USIU-Africa and Centre for Behaviour Change and Communication enter into Partnership Agreement to Offer Social and Behavior Change Training and Certification Programs

By CBCC team

USIU Africa and Centre for Behaviour Change and Communication (CBCC), have entered into a partnership agreement to offer short courses and certification programs in Social and Behaviour Change (SBC) through the Social and Behaviour Change Regional Hub. Through this training, USIU Africa will be the only institution in the region to offer courses in SBC. The program will be offered in conjunction with USIU-Africa and housed in the Department of Psychology in the School of Humanities and Social Sciences.

The MOU was signed by USIU-Africa’s Vice Chancellor, Prof. Paul Tiyambe Zeleza and Centre for Behaviour Change and Communication (CBCC) Managing Director, Mr. Peter L’parnoi and was witnessed by the faculty members from the Department of Psychology, Dr. Michael Kihara, representing the Dean School of Humanities and Social sciences, DVC-ASA Ambassador Prof. Ruthie Rono, Director, Directorate of University Legal Services, Ms. Helen Ambasa and representatives from the CBCC Team.

Speaking during the event, Prof. Zeleza said external partnerships is a key priority area for the university and that this new USIU-CBCC partnership was strategic in fostering research, capacity strengthening, community engagement/service, as well as preparing students and staff to be change agents in the community. The VC emphasized on the current need for focused interventions to address many emerging issues at both individual and organizational levels. He particularly brought out mental health as an area that needed a lot of attention, pointing out that this partnership will be extremely useful in promoting these focused interventions.

Prof. Arasa, Chairperson of the Psychology Department reiterated the centrality of the partnership in creating complementarity and augmenting the existing courses. She further highlighted that the SBC training fit into the department’s goal and curriculum and will complement what the department is already doing in terms of competent student-oriented teaching, research and community service. She praised the members of faculty and CBCC team for working tirelessly together including reviewing the SBC curriculum that will be used and making sure that it is aligned to the university policy.

On his part, Mr. Peter L’parnoi highlighted that USIU has distinguished herself as a credible, professional university in the region with a vision to be a premier institution of academic excellence with a global perspective that has continued to provide excellent academic programs.

The Social and Behaviour Change (SBC) Regional Hub is a learning Centre established under CBCC to address capacity needs of different players and stakeholders. The goal is to strengthen the capacity of individuals, organizations and systems to deliver positive outcomes across various sectors in the private and public organizations and in multiple levels including Regional, National, Counties, Sub-counties and Community.
Dean of School of Pharmacy and Health Sciences, Prof. Njeri Wamae, featured as one of the faces of tropical medicine by the American Society of Tropical Medicine and Hygiene

By ASTMH

Prof. Njeri Wamae, recipient of the Clara Southmayd Ludlow award in 2018 has been featured on the American Society of Tropical Medicine and Hygiene (ASTMH) website, where she speaks about her journey, experiences and achievements in tropical medicine.

In the video, she chronicles her journey and what led her into tropical medicine, noting that she had always had an interest in health sciences from her younger days.

"Since my high school days, I have always had an interest in health sciences. But it was while doing research for a term paper that I had the shocking realization that river blindness, a disease that I had never seen or heard of was disproportionately endemic in Africa. This revelation pushed me into my life-long passion," she says.

Recently, Prof. Wamae recently led the national team that helped Kenya get certified by WHO as free of guinea worm disease in May 2018.

You can watch the video here: http://iamtropmed.org/blog/2019/08/14/driven-by-ambition

How to Double Your Exam Scores in Less Time

How to read a book in 15 minutes (And remember its main ideas)

By Evan Kamau - Performance Consultant

What is Reading versus Pronouncing? Pronouncing is simply going from symbols to auditory sound. Reading is about converting symbols on a page to a mental movie in your head. Reading should be primarily a cognitive activity and not a mechanical process. You read with the mind for increased understanding.

Before you pick up a book you have to decide what your outcomes or desired results are, and what you are looking for, this helps you to find the needle in the haystack. Look for what is distinct or different from what you may already know.

Read for ideas. In a book we are going to find facts and ideas. We need to focus on the ideas in order to understand the facts and the arguments of the author of the book.

If you are reading a practical manual, you will probably find rules and procedures. They teach you "how to." But before learning procedures, it’s important to understand the process as a prerequisite to comprehending the procedure.

Realize that the book is your possession. Don’t finish a book just because you started it. The book does not own you.

Practice reading faster. You can adapt to your reading speed. The optimal speed reading technique is to systematically skim 80% of the books you were going to read. A lot of learning we do is bottom up. Instead, spend about ten to fifteen minutes looking at the important things in the book. This gives you the structure of the book, and it also helps you make the decision whether to read the book or not.

