

Abstract for Dynamics of Humanisation LT Week 2026

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(student facilitators' names to be confirmed)

Institution: Nelson Mandela University

Title:

Sub-theme: Student Engagement, Agency, Success

Format: workshop (if times does not allow, it could be adapted to a paper presentation)

Abstract

When students participated as co-researchers in a participatory action research study in 2018, they conceptualized student hunger as consisting of two parts: hunger of the stomach and hunger of the mind. The co-researching students proposed that Freire's conscientization framework be applied when considering interventions to address hunger of the mind. While various interventions are driven by the institution, faculties, departments and individuals at Nelson Mandela University to address hunger of the stomach, little is done to address hunger of the mind.

Since 2024, one of the work-integrated learning modules in the department of Social Development Professions, has been positioned to create an opportunity for social work students to co-develop the content of student-centred conscientization conversations focused on hunger of the mind. The conversations are called SNAC (student nutrition advocacy and communication) sessions and the project is managed the by department in partnership with the institutional Engagement office. So far sixteen conversations have taken place at on-campus residences, facilitated by social work students.

In this proposed workshop, students will facilitate sections of a SNAC session to illustrate the content they have developed and the manner in which they engage fellow students. The workshop will include a mini-presentation on recent research that highlighted social work students' learnings from their participation in the co-development and facilitation of SNAC sessions.