

**Mount Kenya**



**University**

**NEW STUDENTS ORIENTATION ADDRESS**

**BY**

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**ON**

**BREAKING A BAD HABIT**

**ON**

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## **Salutations:**

- ❖ Deputy vice-Chancellors,
- ❖ Registrar, Academic Affairs,
- ❖ Principal, College of Health Sciences,
- ❖ Deans of Schools,
- ❖ University Librarian,
- ❖ Programme Registrars,
- ❖ Directors,
- ❖ Heads of Departments,
- ❖ Staff,
- ❖ Students,
- ❖ Ladies and gentlemen.

## **Welcoming Remarks**

I take this opportunity on behalf of University Management, to welcome the new students to Mount Kenya University. Students, I assure you of the University commitment to offer quality training coupled with holistic approach to you. It is Mount Kenya University objective to produce graduates who meet the labour requirements and with the ability to create jobs.

The address will try to answer the following questions:

1. What is a bad habit?
2. What causes acquiring a bad habit?
3. Is it possible to break a bad habit?

## **Breaking a Bad Habit**

Ladies and gentlemen, my address is on “Breaking a Bad Habit”. The Choice of this topic was informed by the reality that it is human to get into bad habits that sometimes are not in line with the expectations of the society.

### **Question 1**

#### **What is a bad habit?**

A bad habit is a destructive behavior that is irritating and displeasing.

## **Question 2**

### **What causes acquiring a bad habit?**

According to Jeniffer Karina:

“a bad habit is a result of stress, boredom, desire for adventure, low self-esteem, poor self-image and low self-worth. A bad habit addresses certain needs that are unfulfilled. Therefore, breaking a bad habit requires addressing unfulfilled needs”.

### **2.0 Steps to Break a Bad Habit**

It is important to note that usually people have unfulfilled needs. The unfulfilled needs should not be allowed to serve as a catalyst to adopting bad habits.

### **Question 3**

#### **Is it possible to break a bad habit?**

Yes, one can break a bad habit.

According to Jeniffer Karina, the process of breaking a bad habit has five (5) steps. The steps are:

- (i) “Acknowledging the bad habit and why you wish to break it identify when you engage in a bad habit, how you do it, what are the triggers and circumstances behind the habit and the feelings attached to the habit.”

(ii) “Writing down daily what you do, how you do it and emotions experienced in the process. Documenting challenges and experience helps one to become self-accountable, makes things a reality and it helps monitor progress.”

**iii) Having an accountability partner**

“When someone holds you accountable, it becomes easier to keep on track. You cannot get out of a bad habit in secret, someone needs to hold your hand and walk the journey with you. Someone needs to lift you up when you fail and cheer you on. It also helps to celebrate weekly achievements and eventually significant success. The accountability partner

becomes cheerleader and motivation on this journey. Surround yourself with people who believe in you and who love you. Avoid being alone at any time.”  
Jeniffer Karina.

**iv) Visualize your success**

“See yourself getting rid of every bad habit and turning a new leaf of a fruitful abundant lifestyle. Own it, believe it and begin to enjoy a healthy life-style. Sleep enough hours, rest and rejuvenate. Begin to build a new identity in your mind. The mind is a powerful tool and whatever you are able to conceive, you can achieve. Dream it, own it and make it happen.” Jeniffer Karina.



## v) Having the will

**Ladies and gentlemen remember the proverb “Where there is a will, there is a way”.**

The proverb means that if one wants something badly, one can find the means to get it ([www.dictionary.com](http://www.dictionary.com)). In an essay entitled “*where there is a will, there is a way.*” Z. Khan wrote:

“There is nothing impossible in this world, it is only want of determination that brings about failure. With a strong will one can do wonders. The power of human will is extraordinary. At first sight many tasks may appear impossible to accomplish and many are frightened away. Only a few have the necessary strength of will to pursue

their goals, only they know that it is to struggle towards their ideal. Occasionally, even very small things like getting up early in the morning, studying for a specified number of hours, keeping to time, writing prompt letters, call for determination and strength of will. Most of us are often tempted to postpone too many things and the result is that we complain we do not have time to do them. In most cases, this is just an excuse. Many of us are also discouraged by apparent failures and yet failure is a stepping stone to success. There is no short cut to success and the earlier we realize this, the better it is for us. Great achievements in various fields have been possible because of men who did not mind initial failures. The pioneers

who wanted to fly got their limbs broken in their attempts to fly but this did not prevent their trying again. The result is, today we have supersonic planes which take us from one continent to another in a matter of hours. Many of us know how to swim or to ride a bicycle. When we took the first plunge, maybe we did not like the feel of the cold water; the first fall from the bicycle may have caused bruises. But we did not allow these to stop us from trying again. Probably we failed the second time too; but very soon we mastered the technique and today we do not have any regret for persisting in our attempts. **Impossible** is a word to be found in the dictionary of fools - is what Napoleon, the Great, is reported to have declared. It is good to remember this whenever we feel like giving up.

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All of us possess the will-power. Only some of us use it. The others do not use it and put the blame for their failures on others. This is what we should never do. If we wish to realize our ambition, it is enough to have one; we should always strive towards it unmindful of the inevitable failures on the way. Where there is a will, there is a way.” ([www.preservearticles.com](http://www.preservearticles.com))

## **Conclusion**

As I conclude, I encourage you to avoid acquiring bad habits such as making excuses on why you did not perform well in an examination and involving in activities that cause insecurity. Instead, adopt habits such as working within given timelines and acquiring friends who add value to your lives among others. I trust

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that you find Mount Kenya University an exciting and supporting community during your studentship.

Thanks and God Bless You.