



**UNIVERSITY OF NAIROBI ANTI-DRUGS AND SUBSTANCE ABUSE CLUB (UNADSAC),
C/O College of Biological and Physical Sciences (CBPS), UoN,
P.O Box 30197-00100 GPO.**

**REPORT ON THE FOLLOW-UP STUDENTS' OUTREACH VISIT TO GATHURI SCHOOLS,
KIAMBU COUNTY, ON 5TH OCTOBER 2015.**

The above referenced event took place successfully.

The University was represented by a delegation of students and staff members from CBPS and Mrs Janet Nyaga from the University Health Services.

The aim of the event was to encourage the candidates both in form four and class eight ahead of the start of their exams. It was also intended to offer moral support to the students in light of the unfavourable developments recently experienced in the education sector.

The visitors, hosts and students, begun by introducing themselves. The students also told of their career aspirations.

A discussion with the candidates was held to discern things that they can do or not do, before, during and after exams.

These included how to tackle exam fever by realizing that it is not the first time they are doing exams. The students were also advised to endeavour to seek non destructive ways of airing grievances other than destroying their schools under the excuse of fear of examinations. They were told to respect the walls of their classrooms and preserve them for posterity.

Candidates were also urged to realise the essence of time and that, while the last minute can save or lose a man, they should not wait for the last minute to do it all. As such, it is important not to overwork themselves yet they should not relax. They should maintain the spirit to the end of the race. The students on the other hand also explained that they were making good use of the group work discussions mode of study. This they said, enables them to cover more and to light each others' candles academically.

During exams, the students were advised not to dwell on what they can't remember but to also think outside the box. They were urged to endeavour to take keen note, of the key words in the exam questions and to tackle the easy ones first. The students on the other hand pointed out that they had understood that the issue of panic, is a decision one can make, not to.

The students were cautioned that in between exams they should avoid the company of time wasters who might like to discuss the already sat exams.

The students were also advised that once back in society they should avoid the derailment by people who might tell them that they are through with school and who might introduce them to destructive habits. As such they should maintaining their self identity by avoiding such influence.

They were also cautioned to read the signs of their times and take recognition of the transition zone they get into after exams. They should therefore be ready to handle leaving the comfort zone because that is what transition is about, change.

The students were presented with two inspirational slates, one read, 'The winner has a programme, the loser has an excuse', the other read, 'Each day is a gift, that is why it is

called the present'. The students were also personally issued with souvenirs in form of a University of Nairobi branded A4 Loose leaf pad and a branded biro pen. Similar souvenirs plus branded folders were presented to the teachers.

The university delegation together with the candidates also watered the trees that were planted during the premier visit to the schools.

For more details, see attachment.







