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Exam Season

The Final Stretch

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Newly established Faculty of Law, Commerce and Education is making strides in offering dynamic and relevant programs to Namibian students.

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Co-Founder's Note

You've Got This!

As we step into examination season, we're reminded of the determination, sleepless nights, and quiet resilience that define every student's journey.

Exams are more than just a test of knowledge — they're a test of discipline, focus, and belief in oneself.

At Campus Connect, we've walked those same corridors, stared at those same piles of notes, and felt that same mix of pressure and hope.

This edition is our way of standing beside you — cheering you on as you give your best. Inside, you'll find stories, tips, and words of encouragement to help you stay grounded and inspired throughout this busy season.

Remember: exams don't define your worth; they only measure a moment in your journey. Keep your eyes on your bigger dreams — this is just one step toward them.

To every student pushing through —

Stay connected,



Shinana Nghixulifwa
Co-Founder, *Campus Connect*



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Parental Support: The Hidden Strength Behind Exam Success

(By: Sylvia Hashondali)

As thousands of learners across Namibia prepare for the 2025 national examinations, the Directorate of National Examinations and Assessment (DNEA) is reminding parents that their role in the process is more important than ever.

The DNEA provides national assessment and certification services to the educational system, such as exam paper development, candidate registration, exam administration, and marker and moderator appointments. Its goal is to assess what learners have been taught, guided by the principles of validity and fairness.

Speaking to Campus Connect, Ms. Elizabeth Ndjendja, Deputy Director of DNEA at the Ministry of Education, Innovation, Youth, Sports, Arts and Culture (MEIYSAC), stressed that while the DNEA does not work directly with parents, their influence on learners' performance is undeniable.

"We have observed that learners perform better when parents take an active interest in their education," Ndjendja explained, adding, "encouragement, routine, and emotional support at home go a long way in building learners' confidence and motivation."

According to Ndjendja, the DNEA collaborates closely with regional education directorates and schools to ensure effective communication with parents.

Schools are encouraged to share exam-related information early, such as admission permits and timetables, and to remind parents of their critical role during exam season.

From a general perspective, parents can support their children by creating a quiet and consistent study environment at home, encouraging daily revision and good time management, ensuring learners get enough rest, balanced meals, and emotional reassurance, and taking an active interest in what their children are studying and discussing progress openly; Staying in touch with teachers to remain informed about exam requirements and expectations.

Ndjendja also highlighted the importance of positive reinforcement over pressure, stating, "Parents should focus on effort rather than just results. Motivation works best when it comes through encouragement, not fear of failure," she said.

Furthermore, Ndjendja added that every child's potential is unique, to help them compete with themselves, not with others. "When children feel understood and supported, they perform with confidence rather than pressure," Ndjendja noted.

She added that parental support complements the DNEA's mission of fairness and quality in examinations. A stable home environment gives learners a fair chance to showcase their true abilities.

"It's important for parents to understand that learners are not being



"tested" in a punitive sense, but "examined" to demonstrate what they have learned," Ndjendja explained.

"Namibia's youth are already shaping the cultural and economic landscape. Our responsibility is to give them the enabling environment to do even more," she noted.





UNAM's Examination Breakfast Continues to Support Student Well-being during Exam

(By: Frieda Jona)

The University of Namibia (UNAM) free breakfast programme for students during examination seasons continues to thrive thanks to the collaborative efforts of the Student Representative Council (SRC) and the Directorate of Student Affairs (DSA).

Originally introduced by the late Dean Magriet Mainga, the programme was envisioned as a way to ensure that no student faces the stress of exams on an empty stomach, ensuring that every student starts their exam day with the energy needed to focus for better performance.

In a recent interview with Campus Connect, Cipriano Sirono, SRC for Academic Affairs reported that they have experienced students collapsing during exams due to hunger and this is why they have taken up the mantle to ensure the programme's continuation across campuses, reflecting the institution's commitment to student wellness and academic success.

"This programme is part of our commitment to student wellbeing," Sirono said. "We know that students perform better when they are not hungry."

Dean Mainga believed in supporting students in every way, and we are proud to keep that going."

Students say that the breakfast makes a big difference and they hope to see the programme grow. "It really helps," said Maria Nghidinwa, a third-year Education student.

"I do not have enough time to prepare something to eat in the morning, however the breakfast offered on campus gives me the energy I need to write my paper."

Simon Paulus, a final-year economics student, further adds: "We would



(Images: Cipriano Sirono, SRC for Academic Affairs)

love to see it grow into something bigger, maybe cooking clubs or nutrition workshops where students can learn and contribute. Partnering with agriculture and hospitality departments would make it even more sustainable."

This principle ensures that programmes like the Breakfast Initiative are not simply passed down, they are shaped by student voices, strengthened by student leadership, and built on a shared commitment to academic success and wellbeing.

With the SRC and the DSA working side by side, Dean Mainga's legacy is not just being preserved, it is growing, evolving, and being carried forward by the very students it was meant to serve.



