



Reference: BOC GR 4/1/7 (7)

Date: 21st February 2020

Dear Learner

RE: PROVISION OF COUSSELLING SERVICE – GABORONE REGION

1. Gaborone Region has established a counselling center located at offices 036 and 037 at the Regional Campus.
2. Our services are aimed at addressing academic, intellectual, emotional, social and psychological needs of BOU learners. The services include:
 - Assisting learners devise strategies to cope with the multiple demands of study, work and personal/family life
 - Supporting learners' explore course and career choices, make decisions, and develop career direction through career counseling, and workshops.
 - Enhancing learners' academic abilities and study skills through academic counseling and study skills workshops
 - Increasing learners' self-understanding and ability to relate to others through outreach services and workshops designed to cultivate an appreciation for differences
 - Enhancing learners' personal growth through individual, couples, family and group counseling.
 - Consultation and coordination of referrals to enable access to resources for academic skill and learning enhancement.
 - Advocating for and supporting mental health in the BOU community through consultation, presentations and workshops
3. **Eligibility:** All students registered with BOU and BOU employees are eligible for services at the counselling centre. Prospective learners can only be offered course and career guidance.
4. Make use of the counselling services every weekday from 0730-1345Hrs and 1345-1630Hrs. Or by emailing counsellor-grc@staff.bou.ac.bw to set an appointment.

Thank you.

Yours faithfully

A handwritten signature in black ink, appearing to be 'Tendani Nkolo'.

Tendani Nkolo – Counsellor
For/REGIONAL DIRECTOR
Gaborone Region/South Central