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LU *Freshmen Vibe*



CAMPUS AT A GLANCE



Laikipia University is ISO 9001:2015 and ISO/IEC 27001:2013 Certified



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Hello Freshmen,

Welcome to *LU Freshmen Vibe: your Campus at a Glance Magazine*. This edition brings you a raft of academic and social activities which students engage in the campus. It gives you a sneak preview of what goes on in the university. Ensure that you immerse yourself in these activities, have fun and enjoy yourself. We guarantee you that you will have a wonderful time in LU.

LU
Freshmen Vibe

WELCOME NOTE FROM THE VICE CHANCELLOR



Welcome to Laikipia University. Congratulations for making it this far. We are indeed delighted to welcome you as a new member of our family. As a student you are our most valued clientele. The University is aware that you all come from diverse backgrounds. Irrespective of this, LU will treat you as a unique person. Here at LU, we will cultivate opportunities that prepare and empower you not only for employment but also for life. LU has the most beautiful environment which is very conducive for learning. Ensure that you take advantage of this serene environment. Once again you are most welcome to Laikipia University.

Prof. Kibett Rotich, Ph.D
Professor of Biostatistics and Informatics



HISTORY OF THE UNIVERSITY

Laikipia University (LU) was established through an award of Charter on 19th February, 2013 under the Universities Act No. 42 of 2012. The Main Campus is located 50 km from Nakuru along Nakuru-Nyahururu road.

Its inception is associated with Mr. William Thomas Alfred Levet, who in 1929 acquired 927 acres of land to start a primary school for whites-only children and farming activities before changing ownership in 1959 and eventually transferred it to the Ministry of Agriculture and Animal Husbandry in 1965, as an Agricultural Training College.

The institution has gone through various phases: Thomson Falls Large Scale Farmers Training College (1965-1979); Animal Health Industry Training Institute (1979-1988) and Laikipia Teachers Training College (1988-1990). In June 1990, Laikipia Teachers Training College was converted to Laikipia Campus of Egerton University to offer B.Ed. (Arts) and B.A. degree programmes. In the period October 1990 to December 1992 the Campus was temporarily based at the National Youth Service College, Naivasha.

FUNDAMENTAL UNIVERSITY STATEMENTS

Our Vision

A University for valued transformation of society

Our Mission

To serve the students and society through research, education scholarship, training, outreach and consultancy

Our Motto

Seed of Wisdom

Our Core Values

Quality, Integrity and Respect.

We value Quality by:

- a) Achieving excellence in quality teaching, learning, research, leadership, people development, relationship management and integrated systems;
- b) Providing progressive and accessible education, research, extension and consultancy solutions; and
- c) Pursuing innovation and an outward looking focus.

We value Integrity by:

- a) Operating ethically;
- b) Acting professionally and honestly;
- c) Treating people with fairness, respect and dignity; and
- d) Being open and transparent in decision-making.

We value Respect by:

- a) Working collaboratively;
- b) Listening to others and respecting their point of view; and
- c) Valuing the diversity of people who study and work at LU.

OVERVIEW OF THE SCHOOLS:

Laikipia University has Four Schools namely; School of Humanities and Development Studies, School of Business, School of Education and School of Science and Applied Technology. Each of the schools has departments that offer various academic programmes as;

• SCHOOL OF EDUCATION

- a) Psychology, Counseling and Educational Foundations.
- b) Curriculum and Education Management.

• SCHOOL OF BUSINESS

- a) Department of commerce
- b) Department of Economics

• SCHOOL OF HUMANITIES AND DEVELOPMENT STUDIES

- a) Department of Literary and Communication Studies.
- b) Department of Public Affairs and Environmental Studies.
- c) Department of Sport Science.

