



MULUNGUSHI UNIVERSITY

DEAN OF STUDENTS

TO : All Students
From : Student Counsellors
Date : 19th May 2020

PSYCHO-SOCIAL & COUNSELLING SUPPORT FOR STUDENTS DURING THE COVID-19 PANDEMIC PERIOD

The Covid-19 Pandemic has undoubtedly hampered a student's life in many areas. This impact brings about stress and fear especially as one adjusts to e-learning and on-line examinations. The stress and fear might bring about issues such as panic anxiety, lack of concentration and depression. Hence for those that might be in need of support from the Counsellors as we all adjust to the "New Normal", we would like to encourage all students to feel free to contact us on these numbers:-

Chipulu T. (Mr.) 0978901653;

Chisulo I. K (Mr.) 0977250640; and

Banda C. M (Mrs.) 0977873212.

On behalf of the Dean of Students, the Student Counsellors would like to wish both the Full Time and Open Learning Distance Students best wishes as you go into the study period and the forth coming examinations. It is our belief that having applied yourselves well to the On-line Mock Examinations you will be able to perform better in the forth coming On-line examinations.

Thank you and All the best.