"I tried to fit in really did
I acknowledged actions and
laughed at jokes that were not funny to me..." Poem back page

- Lilian Kalunde

Vice-Chancellor’s Message

I laud the inception of the 1st Edition of The University of Kabianga Newsletter. The newsletter registers another landmark in the growth of The University. It is my anticipation that the newsletter will not only be a platform to share information but as well a reflection of the University’s commitment in providing high quality training, research and extension services that meet customer requirement and endeavor to exceed their expectations.
How to pass University Examinations

Often, a number of students fail their regular university examinations and have to be given a second or even third chance before they finally pass the same. A number of reasons account for this scenario. The overarching reason is lack of seriousness on the side of the affected students. I say so because to the best of my knowledge, it is quite easy to pass university examinations. At the start of every semester, every course lecturer outlines whatever is to be covered. Some students do not take cognizance of this. Again, every lecturer will make every effort to studiously cover the course content and guide students on how to read further. Unfortunately, a few students have the habit of missing lectures while others attend lectures unprepared. By attending lectures unprepared we mean that they do not pay keen attention to the discussions during the session and sometimes fail to take short notes pertaining to the lessons. Another reason for failing an examination is because some students are bogged down looking for fees whereas others have a challenge getting adequate resources for their upkeep. Similarly, unhealthy relationships distract some students thereby making them not prepare adequately for their examinations. These are some of the reasons that lead some to fail to pass in some units. We briefly wish to consider how to overcome some of these challenges so as to forestall any possibility of failing in any paper.

One way of handling financial constraints is by preparing well in advance. During long holidays, you must think of ways of raising some income before the start of the semester. Short term projects like horticulture, poultry keeping or even rearing of fast-maturing livestock such as goats and sheep

By: Dr. E. Kisururia Lecturer School of Arts and Social Science

SCHOOL OF EDUCATION PEDAGOGY WORKSHOP

The School of Education held a successful training on Pedagogy for the University Academic Staff. The two day workshop was graced by the University Vice Chancellor Prof. Wilson Kipng’eno who lauded the event and ask the school to regularly plan for such workshop to training and equip academic staff on pertinent issues on teaching in Universities.

The key note speaker for the event, Prof S.W. Wachanga (Egerton University) addressed various areas including professionalism in University teaching and learning for quality outcomes. Prof Wachanga urged lecturers to embrace technology during lectures to make it more interesting.
UoK sensitizes its academic staff on CBC

The Competence Based Curriculum (CBC) has been the talk of town. As part of getting acquainted with the new curriculum The University held a training to equip its staff about the CBC, speaking during the workshop Kenya Institute of Curriculum Development (KICD) Dr. Obudho Omondi gave in-depth analysis and merit as to why the country should embrace the new competency based curriculum citing four pillars that a learner will achieve during the training. The event was an eye opener to university to align its course to fit the new curriculum which will be implemented in next few years as the first patch are in grade three.

Participants during CBC training at the Senate Chambers

FURAHIA USHAHIRI


Continued on p4
FURAHIA USHAHIRI


Wanaohesma utambo wa ngoma umo kwene kui cheza hiyo ngoma. Na wengine huongeza kwamba utambo ya wimbo hujulikana ngomani. Cheza ngoma ya ushairi usikie utamuwe!

By: Dr. E. Kisururia
Lecturer School of Arts and Social Science

4 University of Kabianga | Newsletter
International Women's Day (IWD) is celebrated on March 8 every year. It is a focal point in the movement for women’s rights.

After the Socialist Party of America organized a Women’s Day on February 28, 1909 in New York, the 1910 International Socialist Woman’s Conference suggested a Women’s Day be held annually. After women gained suffrage in Soviet Russia in 1917, March 8 became a national holiday there. The day was then predominantly celebrated by the socialist movement and communist countries until it was adopted in 1975 by the United Nations. Today, International Women’s Day is a public holiday in some countries and largely ignored elsewhere. In some places, it is a day of protest; in others, it is a day that celebrates womanhood.