• SCHOOL OF SCIENCE AND APPLIED TECHNOLOGY

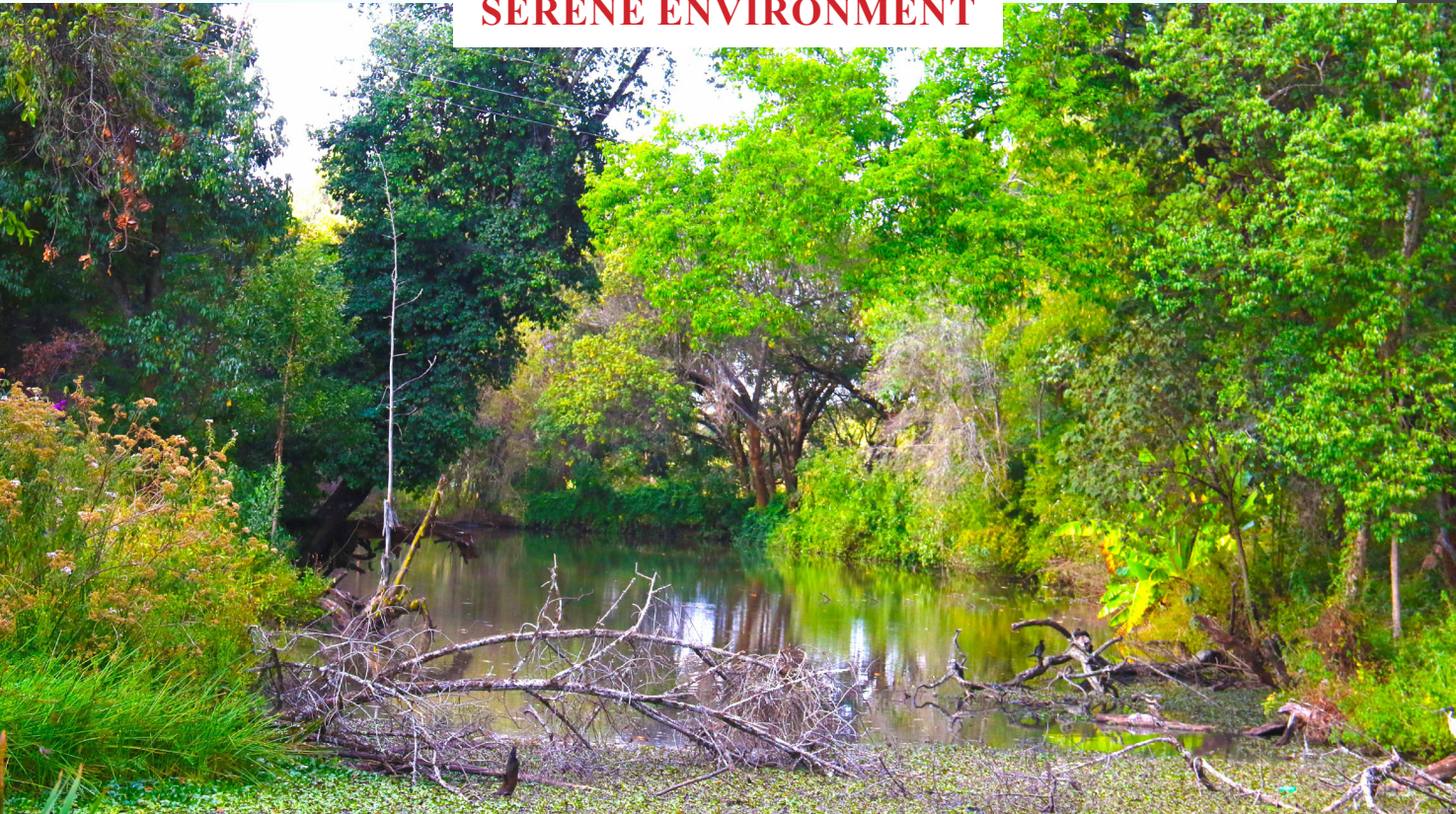
- a) Department of Biological and Biomedical Sciences
- b) Department of chemistry and Biochemistry
- c) Department of Physics
- d) Department of Mathematics
- e) Department of Computing and Informatics



LU'S UNMATCHED

If you are pouting and asking yourself why study in Laikipia. These are the reasons;

SERENE ENVIRONMENT



When you think of LU, you should envision the beautiful ambiance that will host your great minds. The University is full of beautiful natural resources: A forest, lake, lagoon, nature trail, breath taking views and beautiful trees.

You will not be woken up by an alarm, but by a cool breeze that penetrates through the corridors of the hostel and find its way into your room and the sweetest melodies of the birds which together creates an opera only nature gives.

The serene environment won't let you feel lonely because the air blows up your exhausted mind making you comfortable on the bed of flowers.

The cool environment present at the green libraries won't let you get a sun-burn.

If you had a busy day in the university, there is always that tree in the forest ready for you.

LIBRARY SERVICES



Library resources are patent to the academic success of any institution of higher learning.

