

MURANG'A UNIVERSITY OF TECHNOLOGY

REPORT ON PEER COUNSELLORS /EDUCATORS TRAINING FOR ACADEMIC YEAR 2023/2024 HELD ON $26^{TH}-27^{TH}$ 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 26th and 27th 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: 28th and 29th 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: 26TH AND 27TH OCTOBER 2024

TIME	ITEM	FACILITATOR
	SATURDAY (Day 1)	
8:00 – 08:30 am	Opening remarks	Dean of Students – Dr Asige Chavulimu
	❖ Introduction, formation of group	Students Counsellor -
	norms and picking of participants expectations	Runnoh Goretti
08:30 - 10:30	Personal Development	Ms. Kerubo
am	 Personal Growth and Self 	
	Awareness	
	 Joharis Window Model of self- 	
	Awareness	
	Self-Concept	
10:30 -11:00 am	TEA BREAK	
11:00 – 1:00pm	Introduction to Counselling	Ms. Kerubo
	 Difference between Counselling and 	
	Guidance	
	Brief introduction of Counselling	
	Theories	





1.00pm -	 Psychoanalytic – Concept of a person, origin of the problem, and defence mechanisms Behavioural – Concept of a person, origin of the problem, counselling techniques Cognitive Behavioural theory – Concept of a person, origin of the problem and ABC Concept Humanistic – Concept of a person, origin of the problem and Core Condition 	
2:00 pm 2:00 - 4:30 pm	Counselling process (three-stage	Ms. Kerubo
2.00 4.50 pm	model of helping clients) /stages and	1413. IXCI UDU
	skills	
	Life skills and their importance to	
	peer Counsellors/Educators	
8:00 – 10:30 am	SUNDAY (Day 2) ❖ The role of Peer	Mr. Ezra
8:00 - 10:30 am	Counsellors/Educators in the	Mr. Ezra
	University	
	Qualities of a good peer	
	counsellor/educator	
	Difference between peer educators,	
	counsellors and mentors	
	TEA BREAK	
10:30 – 1:00 pm	 Emerging issues in Universities and how to deal and cope with them Unhealthy Relationship (s) Dealing with Loss e.g. relationship breakup and make up Cohabitation Irresponsible Sexual Behaviours Unplanned Pregnancies Self Esteem Issues Abortion Addictions e.g. Chemical and Non-Chemical Addiction Suicidal Ideations and suicide HIV/STD/I/ Stigma and Discrimination 	Mr. Ezra



