



THE CATHOLIC UNIVERSITY
OF EASTERN AFRICA (CUEA)

“Consecrate them in the Truth”



THE ICON MAGAZINE

Celebrating CUEA@40

CUEASO 23/24



Student Centered Magazine

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A publication of cueaso 2023/24 student government



THE CATHOLIC UNIVERSITY
OF EASTERN AFRICA (CUEA)
AMECEA
Consecrate them in the Truth

ABOUT CUEA

Founded by Member Episcopal Conferences of Eastern Africa (AMECEA) - Kenya, Eritrea, Ethiopia, Malawi, Sudan, South Sudan Tanzania, Uganda and Zambia.



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From the Editor!

Welcome to the inaugural issue of *The Icon* the student magazine of the Catholic University of Eastern Africa. It is with immense pride and gratitude that I pen down this note as your editor, reflecting on the collective efforts that have made this publication possible. As the secretary of the Publications and Research Committee, it has been a privilege to collaborate with a dedicated team and the CUEASO government to bring this magazine to life.

The Icon is more than just a magazine; it is a vibrant platform that captures the pulse of our university life. Within these pages, you will find a rich tapestry of student experiences, campus events, and insightful interactions between students and their leaders. This magazine serves as a chronicle of our journey as students—one that will not only document our achievements but also provide a lasting reference for our future endeavors.

The importance of *The Icon* extends beyond mere documentation. It plays a crucial role in marketing our university, showcasing the dynamism and talent that defines our student body. It is also a tool for fostering a stronger sense of community, as it highlights the voices, aspirations, and creativity of each one of us.

As we embark on this journey, I encourage future student governments to continue with this publication. **The Icon** is a legacy that we, as a student community, are building together—one that will inspire and guide the generations to come.

Thank you for being part of this journey. Let's continue to create, collaborate, and celebrate the spirit of our university through *The Icon*.



Brian Kweyu

Lead Editor



The *Icon* is more of just a magazine as it captures the pulse of the students life

The Icon Magazine 2024



A Journey of Leadership and Gratitude

The Icon Magazine

As I reflect on my time as the President of The Catholic University of Eastern Africa for the 2023/2024 academic year, I am filled with immense gratitude. Serving the students of CUEA has been the honor of a lifetime, and I will forever cherish the experiences and memories we've created together. I thank each and every student for giving me this incredible opportunity—I am deeply humbled and grateful.

Together, we have made CUEA more vibrant than ever before. Under my tenure, we introduced a number of first-edition events that have left an indelible mark on the university's history. From the Inter-institutions Leadership Summit, to the Vice Chancellor's Cup and the CUEA Got Talent, CUEA came alive in ways we hadn't seen before.

These events were in addition to our signature CUEASO traditions, such as Freshers Night, Clubs and Sports Week, and Cultural Week, which were better and bigger this year. I am also proud of how we expanded the horizon of our community by hosting the International Students Dinner at Emara Ole Sereni, as well as crowning the iconic Mr. and Miss CUEA and closing the year in style with the Finalist Dinner at Argyle Grand Hotel.

None of this would have been possible without the unwavering support of the Administration, Dean of Students office, the tireless effort of my fellow student leaders, students and the generosity of our sponsors. It is because of this collective effort that we leave CUEA more vibrant, engaged, and exciting than ever before. I hope this spirit of collaboration and excellence will continue long after I've left this role.

My leadership journey has been a gradual yet transformative one. From serving as the Head of the Languages Department, to becoming the Clubs Administrator, and later the Chairperson of the Clubs, Associations, and Movements Committee, each role prepared me for the presidency. The lessons I've learned, the friendships I've forged, and the milestones we've achieved together will remain close to my heart.



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before.

Serving as President of CUEA has been a defining chapter in my life, and it has opened even greater doors. This opportunity has led to my nomination as the President of Private Universities in Kenya under the Kenya Universities Students Organisation (KUSO). I am honored by this new responsibility and vow to carry forward the same energy and dedication I brought to CUEA. In this new role, I promise to advocate for private university students across the nation.

I'd also like to extend my gratitude to Gaba Campus, which has been home to me, and has offered me an opportunity to experience its vibrant community. Thank you for your support and the unforgettable memories we've shared.

To the Class of 2024, I salute you! You have conquered the academic challenges, navigated the intricacies of university life, and now stand at the threshold of the "university of life." As you step out into the world, I trust that your impact will be felt far and wide. You are the change-makers, the innovators, and the leaders of tomorrow. Go out there and leave your mark. The best is yet to come.

For those still with time at CUEA, I encourage you to continue putting your best foot forward. Take risks, explore new paths, and embrace every opportunity. University is a time to grow, not just academically but in every aspect of life. Try everything—leadership, sports, arts—because each experience will mold you into a well-rounded individual.

To the newly elected members of the 2024/2025 Student Governing Council, I wish you all the best as you take the reins of leadership. Leadership is not about titles or accolades, but about service. The greatest reward you will ever receive is knowing that you have served others well. Remember, leadership is a full-time responsibility, not a part-time title. So I leave you with one slogan that kept me grounded throughout my tenure: "Be the leader you wish you had."

As I close this chapter of my life, I carry with me the lessons learned and the relationships built. CUEA has given me a platform to grow, and for that, I am forever thankful. I look forward to seeing how each of you will continue to shape this great institution in the years to come.

Daniel Mwendwa

President



Celebrating 40 Years of Excellence

The Icon Magazine



Joy Wanjiru
Vice President

As we celebrate the 40th anniversary of our university, we find ourselves at a pivotal moment, reflecting on our journey and looking forward to the future with hope and anticipation. This milestone is not just a testament to the institution's longevity but a celebration of its commitment to nurturing a new breed of leaders for the church and society.

Over the past four decades, our university has stood as a beacon of knowledge, faith, and leadership. It has been a place where young minds are shaped, not just academically but spiritually and ethically. We have seen countless graduates go on to serve their communities, influence the church, and contribute to the betterment of society. This tradition of excellence is what we celebrate today.

The foundation of our university was laid with a clear vision: to develop leaders who are not only academically competent but also spiritually grounded and socially conscious. This mission has guided us through the years, influencing our curriculum, our community engagement, and the culture we foster on campus.

Our graduates have made significant impacts across various sectors—whether in ministry, education, business, or social services. They carry with them the values instilled during their time here: integrity, service, and a deep commitment to their faith. These values have not only shaped their personal lives but have also equipped them to lead others in a rapidly changing world.

As leaders, we are deeply aware of the responsibility we carry in upholding this legacy. We stand on the shoulders of those who came before us, and it is our duty to continue the tradition of excellence they established. This means not only striving for academic success but also embracing opportunities for spiritual growth and leadership development.

Our university provides numerous platforms for students to develop their leadership skills—whether through student government, community service projects, or campus ministry programs. These experiences are crucial in preparing us to take on future roles in the church and society. They teach us the importance of servant leadership, empathy, and the courage to stand up for what is right.

As we look to the future, we are excited about the possibilities that lie ahead. The world is changing rapidly, and the challenges we face as a society are becoming more complex. However, with the foundation of faith and leadership we are building here, we are confident that we are being prepared to meet these challenges head-on.

Our university's commitment to nurturing leaders for the church and society remains as strong as ever. The next generation of graduates will continue to carry the torch, lighting the way for others to follow. We are proud to be part of this legacy and eager to contribute to its future success.

In celebrating 40 years of excellence, we are reminded of the profound impact our university has had on the lives of its students and the communities they serve. It is a legacy that we, as student leaders, are honored to be part of and one that we are committed to continuing.

As we move forward, let us hold fast to the values that have brought us this far—faith, service, and leadership. Let us be the leaders our world needs, grounded in our faith and ready to make a difference in the church and society. Here's to the next 40 years and beyond!

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Over the
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as a
beacon of
knowledge



BEING A STUDENT LEADER

The Icon Magazine



Silas Musungu
Secretary General

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The leadership conundrums that a CUEASO leader acquires is what the world is looking for:-

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CUEASO leadership is not a privilege. And it will never be. It's assuming unexpected roles, working under pressure, critically planning events and activities ahead, ensuring a strong connection between the students and the administration, checking on the students' general welfare and feedback and above all swallowing blames bitterly but coldly. But all is not lost. That's how the bullying arena (the world) is. It's complex and full of pressure and so must you. **The leadership conundrums that a CUEASO leader acquires is what the world is looking for:-** that resilience, keeping focus, maintaining a good reputation, honesty and keeping up with both the church and society's virtues.

As the Secretary General therefore, I call upon each and everyone of you who've been bestowed with leadership in any way to make it count for the benefit of yourself, the community within and the society at large. Have a clear picture of how you could want your leadership to be and start chasing that imagery. It doesn't matter how much or to what extent you'll achieve but once you've put in your best, consider it a success. Focus on one thing at a time before proceeding, put in the energy it deserves, people required, time frame and resources if need be. Consult with individual experts in whatever task ahead either through meeting them physically, reading books, listening to podcasts or watching materials on YouTube. This is how you'll increase your experience and watch yourself grow to the person you wish to be in addition to helping others realize themselves and the potential they have.

