Benefits of SI

Academic Success

- Improves understanding of difficult course material
- Reinforces learning through collaborative study
- Enhances retention of key concepts
- Provides structured review sessions before exams
- Encourages active learning rather than passive note-taking
- Strengthens problem-solving and analytical skills

Study Skills & Learning Strategies

- Teaches effective note-taking techniques
- Improves time management and study habits
- Introduces assessment-taking strategies
- Builds metacognitive awareness (learning how to learn)
- Encourages consistent study rather than cramming

Confidence & Motivation

- Boosts self-confidence in academic abilities
- Reduces anxiety about challenging courses
- Provides encouragement through peer support
- Increases motivation to persist in difficult modules
- Helps students feel less isolated in their learning
- Builds resilience when facing academic setbacks

UNISA | university of south africa

Define tomorrow.

Collaboration & Social Benefits

- Creates a supportive peer learning community
- Encourages teamwork and cooperative learning
- Builds communication and interpersonal skills
- Provides opportunities to ask questions in a safe space
- Connects students with peers across diverse backgrounds
- Strengthens sense of belonging in the institution

Academic & Cognitive Growth

- Deepens subject matter expertise through repeated engagement
- Enhances ability to explain complex concepts clearly
- Improves study strategies transferable to other courses
- Builds confidence in academic mastery
- Encourages reflective learning

Communication & Facilitation

- Develops strong public speaking skills
- Improves active listening and empathy in discussions
- Sharpens ability to ask guiding, open-ended questions
- Strengthens group facilitation and SI session management
- Enhances adaptability to diverse learning styles
- Builds confidence in leading peer discussions

Leadership & Professional Skills

- Cultivates leadership qualities in a supportive environment
- Provides experience in mentoring and coaching peers

UNISA | university of south africa

- Strengthens teamwork and collaboration skills
- Builds conflict resolution and negotiation abilities
- Enhances organizational and time management skills
- Offers transferable skills valued in the workplace

Personal Development

- Boosts self-confidence and resilience
- Encourages responsibility and accountability
- Provides a sense of purpose and contribution
- Strengthens patience and perseverance
- Builds cultural competence and inclusivity awareness
- Enhances adaptability in dynamic environments

Leadership & Professional Skills

- Adds valuable experience to resumes and CVs
- Opens networking opportunities with academics and staff
- Builds connections with diverse student groups
- Offers exposure to educational and academic careers
- Strengthens professional identity as an educator/leader