



# MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY



## SCHOOL CAMP

4<sup>th</sup> APRIL- 15<sup>TH</sup> APRIL

### LIFE SKILLS FOR YOUTH EMPOWERMENT

#### Purpose

Equip attendees with knowledge. Provide them with opportunity to share experience and interact with role models among them senior staff from the University of Choice in various fields of expertise.



#### Life skill areas

- Self-identity
- Leadership
- Group dynamics
- Stress coping mechanisms
- Problem Solving skills
- Decision making skills
- Perception and Attitude change)

#### PARTICIPANTS

All students in primary, continuing high school students and immediate form four leavers.



#### Other Activities

- 1) Orientation in the university
- 2) Health screening and assessment.
- 3) Soap making.
- 4) Visitations.
- 5) Aerobics.
- 6) Gymnastics.
- 7) Flower planting.
- 8) Talent show.
- 9) Public speaking.
- 10) Award giving



#### Thematic Areas

- ◆ Careers choices
- ◆ Creative writing
- ◆ Sex education
- ◆ Drug abuse
- ◆ Good study habits
- ◆ Good citizenship
- ◆ Health matters
- ◆ Talent development



#### Requirements

- ◆ Participants will be day scholars
- ◆ Mode of dress sports attire.
- ◆ Every participant shall carry a notebook and pen.
- ◆ Tea and snack will be offered

**Duration — 2 modules (2weeks)**  
**Charges: - 1000/= per module**  
**Venue: MMUST– Skills Lab**

Registration is ongoing at MMUST skills lab opposite  
 MMUST swimming pool construction site

For more information contact: E-mail: ikweyu  
 @mmust.ac.ke: Telephone: 0 723951933/0758909317.