To my fellow students, I want to call upon you to fully utilize your time and opportunities while on campus. Remember after your studies in the "University", the world expects you to suit anywhere in the Universe". So the question is, "are you preparing yourself over the same?". Make everyday count by grabbing all impactful opportunities that life throws your way. Make sure you join sports of your liking to better your skills daily in addition to being physically fit; join a club or two and see yourself grow your leadership skills, spirituality, mentality, emotions and academics. **Sports and clubs will enable you to; Cultivate a positive mindset (which is a priceless asset you can own); Live a healthy lifestyle. Your future needs you tomorrow; Improve your skills; Build healthy relationships; Keep academic focus; Nature virtuous habits; Engage critically; Learn the art of contributing positively to the society; Spiritual enhancement. And this is what we call holistic growth.**

In conclusion, I want to echo Dr. Michael Kimotho in one of his classes. The words of the introduction were **"it is not that you don't know the truth, you know these things. Information is everywhere because we're living in a cosmos full of information. You only need to be a little bit serious and apply what you already know"**. And Mr. Wakanyua Samuel (Dean of Students) who in one of the meetings said **"you must guard a good reputation"**. Finally the Students Affairs Coordinator told me, **"tell them to learn the art of swallowing their pride"**. GOD BLESS YOU.



From PUBLICITY SECRETARY

WHY I LOVE BEING YOUR PUBLICITY SECRETARY

The Icon Magazine



Nicole Adebé

Publicity Secretary

When I took on the role of Publicity Secretary, I knew it was more than just passing information or running events. It was about being the voice of the students, about amplifying what you all bring to the table and making sure the world sees it. Each of you has unique strengths, and it's been my mission to ensure those strengths are recognized and celebrated.

Throughout my tenure, I've had the pleasure of working with some truly talented people. Mwaki, whose videos inspire and inform; Pino, who captures the spirit of our events with his remarkable videography; and Brian Lusweti AKA Perfect Kiddo, whose editing skills bring our stories to life with spectacular clarity. Together, we've made events more fun, inclusive, and reflective of the vibrant diversity at CUEA.

The role of a Publicity Secretary is more than just managing the social media pages or organizing events. It's about unity, about creating spaces where everyone feels seen and appreciated. The additional events we've organized—from the Vice Chancellor's Cup to CUEA Got Talent, and the Leadership Summit—were designed to celebrate your untapped potential. I wanted these moments to reflect the heart of CUEA: students who are not only academically gifted but also deeply creative, athletic, and full of ideas worth sharing.

One of my greatest joys has been working with the Publications Research and Innovation Committee in both Gaba and Langata Campus. Special shoutout to Brian Kweyu, our Chief Editor, whose dedication to the Icon Magazine is simply inspiring. His passion for storytelling and meticulous work ethic have ensured that the magazine truly represents the best of us. Whether it's Mukei and Velma Olunga handling social media with flair, or Kendi, Aggrey and Bramwel crafting the posters that catch your eye, combined with Sarah and Derrick's seamless sharing of Posters and ideas, every member of the team has been critical in bringing our ideas to life.

Being your Publicity Secretary has been an incredibly fulfilling experience because it allowed me to not only showcase the CUEA community but also bring us closer. The unity I've witnessed has been one of the greatest lessons: together, we can create something unforgettable.

As I reflect on the past one year, I want to say thank you for allowing me to represent you. I believe that, whether it's through my posts, the events, or our magazine, you've felt my dedication to making your voices heard. I also want to extend my deep gratitude to the entire committee for their tireless efforts—they are the reason the work has been possible, and I recommend them in any publication or creative endeavor in the future.

To all students reading this: never forget the value you bring to the table. Each of you has something special, and together, we are unstoppable.

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The role of a
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Mr. Samuel
Wakanyua
Dean of Students

The office of the Dean of Students is elated and in support of the relaunching of the first issue of the----magazine that covers students life in campus and other topical issues. My office appreciates every effort laid down by contributors towards the publishing of this relaunched magazine in our University.

I acknowledge that this has been an arduous task and singularly thank those who were in the forefront in making it a success. This magazine is not just a seed that attempts to poke our latent capabilities in creativity but also a beauty that needs to be sustained.

A lot can be learnt from this work which aims at inculcating a culture of writing, innovation and nurturing morality and values of our University.

The office of the Dean of Students is grateful for the immense support received from the University administration, partners, staff and students in making this initiative a success.

Enjoy the reading!

FROM DEPUTY DEAN OF STUDENTS



Ms. Peris Sogoti
Deputy dean of students

The launch of the Monthly CUEA Magazine is timely and just on time as CUEA marks its 40 years since its inception. I congratulate the editorial team and the CUEASO office as one of its success story during their government!

The Office of the Deputy Dean of students, work closely with the Dean of students as a supporting ligament to the broad office. We work closely with the student leaders, entire students' body on issues and concerns of students. In short, DOS office is a home away from home. The students can reach us in case of any issue. We are there to offer the support which they need, CUEA being a university of rich cultural diversity one can learn, explore and venture into spaces of knowing more and more and even unlearn that which needs to be dropped down. I have come to learn more positive vibes from the fellow staff, students and even support staff. It is a community where one can grow; the difference is that one has to be very deliberate lest you miss the point. I celebrate CUEA too, being one of its staffs; my parting short to us all, Colossians 3:17 And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the father through Him." God bless CUEA, God bless you all!!



It is with great pride and enthusiasm that I address you as the Chairperson of the Research Publications and Innovation Committee at the Catholic University of Eastern Africa. It has been an honor to lead a team dedicated to ensuring that the vibrant spirit of the Catholic University of Eastern Africa (CUEA) is well-documented, celebrated, and shared with our community.

Who are we? We are a combination of both simplicity and fanciness, blending all our unique qualities to bring out the best. We are a passionate team dedicated to documenting and sharing the vibrant life of our university. We capture and promote key events, foster innovation by highlighting resources like the Innovation Hub, and keep the community informed through engaging content. Our goal is to connect and celebrate the diverse experiences of students, faculty, and staff, while enhancing the university's culture of creativity and excellence.

This year has been remarkable for our committee. The ICON Magazine, to begin with has been a notable success. The Magazine serves as a vibrant platform to capture and showcase the essence of life at the Catholic University of Eastern Africa. Our goal is to provide a voice for the students, faculty, and staff, highlighting achievements, sharing stories, and fostering a sense of community

I invite all students to join us in our journey of discovery and innovation. Whether you are interested in publishing your research, participating in our challenges, or simply want to contribute your ideas, there is a place for you in our committee. Your feedback and participation are Invaluable as we strive to make our university a hub of knowledge and creativity.

I extend my heartfelt gratitude to my dedicated team, Mr. Bramwell Lubekho, Mr. Brian Kweyu, Ms. Kendi Daisy and all those who have supported our efforts. Together, we have achieved great things, and I am confident that we will continue to push the boundaries of what is possible.

Thank you for your unwavering support, and I look forward to the exciting journey ahead.

MUKEI MWENDWA
CHAIRPERSON

BRAMWEL LUBEKHO

VICE CHAIRPERSON



As the Vice Chairperson for Research, Publication, and Innovation at the Catholic University of Eastern Africa (CUEA), I am thrilled to share with you the exciting developments and initiatives taking place within our academic community. Our university is not only a place of learning but also a hub of innovative thinking, where research and knowledge creation are at the forefront of our mission to contribute to a sustainable and just society.

At CUEA, we recognize that research is the foundation upon which societies build their future. It is through rigorous inquiry and investigation that we can address the pressing challenges of our time, from climate change to social inequality. Our faculty and students are deeply engaged in research projects that seek to provide solutions to real-world problems. These efforts are not just about advancing academic knowledge but also about making a tangible impact on the lives of people in our communities and beyond.

Publication is a key avenue through which research findings are shared with the broader academic community and the public. At CUEA, we are committed to fostering a culture of publication where the work of our researchers is not only recognized but also disseminated widely. Our university's journals and conferences provide platforms for scholars to showcase their work, engage in meaningful dialogue, and contribute to the global body of knowledge. By encouraging and supporting our researchers to publish, we are ensuring that the knowledge generated at CUEA reaches those who can benefit from it the most.

As we move forward, our focus will continue to be on integrating research, publication, and innovation into every aspect of university life. We are committed to creating an environment where creativity and inquiry are encouraged, and where the pursuit of knowledge is seen as a noble and necessary endeavor.

I encourage all members of the CUEA community to actively participate in our research and innovation initiatives. Together, we can build a brighter future, not only for our university but for the world at large. Let us continue to strive for excellence in research, embrace the power of publication, and drive innovation in all that we do.

Thank you for your dedication to these ideals, and I look forward to witnessing the incredible contributions that will come from our vibrant academic community.



CUEA INNOVATION HUB

THE CUEA INNOVATION HUB

**EMPOWER YOUR TECH IDEAS AT INNOVATION
HUB**

Joining the innovation Hub grants you access to visit array of resources, including cutting-edge technology, industry experts, and collaborative space. Network with like-minded individuals, exchange ideas, and gain hands-on experience to fuel tyour technological journey.

CUEA AUDITORIUM





INSIDE LIBRARY

The Icon Magazine



The Icon magazine 2024

Social Welfare Langata & Gaba



The Social Welfare Committee at CUEA is a dedicated team of students committed to promoting the well-being of our university community. Our mission is to ensure that every student, regardless of their background or financial status, has access to the support they need to thrive both academically and personally. The committee is established both in Gaba our branch University in Eldoret and Langata the main campus.

