

7 September 2023

CONFIRMATION OF PRACTICAL HOURS: IOP HONOURS STUDENTS

To Whom It May Concern,

The StudyWell: Student Well-Being and Success project is committed to empowering Honours students in Industrial and Organisational Psychology (IOP) by equipping them with valuable tools to navigate university life, gain practical experience, and prepare for their future careers.

I, Professor Karina Mostert, Professor in Industrial Psychology and registered Industrial Psychologist (PS 0081078), am writing to formally confirm your attendance and active participation in the recent three-day workshop organised by StudyWell. It is important to emphasise that this workshop is officially recognised and can be counted as practical hours, as Mrs Elette Van Den Berg confirmed. This recognition significantly contributes to your academic progress and professional development.

The workshop occurred from the 21st to the 23rd of August at the NWU Vaal Triangle Campus. Below, you will find the detailed schedule for the workshop:

Day 1: 21st of August, 2023, from 08:30 to 15:20: Qualitative exploration of study demands.

Day 2: 22nd of August, 2023, from 08:30 to 14:45: Qualitative exploration of study resources.

Day 3: 23rd of August, 2023, from 08:30 to 14:35: Integration and grounding of workshop findings in the Job Demands-Resources Model.

In line with our commitment to keeping meticulous records, we kindly request that you ensure the workshop attendance register accompanies this letter.

If you have any further questions or require additional information, please do not hesitate to contact me at Karina.Mostert@nwu.ac.za.

Yours Sincerely,



Prof Karina Mostert
Management Cybernetics
Faculty of Economic and Management Sciences
North-West University