LU has a fully stocked Library that is up to date with all the resources students and staff members would require to scale academic heights. Besides this, the university library has subscribed to the best online journals in the world to ensure that you as our most valued customer get exposure to the best academic

materials.

In addition to that, the university has 2 mini-libraries under the Human Rights Centre and the Gender Centre that are stocked with resources concerning Human Rights and Gender respectively.

EATS AND DIGS

When it comes to filling up your tummies we got you sorted out. Our catering department provides sumptuous and healthy meals. The best thing about our eats and digs corner is that we offer healthy and quality meals at a discounted price making your stay at the university more comfortable and friendly to your pocket. . Mark you; the University Farm grows much of the food. Besides, the university has allowed private entities to operate restaurants within the campus so as to provide a variety that you can choose from.



Our hostel facilities are unmatched especially bearing in mind the ambiance of the neighborhood.

SKILLS ADVANCEMENT PROGRAMMES



The competitiveness of our students is dear to us. Lu has partnered with other organizations to offer skill advancement courses that grant you an added advantage over your peers in other institutions. Huawei Certified ICT Associate (HCIA) and Huawei Certified Network Associate (HCNA) for the geeky students who are creative and are in love with technology. CISCO Networking Academy that sharpens and builds your IT skills. Microsoft

Certified Educator (MCE) for the teacher trainees and Agripreneurship just to mention, but a few.

CAMPUS MEDIA



Are you tech savvy and love photography and writing?

At LU we encourage our students to be tech savvy. To achieve this we have a media studio that our Communication and Media students use for their practical classes. Besides that, we allow students who are talented in photography to grow their prowess by giving them an opportunity to cover different events that take place in the University.

We endeavor to grow our students mentally and bring out the best in them by providing a

platform for them to share their talents and ideas with others. If you are good in writing, your article will be published in the Laikipia University Info Point and the joint LU- I Choose Life & LU- Kenya National Commission on Human Rights Magazines.

TALENTS AND INNOVATIONS

They say, talents and skills can seat you with kings. At Laikipia University, we value and nurture talents to ensure holistic growth by providing avenues and resources for our students to show case their talents.

We take pride of our Travelling Theatre, Soccer, Hockey, Volleyball, Netball, Rugby, Handball, Field & Track, Chess, Scrabble, Darts, Table tennis, Badminton, Karate & Tae Kwon Do, Weight training, and Cross country teams.

Our innovators scale the heights. They have showcased their innovations at the Laikipia

County Innovation Week, Nyandarua Innovation week and the Nairobi Innovation Week. At Laikipia University we nurture your talents to ensure that you become a holistic person in society.



SPIRITUAL NOURISHMENT



The Chaplaincy is headed by the University Chaplain and it has four recognized religious groups that cater for the spiritual growth of their members. These are: Muslims, Seventh Day Adventists, Christian Union and Catholic Action. In recognition that the University is an Educational Institution with an obligation to produce educationists who are accountable and sensitive to justice and transparency, the chaplaincy services are offered for spiritual, moral and character development. The chaplaincy services gather together the members of these various spiritual faiths to form a community guided by spiritual

principles and commitment, for betterment of individual life.

LINKAGES, COLLABORATIONS & OUTREACH

Laikipia university students are engaged in various activities within and without the university.

Under the Laikipia University – Karlstad University, Sweden collaboration, the universities nominates two (2) each for the exchange programme every academic year.

LU nurtures greatness through numerous activities and prides in those of us that excel and participate in forums beyond our borders such as Dennis Ochieng' (BSc. AGECE) who took part in the Youth Agricultural Summit,

2019 in Brazil while other students took part in the Young African Leadership Forum, 2019 in South Africa.

LU conducts numerous outreach and community services organised under various auspices as; Clubs & Societies, SEALS, Partnerships, Alumni and as an institution. This way, activities such as environmental conservation, clean up exercises, trainings, mentorships and many other corporate social responsibility activities are run.



MENTORSHIP



*L*aikipia University understands the importance of mentorship and endeavors to encourage the development of personal relationships among students, staff and the community in an effort to reinforce constructive role modeling.

With support from various partners (I Choose Life, Equity Wings to fly, LU Alumni, LU staff and various County governments) the university

runs a comprehensive mentorship programme modeled on the mentorship pyramid.

ADOPT A GIRL INITIATIVE AND THE FORGOTTEN GENDER INITIATIVE.