(Images: Late Dean Magriet Mainga)

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PROFILE: Jerome !Nanuseb: Leading Students Through Exam Season

(By: Sylvia Hashondali)

As the examination season unfolds at the Namibia University of Science and Technology (NUST), one student leader has been at the forefront of ensuring that the process runs smoothly and fairly. Jerome !Nanuseb, the SRC Secretary for Academic Affairs, has played a key role in addressing student concerns, improving communication, and making sure that no learner is left behind during this crucial period.

In his position, !Nanuseb works closely with the Examinations Department to oversee issues ranging from exam timetables to writing venues.

"We help adjust the timetable based on feedback from students, especially where there are concerns about clashes or back-to-back papers. We also ensure proper communication in cases where students are required to write at different centers or campuses," he explained.

One of the main challenges students have faced this year is the limited availability of study spaces, especially as the library becomes overcrowded during exams. In response, the SRC engaged university management to open additional areas for study. Lecture buildings have been made available, and the cafeteria in the SRC department building has been converted into a quiet study space.

"These steps were taken to make sure students have enough comfortable and quiet places to prepare for their exams," !Nanuseb shared.

This year, NUST introduced a few important procedural changes. Students who plan to write at different centers or satellite campuses must now confirm their location by email with the Examinations Department. The SRC helped communicate this notice widely to avoid confusion.

Another major change is that supplementary examinations will now be written from 1-11 December, instead of the usual January slot. "This shift responds directly to student requests," !Nanuseb explained. "Students wanted to complete their exams earlier so they could plan for the next academic year without delays. I applaud the institution for listening to the voice of the students."

Understanding the pressures of exam season !Nanuseb indicated that support systems are in place for students who may be struggling academically or mentally. Free tutoring services are available through the Department of Student Services.

"The SRC continues to encourage students to make use of these services, as seeking help early can make a big difference during exam season," he added.

Earlier this year, the SRC circulated a student feedback petition, which helped shape improvements to the current exam period. "The timetable was much better planned this semester, reducing clashes and making it more manageable," !Nanuseb noted.

When timetable or content issues arise, the SRC collaborates closely with faculties and, when necessary, escalates matters to the Registrar's Office. This collaborative approach ensures fairness and transparency in all examination-related processes.



(Images: NUST)

!Nanuseb encourages students to plan and maintain consistency. "Preparation should be a continuous effort throughout the semester," he advised. "Don't wait for exam week to start studying; a strong CA mark will make the finals more manageable."

To help students prepare effectively, the SRC has introduced exam preparation workshops, peer-led study sessions, and study skills programs that offer practical guidance and collaborative support.

Even after exams, the SRC's support continues. The council assists students with remark requests and results queries, ensuring that communication is clear and that every student understands the procedures.

"Our goal is to make the entire examination process, from preparation to results, smooth, transparent, and student-centered," !Nanuseb concluded.

Exam Season

How do you prepare for exams, are you a last-minute Crammer or a consistent planner?



Ester Mbulu

I'm definitely a consistent planner. I believe in starting early so I understand my course content and avoid last minute pressure. This way I have enough time to revise and feel confident going into the exam.- Namibia University of Science and Technology



Mwayola Mulongeni

I'm definitely a last-minute crammer. I usually wait until the pressure kicks in, that's when I focus best! Somehow, the adrenaline helps me remember more in a short time. - Namibia Institute of Mining and Technology



Nathan Willibard

Im more of a timely planner..My studying and revising is done in class when answering or asking questions and then revision is done a day before writing, in my field of study it's easy to confuse one module for the other since the outcome is the same I rather break them done 1 by 1 as I'm writing so I have my information straight.

- National Institute of Technology (NIT)



Aili Paulus

Honestly, I'm a last-minute crammer! I know I know, it's not ideal but I somehow manage to pull it off. I'll be up till the wee hours, cramming notes, making flashcards and hoping for the best. It's a rollercoaster but it works for me, most of the time.

- Welwitschia University, Walvis Bay



Jonas Paulus

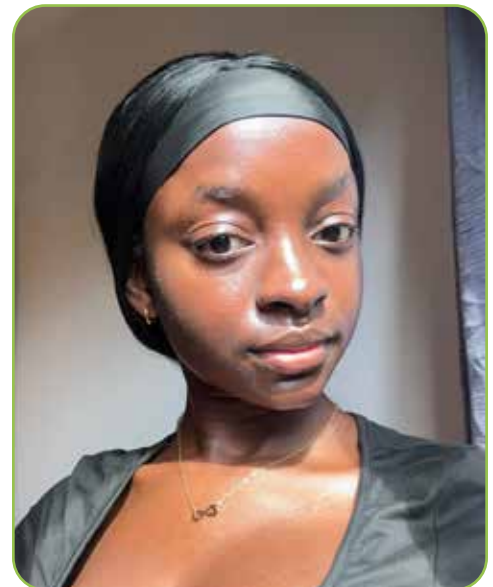
I'm a consistent planner, and I always tend to prepare for my exams like one week or two weeks before.

