



## MURANG'A UNIVERSITY OF TECHNOLOGY

**REPORT ON PEER COUNSELLORS /EDUCATORS TRAINING FOR ACADEMIC YEAR  
2023/2024 HELD ON 26<sup>TH</sup> – 27<sup>TH</sup> OCTOBER 2024 IN MILIMANI HALL IN  
MURANG'A UNIVERSITY OF TECHNOLOGY.**

## 1. Description

Quality Management System, student's welfare procedure manual of Murang'a University of Technology requires the Guidance and Counselling office to train peer counsellors and educators staff and students at the beginning of every academic year. This year training was held on 26<sup>th</sup> and 27<sup>th</sup> October 2024 in Milimani Hall for two days

**1.1 Title of activity:** Train Staff and Students Peer Counsellors.

**1.2. Location:** virtual/physical (specify)

Physical

**1.3. Date of the sensitization:** 28<sup>th</sup> and 29<sup>th</sup> October 2024 in Milimani Hall.

**1.4. Facilitators:** Ms. Clare Bosire and Mr. Ezra Karanja Wanaina both external facilitators.

**1.5. Number of participants (disaggregated by gender):**

**Total number during the session was: 69**

41 Female and 28 Male

## 2. Objective

Train Staff and Students Peer Counsellors in order to increase the number of Peer Counsellors and ensure accessibility of peer counsellor for counselling services and effective referral

## 2. Description of the Sensitization:

Training staff and students peer counsellors and educator is a continuous process every academic year. The University is committed to ensuring the institution has enough peer counsellors/educators in the University. This year training was officially opened by the Dean of Students Dr. Asige Chavulimu. The trained peer counsellors were impacted with knowledge, skills and responsibility of helping their fellow peers. The training was attended by students' students from both main campus and Mariira Campus.

## 3. Questions raised by the participants (if any);

Need to train more students and staff to cater for the increased needs of the students.

## 4. Conclusion

The training was aimed at impacting knowledge and skills to students and staff to be able to support their fellow students. Various topics and issues were covered during the training



to ensure the trainees were competent enough to handle the students. In addition, referral was emphasized to ensure they don't experience psychological harm to their peers. Special thanks to the management for provision of resources, the dean of students' office for the support and MUTPECC leadership for active participation in mobilization of applicants and trainees.

### Annex:

Session Program (Attached)



**MURANG'A UNIVERSITY OF TECHNOLOGY**  
**OFFICE OF DEAN OF STUDENTS**  
**GUIDANCE AND COUNSELLING OFFICE**  
**PEER COUNSELLORS/EDUCATORS TRAINING FY 2024/2025**  
**VENUE: ASSEMBLY HALL**  
**DATE: 26<sup>TH</sup> AND 27<sup>TH</sup> OCTOBER 2024**

TIME	ITEM	FACILITATOR
	<b>SATURDAY (Day 1)</b>	
8:00 – 08:30 am	Opening remarks  ❖ Introduction, formation of group norms and picking of participants expectations	Dean of Students – Dr Asige Chavulimu Students Counsellor – Runnoh Goretti
08:30 – 10:30 am	❖ Personal Development <ul style="list-style-type: none"> <li>• Personal Growth and Self Awareness</li> <li>• Joharis Window Model of self-Awareness</li> <li>• Self-Concept</li> </ul>	Ms. Kerubo
10:30 -11:00 am	<b>TEA BREAK</b>	
11:00 – 1:00pm	❖ Introduction to Counselling ❖ Difference between Counselling and Guidance ❖ Brief introduction of Counselling Theories	Ms. Kerubo

