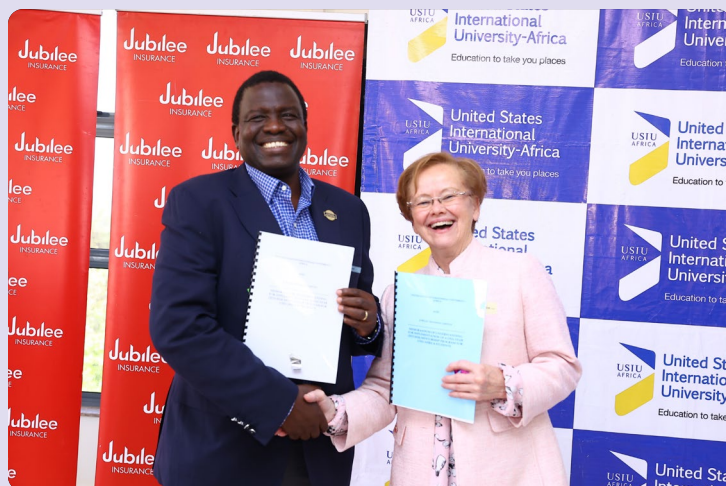


CAMPUS THIS WEEK

Jubilee Insurance and USIU-Africa launch mentorship program in East Africa

On Friday, February 3, 2023, Jubilee Insurance announced a partnership with the United States International University–Africa (USIU-Africa) to launch a regional mentorship program that will help students better prepare for the workplace. The program is expected to impact 100 students from various disciplines this year with a targeted number of 300 students over the next three years. The program will be implemented by the USIU-Africa Placement & Career Services team who will train 50 Jubilee Insurance staff members from Kenya, Uganda, and Tanzania on mentoring skills to support their engagement as mentors to USIU-Africa students. The trained staff will be on-boarded into a formal and structured program that will run for one year.

For years, the job market has relied on tertiary and university institutions to produce ready-to-work graduates for the job market. However, only 40 per cent of the students who complete technical training find employment.



Dr. Julius Kipng'etich, Jubilee Insurance Group CEO and Professor Margee Ensign, Vice Chancellor, USIU-Africa sign an MoU during the launch of a mentorship program targeting 100 USIU-Africa students and 50 Jubilee Insurance employees. Photo: Courtesy

[Read more](#)

Pictorial: The Department of Tourism and Hospitality Management attends the Sustainable Travel & Tourism Agenda (STTA)

> By Godwin Njeru



(From L-R) Prof. Godwin Njeru, Christine Njeru, Vivian Ruri, Mariam Adeyemi and Eyob Kinde at the Sustainable Travel & Tourism Agenda (STTA) held on January 28, 2023. The seminar's theme was "Transforming tourism for climate change". STTA seeks to build young sustainability ambassadors, empowered with sustainable development knowledge and skills, who can be relied on for innovative ideas and solutions to the challenges we face today in the tourism and conservation sector.

Photo: Courtesy

Confucius Classroom at USIU-Africa engages board members

> By Wanjiku Mbugua



The Confucius Classroom Board Members during their meeting held last month. Photo: Wanjiku Mbugua

The Confucius Classroom at USIU-Africa began their official duty with a meeting on Monday, January 30, 2023. The aim of the Confucius Classroom is to promote Chinese language and culture, support local Chinese teaching internationally and facilitate cultural exchanges.

[Read more](#)

CAMPUS **THIS WEEK**

How to deal with your limiting beliefs

> By the Counselling Department

In order to make progress in life and move forward you need to understand your own beliefs and which beliefs are limiting. When you believe your life will be hard, your mind will concentrate on this belief and will search for evidence to back up this belief. This happens all the time, have you ever been searching for a book saying to yourself “I can’t find the book” you look everywhere without being able to locate the book, this leads you to becoming angry and frustrated. Your friend comes in and tells you that there on the table in front of you – the place you checked three times! By telling yourself you can’t find the book, stops you from finding it.

Another example is when you meet someone you fancy for the first time, as you tell yourself that you are attracted to this person, you look for the things you like about them; a nice smile, funny and interesting. With some relationships, after a couple of dates you change your belief from “I really fancy this person” to “I don’t think this relationship will work out” after changing your belief you start to look for new evidence to back up this new belief; hairy ears, overweight, always late and uses bad perfume.