Our work is driven by the belief that every student deserves the opportunity to succeed. We focus on identifying students in need and connecting them with resources that can help them overcome their challenges. As social welfare we have been committed to perform our roles as highlighted below among other related student welfares

Supporting Needy Students: We launched a project aimed at providing essential food supplies to students in need. This initiative is gradually expanding to include transportation services and financial assistance for tuition fees, ensuring that no student has to choose between their education and basic necessities.

Committee Members
Stephen Boro- Chairperson
Mercy Nyambura-Secretary
Faith -Treasurer



Academic Affairs, Langata & Gaba

FROM THE COMMITTEE'S DESK

The Academic Affairs Committee (AAC) is a vital component of the Catholic University of Eastern Africa Student Organization (CUEASO), established under Article 20 of the CUEASO constitution. The committee is both in Gaba and Langata. The AAC plays a crucial role in ensuring that academic processes run smoothly and effectively, focusing on coursework coverage, the release of examination results, and the overall academic welfare of students.

AAC has enhanced the Electronic Performance Reporting (EPR) system, allowing for the timely release of transcripts, class schedules, and exam timetables. Furthermore, the committee has introduced regular academic workshops to bolster student learning and development. The establishment of robust feedback mechanisms has allowed students to voice their academic concerns, leading to significant improvements in academic services. Additionally, the expansion of digital learning resources has made study materials more accessible, fostering a more inclusive learning environment.



Cliff Matundura
Vice Chair



Simon Hiuhu-Chair



Marvel Diana
Treasurer



Ben Nyakundi
Secretary

FROM OUR STUDENTS

THE CUEA EXPERIENCE



Law Student

My Experience at CUEA was a unique one in Nature

Hezekiah Kakenda

In the loving memory of the great Rev Cardinal Maurice Otunga, another question I pose to all of us is to what extent we can be able to withstand many storms and waves experienced in the present world not to delude ourselves into non-focus on the main goal of consecrating many in the truth.

Lastly I would like to talk about the speech delivered by vice chancellor Rev. Prof Stephen Mbugua Ngari during general assembly at learning resource centre, he came out boldly in condemning exam malpractice by saying "if you have not prepared for exam, then just write exam and fail and it will be the plain truth, you fail because you had not read and not that you are stupid". By so accepting painful truth, you will be becoming a trustworthy and a truthful person in life.

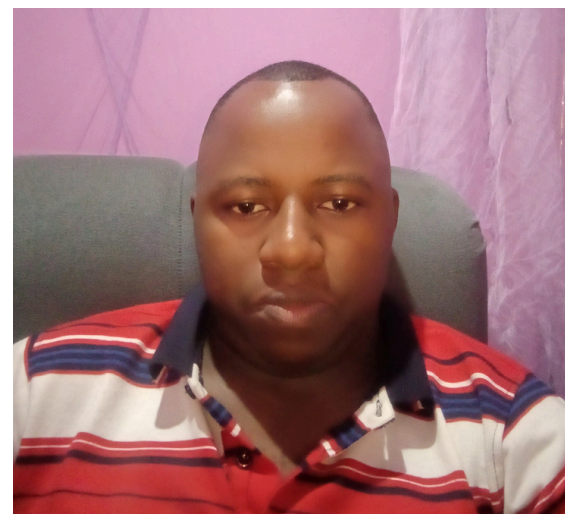
As first year law student, my experience at CUEA was a unique one in nature. Many of us found ourselves in a new environment. The size of the school environment remains a puzzle to me. In spite of this situation, CUEA has really invested in highly trained professional right from the gate man to the top most employees. This has facilitated easy channel to follow.

The question I will post is that can an ocean exist in spite of a river? Can a river exist in spite of the little droplets and can a forest exist in spite of trees? The truth of the matter is that, the little effort embraced by every stake holder at CUEA is what has calibrated to greater achievements celebrated at 40th anniversary of the baby CUEA.

Congratulations baby CUEA

Finance Student

Embarking on a finance degree at the Catholic University of Eastern Africa has been a transformative experience, blending rigorous coursework with significant personal growth. Reflecting on this journey, it's clear that the integration of theoretical knowledge with practical applications has been pivotal to my career development. The foundational classes in financial accounting, economics and quantitative methods laid a robust groundwork for understanding financial principles and market dynamics. Each subject has offered a unique perspective on how financial systems operate, from the micro-level of individual transactions to the macro-level of global markets as well as advanced courses such as financial modeling, investment analysis and corporate finance, provided deeper insights and practical skills. I have learned to prioritize tasks, set achievable goals and maintain a healthy work-life balance. Perhaps the most profound aspect of my personal growth has been the development of resilience and adaptability. The rigorous demands of my coursework and the challenges of internships taught me to embrace uncertainty and view obstacles as opportunities for growth. I've learned to approach problems with a solution-oriented mindset and to continuously seek improvement. Looking forward as I reflect on my journey, I am grateful for the blend of academic challenges and personal experiences that have shaped me. The knowledge gained from coursework and the personal growth achieved through diverse experiences have prepared me for a successful career in finance. I am excited about the future, armed with a solid foundation of skills and a resilient mindset that will guide me through the evolving landscape of the finance indu



David Mutuku Mwasya
Final Student, Finance

FROM OUR STUDENTS

THE CUEA EXPERIENCE

International Student

As a beneficiary of CUEA, I've had the privilege of pursuing a Bachelor of Law degree and a Post Diploma in Justice and Peace Studies. These achievements have equipped me with the knowledge and skills to make a positive impact in the world.

Serving as the head of the international students committee has been a rewarding experience. It's given me the chance to work with a diverse group of students, helping them navigate their academic and personal challenges. CUEA has been more than just an institution; it's been a place where I've grown and found a supportive

James Lopusa Taban-Justice & Peace Studies



International Student

I'm excited to reflect on my journey as a student of Bachelor of Science in Computer Science at the Catholic University of Eastern Africa. As someone originally from Nigeria, I've been dedicated to excelling academically while actively participating in campus life. In my role as the Treasurer of the International Students Committee, I've worked hard to promote unity and celebrate the diverse cultures within our university community. Recently, I had the honor of being appointed as the Commissioner for Human Resources, Science, Technology and Innovation at the 3rd Pan Africa Youth Conference on African Unity and Development. This opportunity has allowed me to extend my impact beyond the university and contribute to important conversations about African unity and development. My passion for technology drives me to solve real-world problems through my studies in computer science. I strive to lead by example and I'm proud of the work I've done so far and am excited about the future opportunities to make a positive difference.

Ogiri Rosemary One, Nigeria
Computer Science



FROM OUR STUDENTS

#Experience CUEA

It was on a sunny September morning, the year 2020 to be precise when a young, eager, ambitious and naïve Victory walked into campus escorted by her sister having earned her admission into the Catholic University of Eastern Africa. This was going to be a new phase and learning experience for her. Fast forward to today, the journey at CUEA is complete but the lessons and opportunities gained are immense. The Catholic University of Eastern Africa has been an avenue of opportunities, exposure and great networks. The four years in campus have been nothing short of immense growth and new experience. CUEA has been a doorway to learning experiences, a beacon and testament of faith. For 40 years, the Catholic University of Eastern Africa has proven to be a world class university, fully integrating the academic and social needs of students from Eastern Africa and other parts of the continent. The university boasts of its holistic academic endeavors fully ascertaining its motto: “Consecrate them in truth”. I would conclude by sending my heartfelt congratulatory message to the Catholic University of Eastern Africa. Hongera CUEA at 40!

By Victory Nafula

I AM PROUD TO CALL CUEA MY ALMA MATER

As I stand on the brink of graduation, I am filled with profound gratitude and nostalgia as I reflect on my incredible four-year journey at the Catholic University of Eastern Africa (CUEA). My time here has been nothing short of transformative, shaping me not only as an aspiring educator but also as a global citizen equipped with the skills and values necessary to make a lasting impact on society.

When I first walked through the gates of CUEA, I was initially apprehensive about how I would fit into this new environment. However, CUEA quickly became a home away from home. The friendships I have made with people from diverse backgrounds and countries have broadened my horizons and enriched my cultural understanding.

Beyond academics, CUEA provided invaluable experiences through the mentorship programs such as Ajira Digital Program, Peer Counseling course, Career talks etc enhancing my skills and career prospects. A pivotal moment was receiving a scholarship through a partnership with Braeburn Group of International Schools, which broadened my understanding of global education.

CUEA is a family, a community, and a beacon of hope for all who pass through its gates. I am proud to call it my alma mater. I leave confident and inspired, forever grateful to this remarkable institution.



David Onyango
Finalist ,Education

FROM OUR STUDENTS



The Icon Magazine

THE CUEA EXPERIENCE

International Student

My experience at the Catholic University of Eastern Africa (CUEA) has been both enriching and transformative. As a current student, I have had the opportunity to earn a Diploma in Community Health and Development, this achievement has inspired me to continue my studies, and I am now pursuing a Bachelor's Degree in the same course to deepen my knowledge and skills further.

In addition to my academic journey, being part of student leadership as the International Students' Representative has been a highlight of my time at CUEA. Representing over 32 nationalities, I have been privileged to advocate for the diverse needs of the international student community. This role has allowed me to develop my leadership abilities and foster a sense of unity among students from different cultural backgrounds.

