



CAMPUS RELATIONSHIPS

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National Council For Higher Education (Nche) Celebrates 20th Anniversary

On 12 February 2026, the Deputy Minister of Education, Innovation, Youth, Sports, Arts and Culture, (MEIYSAC) Hon. Dino Ballotti, accompanied the Vice President of the Republic of Namibia, H.E. Lucia Witbooi, to celebrate the 20th Anniversary of the National Council for Higher Education (NCHE) and the official inauguration of the NCHE Building in Windhoek.

The Deputy Minister had the distinct honour of introducing the Vice President as the Keynote Speaker at this landmark occasion.

In her address, H.E. Hon. Lucia Witbooi highlighted that the celebration marked two decades of dedicated service by the NCHE and the naming of the building in honour of the late Dr. Zedekia Josef Ngavirue, Founding Chairperson of the

Council (2006–2011), in recognition of his visionary leadership and lasting contribution to higher education in Namibia.

Her Excellency reaffirmed the importance of strengthening higher education through transformation, excellence, and sustainable national development. She further emphasized the NCHE's critical mandate to provide strategic direction, advise on funding priorities, and oversee quality assurance across higher education institutions.

The Vice President also commended the education agencies under the leadership of Honourable Dr. Sanet Steenkamp for advancing coordination and system integration across the sector.

The event was graced by Professor Peter Hitjitevi Katjavivi, former Speaker of the National Assembly; Dr. Kalumbi Shangula, former Minister of Health; leaders from public and private higher education institutions; representatives of public enterprises, regulatory and professional bodies; current and former NCHE Council Members; and the family of the late Dr. Ngavirue.

As we celebrate 20 years of impact, we recommit to building a higher education system that is globally competitive, locally relevant, and socially just in honour of Dr. Ngavirue's enduring legacy.

Story contributed: @officialmeiysac



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The Hidden Impact of Your Campus Circles

(By: Gareth Kondiri)

Student Representative Council (SRC) for Community Development and Gender Affairs, Gareth Kondiri. Kondiri shared a few impacts which may go unnoticed by students when introduced to campus circles.

Here is a short Q/A between Campus Connect and Kondiri:

How do campus groups influence students' behaviour, identity, and choices?

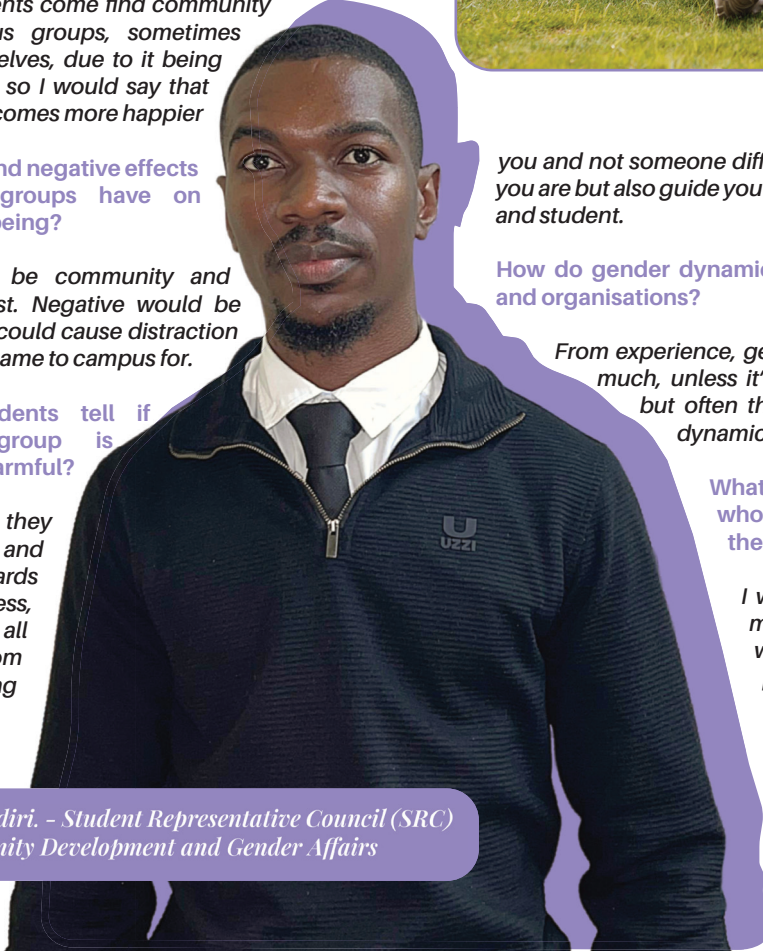
Well often students come find community through campus groups, sometimes they find themselves, due to it being hidden so long, so I would say that the behavior becomes more happier

What positive and negative effects can campus groups have on students' well-being?

Positive would be community and common interest. Negative would be that the groups could cause distraction from what they came to campus for.

How can students tell if a campus group is supportive or harmful?

You can tell if they are enough and push you towards academic success, but also when all they require from you is you being



Gareth Kondiri. - Student Representative Council (SRC) for Community Development and Gender Affairs



you and not someone different, when they accept you for who you are but also guide you and help you become a better person and student.