-Namibia University of Science and Technology- Main Campus (NUST)



Rayachristophine Kanzara

I would say I am a last minute crammer, lol.
- Triumphant College



Alina Martin

I am a last-minute Cramer, so my go to mix is past exam papers and summarized slides of the content I intend to study.

- University of Namibia-Main Campus (UNAM)

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”

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Peer Power: IUM Students Thrive Through Study Groups

(By Frieda Jona)

At the International University of Management (IUM), peer study groups have become a powerful tool for academic success, especially during exam season. For many, this approach is more than just a study method, it is a way to offer encouragement to one another and turn revision into a shared journey.

At the International University of Management (IUM), peer study groups have become a powerful tool for academic success, especially during exam season. For many, this approach is more than just a study method, it is a way to offer encouragement to one another and turn revision into a shared journey.

"Studying alone is hard. I lose focus quickly," says Anna Nawala, a Health and Wellness student. "But when I am with my classmates, we help each other understand topics better. It keeps me motivated."

These informal groups, often made up of three to six students, have become a common sight on campus. Some meet daily, others a few times a week, depending on their schedules. What they share is a commitment to lifting each other up.

In an interview with Campus Connect, Jason Haikali, a third-year Business Administration student, shared that his study group began with just a few members in the first year, but over time, it grew stronger and larger as more students joined and committed to supporting one another.

"We started as a group of five in the first year," Haikali shared. "Now we

are seven, and all of us have passed every semester together. We push each other to stay on track, and it has made a huge difference."

Lecturers at IUM support this collaborative spirit. Many courses include group assignments and presentations to build teamwork and communication skills. They note that peer learning not only helps students prepare for exams but also equips them with real-world skills like problem-solving and cooperation.

Still, group study is not without its challenges. Students stressed that they often struggle to find quiet spaces, especially in shared hostel rooms or busy campus areas. But they adapt.

"Sometimes it is noisy, or we can not find a place to sit," Lydia Shilongo, a second-year IT student explained. "So we meet under a tree or use WhatsApp voice notes to study together. It is not perfect, but it works."

Despite the obstacles, the impact is clear. Students report feeling less anxious, more prepared, and more connected. For many, these groups have become more than academic tools, they are support systems, safe spaces, and sources of friendship.

As exams continue at IUM, the message from students is simple: peer support matters. It builds confidence, improves performance, and reminds them they are not alone.

"Teamwork is not just about passing," Haikali adds. "It is about growing together and we are proof that it works."





Rising above the odds: A story of perseverance

(By: Sylvia Hashondali)

Ileni Joseph, a young woman from Walvis Bay and a proud 2025 alumnus of River Higher Institute of Technology, shared her story of resilience, faith, and the deep desire to grow..

In a recent interview with Campus Connect, Joseph, who holds a Diploma in Electrical Engineering (Level 5), reminded us that success is not defined by where we come from, but by how far we're willing to go. Though she comes from a well-off family, life took a difficult turn when she and her siblings lost their parents. "Life without parents is never easy," she shared, "but through His grace, I made it to where I am today."

For Ileni, pursuing her education at River Higher Institute wasn't just about academics; it was about career advancement, personal growth, and purpose. "I wanted to gain new skills and open doors for better job opportunities," she says. "But above all, I wanted to challenge myself and make a positive impact."



(Images: River Higher Institute of Technology)

She also knows how difficult it can be when stress and self-doubt creep in, stating, "It's okay to feel overwhelmed sometimes. Acknowledge your feelings, take things step by step, and don't hesitate to ask for help. Remember, your background doesn't define your future, your determination and resilience do."

Today, Ileni continues to look forward to new opportunities in her field, carrying with her the lessons she's learned both inside and outside the classroom. Her journey is a testament to perseverance, faith, and the belief that with hard work, anything is possible.

"Never give up. Trust yourself, believe in Him, and He will make everything possible," said Joseph.

Like many students, Ileni faced her share of obstacles along the way. Balancing studies, financial pressures, and adjusting to a new environment often felt overwhelming. Yet she refused to give up.

"Time management was my biggest challenge," she admits, "but I learned to create a study plan, start early, and use active learning techniques like practice questions and self-testing."

As the examinations approaches, Joseph advises students to regularly review their notes, and practice with past papers. She added, "don't forget to take care of yourself, rest, eat well, and give yourself breaks. Your body and mind need balance to perform at their best."

Ileni believes that mental preparation is just as important as studying. Before every exam, she would take time to relax, breathe deeply, and remind herself of her progress. "Confidence comes from preparation," she says. "Give yourself time to get ready and believe that you can do it."