My spiritual life at CUEA has also played a significant role in my overall experience. Serving as the vice chairperson of the altar servers has been a deeply fulfilling experience, allowing me to contribute to the spiritual growth of my peers. This role has provided a meaningful balance to my academic and leadership responsibilities, reinforcing the importance of service and faith in my life.

Mary Achuor, International student Rep



MY CUEA EXPERIENCE

As reflect on my first experience when I entered the esteemed halls of the Catholic University of Eastern Africa, a blend of excitement encapsulates within me. Stepping into the serene campus nestled in the heart of Nairobi Kenya, I was greeted by a sense of tranquility and academic vigor. The institution's commitment to academic excellence was evident in the quality of instruction and passionate faculty members dedicated to nurturing intellectual curiosity.

As a new student to CUEA, every corner holds the promise of intellectual growth and knowledge transformation. The prospect of a new chapter in one's academic journey, coupled with the thrill of exploration and discovery, creates a blend of emotions that sets the phase of an unforgettable experience.

The grandeur of the university's architecture and the vibrant student life under a spendor sunny morning view, are sights to behold. The marvelous buildings in the institution boasts spectacularness and salientness of the campus. The welcoming atmosphere, coupled with hustle and bustle of students engaged in multifarious activities, paints a picture of a thriving academic community. The buzz of intellectual curiosity is perceivable in the air, hinting at the depth of learning that lies ahead. The most appreciable highlights of my CUEA experience was the warm reception by faculty members and staff. Their commitment to nurturing young minds and their passion for academic excellence were evident from the beginning.



The first interactions with lecturers and professors, who are experts in their fields sparked a fire of inspiration within me, igniting a thirst for knowledge and a drive for success. Becoming familiar with the university and steering through the intricacies of university life, finding one's way around the campus and blending in with the school's culture can be a daunting task for a first year student. However, the strong support system at CUEA, including academic advisors and student mentors, played a crucial role in easing the transition. Their guidance and encouragement done at an orientation session, helped me feel at home in this new environment, fostering a sense of belonging and comradeship among peers.

The rigorous academic curriculum in CUEA challenges me to think critically, communicate effectively and push the boundaries of my intellect. My CUEA experience has evolved into a journey of self-discovery and personal growth. Engaging in vibrant discussions, delving into research has opened new horizons of learning that extends far beyond the confines of the classroom.

Ian Gichini
First Year, IR

FROM OUR STUDENTS

My Transformative Experience in Campus

My Mentor Hon. Okeng'o Joel Nyambane always says, "Life is what happens when you are busy making plans." In 2020 I had a plan and indeed life happened. My plan was to join an institution of higher learning, and as KUCCPS would have it, CUEA was the institution that could then transform me into a comrade. I vividly remember those younger days with nostalgia! Walking through the gates of CUEA as a fresh Form Four graduate, I was filled with excitement, curiosity, and a bit of nervousness. The university world was a mystery, a vast landscape that I was eager yet uncertain to navigate. I knew little about what awaited me; new faces, challenges, and opportunities. The orientation was such elaborate that I was prepared to start my studies with ease.

Being a student leader was one of the most defining aspects of my time at CUEA. It taught me responsibility, the importance of empathy and the power of collective action. I found myself in a position where I could influence change, advocate for others and make a real impact. The challenges that came with leadership were many, but they were invaluable in shaping who I am today

Four years have passed in what felt like the blink of an eye. Along the way, I made friends who turned into family, connections that opened doors and memories that will last lifetime. I learnt not just from books and lectures, but from the people around me; from their stories, their struggles and their triumphs.

As I leave CUEA, I carry with me more than just a degree. I carry the lessons of resilience, the strength of community, and deep understanding of the society we live in. These years have been a journey of growth, discovery and transformation. And while my time as a student at CUEA has come to an end, the experiences and lessons I have gained will continue to guide me in the next chapter of my life. My class has been of great impact, Much thanks to my H.O.D Dr.Mary Mutisiya for her motherly advice and guidance. **FELICITATIONS POLITICAL SCIENCE CLASS OF 2024! VIVA FOLKS!**



Mr. Emmanuel Magoba

Former Chairperson (fasc)and political science student, Class of 2024

HOW CUEA HAS SHAPED MY COUNTY LEADERSHIP

Growing up in Samburu County and attending Catholic schools instilled in me a deep sense of faith and perseverance, which has been crucial in my journey to the Catholic University of Eastern Africa (CUEA). Despite the challenges of coming from a marginalized community, I have drawn inspiration from Saint Teresa of Calcutta's belief that "Not all of us can do great things. But we can do small things with great love," and Nelson Mandela's assertion that "Education is the most powerful weapon which you can use to change the world." At CUEA, I am not only advancing my academic goals but also embracing Pope Francis's vision that "Education is a way to build bridges, to overcome divisions." This opportunity enables me to build connections and contribute meaningfully to society, guided by Malala Yousafzai's reminder that "One child, one teacher, one pen, and one book can change the world." My journey reflects the transformative power of education and faith, and I am committed to using this experience to uplift others and drive positive change.

Letitoyia Martha

President , Samburu University Students Association.



FROM OUR STUDENTS

Meet our students who are now Company and organizations ceo's

From Struggles to success ,How Beryl built a thriving laundry Business



Beryl Akinyi

CEO -MCB cleaning Services



I am Beryl Akinyi Ochieng,4th Year Student Pursuing a Degree in Economics.I run a business called Madam Ceo Beryl-MCB Cleaning Services.While at Second Year,I was staying at the hostel and the students wanted someone who could wash their clothes,I saw this as an opportunity to raise some pockets money so I started washing for the student as a Mama fua,I could also go to homes around Karen to ask for Mama fua Job.

As I was doing the Mama fua job,I used to Save whatever I got and I used my Saving to buy my first washing machine,I later developed interest in Professional Cleaning thus Seat,Mattress &Carpet Cleaning, Car Interior Cleaning ,Office Cleaning, Fumigation and Pest control. I started by hiring the Cleaning equipment from a firm and whatever I got I used to save after one year,I bought my Professional Cleaning equipment.From Mama Fua where I used to work as an individual the business has grown to a professional cleaning firm where I work with 5 to 10 people on Contract basis depending on work.My Clientele has also grown and I Offer my services to Hotels like FairAcres Hotel Karen,Offices and I also offer Monthly General Cleaning to two Governor's Home.

I still do the Cloth Wash and majority of my clients for that are CUEA student.

My Dream is to be one of the biggest Cleaning Service Provider in the country.Doing my best so as to achieve it.

CHAMPIONING FOR GENDER EQUALITY FOR A JUST FUTURE.



Mutuku Esther Mutheu

CEO,Equality Vanguard

As the global movement for gender equality continues to evolve, the concept of intersectionality has become increasingly central to feminist discourse and activism. Intersectionality acknowledges that individuals experience discrimination in overlapping and interdependent ways, shaped by factors such as in our African context, class, skin colour, and ability. This perspective is crucial in understanding the complexity of gender inequality and addressing the unique challenges faced by marginalized groups. At Equality Vanguard Africa, this approach informs our vision and fuels our commitment to creating a more just and inclusive society. Our organization is grounded in key priorities inter alia:advocacy and policy reform, partnerships for innovation, and economic empowerment of women. These pillars are brought to life by the brilliant and passionate team at Equality Vanguard, whose dedication and creativity drive our mission forward every day.

We believe that legal reforms must be accompanied by actionable policies that address the unique needs of those most affected by discrimination. Further, policies should be accompanied by investment. One of our primary goal is to influence policy at local, national, and regional levels, ensuring that the voices of marginalized communities are heard and their rights protected. We are excited to announce our intention to partner with Innovate4Change, a groundbreaking initiative founded by my classmate from law school. This collaboration will allow us to combine our expertise in legal advocacy with cutting-edge innovation, driving forward policies that have a tangible impact on the ground.

While our vision for economic empowerment of women is still being developed, we aspire to create programs that equip women with the skills, resources, and support they need to thrive in various economic sectors. We understand that financial independence is critical to achieving true gender equality, and we are committed to exploring innovative ways to bridge the economic divide and create opportunities for women across all walks of life. In the meantime, we have already built a strong community within Equality Vanguard, where members support one another and engage in meaningful dialogue. One of our proudest achievements is our book club, where we come together to explore feminist literature, deepen our understanding of gender issues, and inspire each other to take action.

My activism and legal prowess in gender equality, even as I continue to learn and unlearn, have been profoundly shaped by the rigorous training I received at The Catholic University of Eastern Africa. The legal education I have acquired has provided me with the tools necessary to navigate complex legal landscapes and advocate for meaningful change. At Equality Vanguard Africa, we are committed to advancing gender equality through a combination of legal expertise, innovative partnerships, and economic empowerment initiatives. We invite interested partners to join us in this mission.

To collaborate with us, please reach out through our email:equalityvanguard@gmail.com/ Phone number:+254758056329.

We are also available on all social media platforms as EqualityVanguard.

Together, we can build a future where gender equality is not just an aspiration but a reality for all.



FROM OUR STUDENTS

The Icon Magazine

Meet our students who are now Company and organizations ceo's

M-Research: Transforming Agriculture Through Data



Mugai Kariuki

CEO & Founder, M-Research

My name is Mugai Kariuki, and I am the proud founder of M-Research. The inspiration behind starting this company stems from a simple yet profound realization: in everything we do, we must ultimately feed ourselves. However, in today's fast-paced world, many people have become engrossed in various pursuits, often overlooking the critical importance of agriculture.