Apply the material you learn. Put it into practice as soon as you can. Teach someone what you learned as soon as you can. To teach is to explain. To explain is to assume under a general law. Explanation is when you reduce something to a general law or principle.
When you read a book, break down the key ideas into the fewest words or a picture that you can then turn around and share with others. We need to understand that we are absorbing stuff through our senses continuously. When we read we assimilate a can take in a lot of garbage. We need to be discriminative of what we take in.

Creative writing is the opposite of reading.

Creative writing is when we have a movie in our head and we describe it in words on paper. Anything you can do to practice visualizing and constructing is going to be a valuable process to help you grow.

The key is to understand, not just to memorize what you read. When learning math, knowing what it means to add and multiply is much more powerful than just having your multiplication tables memorized.

It is much easier to learn than to unlearn. Unlearning is very difficult. The secret is to learn it right in the first place. Then you don’t need to unlearn it.

Next week we shall look at the final part in this series: How to Double Your Exam Scores in Less Time – Part 4

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**The Marketing Department appreciates faculty and staff at USIU-Africa**

By CTW team

In continuing with the spirit of Customer Service Week, the marketing department handed out tokens of appreciation to the faculty across USIU-Africa’s six schools, as a means to appreciate them for their contribution to the University’s continued wellbeing. The gesture was part of the University’s activities to celebrate its internal and external stakeholders during Customer Service Week.
Basketball
On Saturday, October 12, 2019, during the Kenya Basketball Federation (KBF) league matches played at Nyayo Gymnasium the men’s team (Tigers) beat Embuya 68 – 53 and the next day beat Eldonets 70 – 51 while the ladies’ team beat Delights 70 – 54.

Soccer
In the Kenya Universities Sports Association Nairobi Conference (NAKUSA) football league matches played on October 12, the ladies team lost to Mt Kenya University by four goals to zero at Jomo Kenyatta University of Science and Technology (JKUAT).

Swimming
The men’s team emerged fourth while the ladies were eighth during the Kenya Swimming Federation (KFS) branch level 1 competition at Makini School on October 12 and 13.

Hockey
The ladies hockey team beat Lakers by two goals to one at City Park during the Kenya Hockey Union league matches on October 13.

Volleyball
In the NAKUSA volleyball league match, the ladies’ team beat Daystar University by three sets to one at JKUAT on October 12.

Tae Kwon Do
Both the ladies’ and the men’s team were first runners up with 1 gold, 1 silver respectively during the Nakuru County Championship tournament in Nakuru on October 12.

October 17: The Star mentioned USIU-Africa in an article titled “Mombasa tournament attract Premier League sides.”
https://www.usiu.ac.ke/1456/star-mombasa-tournament-attract-premier-league-sides

October 16: USIU-Africa was mentioned by The Star in an article titled “Police midfielder pondering of retiring from national team duties.”
https://www.usiu.ac.ke/1455/star-police-midfielder-pondering-retiring-from-national-team-duties

October 15: The Standard mentioned USIU-Africa in an article titled “Brave KPA cage Equity Bank Hawks.”

October 14: The Daily Nation mentioned USIU-Africa in an article titled “Lakers’ unbeaten run ended in Nairobi.”

October 14: USIU-Africa was mentioned by The Standard in an article titled “USIU, Sliders sink Lakers’ unbeaten run.”
https://www.usiu.ac.ke/1451/standard-usiu-sliders-sink-lakers-unbeaten-run

October 12: The Standard mentioned USIU-Africa in an article titled “Greensharks plot to attack Wazalendo lads.”
https://www.usiu.ac.ke/1450/standard-greensharks-plot-attack-wazalendo-lads

October 12: USIU-Africa was mentioned by The Star in an article titled “Strathmore eye good finish in top tier as they face World Hope.”

October 12: The Daily Nation mentioned USIU-Africa in an article titled “KPA women hit Sparks as KU Oryx escapes axe.”
https://www.usiu.ac.ke/1448/daily-nation-kpa-women-hit-sparks-as-ku-oryx-escapes-axe

October 11: USIU-Africa was mentioned by the Daily Nation in an article titled “USIU stalk Lakers as Wazalendo battle Greensharks.”

October 11: The Daily Nation mentioned USIU-Africa in an article titled “KPA teams eye strong finish.”
https://www.usiu.ac.ke/1446/daily-nation-kpa-teams-eye-strong-finish

Upcoming events
Academic Colloquium - October 24
USIU-Africa Alumni Homecoming - October 26
USIU-Africa Academic Symposium - October 31
USIU-Africa Fun Run - November 2