	<ul style="list-style-type: none"> <li>• Psychoanalytic – Concept of a person, origin of the problem, and defence mechanisms</li> <li>• Behavioural – Concept of a person, origin of the problem, counselling techniques</li> <li>• Cognitive Behavioural theory – Concept of a person, origin of the problem and ABC Concept</li> <li>• Humanistic – Concept of a person, origin of the problem and Core Condition</li> </ul>	
1.00pm - 2.00pm	<b>LUNCH</b>	
2:00 – 4:30 pm	<ul style="list-style-type: none"> <li>❖ Counselling process (three-stage model of helping clients) /stages and skills</li> <li>❖ Life skills and their importance to peer Counsellors/Educators</li> </ul>	Ms. Kerubo
	<b>SUNDAY (Day 2)</b>	
8:00 – 10:30 am	<ul style="list-style-type: none"> <li>❖ The role of Peer Counsellors/Educators in the University</li> <li>❖ Qualities of a good peer counsellor/educator</li> <li>❖ Difference between peer educators, counsellors and mentors</li> </ul>	Mr. Ezra
	<b>TEA BREAK</b>	
10:30 – 1:00 pm	<ul style="list-style-type: none"> <li>❖ Emerging issues in Universities and how to deal and cope with them               <ul style="list-style-type: none"> <li>• Unhealthy Relationship (s)</li> <li>• Dealing with Loss e.g. relationship breakup and make up</li> <li>• Cohabitation</li> <li>• Irresponsible Sexual Behaviours</li> <li>• Unplanned Pregnancies</li> <li>• Self Esteem Issues</li> <li>• Abortion</li> <li>• Addictions e.g. Chemical and Non-Chemical Addiction</li> <li>• Suicidal Ideations and suicide</li> <li>• HIV/STD/I/ Stigma and Discrimination</li> </ul> </li> </ul>	Mr. Ezra

	<ul style="list-style-type: none"> <li>• Condom use and Disposal</li> <li>• Use of Contraceptives</li> <li>• Sexual Violence and Rape</li> <li>• Internet addiction</li> <li>• Risks of social networks and media</li> <li>• Workplace Stress</li> </ul>	
1:00PM – 2:00PM	<b>LUNCH</b>	
2:00PM – 4:00PM	<ul style="list-style-type: none"> <li>❖ General principles and Ethics in Counselling</li> <li>❖ Practical session on individual and Group counselling</li> </ul>	Mr. Ezra
4:00PM – 4:30PM	Sensitization on; <ul style="list-style-type: none"> <li>❖ Online Counselling</li> <li>❖ How to fill Peer Counsellors/Educator Reporting Tool</li> <li>❖ QMS/ISMS Procedures</li> <li>❖ Alcohol Drug and Substance Abuse (ADA)/Policy and HIV, NCD and mental health policy</li> <li>❖ Guidance and Counselling Policy</li> </ul>	Students Counsellor
4:45PM – 5:00PM	❖ Closing Remarks - END OF TRAINING	Dean of Students

Registration list (Attached)



**MURANG'A UNIVERSITY OF TECHNOLOGY**  
**OFFICE OF THE DEAN OF STUDENTS**  
**GUIDANCE AND COUNSELLING OFFICE**

**Attendance Register**  
**Peer Counsellors and Educators Training**

**Date: 26<sup>th</sup> October 2024**

**Venue: Assembly Hall**

		REGISTRATION NUMBER	YEAR OF STUDY	Morning	Mid-day	Afternoon	Telephone No.
1	Kiptoo Dennis Kipkurui	EH200/1128/2022	3rd Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	0745400501
2	Yvonne Nyawira Njagi	EH201/0958/2022	3rd Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	0704905897
3	Kibue Faith Wambui	EH201/4078/2022	3rd Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	0706602591
4	Racheal Wairimu Matiru	HT221/2629/2024	1st Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	0745101270
5	Sila Daniel Musyimi	AS203/2104/2022	3rd Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	0114426698
6	Mathias Wanjala Makabo	GR201/0300/2022	3rd Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	0759956106
7	Kabui Mark Mutune	EH200/1409/2023	2nd Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	0716971920
8	Ireru Vincent Munene	EH201/0853/2023	2nd Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