The day is not without controversy with some arguing that some women have adopted it for misandric purposes.

The theme for International Women’s Day 2019, which took place on 8 March, is “Think equal, build smart, innovate for change”. Prevents women from developing and influencing gender-responsive innovations to achieve transformative gains for society.

Across the world women make positive gains day by day. However now, more than ever, there’s a strong call-to-action to press forward and progress gender parity. A strong call to motivate and unite colleagues and communities to think, act and be gender inclusive.

At the University of Kabianga we be joined the world in celebrating the Women’s Day. Our events team prepared a calendar of activities for the week; Monday 4 March – Friday 8 March. This event was open to all staff, PhD, Masters and undergraduate students in all Schools, of any gender. We took an inclusive approach to gender, based on self-identification.

By: Gender Department.
The National prayer Breakfast was held on 30th May, 2019. It is normally held on the last Thursday of the month of May. The motive is to ensure that men and women in leadership owe their privileges and responsibilities before God to pray, engage, interact and pray together. The purpose is to bring all sectors to pray and bring Kenya to where it should be and to fight corruption from a multi-sectoral perspective for a corrupt free country. All people humble themselves before God meditate and ask themselves where they are heading to as individuals. This idea was mooted in 1987 by Kalonzo Musyoka to rally parliamentarians to hold prayers for guidance but it did not work out due to divergent and radical views, despite having one party in the country. After the successful elections of 2002, some parliamentarians came together to pray and thank God and this has consistently been observed since then. There were representatives from Uganda, Zambia, Ghana, Ethiopia, South Sudan, Nigeria, Congo Brazaville, Rwanda, Burundi, USA, UK, China, South Korea and Trinidad and Tobago.

The sub theme was “The Challenge Facing Religious Political Leaders in shaping the moral decay” with a major theme of “The Dawn of a New Kenya”.

This session was officially opened by the Speaker of the National Assembly Mr. Justin Muturi. The National Conservation was an open forum for brainstorming possible solutions to issues that affect the country.

Various issues affecting the country were discussed by a cross section of individuals, they include:-

- Rampant corruption in the country, instilling values in youth, education status, social issues affecting the youth e.g. pregnancy, rape, abortion, suicide, lack of role models, parenting, politics and religion among others. Members formed groups, discussed and made resolutions which were later presented to all members. These resolutions were read during the prayer breakfast and a document on the same handed over to the President for possible implementation by concerned offices.

Participants were drawn from various categories of people across the country, prayer groups, CEOs. They included the following groups;

- Nairobi Prayer, Parliamentary, Boulevard, Karen, Muthaiga Club, Loresho, Nakuru Prayer group, Bishops, Pastors from various religious groups, imams, Vice Chancellors and other Corporate heads (CEOs) Deans of Students (Public and Private Universities), University students, Youth Groups, Ten year old children from each county, Civil Servants, teachers and other opinion leaders from across the divide.

Africa Youth Leadership Forum (AYLF) is collaborative initiative renown for training, mentoring, networking and exposing University student leaders to opportunities which have seen them take up higher levels of leadership responsibilities for twelve (12) years now. It seeks to nurture a new breed of leaders in Africa and one of the programmes run by AYLF to achieve this is the University Student Leaders’ Award (USLA) Programme.
Some of the organizers are members of the National Prayer Breakfast Committee.

The Programme’s main objectives are to:
- Train the student leaders on values and character development
- Enhance their leadership abilities as well as positively change the leadership culture (ethos) and ideology within the institutions.
- Recognize and award the exemplary student leaders to inspire transformational leadership.
- Lay a firm foundation for future leadership.

Awards were given to various students at the Gala where each of the best five student leaders received a trophy and a cash reward of **Ksh. 50,000** to encourage them to keep doing their work and facilitating change in society. The Awards Gala was done on Wednesday **29th May 2019**. Many students participated and made it to the end but only four (4) from four universities were awarded namely, ST. Paul’s, Mount Kenya, Chuka and Egerton.