How do gender dynamics show up within campus groups and organisations?

From experience, gender dynamics don't really show up much, unless it's the traditional or religious groups, but often they are just a group and no gender dynamics are places or seen

What advice would you give students who feel pressured to fit in or change themselves to belong?

I would say, don't fit in when you are made to stand out, and also people won't like you when you try and fit in or pretend, because you are not being you, and they would see that, just be the unique person you are, and you will find the unique people who would love and like you for you.

You can find Gareth Kondiri on Instagram @tjivee_kondiri

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Balancing love and academics

(By: Patrick Kapunda)

University life is a high-stakes environment. Between pursuing a degree, managing personal finances, and maintaining a social life, the margin for error is slim. When we introduce romantic relationships, the challenge is ensuring that love acts as a support system rather than a distraction. To keep your future on track, you must learn to balance your heart and your books with intention.

Discipline Over Distraction:

A relationship should never be a 24/7 commitment. To maintain academic integrity, you must be disciplined with your time. When you set a goal, whether it is a three-hour study block or a personal financial milestone, that time must be treated as non-negotiable. A partner who truly values you will respect the hustle required to build your future.



Patrick N. Kapunda - Student Representative Council (SRC) Gender, Health and Development

The Danger of Manufactured Standards:

One of the greatest hurdles students face is the pressure to emulate trendy or high-spending relationships. We often forget that love is rooted in the initial attraction and the authentic impression we first make. Many students trap themselves by setting unsustainable financial or social standards early on, knowing they cannot maintain them long-term. When you prioritize image over your reality, your studies inevitably pay the price. Authenticity from day one is the only way to ensure your relationship doesn't become a financial and academic burden.

When to Recalibrate:

If your academic performance begins to decline, it is time for an honest assessment of your partnership. A relationship should serve as a sanctuary. Your partner should be a mitigating factor for stress, a low-key therapist who helps you navigate the weight of student life. If your partner is present but the relationship still feels heavy or exhausting, that is a clear sign that the union is no longer serving your growth. If they aren't helping you manage the overwhelm, they are likely contributing to it.

Intentionality and Shared Vision:

Success in love and academics requires radical transparency from the start. You must communicate your goals and academic boundaries early on, and these must be respected without compromise. Beyond just giving you space, a true partner takes ownership of your success. They should actively ensure you are meeting your requirements, adopting your dream of graduating, and excelling as if it were their own.

Respecting the Peak Seasons:

The academic calendar has peak seasons, those critical windows of tests, assessments, and exams. During these periods, boundaries must be tightened. Constant interactions and late-night distractions should be sacrificed for focus. However, prioritizing your degree doesn't require emotional distance; it requires a shift in perspective. Navigate these weeks through productive quality time study dates, cafe revision sessions, and mutual accountability. It's about keeping the connection fun while fiercely protecting the boundaries necessary for your mutual growth. Ultimately, your time at Uni is about more than just surviving the semester; it is about building the foundation for the rest of your life. You aren't just protecting your grades, you are building a mature, resilient bond. Remember, the right partner won't make you choose between love and your degree.

Patrick N. Kapunda is the Student Representative Council (SRC) at NUST. You can find him on Instagram @sir._kapandu



Saskia DeOliveria

“Just live in it, enjoy you relationships to the fullest NB: Your husband is in your 4th Year.”
-University of Namibia



Vanessa Miseleni

“You are never responsible for the disfunction of others.” -University of Namibia



Wilhelm Shifeta

“Relationships can make or break your education; focusing on love or even friendships that do not “pour into your cup” is usually draining and overwhelming. Sometimes you might think you are in a friendship or a relationship but you might actually be in a one-sided one. It’s always wise to choose your partners or friends carefully, because some people are not your friends for the right reasons.”-University of Namibia



Simon Bargio

“Friendship is more important now than ever. It’s voluntary, mutual and no one is obligated to stay. Your friends are there because they genuinely care, not because they owe you anything. That’s why it’s important that we take care of one another.

At the same time, not everyone has good intentions. Some people just want to use others and many end up being taken advantage of without even realizing it.”- University of Namibia



George Muandingi

“Communication is very important. Choose someone who’s like you and shares the same in values and mindset. Stay loyal, be genuine and remember love requires sacrifice”- University of Namibia



Tjitana Kambazembi 'TK'

“Friendships on campus come and go. Don’t take friendship breakups too personally, you’ll always find new people to connect with. The friends you have in your first year won’t necessarily be the same ones in your final year. They come, they shape you and you grow into a different person because of those experiences. As for romantic relationships, we’re still young. There’s no need to rush. Take things slow and think carefully about every step you take in a relationship.”- University of Namibia

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What relationship advice would you give to students on campus?

CHAT

Navigating Fake Friendships in University

(By: Ann-Kathrin Eises)

Ann-Kathrin Eises, is the Student Representative Council (SRC) for Gender and Social Welfare at the International University of Management (IUM) in Windhoek.

