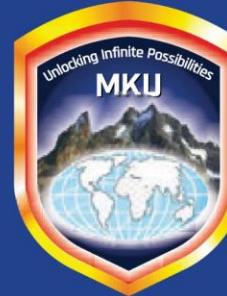


Mount Kenya University



Unlocking Infinite Possibilities

**PRESENTATION BY
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PRINCIPAL, STUDENTS WELFARE (PSW)**

ON MONDAY, 12TH JANUARY, 2026

1ST YEAR STUDENTS ORIENTATION PRESENTATION

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- ii) Link of Division Unit of Students Welfare to University Governance.
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Mount Kenya University



- You are welcome to the University and I want to thank you for choosing MKU as your University of choice.
- I want to assure you that you are in the right place and the University will endeavor to support you to achieve the **goals you have set as you start your University journey.**

Mount Kenya University



- Kindly note that **Universities are Universal** and there are **no private or public students**. It is only that Universities are categorized as **privately funded or publicly funded**.
- It is good to note that after graduation, what matters is whether **you have the required knowledge and skills in order to perform the allocated duties** but not where you studied as long as the institution is recognized and accredited to offer the programs. All MKU programs are fully recognized by Commission for University Education (CUE).

Mount Kenya University Governance



- In Kenya there are currently more than sixty (60) Universities, with about thirty (30) privately funded and thirty three (33) that are publicly funded.
- Universities have status and the highest level a University can acquire is being awarded a **Charter (commonly called, 'fully fledged Universities')**. MKU acquired this status in the year 2011 when it was awarded a Charter.

Continue University Governance

- The college that gave rise to the University was started in the year **1996**.
- In the year **2002**, the college relocated from Thika town to the current site.

Continue University Governance

- In the year **2006**, the college had grown so much and the founder together with the management then made a strategic decision to transform it into a University with the name '**Mount Kenya University**'
- In the year **2008**, it was granted a 'letter of interim authority' to start the operation until **2011** when it became a fully fledged University after award of the Charter.

Cont. University governance



The University is headed by the **Vice Chancellor (VC)** who is the **CEO** of the Institution.

The VC is the **Secretary to the University Council** and also **Chairperson of the University Senate** and the **University Management Board (UMB)**.

University Senate and **UMB** are the two organs that deals with the day to day activities of the University.

University Campuses



- Thika main campus
- Mombasa campus
- Nairobi campus
- Nakuru Campus
- Eldoret Campus
- Meru campus
- School of Law, Parklands, (formally;
“Parklands Law Campus”)



Open Distance and Electronic Learning (ODEL) centers

- Malindi ODeL center
- Kisumu ODeL center
- Kisii ODeL Centre
- Kakamega ODeL Center
- Kitale ODeL Center
- Kericho ODeL center
- Machakos ODeL center
- Embu ODeL center



Marketing Offices and Country offices

The University has marketing offices in places where there are no campuses or ODeL centers. These include Nyeri and Isiolo centers.

The University has also established offices in the following countries;

- ✓ Uganda, kampala office
- ✓ Burundi, Bujumbura office
- ✓ Garowe, Puntland city of Somalia
- ✓ Somaliland, Hargeisa office