University of Kabianga (UoK) students participated in the programme to get exposure and create visibility for the university. After the prayer breakfast, Students were taken to Lukenya University for the training which ended on 2nd June, 2019. Having acquired the skills, we hope they will participate and be among recipients of awards in 2020. Universities have partnered with AYLFF through KUDSA in order to provide leadership training, mentorship, and international exchange programmes to prepare our students for governance in corporate and the global labour market.

The national conversation brings various groups of people together. We discussed with members of an (NGO) ASHOKA which collaborates with SKOL Foundation to provide practical training for short courses and financial support.

Areas of focus are:- Arreting Deforestation · Clean Energy · Clean Water · Early Childhood to Primary Education · Education · Environmental Sustainability · Financial Services · Health Delivery · Human Rights · International Justice · Livelihoods · Living Conditions · Peace · Post-Secondary Education · Responsible Supply Chains · Sanitation · Secondary Education · Smallholder Productivity · Standards · Water Management · Women’s and Girls’ Education · Youth Job Skills. This may be of interest to all schools of UoK. Website ASHOKA

The event was properly organized since it gave participants an opportunity to reflect on their actions, performance in their work places and interpersonal relationships. Members also discussed issues candidly with an open mind and suggested solutions.

**By: Dr M.G. Wosyanju– Dean of Students.**
KUPCA is a registered organization (registration number 33613) whose membership includes all practicing Public and Private University Counsellors and Assistant Deans from all universities in Kenya. On May 8th & 9th 2019 University of Kabianga hosted KUPCA workshop in Kericho Town Campus. The event was attended by a representation of fourteen (14) Universities with a total of fifty seven (57) members.

The workshop whose theme was: “Youth and Mental Health; Talk to somebody. It is OK not to be Ok” was opened by the UoK, Deputy Vice Chancellor (Academic & Student Affairs) on Wednesday 8th May 2019 and was closed by the UoK, VC on 9th May 2019. The chairperson of KUPCA highlighted the challenges facing the youth at college level in Kenya today. She emphasized that it was the counsellors’ core mandate to address these issues. These challenges included suicide, drug addiction, relationships, career choices and inability to cope. She put it up to KUPCA that they were the professional body that will have to look for the solutions to these challenges.

Day one had a presentation on Prevalence and Predictive Factors about Trauma. Participants discussed the effects of counselling on the counselor. It was agreed that counselling as a helping service takes toll on the counselor and leads to depression if the counselor does not receive constant professional supervision. It was mandatory that all student counselors be facilitated by their institutions to attend supervision and debriefing.

Continue on Pg 8
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Discussion on suicide and homicide generated suggestions and comments due to many cases experienced in the country. It was found that these two forms of death were rampant among the youth in the universities and young couples. Due to depression, students take their lives, students' tempers hung on the loose ends and they easily turn on their friends and kill them. Both suicide and homicide are a result of mental illness and the perpetrators of these acts need to be reached and assisted other than being prosecuted. It was proposed that Counselors must find out the cause of depression among students and work out solutions that will save the situation.

Addiction, depression and coping mechanisms were also discussed. It was observed that drug barons succeed because they have clear-cut networks that are tightly linked, well defined and easily identifiable by all the members involved. Drug addicts have their own networks and work as teams that are linked across towns. They know the dealers they buy from by name and address and they are responsible for recruiting new users. It emerged that counselors and those who are in the war against drug addiction are making no progress because they do not work together as a team nor do they respect and recognize each other as partners in a common fight. Instead they often antagonize each other.

Depression among students is as a result of realizing their worthlessness as reflected on the success of others that they witness on the social media or see among fellow students who are rich and famous even while still at the university. Depression therefore is majorly tied to hopelessness and failure to see any promises that the future holds.