Here, she shares her input of how students can navigate friendships while in University:

At IUM, one of the best ways to build genuine friendships is by getting involved in campus life. Joining different societies, participating in SRC initiatives, volunteering, sporting, study groups, and attending activities like worship nights and prayer days help students connect with others who share similar values and interests. Because our university promotes Christian leadership and community, friendships tend to grow stronger when built on respect, kindness, and mutual support rather than convenience. Being authentic and consistent really helps relationships last.

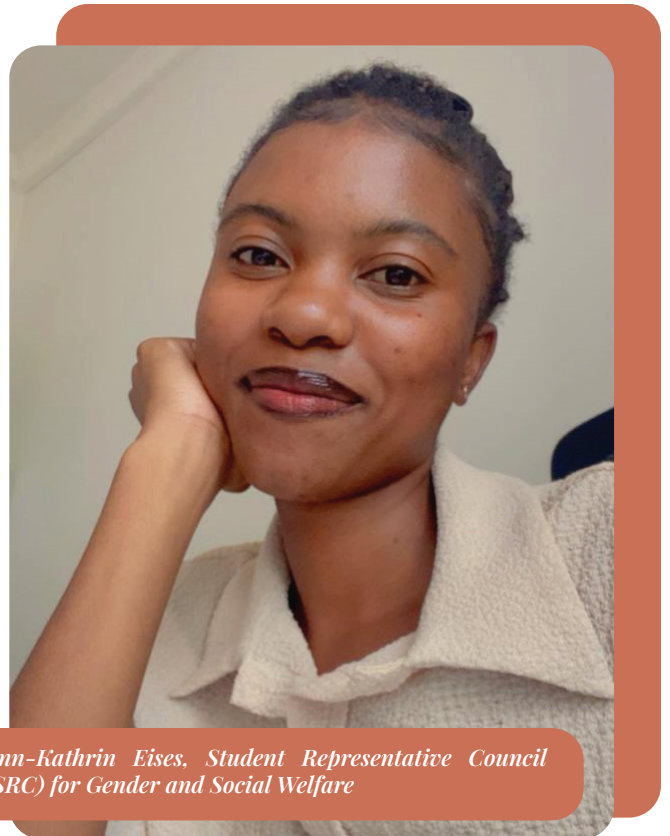
An unhealthy friendship often leaves you feeling drained, pressured, or unappreciated. If someone only comes to you when they need something, constantly criticizing you, gossiping, or encouraging behavior that goes against your values or goals, those are warning signs. At IUM, we are guided by integrity, respect and compassion, so friendships should reflect those same principles. If a relationship affects your peace or distracts you from your growth, it may not be healthy. University life can sometimes create friendships of convenience for notes, assignments or social status instead of genuine connection. Many students are trying to fit in or adjust to a new environment, which can lead to surface level relationships. However IUM's culture, shaped by faith-based values and strong leadership from like our Reverend Dean of Students Dr. E. Nangolo and our Chancellor Bishop Dr Shekutaamba Väinö-Väinö Nambala, encourages sincerity and character. That environment reminds us to choose meaningful, honest friendships over temporary ones.

I would encourage students to communicate how they feel and set clear expectations. If the situation doesn't improve, it's okay to step back and protect your space. Not every friendship is meant to last, and that's okay. Surround yourself with people who support

your goals, check in on your wellbeing, and celebrate your success. You deserve friendships that uplift you, not ones that exhaust you.

Setting boundaries means knowing your worth and being comfortable saying no when something doesn't feel right. At IUM, we talk a lot about servant leadership, but not serving others should never mean sacrificing yourself. Students can set boundaries by first being clear about what they are comfortable with and what they are not. Communicating honestly and calmly is important. Healthy friendships will respect your limits. Boundaries are not selfish; they are a form of self-care and self respect.

You can find Ann-Kathrin on Instagram @eisesann



Ann-Kathrin Eises, Student Representative Council (SRC) for Gender and Social Welfare



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Learning To Say No On Campus

(By: Beverly Kandovazu)



Beverly Kandovazu - Student Representative Council (SRC) Secretary General at RiverHigher Institute of Technology.

term damage to mental health because every time they have to say yes to the wrong things, even though they know it's wrong, just because they don't want to be left out, and all that leads to low self-esteem, long-term health issues, and illegal issues and behaviours.

Healthy ways to say no:

Know that you can say no without damaging your relationships by being direct, kind, and timely rather than giving excuses. Use honest phrases and do not be rude; give an undoubtedly reply without hurting the other person's feelings. By saying no in a polite way without having to justify it. Identify your limits by understanding your own personal, social, and academic comfort zones. Learn to plan by knowing what to say if specific situations arise, and focus on personal feelings rather than blaming, which reduces conflict.

Take a step back and learn to be your own friend for a while without thinking of anyone, and pay attention to how they feel. They should always reassure themselves that the end of a relationship is not a failure but the beginning of something new and better, with an exciting journey ahead that comes with many lessons that will build them.

Beverly Kandovazu is the Student Representative Council (SRC) Secretary General at RiverHigher Institute of Technology.

