USIU-Africa’s Family Therapy Students Association hosts meet and greet

By Sarah Masila and Mary Mathenge

The Family Therapy Students Association (FTSA) recently hosted their second meet and greet at the Student Center in order to introduce the Association and its officials to the new cohort of students. The purpose of the organization is to promote the common professional development of those interested in Marriage and Family Therapy. The students in attendance were Graduate students pursuing Master of Arts in Marriage and Family Therapy. The event provided a good platform for the students to social network.

One of the keynote speakers from School of Humanities and Social Sciences was Dr. Oscar Wanyutu who quoted “Being an effective person-centered counsellor is not so much a matter of possessing skills and knowledge, but of having a particular set of deeply-held values and beliefs and then being able to express these qualities in interactions with other people.”

Also at the event was Dr. Michelle Karume, who congratulated FTSA for providing a forum for the new cohort to interact with and get assistance from the first cohort. She also encouraged the students to excel at their academics and display excellence in their practice. She also announced that there would be talks held on matters of Marriage and Family Therapy, which would greatly benefit the members of the FTSA, as they would get to learn from their knowledge and expertise.
Abdi Latif Dahir, a Journalism graduate from USIU-Africa has been appointed as the East Africa correspondent for the New York Times. He joins the publication from Quartz Africa, where he has served for three years as East Africa reporter.
Abdi’s career spans nearly a decade, from writing about technology and business for the Daily Nation, to writing about the Horn of Africa for news outlets including the East African, Al Jazeera English and the Africa Review, among others. Congratulations!

The housing department recently participated in a hike at Mt. Longonot in Naivasha, with 62 students and staff participating in the activity, which is held every semester. The hike, which is done to promote bonding among hostel residents saw students climb for three hours to the peak of Mt. Longonot, where they had an opportunity to take photos of the scenery and enjoy their lunch. Some of the more adventurous students went around the crater rim, a distance of 7.6 kilometers.

Students pose for a photo after the three hour climb to the peak of Mt. Longonot.
Customer Service Week is an international celebration of the importance of customer service and of the people who serve and support customers on a daily basis. In 1992 the U.S. Congress proclaimed Customer Service Week a nationally recognized event, celebrated annually during the first full week in October. This year, the University decided for the first time to celebrate Customer Service week, in appreciation of its internal and external stakeholders.

In a communique to staff, the Vice Chancellor, Prof. Paul Zeleza registered his appreciation to staff for the role they have played in upholding USIU-Africa’s status as a premier university. “I would like to take this opportunity to appreciate our staff and faculty for the tireless work they have done over the years to ensure that USIU-Africa continues to be a premier institution of academic excellence, both on the continent and in the world. USIU-Africa’s excellence in research, training, and public service remains strongly dependent on the dedication of our staff and faculty,” he said.
In pictures: 12 students make it through to the Mr. and Miss USIU finals

By Saada Mutasa

12 students have made it through to the Mr. and Miss USIU finals, following a competitive pre-judging session held on campus for the pageant hopefuls to show off their talents and cultural and formal attire. The 6 male and 6 female students will battle it out at the finals on November 14.
How to Double Your Exam Scores in Less Time

Part 2: How to remember what you learn

By Evan Kamau (Performance Consultant)

We forget most of what we learn in a class. Over the course of a semester we forget about 98% of what we have learned. The brain decides on the usefulness of information by repetition and discards what is not useful to us. The fact that we forget is important because we can dump the unimportant things that don’t ever come up again to our brain.

Through “short-term memory” we take information and hold it long enough to make sense of it and if we decide it is particularly unique or useful to us we will transfer it to “long-term memory”, and if we continue to use it we can hold it for our entire lifetime. The strategies and techniques we use for our studies are equally or more important than the time we spend. A wise student works smart by using better methods to increase understanding of what is learned.

Memory Enhancement

The key to memory enhancement is in the ability to construct a visual picture or movie in your head. Memory involves a three-way activity consisting of registration, retention, and recall. Registration involves encoding and getting information in. Retention is about keeping it. Recall is about retrieving and getting it back out.

You remember those things you are interested in, that have emotional significance, that have meaning for you, or that contradict what we already know. We remember the first things, the last things, and odd or colorful things. Our minds seek closure and completeness and if an idea is incomplete, we stay open for the rest of the information.

Intelligence is the process of clustering, organizing and representing information into your personal model that’s important for you. This converts information into knowledge through the process of judgement and reasoning.

The following are some highly effective techniques to enhance your memory:

1. Repetition - repeat back everything you hear in your own voice immediately after you hear it. This forces you to pay attention, it reinforces the material, and you are more likely to listen to something you tell yourself than something someone else tells you.