MUT IS ISO 9001: 2015 & ISO/IEC 27001:2013 CERTIFIED



MUT IS ISO 9001: 2015 & ISO/IEC 27001:2013 CERTIFIED





NAME	GENDER	REGISTRATION NUMBER	YEAR OF STUDY	MORNING	MID - DAY	AFTERNOON	PHONE NO:
9 Wilfred Gichuki	Male	EH201/0737/2022	2nd Year				0769526720
10 Mungai Susan Njeri	Female	BE213/2272/2023	2nd Year				0703538050 0113374529
11 Geoffrey	Male	EH201/0898/2022	3rd Year				0746396450
12 Gathekia Munene	Male	EH201/0906/2022	3rd Year				
13 Murithi Johnson	Male	EH201/1964/2024	1st Year				
14 Okech Otieno Elija	Male	BE231/1062/2024	1st Year				0702947595
15 Alexander Ngugi	Male	BE231/0016/2022	3rd Year				0106701546
16 Karang'ae	Female	HT221/2722/2023	2nd Year				07115976544 07115340739
17 Beth Waitira Gatheca	Female	EH201/0837/2022	3rd Year				
18 Mercy Nzembu Mutuku	Female	EH203/0058/2023	2nd Year				0704638024
19 Virginia Mumbekitili	Female	HT221/3943/2024	1st Year				
20 Teresia Wanjiru Wanjiku	Female	BE213/0882/2022	3rd Year				
21 Millicent Njeri Njoroge	Female	BE231/4458/2023	2nd Year				0768223644
22 Moses Muthini Kimotho	Male	EN201/1567/2022	3rd Year				
23 Marion Nereah Imai	Female	SC 212/3753/2024	1st Year				0795513637
24 Otwane	Male	EH201/0932/2022	3rd Year				
25 Hadvince Okoth Onoka	Female	EH201/4188/2024	1st Year				
26 Joy Wanjugu Migwi	Female	SC232/4094/2024	1st Year				0748844138
27 Mwangi Tabitha Wangari	Female	EH201/4075/2022	3rd Year				
28 Okoth Josephine Auma	Male	EN200/1631/2022	3rd Year				0759301463
29 Nyamasyo Alex Ngava	Male						
30 Mutethia Erastus	Male						
31 Kelvin Gitonga	Male						

MUT IS ISO 9001: 2015 &amp; ISO/IEC 27001:2013 CERTIFIED





MUT IS ISO 9001: 2015 &amp; ISO/IEC 27001:2013 CERTIFIED



NAME	GENDER	REGISTRATION NUMBER	YEAR OF STUDY	MORNING	MID-DAY	AFTERNOON	PHONE NO.
29 Gicuku Wincate Wambura	Female	EH201/0739/2022	3rd Year	✓	✓	✓	0791863699
30 Oliver Gitonga	Male	EH202/3354/2023	2nd Year	✓	✓	✓	0797085352
31 Lydia Mwende Nyagah	Female	EH201/4789/2023	2nd Year	✓	✓	✓	0713380322
32 Wainaina Lawrence Njoroge	Male	GR201/2851/2023	2nd Year	✓	✓	✓	0702972942
33 Samuel Kanambio Kimathi	Male	EH201/0818/2022	3rd Year	✓	✓	✓	0716326954
34 Muthau Grace Moses	Female	BE213/0189/2022	3rd Year	✓	✓	✓	0713067367
35 Lennox Thumbi Mwangi	Male	AS263/1946/2022	3rd Year	✓	✓	✓	0724983209
36 Beryl Akinyi Otieno	Female	EH200/1414/2023	2nd Year	✓	✓	✓	0726488131
37 Doreen Mwangi	Female	EN200/4772/2023	2nd Year	✓	✓	✓	0757148346
38 Victor Hillan Muthomi	Male	SC212/3233/2023	2nd Year	✓	✓	✓	0723109099
39 Amos Kiptanui Cheruiyot	Male	GR201/0276/2022	3rd Year	✓	✓	✓	0799059615
40 Charity Muema	Female	EH200/1165/2022	3rd Year	✓	✓	✓	0794900455
41 Weddy Betty Njoki Nyaga	Female	EH200/0524/2022	2nd Year	✓	✓	✓	0798122797
42 Ann Makena	Female	EH201/0878/2023	2nd Year	✓	✓	✓	0741216175
43 Henry Eric Ntongai	Male	EH201/0901/2023	2nd Year	✓	✓	✓	0757168310
44 Gail Mueni	Female	EH201/0835/2022	3rd Year	✓	✓	✓	0743179866
45 Chege Paul Muchiri	Male	EH201/1779/2024	1st Year	✓	✓	✓	0114104049
46 Bonface Mmutuma Kame ncu	Male	EH210/1883/2023	2nd Year	✓	✓	✓	0759263340
47 Cecilia Jerop Chirchir	Female	EH201/0711/2022	3rd Year	✓	✓	✓	
48 Brian Egesa	Male	GR201/2898/2023	2nd Year	✓	✓	✓	
NAME	GENDER	REGISTRATION	YEAR OF	MORNING	MID-DAY	AFTERNOON	