Learning to say no is hard for some students due to a combination of intense social pressure. Some students have the desire to be accepted in a new environment that is often stressful. The fear of missing out on new trends and wanting to be known. Students fear that saying no will have them excluded from future peer events. Sometimes it's the fear of conflict, so they say yes to avoid awkward confrontation.

Saying yes to the wrong friends:

Saying yes as a student to the wrong friends has a profoundly negative impact on a student's well-being, as well as on their academic performance. It reduces goals and engagement and lowers aspirations. It makes them adopt harmful attitudes that cause long-

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Parental Guidance In Uni

(By: Clarice Liswani)

Clarice Liswani is a lecturer and social worker at Welwitchia University. She shares the importance of parental guidance for university students, highlighting the importance of parental care in one's life.

"Parents should be our guides, not our judges. University life comes with all sorts of new experiences, friendships, relationships, and personal growth. Sometimes, all we need is for our parents to listen and share advice without trying to control our choices," she says.

Adding that when parents stay supportive and open-minded, we feel safer to talk about what's really going on in our lives. It's comforting to know that they're there to guide us, not to criticize or dictate.

"Being independent doesn't mean shutting our parents out. It means making our own decisions while still respecting their input.

We can still ask for their opinion, learn from their experiences, and then decide what feels right for us. It's about balance, listening, reflecting, and choosing. That's how we grow. It's also important for parents to understand that independence doesn't equal distance; it's actually a sign of maturity," she shares.

Liswani further added that having supportive parents makes a huge difference. Just knowing that someone cares, that there's someone to call when things get tough, brings comfort. When parents encourage us, check in, or remind us that they're proud, it gives us confidence. That emotional support helps us manage stress better, focus more on our studies, and stay grounded even when life on campus gets overwhelming.

"Communication is not always easy, but honesty helps. We should try to talk to our parents openly, even when the topic is uncomfortable. Starting with small updates about our daily life can make it easier to talk about bigger issues later. And when parents listen without judging or overreacting, it builds trust. We're more likely to open up when we feel heard and understood," she added.

Parents, be present but don't control. Check in, ask how we're doing, but also give us space to learn from our own experiences. Sometimes, we don't need advice; we just need to be heard. Celebrate our small wins, encourage us when we fail, and remind us that you're proud of us. A little support and understanding go a long way.

In the end, university life is a journey of growth for both students and parents. We're learning how to be independent adults, but we still need guidance, love, and reassurance from home. When parents and students work together with trust and respect, it makes the university experience not only easier but also more meaningful.

Clarice Liswani - Lecturer and Social Worker at Welwitchia University.

Study Buddies

(By: Rassie Molatudi)

Study buddies keep students motivated and focused by sharing goals, encouraging one another, and staying accountable. A good study buddy turns studying into a team effort, making difficult tasks feel less overwhelming.

Through regular check-ins and small celebrations of progress, they create consistent motivation and a sense of shared achievement.

A productive study buddy relationship is built on clear goals, structured sessions, and mutual respect for time.

However, it can become distracting when sessions turn into endless conversations, lack proper planning, or when partners have mismatched work styles and priorities.

Students should choose study partners who are at a similar academic level, share comparable goals, and have compatible schedules. This ensures that both partners benefit equally from the arrangement. When conflict arises, it is important to address it early.

Open communication, active listening, and clarifying expectations can prevent misunderstandings and



Rassie Molatudi - student International Training College Lingua.

strengthen the partnership.

To maintain balance, students should separate socializing from studying. Start sessions with a brief social check-in, then move into focused work time, and end with a short reward break.

This approach keeps sessions productive while still maintaining a positive connection.