M-Research is an innovative agri-tech start-up, founded in February 2023, with a mission to transform the agricultural sector through data-driven solutions. By harnessing the power of data, we empower agri-investors, businesses, start-ups, and farmers with actionable insights and intelligence. Our goal is to enhance efficiency, productivity, and sustainability in agriculture, helping stakeholders navigate challenges and seize opportunities in their day-to-day operations.

Whether it's optimizing crop yields, improving resource management, or identifying investment opportunities, M-Research is dedicated to supporting the growth and success of the agricultural ecosystem. We believe that innovative solutions are key to addressing the challenges facing agriculture today, and we are committed to paving the way for a more sustainable and food-secure world

Through M-Research, I hope to inspire many to recognize the vital role of agriculture in our lives and encourage more people to join this essential field. My vision is to contribute to ending world hunger and increasing food security, ensuring that future generations can thrive. I believe that by focusing on innovative solutions and embracing the power of data, we can make a significant impact in the agricultural sector and create a brighter, more sustainable future.



M-Research

Data in Agriculture

The Future Of Agriculture

GIVE US A VISIT TO KNOW OUR PROGRAMS



HIGHSCHOOL CAMPUS TOUR TO OUR PRESTIGIOUS UNIVERSITY

DRAMA CLUB

AYLF CLUB



About Africa Youth Leadership Forum AYLF is a collaborative initiative that brings together University Students, Student Leaders, and alumni from both public and private Universities, for mentorship, training, networking, and capacity building. We seek to advance values and principles that promote transformational and servant leadership. The current cueaso are our members ,so I guess that's the first achievement we hadnurturing our own member to be leaders Last year we had a charity donation at Rongai children's home Last year we went for a breakfast

SCOUTS CLUB



We identify as the CUEA woolves rover crew. Rover scouts are scouts from the ages of 18 to 26 years.The Scouts Club at CUEA is a vibrant community dedicated to fostering leadership, teamwork, and a commitment to service among its members. Rooted in the values of the Catholic faith, the club emphasizes the importance of moral development and community engagement. The Scouts Club provides a platform for students to grow personally and spiritually while working together towards common goals.

JOURNALISM CLUB



THE CUEA JOURNALISM CLUB

The Catholic University of Eastern Africa Journalism club stands as a testament to its motto, "Where Dreams Come True" offering a platform for students to realize their aspirations in the world of journalism.It's dedicated to nurturing and empowering future Media leaders.

Established in 2022,the Cuea journalism club was created to offer students at cuea a practical learning environment in journalism.The club arose from a desire to complement academic knowledge with real world media experience,fostering a space where aspiring journalists could thrive.

The club was motivated by the need to bridge the gap between theoretical knowledge and practical experience in journalism.It aims to prepare students for the Media industry by offering hands-training and professional insights, ensuring they are well equipped for future careers.Members of the club have gained practical training in journalism skills such as; Reporting,writing,editing, camera operations and live streaming.

The club requires a small membership fee to support its activities,200/= for new members 100/= renewal.Recruitment is open to all CUEA students with an interest in journalism regardless of their course or background.

Joe Odhiambo
Chairperson



Lights, camera, action!.The CUEA drama club is a gateway to a world where imagination takes center stage and creativity knows no bounds.Whether you are a seasoned performer or someone who's always dreamed of treading the boards, our drama club welcomes all who are passionate about theatre.

Why join us?

- 1.Explore your talents:From acting and directing to set design and stage management, discover your unique talents and hone your skills with guidance from experienced mentors and fellow enthusiasts.
- 2.Build life long connections:Join a vibrant community of students who share your love for arts. Forge lasting friendships and collaborate with like-minded individuals on exciting projects and performances.
- 3.Showcase your work:Take part in regular performances and workshops that give you the chance to shine in front of an audience. There is a spot for you on our stage.

Drama club entails the following:Plays, Narratives, Mimes, Cultural dance, Modern dance, Solo verse, Choral verse.

CUEA drama club has represented the school in the following internal events: Christmas carols 2022/23, Cultural week 2023/24, Mr and Mrs CUEA 2023, Valentines day 2024. It has also represented the institution in the fifth KUPAA festivals in different categories. In the nationals, CUEA drama club took three items which included: English play, dramatized cultural dance and Mime. The drama club also performed in our once affiliate university, Tangaza university in their internal events e.g social evening.

Drama club isn't just about putting on plays - it's about exploring your creativity, stepping out of your comfort zone, and discovering new aspects of yourself. So whether you're aiming for the spotlight or eager to contribute behind the scenes, we welcome you to join us.

Let's make some magic together!!!

JOIN NOW

CLUBS & SOCIETIES AT GLANCE!



ACTUARIAL SCIENCE CLUB

By Lucy Murimi



As the Secretary general of Actuarial Student's society of Kenya and the chairperson of CUEA Actuarial Students Association(CASA) We participated in the Regional Product Design Competition at KU where we took one research paper from Gervas Leteipa a fourth year student and on product from Nelly Mwendwa a third year student
From this Nelly emerged position two and Gervas as well
In the National Product Design Competition held at the University of Nairobi in July Gervas emerged position One under the category of Research papers nation wide amongst all the campus taking Actuarial science in the country...

Other events that have been held by the association is educational webinars which has been online each month in collaboration with the Actuarial Student's Society of Kenya(ASSK)

MENTAL HEALTH CLUB



CUEA The A Mental Health and Psychology Club is a student-led organisation that was established in 2022 by a group of psychology students at the Catholic University of Eastern Africa (CUEA). The organisation was formed in response to the increasing prevalence of mental health concerns among students at the university, and aims to provide a safe and supportive environment for students of all nationalities to address and discuss mental health issues.

The club recognized that the diversity of the student body at CUEA, which includes students from different cultural backgrounds, can lead to a variety of mental health challenges if not properly addressed. The CUEA Mental Health and Psychology Club identified this gap and made it their mission to fill it. The organisation aims to provide resources and support for students dealing with mental health issues such as depression, family and relationship-related issues, drug and substance abuse, and other issues affecting their mental and psychological well-being.

Since its launch, the club has been able to attract students from different departments, to become members of the club. The club has also developed its mental health services by implementing outreach programs such as charity events and visits to children's homes, where members volunteer their time and services. Additionally, the club has organised online seminars and webinars to raise awareness about various mental health issues and provide guidance on how to deal with them. For students who require additional support, the club forwards them to licensed psychologists for further treatment.

Mental health is akin to any other disease that affects an individual, with the exception that it has the capacity to end one's life while still alive. Many individuals feel trapped, misunderstood, and afraid, and lack a place to turn to. The CUEA Mental Health and Psychology Club aims to provide a safe space for students to discuss and address mental health issues, and to provide resources and support for students who need additional help. Moreover, it seeks to create opportunities for students in the mental health field that will springboard them into future careers.

FOLLOW our social media handles [@cueamentalhealthclub](#) to see more of the work we do in our community



DEBATE CLUB



The CUEA Debate and Speech Society is dedicated to fostering the art of argumentation and public speaking among its members. Rooted in the British Parliamentary system, our society provides a structured platform where participants can refine their debating skills, improve critical thinking, and enhance their ability to articulate ideas clearly and persuasively. We believe that the mastery of debate is a powerful tool that equips individuals with the confidence and poise necessary to address complex issues in both formal and informal settings.



KMUN CLUB



Kenya Model United Nations (KMUN): A Premier Youth Leadership Platform
For over 20 years, the Kenya Model United Nations has been the leading youth leadership platform, nurturing exceptional young diplomats who have made significant contributions both in Kenya and globally. We are closely affiliated with the United Nations Information Service at the United Nations Offices in Nairobi, and we have an extensive reach of over 5,000 dynamic and intelligent university students and students in higher learning institutions. These students are catalysts for change, equipped with a structured approach to development and critical problem-solving capabilities through deliberative and value-based diplomacy. With more than 30 chapters across the nation, KMUN proudly stands as the oldest and largest student-run society in Kenya
Info-. What all kmun is about

The organs
And ofcourse the awards over the years..must mention Best Chapter 23rd Session
Best Chapter 17th Session
Best Digital media engagement Chapter 23rd Session
All the events we have along the Session; Warm-up, Inter-varsity etcetera

PEER COUNSELLING CLUB, LANGATA

Peer Counseling Club has established itself as a vital pillar of support within our university community. Since its inception, the club has been dedicated to providing a safe and confidential space where students can seek guidance and emotional support from their peers. One of the key achievements of the club is the comprehensive training programs we offer to our members that equip peer counselors with the necessary skills to effectively support their fellow students. The training sessions are conducted in collaboration with the University Counselor's office, cover a wide range of topics including active listening, personality types, temperaments, emotional intelligence, sex and sexuality.

In addition, the club organizes therapy sessions and team building activities aimed at fostering a strong sense of community among students. Our annual mental health week has become a hallmark event featuring workshops, open discussions and awareness campaigns that encourage students to prioritize their mental health. The participation and enthusiasm shown by the student community during these events reflect the positive impact of our initiative.

The successes of the peer Counseling Club would not have been possible without the unwavering support of the University administration and office of the University counselor, able team leaders. Their guidance and resources have been instrumental in our growth and effectiveness. As we look to the future, we remain committed to expanding our services and continuing to be a cornerstone of mental wellness on campus.