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Navigating Exams: Exam Preparation Insights from Welwitchia University's First Law Cohort

(By: Frieda Jona)



(image: Welwitchia University)

Welwitchia University's newly established Faculty of Law, Commerce and Education is making strides in offering dynamic and relevant programs to Namibian students. Among these, the Diploma in Legal Studies and the Bachelor of Law (Honours) are flagship offerings designed to equip students with both theoretical knowledge and practical skills essential for the modern legal profession. This year marks a significant milestone as the university welcomes its first cohort of law students, embarking on their journey with the first end-of-year examinations approaching.

Exam preparation for these pioneering law students entails a rigorous balancing act of intensive coursework, practical excursions, comprehensive reading of legal texts, and managing personal responsibilities. The focus is not only on mastering the content but also on developing critical thinking, time management, and stress coping mechanisms vital for success. Students engage in group study sessions, consult with lecturers, and utilise university resources to reinforce their understanding. Recognising the pressures of the legal studies curriculum, the university also encourages wellness and peer support to help students maintain motivation and focus.

"Welwitchia University understands that exam preparation in law is more than memorising facts; it is about cultivating analytical skills and a deep understanding of legal principles. To support students, the university offers various academic resources, including study workshops, access to legal databases, and mentoring by experienced faculty members. Peer study groups have also become an essential tool, enabling students to discuss complex cases and clarify difficult concepts collaboratively.

By encouraging a balanced approach that combines academic rigor with emotional wellness, the Faculty of Law, Commerce and Education creates an environment where students can thrive, not only during exams but throughout their legal careers. This holistic support system reflects Welwitchia University's commitment to producing competent, confident, and resilient legal professionals ready to meet Namibia's evolving legal landscape." Prof. Marvin Awarab, Dean: Faculty of Law, Commerce and Education (Welwitchia University).

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Hostel Students at Lingua College Push Through Exam Pressure



As exam season unfolds at the International Training College Lingua (ITCL), the campus hostel transforms into a vibrant hub of focus, determination, and shared strength. Far from being just a place to sleep, it becomes a space where students rise early, stay late, and support one another through the pressures of academic life..

Each day begins with quiet routines and purposeful movement. Students navigate shared spaces with care, revising notes while brushing their teeth, and whispering definitions while waiting their turn at the stove.

The hostel becomes a place of multitasking and mutual respect, where every minute counts.

"I wake up before 5 a.m. so I can use the stove before it gets crowded," says Tuasana Konguavi, a first-year Education student. "We take turns. If you are late, you wait. But we understand each other, it is part of hostel life."

While limited Wi-Fi access presents a challenge, students adapt with creativity and teamwork. "The signal does not reach our rooms well," Konguavi adds. "So we sit outside with our books and devices. It is not ideal, but we make it work together."

That spirit of togetherness is what defines hostel life during exams.

Students form study circles, share notes, and check in on each other's wellbeing. Peter Shikongo, a third-year Human Resource (HR) student, says peer learning has made a big difference. "Sometimes your roommate explains a topic better than the textbook. We learn from each other every day."

Maria Ndeutapo, a fellow HR student, agrees. "We are not just classmates, we are a support system. When someone feels overwhelmed, we talk. We remind each other that we are capable."

The college's commitment to student wellbeing is evident through its academic support and counseling services, which students say have helped them stay focused and emotionally balanced.

"I went for counseling last semester when I felt burnt out. It helped me reset. Now I know how to manage stress better," Konguavi shared.

As exams continue, hostel students at ITCL are proving that success does not depend on perfect conditions, but it depends on perseverance, community, and heart. They have turned shared spaces into study zones, challenges into lessons, and pressure into purpose.

"We do not have everything," Shikongo reflects, "but we have each other. And that is what keeps us going."



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NIT Students Praise the Institution Efforts in Ensuring Exam Success

(by Frieda Jona)

Students at the Namibia Institute of Technology (NIT) say structured preparation tasks and flexible lecturer support have helped them feel more confident and better equipped to succeed during examinations.

Lecturers at NIT have introduced a system of targeted prep tasks ahead of major assessments, designed to help students identify their strengths and weaknesses early.

These tasks allow students to focus their revision on specific topics rather than revising blindly.

"Prep tasks act like a reflection tool," Shahida Neuaka, a second year Electrical and Electronic Engineering student said. "They show me where I am strong and where I need help. That way, I can use my study time more effectively."

In cases where students struggle with particular subjects, lecturers offer extra classes and one-on-one guidance.

The institution's Distance with Blended Learning mode also allows working students to join full-time or part-time sessions when available, ensuring no one is left behind.

"I am free during the day, I can attend a full-time class to catch up, however when I am stuck, I just contact the institution. The lecturers always make time to explain things again," Neuaka said with a steady voice.

She further explained to Campus Connect that before, she used to feel anxious. Now she feels prepared and confident. This indicates how the system has transformed their approach to exams for students.

Beata Phillipus, an academic official from NIT emphasized that the institution hosts Block Week, a dedicated period where students attend intensive sessions to revisit difficult topics before exams.



Lecturers use this time to reinforce key concepts and provide additional clarification.