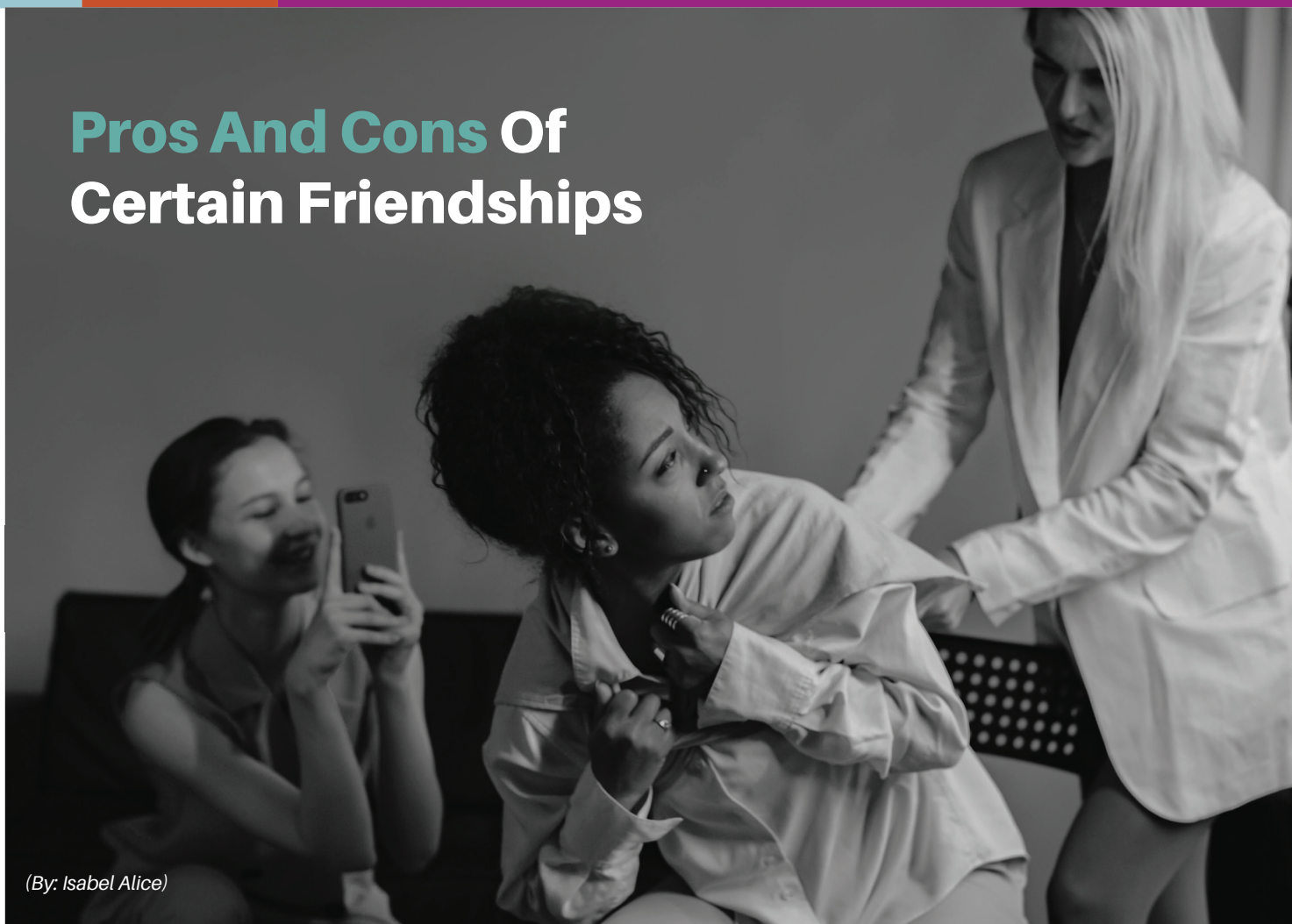
Rassie Molatudi is running for Student Representative Council (SRC) of Electrical Engineering at the International Training College Lingua.

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Pros And Cons Of Certain Friendships



(By: Isabel Alice)

In university, certain friendships last and certain ones don't. This is the space where you slowly begin to find your people, your support system, and sometimes... your biggest lessons. As a student at Namibia Institute of Technology, I've come to realise that campus is not only a place for lectures, deadlines and presentations, it is also where real connections are formed, tested, and sometimes quietly outgrown.

Friendships in university can be powerful. One of the biggest pros of having the right friends is emotional support. There are days when classes feel overwhelming, assignments pile up, and motivation disappears completely. Having someone who understands your stress, because they are walking the same academic journey, makes a huge difference. Friends become your study partners, your reminder to attend class, and sometimes even your reason for not giving up when things get tough.

Another positive side of university friendships is growth. You meet people from different backgrounds, mindsets and ambitions. Some friends challenge how you think, help you become more confident, and push you to take your goals seriously. At NIT, many of us are focused on building careers, starting businesses, and creating a better future. Being surrounded by motivated people can inspire you to work harder and dream bigger.

However, not every friendship on campus is healthy and that is one of the hardest truths to accept.

One major con is distraction. Some friendships slowly pull you away from your priorities. You start skipping classes, postponing assignments and choosing comfort over discipline. What begins as harmless fun can quietly affect your performance and focus. In a place where every mark matters, this can cost you more than

you realise.

Another challenge is competition and comparison. In university, everyone is trying to succeed. Sometimes friendships become tense when results, opportunities or recognition come into play. Instead of celebrating each other, you may feel pressure, jealousy or insecurity. This can damage trust and create emotional distance.

There is also the reality that some friendships are only temporary. People change. Goals shift. Schedules become heavier. You may grow in different directions and that does not always mean anyone is wrong. It simply means that the friendship served its purpose for that season.

At the end of the day, university teaches us more than academic content. It teaches us how to choose relationships that protect our peace, support our growth and respect our future. The right friendships on campus will help you become who you are trying to be. The wrong ones will teach you what you no longer need.

So maybe the real question is not how many friends you have on campus but how many of them are truly helping you become the person you came to university to be. As students, we need to pause and ask ourselves: Do my friendships push me forward, or do they quietly keep me stuck? Because in this season of our lives, the people we walk with can either shape our future, or slowly delay it. And sometimes, the most important decision you will make at university isn't about your course, it's about who you choose to call your friends.

