



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

All are encouraged to attend.

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