By Marvel Diana

CLUBS & SOCIETIES AT GLANCE!

KNOWLEDGE AMBASSODORS CLUB



The Knowledge Ambassador Club at the Catholic University of Eastern Africa (CUEA) stands as a beacon of intellectual engagement, fostering a vibrant community dedicated to the pursuit and dissemination of knowledge with the aim of promoting academic excellence, cultural appreciation, and social responsibility, the club also serves as a dynamic platform for students to actively participate in various educational, cultural, and community-oriented activities and nurturing holistic development, academic skills, leadership qualities, and cultivate a deep sense of social consciousness.

The club has achieved information literacy training on citations and referencing for project doing students, Benchmarking with other universities, Members presentation, workshop and Skill development, Development of knowledge sharing platform, Book arrangements, Fields trips, Community outreach, career guidance to students who have been visiting the library. With that, we encourage everyone to join the Club, indeed it's a knowledge gaining club.

Chairperson



FROM MENTAL HEALTH GABA CAMPUS

By Agness Njoki Ayienda, Gaba

Why Mental Health is Seriouser Than You Thought: A Kenyan Perspective

When we talk about mental health, many of us in Kenya might still think it's something that happens in other places, like America or Europe. You know, somewhere far away, where people eat quinoa, have brunch dates with therapists, and know what kale is. But here in Kenya, mental health is as real as the matatus that wake you up at 5 AM with their blaring horns and Vitz drivers who think they're in the latest Fast & Furious movie.

Let's start with a reality check: mental health is serious. In fact, it's so serious that the word serious doesn't even cut it anymore. We need to upgrade our vocabulary—hence, seriouser. And here's why:

1. The Stigma is Realer Than a Nairobi Traffic Jam

Mental health stigma in Kenya is like that old, stubborn stain on your favorite kitenge—no matter how hard you try, it just won't go away. People still think that talking about your feelings is for the weak or that having a mental health issue is equivalent to being possessed by some evil spirit. "Ah, huyo ako na shetani!" you might hear, as someone rushes off to fetch holy water instead of suggesting you see a therapist. But here's the kicker: ignoring mental health issues doesn't make them go away—it just makes them bigger, like that pothole on Mombasa Road.

2. Stress? What's That? Pass Me the Ugali

Stress? Ha! In Kenya, stress is like that distant cousin who only shows up when they need something from you. We joke about it, calling it *ma-pressure* or *shida za Nairobi*, but the truth is, stress is no joke. Just because we Kenyans like to laugh in the face of adversity (and everything else, for that matter) doesn't mean that stress isn't taking its toll. Whether it's the pressure to pay school fees, deal with corrupt officials, or survive January (also known as *Njaanuary*), stress is real, and it's affecting our mental health more than we care to admit. The saying "Kenyans don't cry, they just laugh" is not a badge of honor—it's a red flag.

3. Therapy Isn't Just for *Wazungu* or *Richkids* People

When you suggest therapy to someone in Kenya, you might get a response like, "Ati therapist? I'm not crazy, wacha na hiyo mambo!" There's a pervasive belief that therapy is for people who wear socks with sandals, drink herbal tea, and use words like *chakras* and *inner peace*. But guess what? Therapy is for everyone! It's like chapati—everyone can enjoy it, and it's good for you. Therapy doesn't mean you're broken; it means you're strong enough to acknowledge that you need help to deal with the challenges life throws your way, like that *mama mboga* who always gives you less sukuma wiki than you paid for.

4. Self-Care is More Than Just a *Njaanuary* Detox

Self-care has become a buzzword, but in Kenya, many still think it's something Instagram influencers do while sipping smoothies and posing in front of palm trees. But self-care isn't just about the occasional *mbuzi choma* or binge-watching your favorite movie—it's about taking care of your mental health regularly. It means setting boundaries, saying no when you need to, and not letting your boss guilt-trip you into working overtime without extra pay. It's recognizing that your mental health is as important as your physical health—so treat it with the same seriousness as you do when avoiding Nairobi's traffic cops.

5. *Hakuna Matata* Doesn't Apply to Mental Health

The popular phrase *hakuna matata*—no worries—might work for Simba in *The Lion King*, but it doesn't apply to mental health. Telling someone to just "relax" or "think positive" when they're struggling is like telling someone to smile more when they have a toothache. Mental health issues need to be addressed with compassion, understanding, and professional support. It's time we drop the *hakuna matata* attitude when it comes to mental health and start taking it seriously—or rather, *seriouser*.

In a country where we take everything with a pinch of salt—and a side of *nyama choma*—it's time we start taking mental health more seriously. Just like we've embraced mobile money, *ugali*, and the art of dodging potholes, we need to embrace the importance of mental health. After all, a healthy mind is just as important as a healthy body. So next time you're feeling overwhelmed, stressed, or just need someone to talk to, remember: mental health is not just serious—it's *seriouser* than you thought.

Now, if you'll excuse me, I'm off to find a therapist who accepts Mpesa.

PEER COUNSELLING CLUB, GABA

Peer Counseling Club: Living Hope for Mental Health. (CUEA GABA)



The Peer Counseling Club at our university has taken on the theme "Living Hope for Mental Health" this year, embodying our commitment to supporting the well-being of every student. Our activities, which include mentorship, psychoeducation, and fun events, play a crucial role in promoting mental health across campus.

Through our mentorship program, students connect with trained peers who provide guidance, support, and a listening ear. These connections foster a sense of belonging and offer students a safe space to share their struggles.

Psychoeducation is another key aspect of our work. We organize workshops and discussions that equip students with the knowledge and tools to manage stress, anxiety, and other mental health challenges. By raising awareness and providing practical strategies, we empower students to take control of their mental health.

We create safe spaces for students, considering that not all topics are discussed openly.

Finally, we believe that fun is an essential part of maintaining mental wellness. Our club hosts regular social events and activities that encourage relaxation, connection and joy.

These moments of fun help to reduce stress and build a supportive community where students can thrive. We also celebrate our anniversaries, this helps in bringing up a community of unity as we get to celebrate all members of the club and giving mental health to priority it deserves.

Through mentorship, psychoeducation, and fun, the Peer Counseling Club is truly a "Living Hope for Mental Health" on our campus, making a lasting impact on the lives of students.

Chairperson Lucy Sitawa
Vice chairperson Aggrey Onger



POWER SURGE

'Dance Electrified'

Powersurge dance crew as their motto stands 'Dance Electrified' came to action in 2021, it started this whole journey with only 3 members under the leadership of Kubasu Getrude Kimberly and Brenda Ondara as the founders. With Kimberly as the chairperson, she has guided and led the team to great success stories.

The main reason behind its formation was the unwavering passion and dedication from the founders and also the presence of a group of open minded friends who had a vision of sharing an opportunity to dancers at the University and around the vicinity to have fun and express themselves through their talents.

Powersurge dance crew has managed to perform as back up dancers for Kenyan artists: Fathermoh, Mbuzi Gang, Breeder LW and Buruklyn Boyz just but to mention a few. In addition, the crew has also been able to perform at a number of CUEA campus events like the annual Mr and Miss CUEA pageantry, Finalists Dinner, Freshas Bash, Cultural Week, Annual Leadership Summit and also looking forward to the International Students Dinner coming up soon.

Powersurge dancers can also be hired for different events as they are flexible and can perform at any function, for they bring the vibes with them too. Depending on what you want as a client they can always to an agreement to suit your needs.

Lastly, powersurge dance crew has increased its membership from 3 passionate, dedicated members to now a family of approximately 30 hardworking and talented members with the will to be better dancers and performers. The crew requires a small membership fee of only 250/= to support its activities. Recruitment is open to all students who have the interest of dancing.

For more inquiry on how to join the crew; contact 0113815887

Odhiambo Joe
Abel Twang'a
4th year CUEA students

THE STORY OF RIPTOYA ELEMA

The Icon Magazine

Riptoya Elema

CEO & Founder, Move Northern Kenya

When I was born my parents,(Mr. and Mrs Kanano)decided to name me Riptoya which means saviour. Then the clan gave me the name Elema and my father's name Kanano so I was called Riptoya Elema Kanano.

I was born in Sagana,Kirinyaga County partly raised in Marsabit County,Saku constituency and Nairobi County.Being the first child out of eight I was able to learn more on leadership from the time I was young.I schooled in Mihang'o primary school till class six then later moved to Highcrest preparatory school where I finished my primary education with grade B+ of 362 marks. Due to my performance I was able to join Ngiriambu girls highschool where I did my KCSE and scored a B (-) minus. When I was young I always wanted to travel,help people and see the outside world and that's why I chose international relations and Diplomacy as a course because I would be able to serve people,my country Kenya and get to travel as well.

I am currently undertaking my undergraduate degree in International Relations and Diplomacy at Catholic University of Eastern Africa.

When I joined Catholic University of Eastern Africa, I was chosen as the class representative serving 531 students pursuing both International Relations and Diplomacy ,Political science and Sociology. I served them for two semesters then decided to resign and focus on humanitarian works.

Seeing how my mother struggled to raise us as a single mother, I was inspired to start an initiative where we would teach single parents various skills for them to be able to fend for their family and we also invited psychologists to talk to young ladies who felt unwanted in the society due to early pregnancies. We also donated diapers and clothes for the kids.

I was able to win a Global women peace ambassador award that year as well.