Lecturers at NIT are encouraging students to make use of all available support structures and communicate openly. "We are here to guide, not just grade," Phillipus said. "When students engage with the process, their performance improves and so does their confidence."

Through structured prep tasks, flexible learning modes, and responsive lecturer support, students are not only identifying their academic gaps but actively closing them.

With initiatives like Block Week, the institution is fostering a culture where asking for help is encouraged and growth is cherished. As one student put it, "It is not just about passing, it is about understanding." And at NIT, understanding is exactly what is being built.



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Managing Exam Stress and Anxiety the Healthy Way



Mental health refers to a person's emotional, psychological and social well-being. It influences how one thinks, feels and acts in our daily lives.

Examination anxiety is a form of performance anxiety often triggered by high expectations, previous test results, fear of failure, pressure to perform, or perfectionism. It becomes a concern when it interferes with a student's ability to study effectively, attend exams, or think clearly during a test.

What is Stress?

Stress is a common feeling we get when we feel under pressure, overwhelmed or unable to cope. It can be defined as any type of change that causes physical, emotional, or mental strain. Stress is your body's response to anything that requires attention or action.

Signs of Stress?

Stress can cause headaches, muscle tension, fatigue, and changes in appetite. Some students may experience stomach problems, rapid heartbeat, or trouble sleeping, while others may feel constantly tired despite resting. Increased sweating, shaking hands, or frequent colds can also be indicators that the body is under strain.

What is Anxiety?

Anxiety is feeling fear or uneasiness. It can be a normal reaction to stress, such as a problem at work or a test at school. It can help you cope and even motivate you to focus.

Signs of Anxiety?

Anxiety can cause a range of symptoms including a rapid heartbeat, chest tightness, shortness of breath, sweating, trembling, or headaches. Muscle tension in the neck and shoulders is common, as well as stomach discomfort, nausea, or changes in appetite. Many students struggling with anxiety also find it hard to fall asleep or stay asleep, which only adds to their stress.

Tips on how to manage stress and anxiety:

Start Early and Stay Consistent

Avoid last-minute cramming by creating a study plan well ahead of exams. Regular and consistent study sessions help reduce pressure and improve information retention.

Find Your Ideal Study Method

Everyone learns differently. Identify what works best for you, whether it's visual aids, group discussions, or quiet solo study sessions, and stick with that approach.

Seek Support When Needed

Talk to friends, mentors, or counselors if you feel overwhelmed. Sharing your concerns can ease emotional pressure and provide a useful perspective.

Focus on Progress, Not Perfection

Instead of aiming for flawless performance, focus on gradual improvement. Each study session and exam is an opportunity to learn and grow.

Believe in Your Preparation

Trust the work you've put in. Remind yourself that many students have faced exams and succeeded, and so can you. Confidence goes a long way toward steady performance.

DID YOU KNOW?

Stress is caused by external events, while anxiety is caused by your internal reaction to stress. Stress may go away once the threat or the situation resolves, whereas anxiety may persist even after the original stressor is gone.

. -Scott, E., PhD. (2024, June 20). What is stress? Verywell Mind. <https://www.verywellmind.com/stress-and-health-3145086>





Morres Samuel Masters the “Student-Leader” Hustle

(By: Frieda Jona)

At Triumphant College, where academic deadlines and student demands often collide, Morres Samuel, the Student Representative Council (SRC) President for the year 2025, has managed to navigate and master the responsibilities that come with being both a leader and a student. With exams looming and student concerns piling up, his days are made up of lectures, meetings, and late-night study sessions.

“Balancing academics and leadership is one of the hardest things you can learn,” Samuel admits. “It requires deep reflection and strategic planning.”

He stressed about the challenges that come with the role of being a student leader. Further mentioning that there have been days he would experience overdue assignments and incomplete SRC reports. But for Samuel, the measure of leadership is not perfection, it is perseverance. “What matters is the ability to finish what is pending and submit it,” he says. “Even when I fall behind, I make sure I catch up.”

His commitment to student advocacy has often meant putting others first. When some questioned why he fought for students with missing continuous assessment (CA) marks while his own were still outstanding, his response was simple: “To be a leader, you must be ready to serve your people first. You should be served last.”

Samuel’s daily routine is a testament to his discipline whereby mornings are reserved for lectures, afternoons for SRC duties, and nights for studying. It is a rhythm that has helped him stay afloat in both spheres. His story resonates with many students who struggle to balance multiple



responsibilities. It is a reminder that leadership is not about having it all figured out, but about showing up, staying accountable, and putting in the work, even when no one is watching.

As Triumphant College continues with its final exams, Samuel’s journey stands as a quiet inspiration. In a society where student leaders are often scrutinised more than celebrated, he has shown that it is possible to lead with humility and learn with purpose.