Isabel Alice is a Digital marketing student and the Student Representative Council (SRC) President at NIT

CAMPUS

Early Signs You're In An Abusive Relationship

By: Sylvia Hashondali

HEALTH

Abusive Relationship:

Abuse means treating someone with violence, disrespect, cruelty, harm, or force. When someone treats their partner in any of these ways, it's called an abusive relationship. Abuse in a relationship can be physical, sexual, or emotional.

Early Signs of an abusive relationship:

- Use of mean words to shame or belittle you
- Acts jealously and is controlling
- Harms you physically in any way(hitting, pushing, shaking, or kicking)
- Threatens to harm themselves or you if you leave the relationship
- Controls who you hang out with
- Demands to know where you are at all times
- Makes you feel bad for something they did
- Demands or asks for your sign-in information for your social media accounts
- Feeling Isolated in a Relationship

Why are they ignored?

- Embarrassment from the abused partner
- You trauma bond
- Gaslighting and guilt tripping from the abusive partner
- Victims hope for change

What to do:

- Keep a record of their behaviour
- Tell a parent, trusted adult, health provider, or friend what you're going through so they can help.
- Try to get your emotional strength back by doing something that brings peace
- Move toward healthy relationships that add to your well-being.

Did you know?

Some people believe that domestic violence often remains completely hidden because it is shrouded in shame and secrecy, or because it is considered to be a private matter, and does not get reported to the police.

<https://www.lac.org.na/projects/grap/Pdf/seekingch4.pdf>

If you or anyone you know is experiencing any form of abuse, dial **106 Gender-Based Violence HelpLine**. The Gender Department at LifeLine/ChildLine Namibia implements two projects aiming to promote Gender Equality and address Harmful Gender Norms.



Building Healthy Relationships with Lecturers

(By: Sylvia Hashondali)

Maintaining healthy relationships on campus is one of the best tactics to survive University. Lecturers and professors play a relevant role in ensuring student academic goals are reached. Jesaya Hamukwaya, the Student Representative Council (SRC) for Sports, Culture, and Gender welfare at Triumphant College shared his ideas on how students can build and maintain healthy relationships with lecturers.

Students can build healthy, professional relationships by:

- Being respectful and professional in language, tone, and behavior.
- Communicating through official channels (college email, office hours, class platforms).
- Students should Participate in class and show genuine interest in the subject.
- By being punctual and prepared for lectures and meetings.
- Avoiding overly personal topics or informal behavior that blurs the student-lecturer role.
- Maintain mutual respect.

The best way to ask lecturers for advice or mentorship:

- Ask during office hours or request a formal appointment.
- Be clear and specific about what you're asking for (academic guidance, career advice, research interest).
- Students should keep the request professional and polite.
- Understand that mentorship is voluntary, meaning that they shouldn't pressure advise or mentorship



Jesaya Hamukwaya, Student Representative Council (SRC) for Sports, Culture, and Gender welfare

What students should do if a lecturer makes them uncomfortable:

- The student should document incidents (dates, times, messages, witnesses).
- They should report the issue to the appropriate authority (HOD, Student Affairs, SRC, or campus counselling unit).
- Seek support from a trusted person (SRC member, counsellor, or student support office).

Why respecting boundaries is important on campus:

- Protects students and lecturers from abuse of power.
- Promotes professionalism and fairness in teaching and assessment.
- Creates a safe learning environment for everyone.

You can find Jesaya on Instagram @valeli_na

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From secret crushes to bold pranks, students across Namibian campuses anonymously confess the wild, funny, and unexpected truths of campus life.

CONFESSIONS

I've been in a long-distance relationship with a fellow student in another region and it's harder than I thought.

I accidentally liked a post from three years ago on my crush's Instagram.

I've ghosted someone on campus because I didn't want a serious relationship.

I've been dropping hints to someone I like but they haven't noticed yet.

I let my friend copy my assignment, and they still got a better grade.

I'm in a relationship but thinking about my ex as Valentine's approaches."

I've stayed in a campus relationship longer than I wanted because breaking up felt too complicated.

I've been in a long-distance campus relationship and questioned if it's worth it.

I've stayed single for my own mental health despite peer pressure.

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Unam Hage Geingob Campus To Host, "Palentines"

(By Selma Kalimbo)

While Valentine's Day is often associated with romantic gestures, roses and candlelit dinners, the Student Representative Council (SRC) at the University of Namibia's Hage Geingob Campus is choosing to celebrate something just as meaningful: friendship.

This year, the campus is introducing "Palentines". A celebration dedicated to pals, peers and platonic love.

Speaking about the initiative, Selma Kalšimbo, SRC for Recreation at Hage Geingob Campus, explained that the goal of Palentines is to create an event where no one feels excluded.

The celebration aims to provide a space where everyone feels included, whether they are single, in a relationship or simply celebrating the people who make campus life brighter.

Palentines shifts the focus from romantic expectations to genuine human connection. It recognises that love exists in many forms. In study partners who help you survive exams, friends who share late-night laughs in res, classmates who become lifelong confidants and even lecturers who inspire growth.

The event will unfold in two exciting parts.

The first segment will feature an open mic session, poetry performances, karaoke and live music, allowing students to express themselves creatively and celebrate friendship through art and entertainment.



