelle Kasaona with Mr Strauss

Teams consisted of four (4) learners per team for Grade 10 and four (4) for Grade 12. Those who observed the debating competition described the event as very well organised while the quality and level of the debate was views as high.

The observers, spectators and adjudicators commended NAMCOL for hosting a high standard debating competition. Adjudicators were drawn from Polytechnic and University of Namibia's debating societies.

The Southern Region also scooped the prizes for the Best Male Speaker, Gabes Shekunyenge and the best Female Speaker, Angezelle Kasaona. The winning teams and individuals won prizes, which were in the form of trophies, medals and cash.

The national debating competition has become a yearly activity in the College's calendar since its introduction last year (2013).



Mr H. V. Murangi - Director

MOTIVATIONAL MESSAGE FROM THE DIRECTOR

The time for the preparation for your final exams has arrived. Writing exams forms an inevitable part of your secondary school career. We may not like them but we have to do the best we can in order to get the best grades we need to go on to further study or to get a job.

Exams are the culmination of many years' worth of work, all condensed into a couple of hours. Therefore, it is vital we know all the work covered over the duration of the course. This is not an easy task. Regardless of the approach you use for preparation, the sooner you start the better. Here are a few tips for you to remember when preparing:

1. Establish what you need to know for the exam - you may or may not have covered topics that you are not required to know for the exam. Ask your tutor or teacher to discuss the course specification with you.
2. Collect revision material - this includes all the notes and handouts from your tutors and teachers and any notes you have made yourself. NAMCOL exam booklets are very useful when preparing, since it contains past exam papers with model answers. Make sure that you attempt to answer questions before looking at the answers provided in the booklet.
3. Exam timetable and Identity Document (ID) - every learner has a personal timetable generated of their exams that they receive through their school/college. Bring it along for every session, together with a proof of ID. Remember, that if you don't have this, you will not be admitted to the exam room.

4. Draw up a revision plan - Only you can decide how much time you need to spend on each subject. Calculate how many days you have left before your exams and plan enough time to revise each subject.

5. Time to begin - Different approaches work for different people. Here are some methods of revision:

- Make notes on all work carried out in class and any other supporting material,
- Don't overload, plan regular breaks. Working for hours on end becomes counter-productive and you won't be able to retain what you have covered.
- Lots of shorter revision periods are more beneficial than one long period.
- Re-visit work that is naturally difficult for you. The saying 'practice makes perfect' is true.

6. Healthy Body Equals Healthy Mind - Avoid drinks with high levels of caffeine such as tea, coffee and fizzy drinks. Ensure you have the recommended 8 glasses of water a day as this can prevent dehydration and increase concentration levels. Eat healthy foods. Get plenty of sleep to help you focus and concentrate.

7. Stay Positive - Revision can be a depressing and stressful time. You may have periods when you become overwhelmed with how much you have to learn, put pressure on yourself to succeed or become disheartened from talking to last year's students who struggled with the exam.

8. Last minute preparations - Lastly, do not attempt to learn new topics on the day of your exam, instead revisit and re-fresh topics you have already covered. Familiarize yourself with key points, key dates, formulae or essay plans etc. This in short is my advice to you. I wish you all the best for your exams, and may you reap the fruits of all your hard work.

MOTIVATIONAL MESSAGE FROM THE REGIONAL MANAGER—CENTRAL REGION:

Dear learner

The most important examination of your life is coming up in a short while. A Grade 12 certificate is the foundation for the rest of any further studies in your

future planning. It is therefore of the utmost importance that you see this end of year examination as very serious.

There is no more time to waste on anything else, only concentrate on your studies for the final examination. I want to stress a few points to motivate you:

- Take your studies very seriously;
- Plan your studies and draw up a study timetable;
- Stick to your timetable no matter what happens;
- Log your progress - this will avoid the building of exam stress, when you panic things will go wrong;
- Share your progress to people closest to you – this will further ensure you to avoid exam stress and feel good about yourself;
- Do not cry over spilt milk– its water under the bridge-concentrate on your future;
- Sleep enough and eat healthy – take care of your body;
- Remind yourself that this exam will not continue forever – you must study hard now for the duration of the exam and relax afterwards;
- Celebrate your hard won success at the end in the right way.

I was also in the same boat that you are in right now and I also had a tough time but I followed the above advice and I succeeded. I wish you all the best with the upcoming end of year examinations and all the best for the bright future which lies ahead!