University institutes and affiliates



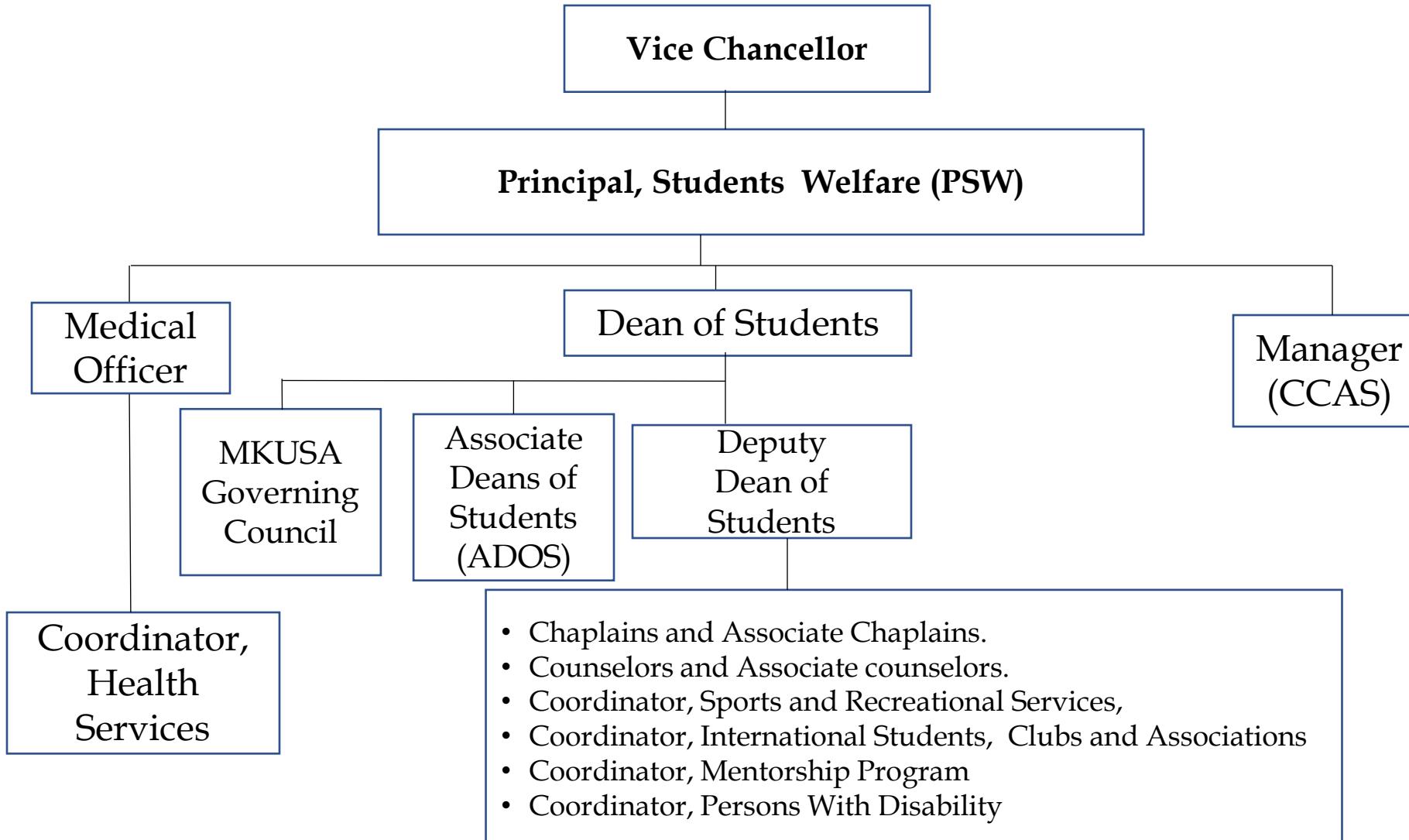
- Equip Africa Institutes and Equip Africa Driving School.
- Institute of Security Studies, Justice and Ethics (ISSJE).
- Graduate Enterprise Academy (GEA).
- Centre for Professional Development (CPD).
- Cape Media that handles TV 47 and Radio 47.
- University Laundry.
- Among others.

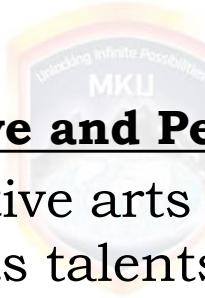


The Division Unit Students Welfare deals with; -

- i) Students welfare matters that capture sports, counselling, chaplaincy, mentorship, clubs, Film Creative and Performing Arts (FCPA), student leadership,(MKUSA), etc.
- ii) Health Services
- iii) Catering and Accommodation Services (CCAS)under on and off-campus hostels
- iv) The students leadership which is under the Dean of Students and the Associate Dean of Students (ADOS) in the case of campuses.

Administrative Structure of Division Unit of Students Welfare





Functions of Institute of Film, Creative and Performing Arts (FCPA)

To identify students talents in creative arts

To nurture and develop the students talents

To help students exploit these talents and create forums for their exposure.

The Groups under the Institute are:-

- Film - Makers, Screen Actors, dancers, poets and singers
- The Brass Band
- Jazz Band
- Theatre artists/ Drama
- Elocutionists
- The Cultural Troupe
- The Choir
- Comedians
- Dancers- Salsa, Modern/Sakata
- Pencil Artists

Functions of Health Services Section

Offer basic preventive and curative services

- ii) Consultation on Primary health care.
- iii) Pharmacy services of essential drugs
- iv) Laboratory services limited to basic laboratory tests
- v) Dental consultation and basic dental services
- vi) Minor theater
- vii) VCT prevention and counselling services
- viii) Reproductive health services
- ix) Referral Services particularly to Thika Level 5 Hospital where further referrals can be organized.
- x) Organizing sensitization forums for students on various emerging health issues.