The evening will then transition into a dance, giving students the opportunity to socialise, unwind and enjoy the festive atmosphere together. Tickets will be sold for the event, with organisers promising an engaging and memorable experience for attendees.

"We wanted to create something that goes beyond romantic love," Kapimbo shared. "Not everyone celebrates Valentine's Day in the same way."

While the exact date is yet to be confirmed, students are encouraged to stay on the lookout for updates so they don't miss out on this fun and inclusive celebration.

By combining artistic expression with a social dance, the event reflects the diverse interests of students while reinforcing a powerful message: love exists in many forms and everyone deserves to feel included.



Dating As A Broke Student

(By: Phillip Ilonga)



As a less fortunate student, dating can be a challenge. New students mostly start their journey with the mental state of discovery, but when it comes to dating it's like playing a video game on hard mode with low quality. You're trying your best but resources are always low and run out at the worst time. As a guy, there's always a silent pressure to be the provider, the planner and the one who makes everything look effortless. Meanwhile, your wallet doesn't even have enough money to pay for your haircut.

One of the biggest challenges is the expectation that dating must involve money and social media doesn't help, it's full of expensive dinners, fancy gifts, and perfect date nights that look like movie scenes.

But the reality of most students is very different. You're balancing tuition, transport, food and some other obligations. So when you like someone, you immediately start calculating costs instead of just feelings. "Will I be able to pay for her hair and nails this month?" becomes an internal debate.

Another struggle is pride. Many guys don't want to admit to the fact that they're broke, especially when they are trying to impress someone they like. You want to look stable and capable and not like someone that has to check prices before buying something. But pretending to have money you don't have is a fast way to create stress and even debts. Eventually, you realize that honesty is cheaper and far more peaceful.

On the positive side, being broke forces creativity. Instead of expensive dates, you learn to value simplicity, long walks, deep conversations, movie nights with just a phone and a pack of chips, studying together and just laughing about life. Ironically, those low-cost experiences often create stronger bonds because they focus on connection rather than performance.

Dating while broke also teaches you to look for the right person. Someone who understands your situation and appreciates effort over money. When a girl respects your hustle and doesn't measure your worth by your wallet, it feels refreshing and real. It becomes less about impressing and more about growing together.

However, there are emotional challenges too. Sometimes you feel inadequate, especially when comparing yourself to other guys that seem financially stable. You might worry about not being enough for your partner. But being a student means you're still building your future. Your value isn't just your current income, it's your ambition, your character and how you treat people.

In the end, dating as a broke student teaches you humility, honesty and patience. It reminds you that love doesn't have to come from your wallet but from your heart for it to be meaningful. If anything, the struggle filters out superficial expectations and leaves space for genuine connection. As a guy, you learn that being thoughtful, respectful and emotionally present can matter more than having money.

And maybe one day, when you're no longer broke, you'll look back and realize those simple student dates were some of the most real moments you ever experienced.

Phillip Ilonga is a Level 2 Boiler making student at Windhoek Vocational Training Centre (WVTC). You can find Phillip on Instagram, @phillipworldwide

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Break - Ups During Exams

(By: Steven Banda)



Breakups during exam periods can have significant effects on students' mental health and academic performance due to the emotional distress they cause. Emotional responses such as sadness, anxiety, heartbreak, and rumination often interfere with concentration, memory, motivation, and sleep patterns.

As a result, students may experience decreased productivity, increased procrastination, and diminished academic performance, not because of a lack of intellectual ability, but because emotional strain reduces cognitive efficiency. The combination of academic pressure and emotional pain can create psychological overload, making it difficult for students to perform at their optimal level.

Students experiencing a breakup during exam season are advised to adopt coping strategies that balance emotional well being with academic responsibilities. This includes acknowledging emotional distress rather than suppressing it, setting boundaries to prevent emotions from disrupting study time, and engaging in healthy stress management practices

such as journaling, physical activity, mindfulness, and structured study sessions.

Additionally, minimizing exposure to emotional triggers, such as contact with an ex-partner, can help maintain focus during critical academic periods.

In certain circumstances, postponing a breakup until after exams may be beneficial, particularly when the relationship is not harmful, as it can preserve emotional stability and reduce stress during a high-pressure academic phase.

However, if a relationship is abusive, toxic, or detrimental to mental health, ending it immediately is necessary, as emotional safety and psychological well being should take precedence over academic considerations.