Later that year, that is 2021, my team and I faced challenges with funding some gave up on the initiative but I didn't as much as Young Power parents didn't work I still believe there was more that I could do.

There was a book I had written when I was in form 2 called Move Northern Kenya where I was dreaming of impacting and transforming lives in Northern Kenya. When I saw the book I remembered my dream and on October 28th 2022 my friends and I started actualizing the dream.

Move Northern Kenya is a youth led organisation with thirty members and twelve officials, me being the leader of the team. We are a humanitarian organisation dealing with 7 SDGs that is ,No poverty,Zero hunger, quality education, good health and well being, gender equality,climate action and peace, justice and strong institutions .We combine this with community based strategies for them to be effective. As a team we have worked in Marsabit county and Isiolo so far



I am currently undertaking my undergraduate degree in International Relations and Diplomacy at Catholic University of Eastern Africa.

I was privileged to work with the Africa Youth Climate Assembly to amplify the voices of the youths across Africa and promoting culture. We held various consultations in Marsabit and Isiolo County where we invited youths from the neighbouring counties like Mandera,Wajir,Garissa,Meru and went further and invited people from Nairobi as well. This consultations were important in terms of us knowing the challenges faced by youths across Kenya and how climate change has affected them.

Currently, my team and I are promoting agricultural activities in Northern Kenya focusing on agroecology. Northern Kenya is known for hunger and we want to change that notion we believe that agriculture is the way to go in preventing conflicts, promoting gender equality and quality education.We have come up with a way to ensure that women ,PWDs and the youths are actively involved in the projects.

I am also part of Africa Matters representing Kenya in the Heritage Environment Her Future programme. In this programme, I represent the indigenous communities in Northern Kenya and I use this chance to amplify their voices. Additionally, I work with BIBA Kenya under the programmes department where we promote biodiversity.

I hope that Move Northern Kenya won't just be a dream but it will be something everyone will embrace

Working with young people from marginalised communities has always been my passion and am glad to serve my people.Having my family supporting me, my community, my friends, my team ,my mentor Dr.Joan Myers has helped me grow and most important the presence of God in my life.

SEMINARIAN JOSEPH NGUGI

My vocation journey traces its roots from a staunch catholic family, where missing mass was next to an athema. As a result, the church became a part of me from a tender age tend. I attended Holy Mass without fail and while at it, I developed a nibbling desire to become an altar server. I could not help but admire those who served at the altar. How graceful they looked! However, something held me back. Something that was beyond my control. For one, I was too short and two I was too young to serve at the altar. My desire to serve was so strong that it would hear none of these setbacks. It was at this point that I decided to approach the chairman of the church and tell him about this desire, that I had fruitlessly tried to suppress. As expected, he was hesitant. His hesitance fueled my desire and it grew even stronger. I went to him a second time. This time I used a different approach; with utmost innocence I told him that I will believe he is the chairman only if he allows me to serve at the altar. The following Sunday I was in full mass server cloth (brand new and perfectly fitting) at the altar serving mass. The joy was inexplicable. It was during this time while I served at mass that I started my discernment to priesthood.

My desire was to join a catholic sponsored school after my primary school. This never happened for I ended up in a D.E.B school. In the school we never had mass since the school was not sponsored by the Catholic Church, and we only had one common service for the whole school. During this time my desire to join priesthood was dwindled as there was no environment to nurture it.

After high school, I scored a good grade and I was called to join Jomo Kenyatta University of Agriculture and Technology. It was during this time at the university that the desire to become a priest started was reignited. This time it was so strong, such that whenever I saw priest my heart swelled with happiness and would ensure I have had a word with him. One day as I was browsing through my Facebook account, I came across Jesuits' vocation director, who had posted a photo of those who graduated from novitiate in Arusha. This caught my attention and I sent him a text. He replied sometime later and we planned for a meet up at Loyola house along Ngong' road. He received me very warmly that made me almost to quit my studies and join them immediately. This was in the year 2013. He encouraged me to finish my studies at the

University and while at it, he journeyed with me; gave me spiritual books to read and write summary of the books to him (which I did with a lot of passion). I was set to join the congregation upon completion of my studies.

One of my professors was a Diocesan priest and he greatly influenced me by how he was doing his things. This stirred in me attraction for the Diocesan priesthood. In May 2016 after finishing my exams and now waiting to graduate, I approached the Vocation Director Nairobi with intentions to join that same year. Apparently, he told me it was not possible for those to join at that time and I had to wait for one more year. That one year was too long a wait for me therefore, I decided to offer myself as a volunteer. I was connected to a Spaniard priest in North Turkana. I stayed with him for seven months, where I was assisting in community development, peace meeting among the communities as well as maintaining their satellite internet since they relied on WIFI only.

While in Turkana my experience made me yearn for my vocation to priesthood even more. I witnessed human being suffering; people would be fighting for pasture for their livestock and would end up killing each other. These experiences brought me to tears and I would cry like a child. I resolved to live for others. In January 2017, I travelled to Lodwar town (we were living in the most remote area of Tukrana) and found that the Vocation director Nairobi Diocese had tried to reach me. He notified me that the seminars to prepare me to join in the year 2017 were about to begin. I had to cut short all that I was doing in Turkana and came back to Nairobi.

In Nairobi, since I was to join in August, I decided to begin a business of computers meanwhile. I registered my company, Fortune Technologies that turned out quite successful. At same time I would attend the seminars as well as frequenting the Jesuits. I received my letter to join Jesuits in March 2016, but my heart was no longer there but with Diocesan Priesthood. I was to report for my novitiate in Arusha on April 2017 at the Jesuits but I turned it down and decided to concentrate fully with diocese.

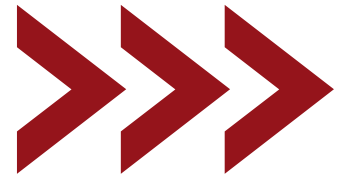
On July I again received the letter to join St. Mary's Seminary, Molo, for spiritual year. At this time, I was torn between joining the seminary and my business which was thriving. It was when I was in a business seminar in Mombasa that I received a call from Vocation Director inquiring where I was since he wanted to fit me the cassock. He then told me that he would use

measurements of one of those whom we were to join together and had almost the same body size as me. It is at this point that I made up my mind to join seminary.

When I went back to Nairobi after the seminar on 27th July 2017, I shared all my property that I had in my house and that of the business. I then bought a small bag in which I put a few clothes and vacated the apartment I was living in, and headed to the parish ready to join the Seminary.

Since I joined the Seminary, I have never regretted my decision. I have since found peace of mind and extra ordinary happiness. Despite the challenges sometimes we experience, I can always afford to wear a smile. I hope to be the happiest man in my entire vocation journey. My heart is open to the will of God in my life.





FACULTY OF EDUCATION

By Marion Agunda, Chairperson

At the heart of the university lies the great faculty of education led by three beautiful ladies from Langata campus, Agunda Marion (chair), Anastacia Chelagat (vice) and Karen Ruto (sec). We are a community dedicated to molding future leaders and educators who are competent by empowering students to transform classrooms and make a lasting impact on young minds. One of the standout features of our Faculty is the extensive hands-on training opportunities it provides. Through a network of partnerships with international schools and educational institutions, our students have the chance to apply their knowledge in authentic teaching settings, honing their skills and gaining invaluable practical experience from institutions such as Braeburn group of schools. This unique blend of theoretical and practical learning ensures that our graduates are not only equipped with a deep understanding of educational best practices, but also the confidence and agility to thrive in the constantly evolving landscape of modern education.

Beyond the classroom, the Faculty of Education is a vibrant hub of intellectual discourse and community engagement. Students actively participate in research projects, collaborate on interdisciplinary initiatives, and engage in thought-provoking discussions that challenge them to think critically about the role of education in shaping the world around them through debates not only in class but also with other faculties. It is worth recognizing that the university's best orator is from the faculty of education that is Stephen Boro. The students leadership of the school is also led by students from this faculty with 3 of the 6 leaders of the executive from education led by university president Daniel Mwendwa with a large number of students from the governing council from this faculty.

As we look to the future, the Faculty of Education remains steadfast in its commitment to producing exceptional educators and leaders who are not only skilled in their craft, but also deeply committed to making a positive difference in the lives of their students. Through its unwavering dedication to excellence, innovation, and social responsibility, the Faculty of Education continues to pave the way for a brighter, more equitable educational landscape with the guidance of the dean of education prof. Peter Koros, Dr. Celestine Ndanu the h.o.d and all its dedicated lecturers.

TRAIN WITH US

SCHOOL OF BUSINESS & ECONOMICS

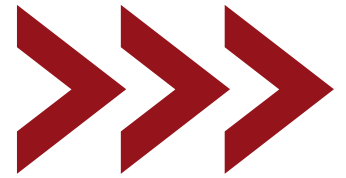
By Collinis Okanda-Chairperson

In today's rapidly evolving global landscape, the school of business and economics stands as a beacon of innovation, excellence and leadership. The school has a governing student council that consists of three elected members: the Chairperson, Vice Chairperson and the Secretary. This committee led by the Chairperson is responsible for appointing the executive team, which includes four members who serve as Head of Departments for the various fields within the school. Our school is committed to shaping the next generation of business leaders, economists and entrepreneurs who will drive positive change across industries and societies. It is worth recognizing that Mr CUEA who is now Mr World Kenya 2024 is from the school of business and Economics, that is Teddy Ogoye, this is a proof that as a school we value co-curricular activities and work to support our students' talents.