Functions of Central Catering and Accommodation Services (CCAS)

i) Management of On-Campus hostels services Catering Accommodation.

ii) Liaison with the Off-Campus Hostel Service Providers to ensure that the Guidelines on Inspection of Learning Facilities, Accommodation and Catering Facilities are adhered to.

iii) Monitoring the outsourced cafeteria services to ensure that they keep up to University Standards.

iv) Laundry Services. Monitoring the services at the laundry, the services are handled as a business unit.

v) Ensuring that there is discipline in the hostels and proper hygiene is maintained.

Policies Governing Students Welfare

- i. Universities Amendment Act (2016)
- ii. Ministry of Education Handbook on Establishment of Office of Career Services in All Universities and Tertiary Institutions (2018)
- iii. Persons with Disabilities, Act No. 14 of 2004
- iv. University Statutes and Schedules
- v. MKUSA Constitution
- vi. MKU Students Handbook – (Undergraduate and Post graduate)
- vii. Mentorship Policy

Policies Governing Students Welfare, Cond

viii) Guidance and Counselling Policy

ix) HIV/Aids Policy

x) Guidelines on Inspection of Learning Facilities,
Accommodation and Catering Facilities.

xi) Students Welfare Policy

xii) International Students Policy

xiii) All other University Policies that affects the
students welfare indirectly because they influence the
student life in the University.

Matter affecting the Youths in Universities

Mental Health issues (Disorder)-this is mental illness or psychiatric disability. They are behavioral or mental patterns that causes significant distress or impairment of personality. It can lead to irregular sleep patterns, unhealthy eating habits, mental exhaustion, depression, anxiety stress among others.

Peer pressure – This is the role that others can have in influencing how an individual acts. Guidance by counsellors, coaches and mentors help youths resist peer pressure. The students are educated in making healthy choices and building their confidence. Peer pressure can lead to unhealthy behaviors such as abuse of drugs.

Cont....

Mount Kenya University



- c) **Psychological issues that include depression** – This is a mental state of low mood and aversion to activity. It affects 3.5% of global population or 280m people of all ages. It affects a persons thought patterns ,feelings and sense of well being. The pressure of transitioning to a new environment in addition to the overall demand of University life can lead to elevated anxiety.
- d) **Substance abuse** – this is use of a drug or substance in amount or by a method that is harmful to the individual and others.
- e) **Economic hardship** – this is caused by high cost of living and scarcity of enough resources to cater for one's needs. It can lead to failure to continue with studies and other implications. This can lead to taking loans, debts, betting and if finance deals are not settled, this can end in financial difficulties and distress .

Cont.



Family issues – Unresolved family issues can lead to frustrations and hopelessness.

g) Other Challenges include;

Dealing with roommates,

Effective Studies and Managing Academics Responsibilities,

Time Management,

Budgeting,

Relationships,

Partying,

Cost of Education,

Balancing Priorities and Academics Decisions,

Health Issues etc.

A Remedy to overcome the challenges of the youth is to live a purpose driven life.



What drives your life matters in overcoming the day to day challenges of University life. The following are some of the drivers ('guide' or 'control' or 'direct') of our life's.

- i) **Many people are driven by guilt** – They allow the past to control their future. We are products of our past but we should not be prisoners of it.
- ii) **Many people are driven by resentment and anger** – Instead of releasing their pain through forgiveness, they rehearse it over and over in their minds. Resentment hurts you more than it hurts the person you resent.



- iii. Many people are driven by fear** – Regardless of the cause, fear driven people often miss opportunities because they are afraid to venture out. Fear is a self imposed prison that prevent you from becoming what God intended you to be.
- iv. Many people are driven by materialism** – Desire to acquire become the whole goal of their life. This desire to always want more is based on the misconception that having more will bring more happiness, more joy and more importance. This is not true.

Cont. Drivers of our life's



University

v) **Many people are driven by the need for approval (peer pressure)** – These people allow expectation of others to control them. Unfortunately, those who follow the crowd usually get lost in it. One key to failure is to try to please everyone. **Without a purpose life is trivial petty and pointless.**

Note :

Ensure that you have the 'right drivers' of your life so that you are able to make right choices and decisions that will affect your life's trajectory positively.

Conclusion



- i)** The University has experienced very few peaceful time due to the laid down Students Management Structures. The Students Council has also been very supportive in managing any emerging students matters.
- ii)** You are advised to make good use of the many facilities and services in the University during your stay in the University.
- iii)** Always endeavor to be compliant with and to all the requirements that are captured in the various policies and guidelines of the University
- iv)** Once more, thank you for choosing Mount Kenya University and we wish you a blessed and successful stay in the University.



LOCATION: STUDENTS CENTRE, 1ST
FLOOR,
OFFICE OF PRINCIPAL STUDENTS
WELFARE



Thank you.