



NEW ERA COLLEGE HOSTS WALK OF HOPE MOSADI TIA HIGH TEA

New Era College, a leading private tertiary education institution..Page 2

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INTRODUCING THE NEC COFFEE MACHINE AT CAFETERIA

Pricing as follows and can be purchased at the cafeteria:

-  **Cappuccino: P10.50**
-  **Flat White Coffee: P10.50**
-  **Black Coffee: P 8.00**

By: Bame Kgwarae



New Era College, a leading private tertiary education institution, recently hosted the Walk of Hope Mosadi Tia High Tea event, which aimed to raise funds to buy 1000 school shoes for underprivileged learners across Botswana who endure the hardship of attending school without shoes.

The event, held in the college's nonagon, brought together women from all walks of life to celebrate and reflect on the contributions of women to society. The high tea offered an opportunity for participants to network, share their experiences, and engage in meaningful conversations about issues affecting women, such as gender-based violence, and limited opportunities for women in leadership positions.

The Walk of Hope Mosadi Tia High Tea event featured speeches by renowned female leaders, including business women, activists, and educators. Their talks centered on the need for women to support each

other, to embrace their unique talents and strengths, and to stand up against discrimination and oppression.

New Era College's decision to host the Walk of Hope Mosadi Tia High Tea event was a testament to its commitment to promoting gender equality and empowering women. The college recognizes that education plays a vital role in creating a more just and equitable society, and events like this help to inspire and motivate women to take action towards achieving their goals.

Overall, the Walk of Hope Mosadi Tia High Tea event was a resounding success, providing a platform for women to come together, share their stories, and support each other in their journey towards gender equality.

By: Kgosi Moremong



New Era College is excited to announce its partnership with Africa Must Arise Initiative to host a soccer scouting event on the 22nd and 23rd of April. This event will provide opportunities for young soccer players between the ages of 7 and 23 to showcase their skills and potentially go on to soccer trials for teams from the Spanish football league.

The signing ceremony, which took place at New Era College's campus this past Tuesday, was attended by representatives from both organizations. Speaking at the ceremony various speakers from New Era College expressed their excitement about the partnership and the opportunities it will bring to the college and young soccer players.

Our Director of Marketing and Communications Mr Anderson Nlisana remarked, "New Era College has always been committed to providing quality education and nurturing the talents of our students. We are thrilled to partner with Africa Must Arise Initiative to offer this unique opportunity to young soccer players. Developing the next generation of soccer stars is not only important for the players themselves, but also for the communities they come from and the world of soccer as a whole."

This partnership aligns with New Era College's commitment to promoting sports and physical activity among its students. Through sports, students can develop important life skills such as teamwork, leadership, and perseverance. By hosting this soccer scouting event, New Era College is not only promoting soccer as a sport, but also promoting the values and skills that come with participating in sports.

The College continues to show its commitment to sports development through their Ghodrati Foundation Sports Scholarship which was launched with the aim of giving promising athletes the opportunity to earn an academic qualification while still developing their sports talents.

The scholarship has unearthed the likes of Thuto Masasa, Naledi Lopang and Tsholtlego Frieky who will all be representing Botswana at the upcoming Grand Prix as well as the World university games in China later this year.

By: Bame Kgwarae



Maintaining good health and wellness is essential for students to excel in their academic and personal lives. The demands of coursework, exams, and extracurricular activities can be stressful, and neglecting self-care can lead to burnout and other health issues. Here are some tips on how students can prioritize their health and wellness.

- **Get enough sleep:** Sleep is crucial for academic performance and overall health. Aim for at least 7-8 hours of sleep per night. Try to establish a consistent sleep schedule, even on weekends.
- **Eat a balanced diet:** A healthy diet can improve brain function, energy levels, and overall well-being. Aim to eat a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid processed foods and sugary drinks.
- **Exercise regularly:** Physical activity can reduce stress, improve mood, and boost energy levels. Aim for at least 30 minutes of moderate-intensity exercise, such as brisk walking or cycling, most days of the week.

- **Manage stress:** Stress is a normal part of life, but too much stress can negatively impact health. Find healthy ways to manage stress, such as meditation, deep breathing, yoga, or talking with a friend.
- **Practice good hygiene:** Good hygiene habits, such as washing hands frequently, covering your mouth when coughing or sneezing, and avoiding sharing personal items, can prevent the spread of illness.
- **Stay hydrated:** Drinking enough water is important for maintaining good health. Aim for at least 8 cups of water per day.
- **Seek help when needed:** If you are struggling with physical or mental health issues, don't hesitate to seek help. Talk to a healthcare provider or counselor on campus, or reach out to a trusted friend or family member.
- By prioritizing their health and wellness, students can improve their academic performance, reduce stress, and enjoy a more fulfilling college experience.

By: Bame Kgwarae



- **Create a schedule:** It's important to set aside specific times for studying, attending classes, and completing assignments. Use a planner or a digital tool to create a schedule that works for you and stick to it as much as possible.
- **Find a study group:** Collaborating with other students can be helpful in understanding the material, sharing notes, and discussing ideas. Join or form a study group with classmates who share similar academic interests.
- **Stay organized:** Keep your notes, textbooks, and assignments in order. Use folders or binders to keep track of papers and keep your workspace clean and clutter-free.
- **Take breaks:** It's important to take breaks throughout the day to rest your mind and recharge. Take a walk, grab a snack, or do something else that you enjoy to help you relax.
- **Use technology to your advantage:** Take advantage of technology to help you study more efficiently. Use apps to help you study, take notes, and organize your schedule.

- **Seek help when needed:** Don't be afraid to ask for help from professors or tutors when you are struggling with a particular topic or subject. Attend office hours, seek tutoring, or ask a classmate for assistance.
- **Stay focused:** Eliminate distractions while studying, such as social media or other electronic devices. Use a timer to stay focused and take short breaks throughout your study session.
- **Get enough sleep:** Make sure you are getting enough sleep each night to help you stay focused and energized throughout the day. Try to get at least 7-8 hours of sleep each night.
- **Take care of your health:** It's important to take care of your physical and mental health during college. Eat a balanced diet, exercise regularly, and seek support when needed.
- By following these tips, you can create a successful study routine that works for you and helps you achieve your academic goals.



BRAND shop



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**Cappuccino:
P10.50**



**Flat White
Coffee:
P10.50**



**Black Coffee:
P 8.00**



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