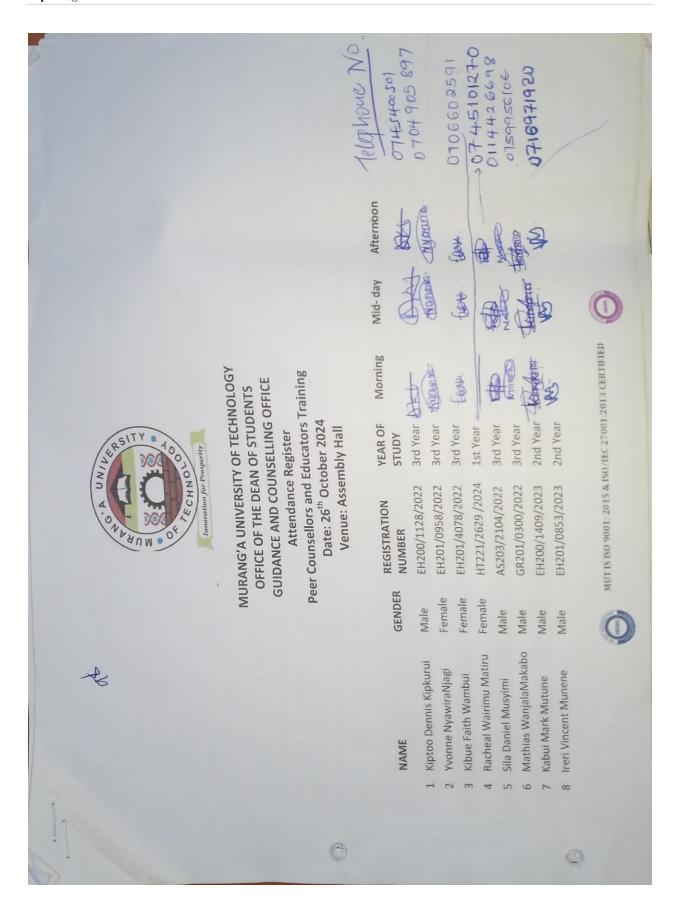


	 Condom use and Disposal Use of Contraceptives Sexual Violence and Rape Internet addiction Risks of social networks and media Workplace Stress 	
1:00PM -	LUNCH	
2:00PM		
2:00PM -	 General principles and Ethics in 	
4:00PM	Counselling	Mr. Ezra
	 Practical session on individual and 	
	Group counselling	
4:00PM -	Sensitization on;	Students Counsellor
4:30PM	 Online Counselling 	
	How to fill Peer Counsellors/Educator	
	Reporting Tool	
	❖ QMS/ISMS Procedures	
	❖ Alcohol Drug and Substance Abuse	
	(ADA)/Policy and HIV, NCD and	
	mental health policy	
	 Guidance and Counselling Policy 	
4.45DM		Doon of Students
4:45PM –	❖ Closing Remarks - END OF TRAINING	Dean of Students
5:00PM		

Registration list (Attached)

