# Data D11- Theme 3 Sub-theme 1

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| **Theme 3: Advice to future ECP students** | | |
| **Sub-theme 1: Communication, Grit, Dedication to studies, resilience** | | |
| **Category** | **Participant** | **Quotation** |
| **Communication** | Terry | "Identify those challenges…. (The student advisor) is one person who will be able to help you with this and this and this, and if you have this challenge, then you can go to this person, this person will be able to help you" |
| "If you face this challenge, you just need to go look for help in an area where you think is appropriate area to go and if you have a problem whereby you thinking more of the finances then you can go to the financial people to go and ask for advice about" |
| Zolani | "Collaboration with other students is the best" |
| Mandisa | "Go to your finance offices or department…. they have a lot of knowledge about bursaries just that they do not say anything because students they don’t come to them and ask questions" |
| Khensani | "If you feel like you need help consider getting help and don’t wait until you are at the breaking point where you start to speak up. Speak up as soon as you can so that you can get the help that you need" |
| Gwen | "My biggest thing for someone who is struggling academically is it’s not over until it’s over you just need to find ways like to help yourself, so you’re not the only one struggling as well. You find people who can help you cause when you can’t help yourself, when you doing it by yourself its difficult once you have a support structure once you have someone helping you that’s when you’re able to do it.... no one can go in this life alone uhm it’s difficult to go through life alone and succeed by yourself you’ll always find someone if they successful they be like I want to thank this person it’s because everybody needs someone to help them" |
| Thembi | "The first thing, and I think it is the first and the most important thing, ask for help…. my wellbeing hugely impacted my academics and my academics impacted my wellbeing, it was vice-versa. So, ask for help in the particular areas you need… Coz that’s where my downfall was. Not asking for help and looking at myself go down without even screaming for help you know" |
| Lebo | "I think it helps to talk, say things out loud because sometimes you find that you are struggling and you are not even aware where exactly, what’s causing the struggle so talking and also believing in yourself, because at the end of the day, I think it’s all up to you, so I would advise that person to use, to make use of the student support" |
| "Okay I think the first one is making use of those services, student help or student support" |
| **Focus, dedication and resilience** | Zolani | "Remove the mindset that this is an extended programme and, two, make sure that you strive for excellence" |
| Mandisa | "My number one rule is do not give up even if you feel tired, if you feel like anything is against you, do not give up on yourself because you do not know if you are close to that breakthrough" |
| "Believe that you are capable of doing anything that you set your mind to do" |
| Khensani | "I know that there is a reason why you were placed in Mamelodi, try to figure it out and why you were brought to Mamelodi and fight to get to the end and fight to get to that degree that you left home saying you are going to obtain" |
| "Just put God first and everything will fall into place" |
| Gwen | "Failing teaches you to succeed…… doesn’t mean you that you’re unable to do what you want to do it just mean that they will see and recognise that you just need the help to make you succeed" |
| **Study** | Zolani | "Make sure that you achieve everything you study everything in time. Don't say because this semester test two months, far away, and then you say, Okay, I have enough time to rest. I don't think we're at university to rest; we are at university to study" |
| Mandisa | "The only way to pass is to make sure that you study. Study to understand not study to cram because a lot of students they study to cram when it is exam time they crumble because you need to start from zero" |