



Departmental Mentorship

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All students have assigned departmental mentors. Your assigned mentors are as follows;

1. Dr. Wycliff Kaisha - 0722 217 632
2. Dr. Pamela Mandela - 0724 277 070
3. Dr. Martin Kamau - 0722 316 189
4. Prof. Hassan Saidi - 0733 723 261
5. Prof. Adel Malek - +20 100 661 8460
6. Dr. Beda Olabu - 0720915805
7. Dr. Anne Pulei - 0722 465 924
8. Dr. Paul Odula - 0722 773 025
9. Dr. James Kigera - 0722 301 589
10. Dr. Moses Obimbo - 0721 585 906
11. Dr. Benard Ndung'u - 0722 753 860
12. Dr. Kevin Ongeti - 0721 486 182
13. Dr. Philip Mwachaka - 0723 353 913
14. Dr. Fawzia Butt - 0722 703 347

Kindly meet your mentor at your earliest convenience. There will be several soft skill training sessions during the first semester. The [schedule](#) [8] for the trainings is as follows;

| WEEK | DATE & TIME | DEPARTMENT(S) AFFECTED | SOFT SKILL THEME | TOPICS | FACILITATOR | PANELISTS |
|---------|---|---------------------------------|--|--|-------------|---|
| WEEK 4 | FRIDAY 16 TH OCT, 2015 1:00 - 4:00PM | HUMAN ANATOMY | SURVIVING 1 ST YEAR | <ul style="list-style-type: none"> • Resilience, flexibility and adaptability; • Transitioning from high school to a new academic environment; • Adaptation to the medical curriculum; • Creating new relationships; • Learning new study habits; • Grades are important but there is more | Prof. Saidi | Prof. Wera Dr. Gikonyo Prof. A. Amayo |
| WEEK 6 | MONDAY 26 TH OCT, 2015 8:00 - 10:00AM | MEDICAL PHYSIOLOGY & PSYCHIATRY | SELF-IMPROVEMENT AND LIFE-LONG LEARNING | <ul style="list-style-type: none"> • How does a medic learn? • Goal setting; • Personal and social skills for adaptive interpersonal behaviors; • Emotional intelligence; • Self-awareness; • Coping with negative emotions and stressors; • Handling criticism | Dr. Mandela | Prof. E. Obimbo Dr. Butt Dr. Githiga |
| WEEK 8 | MONDAY 9 TH NOV, 2015 11:00AM - 1:00PM | BIOCHEMISTRY | PROFESSIONAL SOCIALIZATION AND ATTITUDES | <ul style="list-style-type: none"> • What kind of a social life should a medic have? • Empathy with others; • Being responsible for the attitudes you choose; • Fighting fear; • Managing time | Dr. Odula | Dr. Kaisha Prof. Z. Qureshi Prof. Itaho |
| WEEK 10 | MON - FRI 23 RD NOV, 2015 - 27 TH NOV, 2015 | ALL DEPARTMENTS | MID-SEMESTER ONE EXAMINATIONS | | | |

All are encouraged to attend.

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