		NUMBER	STUDY	PHONE No.	
49	Joy NkathaGikunda	Female	EH210/1363/2022	3rd Year	0113261509
50	Edwin NyamweyaOkeyo	Male	GR201/2912/2023	2nd Year	0799398544
51	Kelvin Murimi Njeru	Male	GR201/4166/2023	2nd Year	0715422239
52	Wycliff Nyakundi	Male	GR201/2915/2023	2nd Year	079808056
53	Esther Njoki Wanjiku	Female	371	Staff	0711110324
54	Mary Wanjiku Kariuki	Female	EH210/1379/2022	3rd Year	0742811112
55	Regina WambuiMbangu	Female	BE213/2320/2023	2nd Year	0790525248
56	Samuel Kabue	Male	EH200/2113/2024	1st Year	
57	Robbins MwititiGitonga	Male	EH209/0918/2024	1st Year	
58	Mbaabu Muthaura Martin	Male	EH201/1774/2024	1st Year	0788903935
59	Gabriel Shikochikumu	Male	GR201/4113/2023	2nd Year	0794597028
60	Moses NdiranguMuturu	Male	EH201/0883/2022	3rd Year	0113434357
61	Kamau Mburu Kennedy	Male	EH210/1370/2022	3rd Year	
62	Jackline Mwendwa	Female	BE213/0148/2022	3rd Year	079335109
63	Leonard KianoSururu	Male	EH201/1003/2022	3rd Year	0743997814
64	Daniel Kamau Mbiu	Male	EN201/1590/2022	3rd Year	0746548724
65	Margrate Wangari	Female	EH201/0181/2022	3rd Year	0113842303
66	Christine NyakioWanja	Female	EH201/0514/2021	3rd Year	0741782454
67	Catherine Adhiambo Otieno	Female	EH201/0987/2022	3rd Year	0741353499
68	NgetichJemation Grace	Female	MS204/2146/2022	3rd Year	0115306710
69	Rodgers Evans Sanya	Male	MS103/0363/2024	1st Year	



MUT IS ISO 9001: 2015 & ISO/IEC 27001:2013 CERTIFIED

NAME	GENDER	REGISTRATION NUMBER	YEAR OF STUDY	MORNING	MID-DAY	AFTERNOON	PHONE NO.-S
70 Nyaribo Brenda Kerubo	Female	EH151/3979/2023	2nd Year				0715848673
71 Monicah Meki Wayua	Female	HT222/2147/2023	2nd Year				0112645626
72 Kiragu Joseph Nyotu	Male	EH201/1407/2024	1st Year				
73 Muhoho Joseph Kigara	Male	EH201/1413/2024	1st Year				0732756294
74 Yulu Salome Ndunge	Female	EH201/0522/2021	3rd Year				
75 Grace Wambui	Female	BE 213/0226/2022	3rd Year				0115 288 733
76 Lucia Wanguikabui	Female	EH201/0665/2023	2nd Year				0715203493
77 Gukundi Emmaculate Mwe nde	Female	BE213/0144/2022	3rd Year				0741353719 0741645489
78 Mwathi Bonface Wanderi	Male	GR201/0307/2022	3rd Year				0741645489
79 Anita Naitore Mutuma	Female	EH200/1200/2022	3rd Year				0741645489
80 Nancy Wambui Mwangi	Female	EH201/0699/2023	2nd Year				0713515084
81 Lawrence Kivuwa Wambua	Male	GR201/0327/2022	3rd Year				0745359585
82 Diana Njoki	Female	SC232/0389/2022	3rd Year				0797778040
83 Purity Chelangat	Female	EH201/0991/2022	3rd Year				0711777847
84 Patrick Mburu Njeri	Male	EH200/1215/2022	3rd Year				0708333057
85 Joy Kendi	Female	EH201/0868/2022	3rd Year				0704364333
86 Joyce wanjikumu huhu	Female	BE157/0210/2024	1st Year				0759631655
87 Ann Gacheri Nkunja	Female	EH201/0430/2022	3rd Year				

Report by



Runnoh Goretti  
University Students Counsellor