Students should seek counselling and also go for medication. It was recommended that universities should teach life skills as a course and integrate counselling as a unit in all courses. Parents have abdicated their role by entrusting their children wholly to house helps and teachers. Children are left on their own doing all the essential things for themselves and when they get stuck they have nobody to turn to so they get depressed and resort to suicide or homicide.

By: Monica Okubo – Student Counselor
Hebu tuchukue nafasi ndogo hapa ili kujifahamisha kuhusu msamiati wa utawala katika Chuo Kikuu. Kawaida ni kwamba tumezoea msamiati wa Kiingereza wa nafasi za utawala na vyeo katika muktadha wa Chuo Kikuu. Tumetoa maneno machache kama ifwatavyo:

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Iwapo una matatizo kuhusu msamiati wa kurejelea nyadhifa zingine katika Chuo Kikuu, tafadhali wasil-iana nasi katika kitengo cha Kiswahili.

By: Dr. E. Kisururia  
Lecturer School of Arts and Social Science
From left to Right: Vice-Chancellor Prof. Wilson Kipngenyo Awards the winner in the concluded Mau Cross-Country. / Photo Nicholas Langat

From left to Right: Dean SNREM and DVC (A & F) Receiving trophy. UoK Staff team / Photo Nicholas Langat

Deputy Vice Chancellor Academic and Students Affairs Prof. E. Omwenga gives his speech during the Cross-Cross country event as the chair of the local organizing committee which Co-Chaired with Prof. E. Koech (DVC A & F).

He welcome the support from more sponsors and thanked those who sponsored the event. He appealed to sponsors and well wishes to support the 3rd Cross Country Edition.
SUNSHINE POEM

The first ray of the orange-hued sun penetrates
The first sight the eyes open themselves to
A reminder of the days light flowed
In the streets and countrysides unmeasured
With a ruling ambience and power so mighty
Before the dark side swallowed our hearts
Before mornings turned to mournings
And search for the dead superceded that of the lost
When love lost was never found
When green b egginings were a trap
A way to assert our strength and class
When divisions made in unknown meetings
Held an order so real our minds could not fathom
The days we prayed without words
Silently searching our hearts
For the last remaining believable piece
Taking ourselves before the saviour we had abandoned
The one we knew not of
When the classes dividing were so deep
They got entrenched in our unborns’ minds
The days we said our cries were heard no matter what
We fought for survival and forgot community
Single heads walked and talked not their walk
Our values mixed and turned upside down
We always had suppertime as a family
We always had fun times in our streets
We stole and hid the proceeds together
We laughed and cried together
With heavy hearts and hardened souls we parted
Like strangers in a new land
A world where we pretended for our wellbeing
A time when everything was confusing

Change would have occured then
If we opened ourselves to experiences
We had many chances of correcting
Saying sorry and moving forward
For our generations in line
Those that come after us
We urge you as your advisors
To please work in unity and community
Remember the green days
There were clear waters too
The pathways too were favourable to all
In different situations and conditions
We drove our ideas without favours
We co-existed . Yes that is what we always did
Make this world great again
When the sun shines tomorrow
Remember this promise to love
Work with care and goodness
Count happy hours in their beauty
You got this son of our soil
Make it happen for everyone
Love without price and prejudice

MwendwaK-3rd Year student taking CPR at SASS.

#2019 theories
POEM
I can’t remember how heaven used to be.
I don’t remember how happy I used to be.
I walked on red.
Thistles and thorns
Penetrate inside my flesh red,
Deep every moment I believe you’ll be changed.
Hoping against hope on what culture said
Of protecting my matrimonial homestead.
But instead all I faced was pain for a decision I made
Recklessly as a youth thinking of its beauty and facade.

I was on my knees not because of Thanksgiving to the Almighty God,
But the blows and kicks I got from the person I gave my whole heart and being.
My being, being in constant fear of battering and brutality in my frailty.
And I was left to the hope of maybe standing on my knees and kneeling on my stands,
Please! please was the tune of my pleas.
The sunshine I once adored is the fire that scorched.
I got hurt and my body carried every scar like a placard.

MERLY –SRE