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WVTC TRC President speaks on Exams

By Sylvia Hashondali

Joseph Heizjambe, a Level 3 Plumbing and Pipefitting trainee at the Windhoek Vocational Training Center (WVTC), in Khomasdal, shares his insights on how examinations and assessments are structured at the center, and what can be improved to better prepare trainees for the job market.

Heizjambe, who also serves as the outgoing Trainee Representative Council (TRC) President, reflects on both the progress and challenges faced by trainees.

At WVTC, examinations are designed to test both the theoretical knowledge and practical skills required in each trade.

"Our exams are structured based on both practical and theory for the specific trade one is doing at the center," Heizjambe explains, adding, "This helps us gain the balance we need between understanding concepts and applying them in real-life situations."

However, he notes that while the system is effective in preparing students for industry expectations, there are still some areas for improvement.

"The assessments do prepare us, especially because of the practicals we focus on," he says, "But some of the materials and equipment we use at school are really outdated." "Our exams are given to us only in one week, and we have four modules, and all those modules are written one after the other within that week.

I really hope that can change, just to give trainees enough time to prepare," he stated

Despite the challenges, Heizjambe acknowledges that the practical assessments reflect what trainees have learned throughout their training.



"We usually get a few practicals during the training period, and most of the time those are the same practicals we do during our assessments," he says.

He also highlights the importance of maintaining a balance between theory and practice. "It's not a big deal to balance the two because we need both to face the real world.

The industry demand is high, and we cannot afford to focus on one and neglect the other," he added.

WVTC, according to Heizjambe, has made significant strides in preparing its trainees for the workforce. "The institution has really been doing the most in this regard," he notes.

"There's a positive influence because projects and mini-assessments help us improve our Continuous Assessments (CAs) and perform better in the main Namibian Training Authority (NTA) exams."

As he prepares to hand over the reins as TRC President, Heizjambe leaves behind a call for greater confidentiality and transparency in results management.

"Currently, all results are just sent out publicly, and there's no confidentiality in the process. I would like the center to improve how assessment results are shared with trainees," he said.



(Image: Vocational Training Center)

UNAM Performing Arts Showcase Week 2025 Celebrates Student Talent at NTN

(By: Frieda Jona)



The University of Namibia (UNAM), in collaboration with the National Theatre of Namibia (NTN), hosted the fourth annual UNAM Performing Arts Showcase Week from 23 to 24 October 2025, spotlighting the creative excellence of third- and fourth-year performing arts students.

The two-day event, held at the NTN stage, offered a professional platform for emerging artists to present original works in music, drama, and dance to public audiences, industry stakeholders, and fellow creatives.

Launched in 2019, the showcase has grown into a vital space for youth-led storytelling in Namibia's arts sector. This year's program held under the coordination of NTN's Public Relations Officer, Mrs. Desiree Mentor, whose leadership helped shape the program's vision and execution, featured a diverse range of performances rooted in lived experiences and contemporary local issues.

The opening night featured performances by the UNAM Brass Band, Mbira ensembles, and a devised theatre piece titled "Lines", directed by Dr. Nashilongweshipwe Mushaandja, a Performing Arts Lecturer at UNAM.

Drawing from the Sister Namibia archives, Lines is a feminist documentary theatre work that uses expressive movement and historical narrative to explore themes of resistance, memory, and womanhood.

Among the performers, fourth-year student Lekenanda Eliakim stood out with a powerful solo Mbira piece that blended traditional soundscapes with personal storytelling. Her performance, marked by emotional depth and cultural connection, drew strong applause from the audience. "This was a tribute to my heritage and a call to remember the stories that shaped us," Eliakim said.

Third-year student Felicita Egumbo also delivered a compelling performance, showcasing both great skills and emotions. Reflecting on



her experience, Egumbo expressed, "Being part of the showcase was more than just performing, it was a chance to grow, to be seen, and to share something real with the audience." Her contribution reflected the growing confidence and creative maturity of Namibia's emerging performing arts talent.

The event was marked by a keynote speech from renowned literature scholar and former UNAM English lecturer Dr. Helen Vale, who taught at the university for sixteen years and has contributed significantly to Namibian literary studies. In her address, Dr. Vale emphasized the transformative power of the arts in postcolonial societies.

"Words are meaningless until acted upon," she said, urging students to use performance as a tool for truth-telling, healing, and cultural preservation. "Art is not just expression, it is action, memory, and resistance."

As the 2025 Showcase concluded, the event reaffirmed the role of UNAM and NTN in nurturing the next generation of Namibian artists. Through bold performances and powerful storytelling, students demonstrated that the future of Namibian arts is not only bright, it is already unfolding.



(Image: Facebook)

Exam Season in Namibia: A Test of Strategy, Strength, and Self-belief

It is that time of the year in Namibia where university students across the country prepare to write their final examinations. The atmosphere on campuses shifts dramatically, lecture halls grow quieter, libraries fill to capacity and the collective focus turns toward revision, deadlines and performance.

For many, this period marks the culmination of months of academic effort, personal sacrifice, and intellectual growth. Yet, it also brings with it a wave of stress that can shape student life in profound ways.