*T*his two mentorship programmes are under the Gender Centre. Under the Adopt a Girl Initiative, female students are divided up among volunteer female staff members for the purpose of tracking the academic, social and holistic progress of each student. Under this initiative, each unit of students and female volunteers consists of 10 students and 1 volunteer.

On the other hand The Forgotten Gender Initiative is a mentorship programme for the “boy-child” where the male students are divided up among volunteer male staff members with the aim of providing guidance to our male students



ACADEMIC ADVISING



We all join institutions of higher learning with the aim of curving out our career paths at the end of our degree programme. At Laikipia we not only offer programmes that propel you to your desired career path, but we also provide academic advising at the department level, where students are assigned to specific lecturers to allow for one-on-one engagement.

COFFEE DATE WEDNESDAYS



The Gender Centre holds coffee hour sessions every Wednesday at 5.00pm at the Gender resource Centre Boardroom. During these sessions, students gather to discuss some of the challenges that they might be facing and how to deal with them. Moreover, the Gender Centre takes this opportunity to sit and listen to you as our most important clientele and advice you accordingly, all in a bid to equip you with life skills. The catch to this meeting is that you get to share a cup of coffee and biscuits with your colleagues. We hope to see there on “Coffee Date Wednesday”.

LU
Freshmen Vibe



GUIDANCE & COUNSELING SERVICES

While University education offers many chances and opportunities for growth, for students it's also a demanding stage of life that often brings with it major changes and stress. Transition from High School life to University life comes with various adjustment issues. Sometimes these issues can become overwhelming as problems grow and appear impossible to handle.

Some of the issues that Students Counsellors address include:

- *Adjusting to the University life*
- *Self-esteem issues*
- *Stress and anxiety*
- *Loneliness*
- *Depression and suicidal tendencies*
- *Addictions (drugs, gambling, sex)*
- *Relationship issues*
- *Academic issues*
- *Rape and Sexual assault*
- *Trauma, Loss and Grief*

All students are encouraged to seek help from our qualified and experienced counsellors who will provide emotional and psychosocial support. The counsellors will guide you through decision making, coping skills development and stress management. Counselling services personnel will also assist in promoting students ability to take control of their lives and discover their full potential as they pursue their academic journey.

Information shared during the Counselling sessions will be treated with uttermost confidentiality.

The aim of the counselling services is to ensure we develop confident, responsible and self-reliant individuals who can face life challenges with positivity and make wise decisions. As a section we look forward to assisting you make the best out of your University life as you work towards achieving your academic goals.



Laikipia University alumnus Felix Kipkemboi receiving Teacher of the Year Award TOYA 2019 trophy from Dr. Richard Belio Kipsang, the Principal Secretary Basic Education

LU ALUMNI

This alumni base consists of professionals working within and outside Kenya who studied in LU. The Laikipia University Alumni's contribution to humanity in various disciplines and in providing service to humanity is tremendous.

The purpose of the LU Alumni Association is to foster a spirit of loyalty and to promote the general welfare of Laikipia University. The Alumni Association supports the University's goals, and strengthen the ties between Alumni, the community, and the University.

NOTABLE ALUMNI

Laikipia University prides in our vast and diverse alumni spread across the spectra:

Education:

- | | |
|-----------------|--|
| Felix Kepkemboi | -2nd runners-up, Teacher of the year (TOYA), Kenya, 2019 |
| Lucy Mugo | -Best Teacher in Kenya (TOYA), 2016 |

Media:

- | | |
|------------|------------------------------------|
| Rose Gakuo | -Primetime News Anchor, K24 TV |
| Lily Rono | -Editor In chief, Parents Magazine |

Corporate:

- | | |
|---------------------|---|
| Dr. Francis Kangure | -Institutional Performance Improvement Advisor, USAID |
| Nelly Palmeris | -Nairobi Regional Coordinator, Kenya Wildlife Service |

Insurance:

- | | |
|----------------|--|
| Meshack Miyogo | -Head of Retail, Sanlam Life Kenya |
| Faith Wanjira | -Branch Manager, CIC Insurance -Nyahururu. |

Banking:

- | | |
|---------------|---|
| Njeri Mwengi | -Branch Manager, Tower Sacco –Nakuru |
| Mesheck Akoko | -Head of Mobile Banking, Cooperative Bank |

National Government:

- | | |
|---------------------|--|
| Dr. Vincent Makokha | -Nyanza Regional Commander, Kenya Police Service |
|---------------------|--|