2. Note taking reinforces what you have learned, and forces you to pay attention.

Label key points, and create mind maps that show relationships, instead of linear notes.

3. Visual memory - The secret to memory is in the ability to construct pictures. We have a 99% ability to recognize or recall a picture we have already seen. Once you get something into a picture, then you can remember it easily.

4. Auditory memory - If you can put something to a rhyme, then you can easily memorize it. Although, visual processing is faster than auditory processing, auditory processing is also a great method for memorization.

5. Kinesthetic memory - The sensory information in our body can help us remember too. We have the ability to convert whatever it is we want to memorize into a mechanical movement or a dance.

6. Association is the glue of your mind. To remember a new fact simply associate it with something you already know because strong associations create strong memories. To process the learning you get in your class lecture, simply listen to the meaning of something and translate it in terms of your own experiences.

7. Memory Pegs are when you memorize a mastery list of pegs and create associations for the pegs. In order to use memory pegs you need to first memorize a standard set of memory pegs and then picture or visualize each thing you need to memorize with each memory peg.

These seven techniques, can be adapted and adopted by any student to significantly increase memory skills and become a master at remembering what you learn in class lectures and your studies. Take action and start applying some of these techniques and you will be on the pathway to achieving excellence!
Sport Updates
By Ernest Mwanzi

Basketball
On Saturday, October 5, during the Kenya Basketball Federation (KBF) Premiere league matches played at Kenya Ports Authority (KPA) Gymnasium the men’s team (Tigers) lost to KPA 55 – 84, while the ladies also lost 29 – 102 to KPA (ladies).

In the Kenya Universities Sports Association Nairobi Conference (NAKUSA) basketball league match, the men’s team, Marines, thrashed Greta University 104 -30 in a game that was played at Kenyatta University.

The following day the men’s team beat Jomo Kenyatta University of Science and Technology (JKUAT) by a solitary goal while the ladies lost by three goals to one against JKUAT (ladies). All these matches were played at Kenyatta University.

In a friendly match the men’s team held Aquinas High School to a one all draw.

Handball
The men’s handball team beat Daystar University 27 – 22 in a NAKUSA handball league match played at Kenyatta University and in a friendly match beat Aquinas High School 20 -14. These games were all played on October 5.

Netball
The ladies’ team beat Daystar University 21 – 13 in a NAKUSA netball league match played at Kenyatta University.

Swimming
The Dolphins emerged second runners up during the Kenya Swimming Federation (KFS) competition at Makini School on October 5.

Hockey
The ladies’ team beat JKUAT (ladies) by three goals to one, while the men shattered Greta University by five goals to zero during the NAKUSA hockey league matches played at Kenyatta University on October 5.

Media Mentions
Compiled by Diana Meso

October 10: USIU-Africa was mentioned by The Standard in an article titled “Lakers eye top two finish ahead of USIU and Sliders ties.”

October 9: The Star mentioned USIU-Africa in an article titled “Parklands plotting USIU’s downfall in replayed clash.”

October 8: USIU-Africa was mentioned by Citizen Digital in an article titled “Dominant KPA out to sink opponents in KBF fight.”

October 8: The Daily Nation mentioned USIU-Africa in an article titled “Title-chasing Ulinzi go into play-offs as top seeds.”

October 7: USIU-Africa was mentioned by Citizen Digital in an article titled “Warriors emerge top of KBF league, train gears on playoffs.”

October 7: The Star mentioned USIU-Africa in an article titled “Police eager to improve despite beating Jaguars.”
https://www.usiu.ac.ke/1426/star-police-eager-improve-despite-beating-jaguars

October 6: USIU-Africa was mentioned by the Daily Nation in an article titled “KPA hit another century in USIU demolition.”

October 6: Citizen Digital mentioned USIU-Africa in an article titled “KCB to face Oilers in Floodies final.”

October 5: The Standard mentioned USIU-Africa in an article titled “KPA tackle USIU-A Tigers and Flames in league action.”

October 5: USIU-Africa was mentioned by The Standard in an article titled “Former champs Police keen to arrest Jaguars at City Park.”

October 5: The Star mentioned USIU-Africa in an article titled “Police ready to bounce back against Jaguars.”
https://www.usiu.ac.ke/1420/star-police-ready-bounce-back-against-jaguars

October 4: USIU-Africa was mentioned by the Daily Nation in an article titled “Can Thunder strike Ulinzi armoury again?”
https://www.usiu.ac.ke/1419/dail-nation-thunder-strike-ulinzi-armoury-again