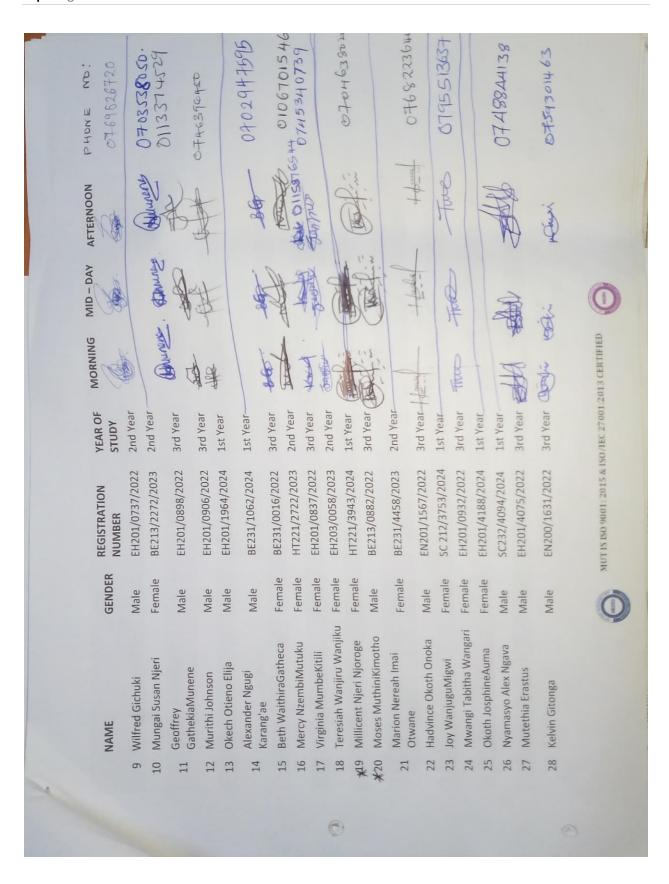








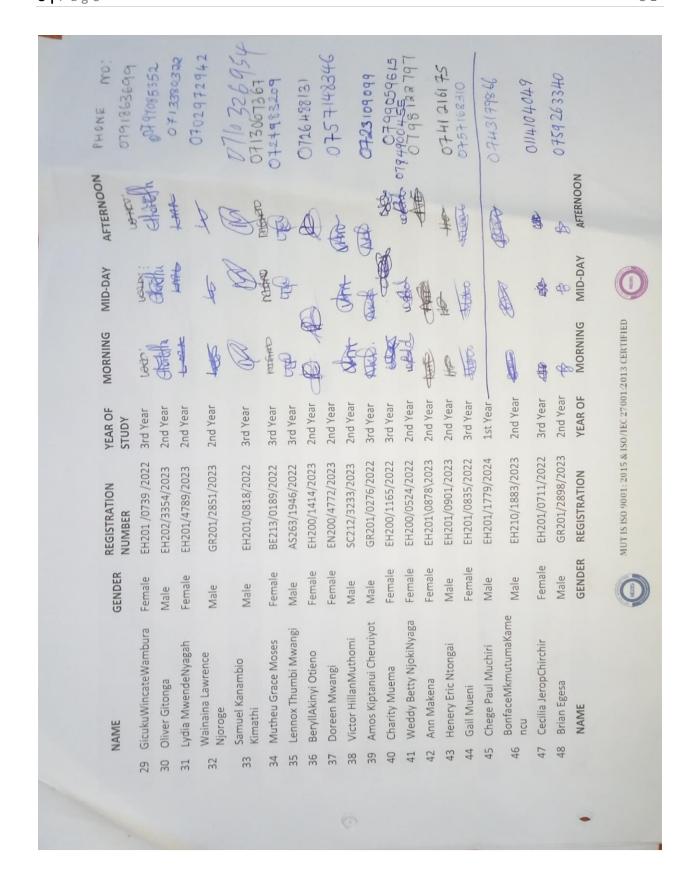








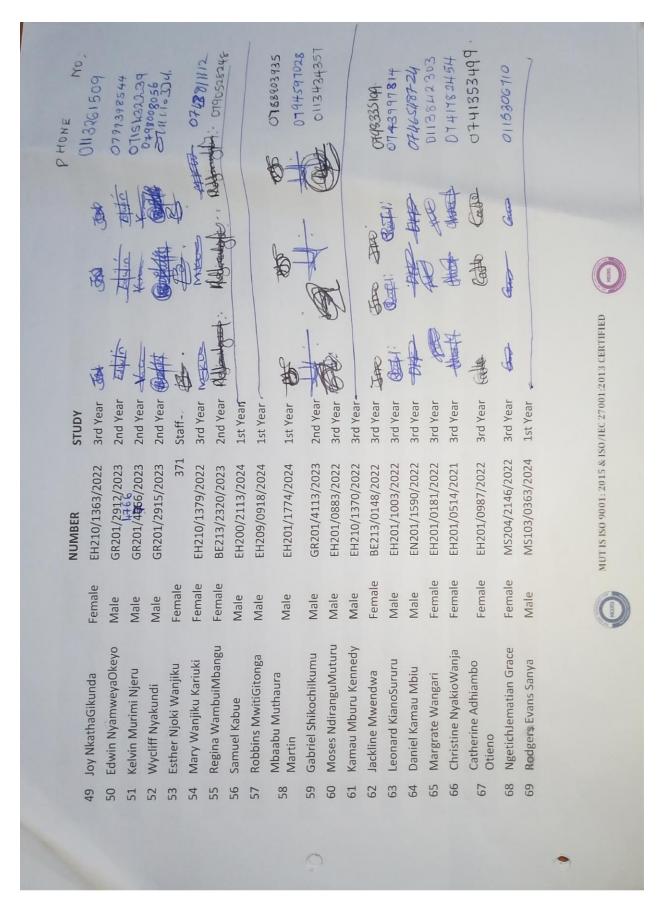
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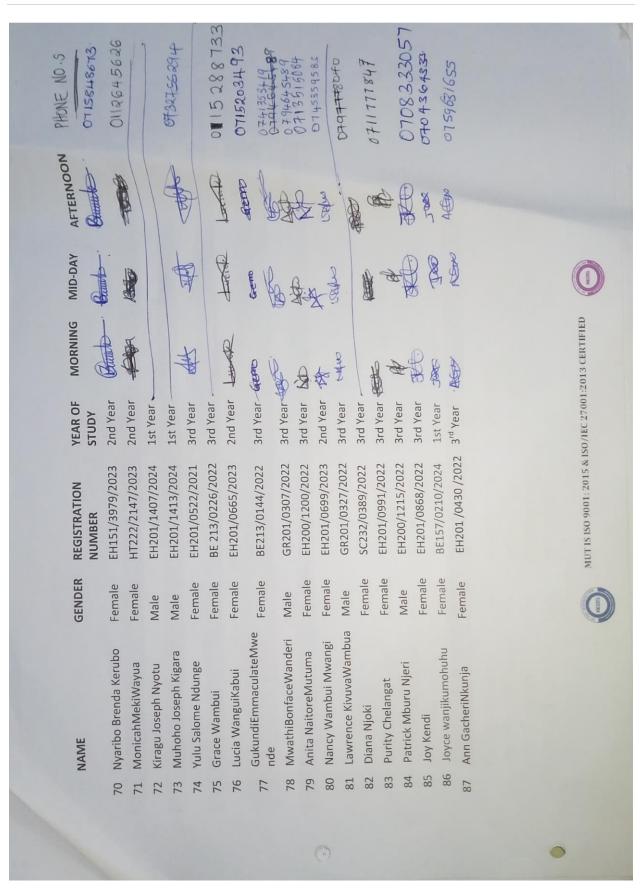


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Report by



Runnoh Goretti University Students Counsellor