Follow your dream at all costs!



Mr M. Strauss
Regional Manager:
Central Region

COUNSELING DESK IN PLACE AT NAMCOL NORTHERN REGION



From left: Ms. Welhelmina Ankome, a Social Worker, Liina Mutumbulwa, a learner, Mrs. Liina Emvula, a Chief Social Worker, Ester Shalumbu, a learner, Lea Shaanika, a learner, Rebbeka Haininga, a learner, Mrs. Saara Kamati, a PETE HoC, Helana Ronnek, a learner. The picture was taken after they had just finished with their counseling session.

NAMCOL Northern Region has established its long awaited Counseling Desk. The process started last year through stakeholders' consultation, especially Oshana Regional Health Directorate, to solicit ideas and assistance on how to establish the desk.

The office organised a Peer Education and Counseling training for NAMCOL Head of Centres (HoCs) and permanent academic staff members in the Region. The training was conducted by two Social Workers from Northern Campus of the University of Namibia (UNAM); Ina Asino and Genesis Shipena. The training took place on the 5th - 6th of April 2014.

The main aim of the training was to capacitate staff members and HoCs in the field and to acquaint them with procedures of identifying and assisting learners who are experiencing social problems. In addition, the training aimed to sharpen, improve, enhance and sensitize the already existing listening and helping skills of the participants. The training was necessitated by the number of learners who were observed



From right: Tate Pea, Regional Manager: Northern Region shaking hands with Mrs. Liina Emvula, a Social Worker from Ministry of Health and Social Services

to be experiencing social dynamics in life and were perceived to be in need of counseling support services.

The training covered topics such as listening skills, processing skills, barriers to effective communication, value clarification, decision-making, problem-solving, confidentiality, feedback, evaluation, just to mention a few. All these items were covered in one and half day. As an outcome of the training, the participants were equipped with necessary skills and expertise in the field of basic counseling. The trainees were further advised to always refer learners to qualified

counselors in case of more advanced or complex cases that they cannot handle with the basic counseling skills obtained.

Some of the learners indicated that they had never received the service of this kind before and showed their appreciation as they feel helped and advised in many areas of their lives. NAMCOL Northern Region (NR) staff believes that counseling to learners will have a positive impact on their academic performance since they are now better informed on how to handle problems and manage emotions.

Tips for Learning English

English has limitless advantages. Learning any new language takes a lot of dedication, practice and time. But all of that pays off when you are able to express yourself in an exciting new way. Use the following tips to help you in your language learning process:

Have desire: Want to learn a new language. Learning English requires a lot of study and dedication. Only true desire will keep you motivated.

Set goals: Set goals for yourself whether it is learning twenty words a week or having a conversation with someone every day.

Study a little each day: Studying formally for at least 30–60 minutes a day will help you retain what you learn. At the beginning of each study session, review what you learned in the lesson before.

Make a set study schedule: Set aside a specific time for study each day. That way you are less likely to skip your lessons.

Study out loud: Pronounce the words out loud to yourself as you study. You will remember them more easily and you will be able to practice your pronunciation at the same time.

Use different learning methods –Language can be learned through different activities such as speaking, reading, writing, and associating pictures with words. Find out which method works best for you and use a variety of other methods for practice.

Practice speaking: Practice the language you have learned as much as possible.

Don't be afraid: Never be afraid to try speaking to other people even if you don't know everything. They will appreciate your efforts.

Surround Yourself: Surround yourself with English. Read it, listen to it, watch it and speak it with others.

Pronunciation is key: Imitate native English sounds as closely as you can. The more closely you pronounce words like native speakers, the better you will be understood.

These tips will help you on your way to English fluency. Enjoy your study and remember to use the language you have learned in as many circumstances as possible. Full immersion in the language is the fastest way to learn and learn well.



Corner

HUMAN RESOURCES UPDATE 2014

NEW APPOINTMENTS

NAME	JOB TITLE	DATE
Ms Cordelia Milunga	Assistant Human Resources Officer	21 July 2014
Mrs Sirkka Nghikongwa	Internal Auditor	18 August 2014

TERMINATIONS

NAME	JOB TITLE	DATE
Mr Rene Leonard Mouton	Programme Developer	30 April 2014
Mr Samuel Fillemon	Assistant Human Resources Officer	17 July 2014



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