County Government:

- | | |
|-------------------|--|
| Dr. Lenai Kimario | -CEC (Health), Laikipia County |
| Gideon Mukiri | -Director, ICT & Comm. Nyandarua County Assembly |

Non-Governmental Organizations:

- | | |
|---------------|--------------------------------------|
| Gibson Mwaita | -Programs Coordinator, I Choose Life |
|---------------|--------------------------------------|





AUTHENTICITY

of heart and life

BEING REAL

In recent times, we have seen stories of people who are paying the price for living what many might call ‘fake’ lives. Their desire to put a façade online, for whatever reasons, ended up destroying

their reputations, their careers, or both.

In a bid to keep virtual relationships and appearances going, young people have resorted to extremes such that they become totally different persons online from their real offline self. They appear to be better looking, more successful, happier or richer when this is not the reality on the ground. While it does not apply to everyone, it is a problem because some people cannot discern what is real and what is exaggerated .

Consequently, social media has become the root of depression and anxiety as young people struggle to keep up their online image while others try to emulate other people’s lifestyles without knowing the background story.

This is one of the biggest challenges of the social media age. As social media continues to grow, so does the challenge it poses to our authenticity. Granted, everyone wants to show their best side, but where does one draw the line? How does one remain true to themselves when it is deemed acceptable to put on a ‘mask’? Is there a place for authenticity?

Authenticity is simply defined as being true to yourself. It can also be described as representing one’s true nature or beliefs and being original and genuine.

Being authentic, however, is far from easy as we are constantly being told how to act. Often, young people end up living a certain way to fit within some set rules and thereby to some extent deny their authentic selves. This is a daily struggle that many people go through. It is, however, not just limited to social media. We owe it to ourselves to be genuine in the way we present ourselves to the world in all facets of our lives.

Being authentic is also not a one-off process. It is a constant cycle of learning new things about yourself as well as unlearning what you may have thought to be your true self, as other people may have influenced it.

While the process may not be easy, being authentic has great benefits to personal development and interpersonal relationships. Authenticity creates leaders that can be trusted, friends who are understanding of each other's strengths and weaknesses and people who are generally more accepting of others.

When you are authentic, you allow the people you interact with to feel comfortable being themselves as well, which is a good way to make lasting human connections. It also allows you to pursue your dreams passionately as you are aware of what you want.

However, there is a caveat. Accepting our whole selves and living authentically is not an excuse to not improve ourselves for the better. When you live authentically, you realize that as a human being there are certain areas you can improve on, which in turn helps you live authentically as a better version of yourself.

REFLECTIONS

To be authentic, we must cultivate the courage to be imperfect and vulnerable. I've learned that there is no better way to invite more grace, gratitude and joy into our lives than by mindfully practicing authenticity.

Brene Brown (1965), American author and speaker

I had no idea that being your authentic self could make me as rich as I've become. If I had, I'd have done it a lot earlier.

Oprah Winfrey (1954), American talk-show host, film actress and businesswoman.

The quality of your life is directly related to the authenticity of the dreams you choose to follow.

Anonymous

If you don't know who you truly are, you'll never know what you really want.

Roy T. Bennett (1939), American author and statesman

Lily Ronoh-Waweru (MA)

Editor and Head of Sales and Marketing at Parents Magazine

LU Alminus

LAIKIPIA UNIVERSITY HALF MARATHON DAY



LAIKIPIA UNIVERSITY

— HALF-MARATHON —

**PROMOTING SPORTS,
HEALTH & CLEAN
ENVIRONMENT**



SEPTEMBER

28TH
2019

'A University for Valued Transformation of Society'

HEALTH WEEK

During this week our medical department in collaboration with partner hospitals conduct free medical checkups on students, staff members and even our surrounding community. During this week you can get services such as;

- *Cancer screening*
- *VCT*
- *Tuberculosis testing*
- *Blood Pressure testing*



GENDER DAY

This is a day that is set aside for the purpose of championing for equality and equity among both genders. During this day, we hold social events that bring together both students and staff members with the common goal of making Laikipia University a gender-friendly centre.

ENVIRONMENT DAY

This event takes place every 5th June and we as the Laikipia Community, we take time off our busy schedules to take care of Planet Earth. During this day we plant trees with the aim of making Laikipia green. It would be fantastic if each and every one of you would plant a tree seedling and by the time you leave Laikipia it will be a few metres high.



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