Examinations are designed to assess knowledge and competence, but the pressure they generate often overshadows their intended purpose. Students find themselves navigating a complex landscape of expectations, from lecturers, family, peers, and themselves.

The stress can be motivating, pushing students to organize their time,

refine their understanding, and strive for excellence. However, when it is not managed well, it can lead to burnout, anxiety, and a loss of enthusiasm for learning.

To succeed during this demanding season, students must adopt smart study strategies.

Creating a realistic and structured timetable is essential. By breaking subjects into manageable sections and allocating time based on difficulty, students can avoid last-minute cramming and reduce anxiety.

Techniques such as active recall and spaced repetition have proven effective in reinforcing memory and deepening comprehension.

Practicing past papers helps students familiarize themselves with exam formats and time constraints, while study groups offer opportunities to clarify concepts and gain new perspectives.

Another critical aspect of exam preparation is resolving Continuous Assessment (CA) issues in a timely manner.

Many students face challenges such as missing assignments, unclear marks, or incomplete group work. These problems, if left unattended, can negatively impact final grades and increase stress levels.

It is important for students to communicate early with lecturers or tutors, document all interactions and submissions, and seek support from academic offices when necessary.

Proactive problem-solving not only improves academic outcomes but also fosters a sense of control and confidence.

Despite the pressure, students must remember that exams do not define their worth. Academic performance is just one measure of potential, and setbacks are part of the learning journey.

Mental health should be prioritized, and students are encouraged to take breaks, maintain healthy routines, and reach out for support when needed.

Encouragement from peers, family, and mentors can make a significant difference, reminding students that they are not alone in their struggles.

In conclusion, exam season in Namibia is a pivotal moment in student life, one that tests not only academic ability but also emotional resilience and strategic thinking.

By studying smart, resolving CA issues promptly, and nurturing self-belief, students can navigate this period with confidence and purpose.

The journey may be challenging, but it is also an opportunity to grow, persevere, and emerge stronger.

Kunouee Ndjavera is a third-year Journalism student at Triumphant College.





The Art of Examinations at COTA

(By: Sylvia Hashondali)

At the College of the Arts, examinations are not just about marks or passing grades; they are about discovering purpose, refining passion, and expressing one's truest creative self. For many students, the exam season is less about sitting in a hall with papers and pens and more about creating, performing, and presenting the essence of who they are through their art.

In an interview with Campus Connect, Roccarina Hailume, a third-year Fashion Design student, said the fashion journey was an unexpected calling, one that ultimately revealed her purpose.

"Fashion has always been my calling," she says. "I never paid much attention to it until I sat down and thought about what my purpose in life truly is. Through fashion, I discovered who I really am, and through fashion, I found God."

Examinations for fashion students at the College are anything but ordinary. They are a blend of theory, design projects, and hands-on creation. "In the first and second year, balancing theory, projects, and practical work was tough," Roccarina explains. "But by the third year, the work becomes more project-based, more real. You're taught how to work under pressure and still produce something beautiful."

Deadlines, precision, and creativity collide in a way that challenges both skill and spirit. For Roccarina, managing exam stress comes down to faith and self-care.

"I manage my stress by spending time with God, reading my Bible, going to church, and worshipping Him. My work is dedicated to Him. I also exercise to take care of my mental, emotional, and physical health."

"Remember the goal. Anyone can do fashion or visual arts, but not everyone can bring you to the table. What you offer is unique, don't forget



(Image: COTA)

that." Across campus, in the Film and Television Department, Advocate Simasiku shares a similar understanding of how examinations test more than just academic knowledge. A graduate who majored in Directing and Scriptwriting, he believes creativity is both discipline and discovery.

"Preparation for exams is all about practice and immersion," Advocate explains. "Film and TV are very hands-on, so I spend a lot of time revisiting my past projects and analyzing what worked and what didn't. It's less about cramming and more about sharpening instincts." Through his time at the College, Advocate's perception of filmmaking has evolved deeply.

"When I first joined, I thought filmmaking was just about capturing moments. Now, I see it's about crafting emotion, creating something that connects with people long after the screen goes black." Like many creatives, Advocate turns to writing as a form of release during exam periods. "Writing is my therapy. When things get intense, I turn to poetry or short reflections, it helps me release pressure and find clarity."

For him, creativity extends far beyond the arts. "Creativity isn't just for artists; it's a mindset. It helps you approach challenges in a different way, even in exams. It makes studying engaging instead of robotic." Balancing discipline and imagination isn't easy, but Advocate says it's possible.

"I set clear academic goals, but I also give myself space to breathe

and create. Sometimes that means sketching a scene or jotting down a story idea between study sessions. It keeps my spirit alive."