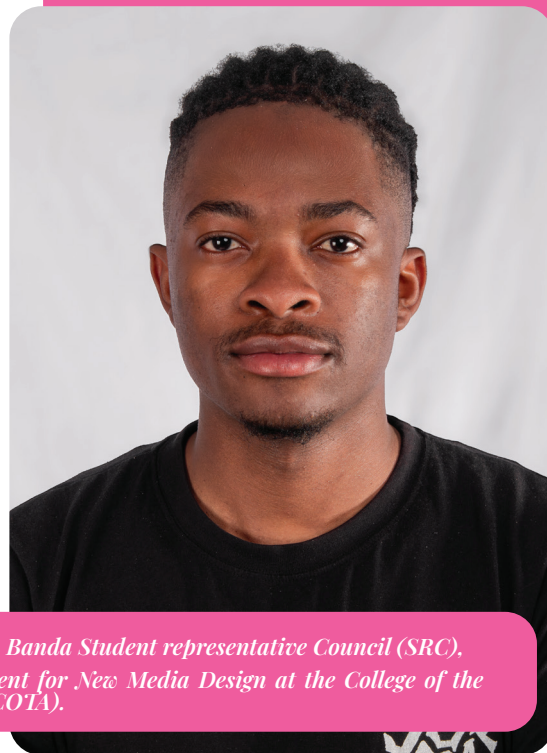
Support systems play a crucial role in helping students navigate emotionally difficult academic periods. Students are encouraged to seek assistance from friends, family, academic staff, school counselors, and mental health services, as well as engage in constructive personal coping mechanisms. Overall, managing emotional challenges effectively while maintaining academic focus requires a balanced approach that prioritizes mental health, emotional resilience, and long term academic goals.

Steven Banda is the Student representative Council (SRC), President for New Media Design at the College of the Arts (COTA).

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Steven Banda Student representative Council (SRC), President for New Media Design at the College of the Arts (COTA).



Loving Without Losing Yourself

(By: Etuna Kwedhi)

Relationships can be helpful, fun, and bring people together, but they can also make it hard for students to figure out who they are if they are not careful. At WVTC, Trainee Representative Council (TRC), Secretary General Etuna Kwedhi shared with Campus Connect ways in which students can remain true to themselves.

“Students must know and remember that a relationship should add to who they are, not replace who they are. Students should be able to maintain personal interests, friendships, routines, and values even while dating without feeling guilty. Healthy relationships allow space for individuality. Communication is also key. Being honest about your needs, boundaries, and goals helps prevent you from shrinking yourself to fit someone else’s expectations.

Some early signs would be constantly changing your opinions, style, or behaviour just to please your partner. Losing interest in things you once loved. Neglecting friends, schoolwork, or personal goals.

Feeling anxious about disappointing your partner. Another thing would be needing their approval for every decision. When someone starts feeling like they can’t be themselves or must “perform” or put on a facade to keep the relationship, it may be a sign they are slowly losing their sense of self.

Students should treat their education and plans as a priority, always, not something secondary to the relationship. Setting clear academic and personal goals helps keep focus.

Time management is important. Balance time with your partner and time for studying, resting, and self-development. Independence also means being emotionally secure on your own, not depending on a partner to feel worthy, happy, or complete.

A healthy partner will support your growth, not compete with it.

First pause and reflect. Who were you before this relationship? If you feel like you’re losing yourself, then it’s probably time to do something about it. It’s important to speak up and express how you feel.

The right person will value the real you, not a version you created to keep them. Remember, no relationship is worth sacrificing your confidence, values, dreams, or mental well-being.

Love should feel safe, freeing, and supportive, not like constant pressure to be someone you’re not.”



*Etuna Kwedhi - Secretary General
Trainee Representative Council (TRC) WVTC.*

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Nust Netball Team Builds Strength, Mindset And Momentum Ahead Of New Season

(By Kimberley-Rose Madzima)

Following an intense pre-season and official trials held last week, the Namibia University of Science and Technology Warriors Netball Team is stepping into the new season with a renewed focus, stronger fitness levels and an even deeper sense of unity.

Speaking to Campus Connect, Nyanyukweni “Flora” Gabriel, Captain of the Netball Warriors described the team as far more than just a group of students playing netball.

“The NUST Netball Team is a community of passionate players from different backgrounds and lifestyles. It’s more than just people coming together to play netball. We stand for discipline, teamwork and balance between academics and athletics.”

For Flora and her teammates, the club represents unity and excellence on and off the court. It serves as a stress reliever, a support system and a space where players grow not only as athletes but as individuals. “It truly feels like a family, a space you can rely on not only on the court but even outside of the club.”

“The first week was honestly hectic,” Flora admitted. “Coming back from the holiday, we were unfit and that first day felt like pure torture. We genuinely thought we were going to die.” However, under Coach Frank’s well-known words “fitness

will never kill you” the team pushed through the discomfort. By the end of the week, improvements in endurance, speed and overall performance were visible.

Beyond physical preparation, mindset remained a major priority.

“The mental aspect is what really makes or breaks a player,” Flora explained. “Even if you’re fit and skilled, if you believe you can’t do something, then you won’t.”

She also reflected on achievements from last season. Lisa Kanguuehi from the Super 10 division was named Player of the Year in the Khomas League, while the second division team earned the title of Best Defensive Team and secured third place on the league table. These milestones showcased the team’s growth and competitiveness.

The team is now calling on the NUST community to show up and show support. “When students attend our matches, the energy is completely different. It pushes us to give our best.”

As the new season officially begins, the NUST Warriors Netball Team are not just preparing to compete, they are ready to grow, inspire and represent the university with pride.



First Division Team - NUST Netball



Second Division Team - NUST Netball



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