As you will agree, the same happens with our own limiting beliefs we tell ourselves something negative about ourselves and then look for evidence to back this up. To challenge your beliefs, question the evidence that backs up your limiting belief, look for the generalizations, check to see what is missing-essentially create doubt in your belief.



[Read more](#)

The role International Day of Women and Girls in Science in strengthening Sustainable Development Goals

> By Racheal Ngumi

This Day is an opportunity to promote full and equal access to and participation in science for women and girls. This year, the International Day of Women and Girls in Science (IDWGIS) will focus on the role of Women and Girls in Science as relates to the Sustainable Development Goals (SDGs). Particular focus is on SDG 6 (clean water and sanitation), SDG 7 (affordable and clean energy), SDG 9 (industry, innovation, and infrastructure), SDG 11 (sustainable cities and communities) and SDG17 (means of implementation). In effect, how the contribution of women and girls in these areas will affect sustainable development in their respective countries. The IDWGIS aims to connect the International Community to Women and Girls in Science, strengthening the ties between science, policy, and society for strategies oriented towards the future. The IDWGIS will enable demonstration and illustration of best practices, strategies, applied solutions in addressing SDGs challenges and opportunities.



[Read more](#)

CAMPUS THIS WEEK

USIU-Africa's Spoken Arts and Debate Society shines at the Pan African University Debate Championship 2022

> By Lauryn Ojore

The Pan African University Debate Championship (PAUDC), held at Strathmore University in Nairobi from December 8 to 15, 2022, was a highly competitive event featuring teams from universities across the continent. Among the standout performances at the championship was that of the United States International University- Africa (USIU-A), who had three out of four teams break to the octofinals round.

The PAUDC is a forum for university students to debate and compare the current difficulties that Africa and the globe confront. It helps students to offer new and realistic solutions to these difficulties in order to mitigate them. Furthermore, the platform intends to provide a mentoring atmosphere for African international leaders. This is accomplished by encouraging critical and analytical thinking, innovation and ideation, active learning and complex problem solving, creativity and originality.

[Read more](#)



From Back Left to Right: Louis Gitu, Stacy Onyango, Lauryn Ojore, Joshua Wambugu and Elsie Sirengo.

From Front Left to Right: Jeremiah Kashaka, Bienvenu Faraja, Fresher Awuor, Samuel Kagia, Wanjiru Karugu and Victor Mwendwa.

Photo: SADS

SPORTS UPDATES

> By Shyat Lemoshira

BASKETBALL

The USIU-Africa Tigers, the basketball men's team, had two matches on Saturday, February 4. First, they faced Grets University in a Kenya University Sports Association (KUSA) match in Kenyatta University (KU) which they clobbered them 71-30. The final match of the day was between the Tigers and Strathmore Blades in a Kenya Basketball Federation (KBF) division one



Tigers have a moment during their clash against Strathmore Blades.

Photo: Frederick Ochieng/k_hoops

league match at the USIU-Africa basketball court at 4.30pm. As soon as the game started, it was tight from the 3rd quarter up to the end of the 4th quarter. The USIU-Africa Tigers roared to victory with a 59-50 win. Ariel Ortega had a spectacular performance with 26 points after making six 3 point shots. The Tigers faced JKUAT on Sunday, February 5 in a KUSA match in KU but lost 42-21.

The USIU-Africa Flames, the basketball ladies team, trounced Kiriri Women's University of Science and Technology (KWUST) with a 100-10 win in a KUSA match on Saturday, February 4 in KU. They also faced Multimedia University of Kenya (MMU) in a KBF division one league match on Sunday, February 5 at the USIU-Africa basketball court. They beat them 81-26. Finally, they went to KU afterwards to play against Daystar University and the match ended 64-31 in favor of the Flames.

SOCCER

The USIU-Africa Wolves, the soccer men's team, had two games over the weekend. They had their first win over Pan African University Institute for Basic Sciences, Technology and Innovation (PAUSTI) with 3-0 walkover on Saturday, February 4 in KU. They also played against Mount Kenya University (MKU) on Sunday, February 5 in KU which they unfortunately lost 1-2 in favor of MKU.

[Read more](#)



Coach Josphat Murilla, aka the Controller, providing tactics to Wolves before game time.

Photo: Bevex Kapansa

For comments, submissions and queries, please contact the Marketing and Communications Department on pr@usiu.ac.ke or on 0730 116 237 /307 /420 /585 /562