As exam season approaches, his message to fellow students is heartfelt: "Trust your journey, trust your effort. Exams test knowledge, not your worth. You're capable of more than you think." Both Roccarina and Advocate remind us that examinations at the College of the Arts go far beyond assessment; they are acts of growth, resilience, and self-expression. Whether through a garment stitched with purpose or a story told with truth, every student learns that creativity, like faith, is a lifelong journey, one that cannot be graded, only lived.



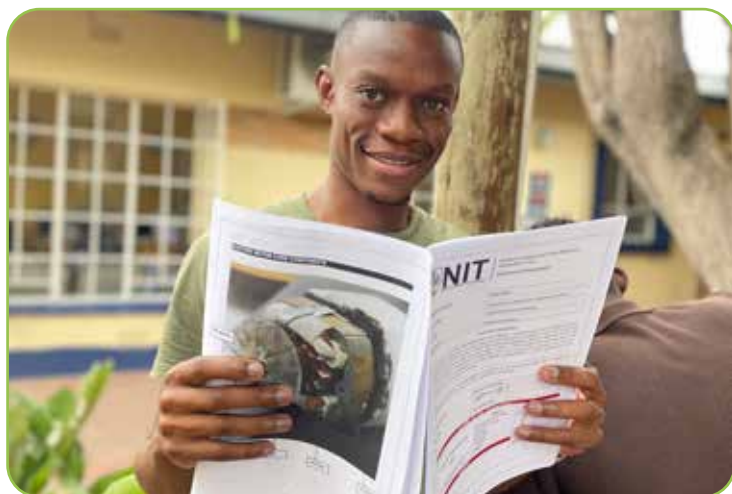
Seen On Campus



Cherise Adams and Arnolda Geirises- Namibia University of Science and Technology (NUST)



Inga N Kondo and Tadiwanashe Chakuiga- Namibia University of Science and Technology (NUST)



Mabasen E W Araeb (Electrical and Electronics Engineering Level 4) - National Institute of Technology(NIT)



Saralia Konis - Namibia University of Science and Technology (NUST)



Nangolo Emilia - Namibia University of Science and Technology (NUST)

Ever wondered what really goes on behind the lecture halls and quiet library corners?

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

Every exam season I promise myself never again but here we are. Again. – Namibia University of Science and Technology (NUST)

I opened my notes to study, but ended up cleaning my whole room instead. Productive? Kinda. Studied? Not really. – University of Namibia (UNAM)

If procrastination was a course, I'd be graduating with distinctions- University of Namibia (UNAM)

Exam season really exposes who paid attention in class and who was just there for vibes. – River Higher Institute of Technology (RHIT)

I don't stress about exams anymore... I just panic silently while pretending I'm fine. – International Training College-Lingua.

The real struggle is trying to find a seat in the library during exam week. – University of Namibia (UNAM).

I told myself I'd start studying a week before exams now it's midnight and I'm just opening my notes for the first time — Triumphant College

Every exam season, I start praying like I haven't missed half the semester's classes — Namibia University of Science and Technology (NUST).

Exams really humble you, especially when you studied everything except what came out — International University of Management (IUM)

I opened my laptop to study, ended up scrolling through TikTok for two hours. — Triumphant College

I sacrificed sleep for hours of studying, only to see questions from a chapter I skipped. – Triumphant College

At this point, surviving exam season feels like an achievement in itself – University of Namibia (UNAM)

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At this point, I'm not studying for knowledge, I'm studying for survival- UNAM Khomasdal Campus

I study one topic and reward myself with a 3-hour nap — International University of Management (IUM)



UNAM Dominates First Intervarsity Tournament

(By: Sylvia Hashondali)

The Namibia University of Science and Technology (NUST) recently hosted its first annual Intervarsity Tournament at the University of Namibia's (UNAM) sports field. The event brought together students from NUST, UNAM, and Triumphant College to compete in netball, football, basketball, volleyball, and chess.

Former NUST Student Representative Council (SRC) for Sports, Recreation and Culture and founder of the tournament, Alexander David, described the event as a "resounding success," saying it successfully promoted collaboration among universities. UNAM Main Campus emerged as the overall winner after dominating across all sport codes, while NUST took second place and Triumphant College secured third.

The results were as follows:

Chess:

First place: UNAM Main Campus,
Second place: NUST
Third place: Triumphant College

Basketball:

First place: Triumphant College
Second place: NUST
Third place UNAM

Volleyball:

Male Team: NUST A, NUST B; UNAM Kings
Female Team: NUST, UNAM, Triumphant College

Football:

First place: Unam Main Campus
Second place: NUST
Third place: UNAM Khomasdal Campus

Netball:

First place: UNAM Main Campus
Second place: NUST
Third place: Triumphant College



(Images: Unam Main Campus Soccer Team)

Triumphant College SRC member, Morres Samuel, praised the tournament's turnout but suggested that including more institutions in future events would make it even more impactful.

Chess player Hainghumbi Meke-la-Jesus agreed, noting that the timing of the tournament was ideal, providing students with a refreshing break between tests and assignments while promoting healthy competition and teamwork.



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