From undergraduate to post graduate levels our programs cover a wide array of disciplines which are accounting and finance, marketing, economics, entrepreneurship and management. We place a strong emphasis too on experiential learning. Each discipline within our school is led by a dedicated Head of Department who shows unwavering commitment to instilling professionalism among students and ensuring they receive the best possible educational experience; to mention the accounting finance department is headed by Dr Cliff Osoro, Economics is led by Dr Betty Njagi and marketing and management is under the guidance of Ms Caroline Mungai. Additionally, our post graduate programs are overseen by Dr Joseph Macheru. We also have various coordinators who play a crucial role in ensuring that our academic programs run smoothly and meet their objectives.

As I pen off, I am honoured to introduce our faculty Dean Dr Ann Kiboi, who brings a wealth of experiences in both academia and industry. With a strong commitment to academic excellence and innovation Dr Ann Kiboi has been instrumental in driving the faculty's vision to nurture leaders and professionals





SCHOOL OF NURSING

By Robert Odhiambo(Chairperson) & Angela Wanjiru(Vice Chairperson)



The School of Nursing at The Catholic University of Eastern Africa (CUEA) stands as a beacon of excellence in healthcare education, reflecting our commitment to nurturing compassionate, skilled, and innovative future healthcare leaders. Established with the purpose of providing holistic nursing education, our school aligns with CUEA's core values of witness to life, prayer, truthfulness, honesty, excellence, commitment, competence and decency. These values serve as the foundation upon which we build not just competent nurses, but professionals who embody integrity and empathy in every aspect of their work.

The school trains highly qualified nurses who can meet the ever-evolving demands of the healthcare sector, both locally and globally. Over the years, the School of Nursing has achieved remarkable milestones. We have produced graduates who are making significant contributions to hospitals, clinics, and community health programs. Their expertise, coupled with their dedication to service, has enhanced the quality of care available in underserved areas and urban centers alike.

Our curriculum is comprehensive, combining rigorous theoretical instruction with practical, hands-on experiences in real healthcare settings. This approach ensures that our graduates are not only knowledgeable but also capable of applying their skills in diverse and often challenging situations. Furthermore, our emphasis on research encourages students to contribute to the advancement of nursing practice, pushing the boundaries of healthcare innovation. As a school we do have a whole year program in which students have a trimester; 2 semesters classwork and the 3rd semester in the clinical areas providing students with a lot of experience in the clinical areas enhancing our practical skills.

The school of Nursing students governance comprises an elected Chairperson, Vice chairperson, Secretary and a single appointed student HOD. We do have a very capable team of lecturers led by our able Dean Dr Okubastion Tekeste and our able HOD Madam Mary Kungu. Their unwavering dedication, tireless commitment, and passion for shaping the minds and hearts of future healthcare professionals are truly inspiring. Not forgetting to mention our "Mother" Sr Ciku Jane for her kindness and her readiness to listen to students and guiding us accordingly concerning life matters and clinical area matters.

Looking ahead, the School of Nursing has set its sights on further enhancing our educational offerings. We aim to expand our research capabilities, collaborate with international institutions for knowledge exchange, and introduce advanced programs that address emerging healthcare needs. By doing so, we hope to not only continue raising competent healthcare professionals but also influence the broader medical field through thought leadership and innovation.

ENROLL FOR SEPTEMBER INTAKE TO BECOME A NURSE

FACULTY OF SCIENCE

By Mutuma Melvin & Raphael Otieno



Our faculty of science in Gaba and Langata campus has esteemed offerings in **Computer Science, Diploma in IT, and Mathematics and Actuarial Science**

Our computer science program equips students with the latest technological skills leading to careers in Software Engineering, Data Science, Cyber Security, and Computer Networks. The IT course provides a solid foundation in IT infrastructure and systems, equipping learners with skills and enabling them to become Network Administrators, System Administrators, or IT project managers.

Mathematics graduates get opportunities in a wide range of fields including actuarial science, data science, and teaching. Our Mathematics programs develop critical thinking and problem-solving skills in learners, highly valued in today's data-driven world.

Our campus is strapped with the best facilities that are of great advantage to learners. This includes high speed internet, modern computer laboratories, and the best IT support staff whom we really appreciate. These facilities available in our campus not only make studying these courses easier, they also equip learners with the best hands-on skills needed in the actual work environment.

Studying here not only prepares learners for those roles but also cultivates a broad scientific understanding, making them versatile professionals in the ever-evolving scientific landscape

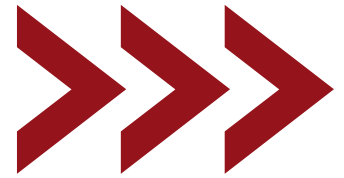
In Langata campus, we have achieved various things under our 4 departments .

We were able to host Safaricom(Career Fair Day) in our school as the Computer Science students greatly benefited

We emerged the best faculty in the inter faculty games.(Jan-April session) issues of industrial attachment were greatly handled. Especially the log books were modified Increased academic trips Biology trips .

The faculty is represented by Raphael Otieno (Chair) Sharon Jerotich(Vice)Ronaldo Aluko(Secretary) from Gaba campus and Melvin Mutuma,Nelly Mukami and Lucy Mwanja as Chair,Vice and Secretary respectively from Langata campus. The hods include Lucy Murimi,Fransica,Immaculate Kerubo and Rose from Langata campus.

FACULTIES



FACULTY OF LAW

By Anil Ogutu, Faculty president



The Faculty of Law at CUEA is dedicated to providing a comprehensive legal education that prepares students for the emerging challenges in the legal profession. Our curriculum fosters critical thinking, ethical practice, and a deep understanding of the law. Through a combination of theoretical knowledge and practical experience, we aim to shape well-rounded legal professionals ready to impact society positively.

Our faculty plays a crucial role in shaping students by offering a diverse range of courses, moot court competitions, and internship opportunities. We emphasize the importance of both academic excellence and practical skills. Our achievements include numerous awards in national and international moot court competitions, high bar exam pass rates, and successful alumni who have made significant contributions to the legal field.

The Faculty of Law is led by a team of dedicated leaders, including our esteemed Dean, Ms. Njeri Kang'ethe, HODs Mr. Tom Ngeri and Ms. Freda Kabtasi, experienced lecturers, and proactive student leaders. Our lecturers bring a wealth of knowledge and real-world experience to the classroom, while our student leaders organize events and initiatives that enhance the academic and social experience for all students. Together, we create a supportive and dynamic learning environment.

As the President of the CUEA Law School, my experience has been incredibly rewarding. My deputy, Ms. Fridah Kemunto, and Secretary, Mr. Steve Misango have been the greatest support system. I have had the privilege of working with passionate students and inspiring faculty members. From organizing events to advocating for student welfare, every moment has been a testament to the collaborative spirit of our community. With the commencement of the LLM program, the faculty of law remains a beacon of hope and a standing testament of excellence.

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Our faculty plays a crucial role in shaping students by offering a diverse range of courses, moot court competitions, and internship opportunities.

ENROLL FOR SEPTEMBER & MAY INTAKE TO BECOME A LAWYER



CENTRE FOR SOCIAL JUSTICE & ETHICS

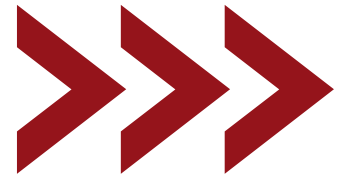
By Janebell Njonge (Chairperson) & Dian Juan (Vice)



As the Chairperson of the Centre for Social Justice and Ethics (CSJE) at the Catholic University of Eastern Africa (CUEA), I am honored to represent a Centre deeply committed to the pursuit of justice and ethical leadership. The CSJE plays a crucial role in shaping students who are not only academically proficient but also socially responsible and morally grounded. Our work is guided by the values of compassion, integrity and respect for human dignity, which are fundamental to creating a just society. Our Centre's unique approach ensures that students are equipped to tackle the ethical challenges of today's world with a strong moral compass.

The curriculum at the Centre for Social Justice and Ethics is designed to provide a comprehensive understanding of social justice issues, ethical theories and their application in various contexts. We offer a range of courses that cover topics such as human rights, conflict resolution, peace education and ethical leadership. Our programs emphasize critical thinking, ethical decision-making and practical skills that prepare students for leadership roles in their communities and beyond. Under the guidance of our Director, Rev. Dr. Peter Mbaro, and our Head of Department, Dr. Wilkister Shanyisa, along with the support of our lecturers, we ensure that our curriculum remains relevant and impactful.

The CSJE has achieved significant milestones in promoting social justice and ethical practices both within and outside the university. We have successfully organized numerous seminars, workshops and outreach programs that have made a tangible impact on the communities we serve. As a Centre, we are proud of the contributions we have made to advancing social justice, including our recent involvement in community engagement at Isinya County. We also recently celebrated CSJE@20, marking two decades of our commitment to justice and ethics. Our Vice Chairperson, Diana Juan, has played an instrumental role in these achievements, working alongside our dedicated team leaders Pascal Obunde, Francis Gitonga, Bramwel Lubekho, Shanniz Wambugu, Collins Kanuti, Annrita Makena and Dorcas Mulinge to ensure that the CSJE remains a beacon of hope and change. Together, we continue to strive towards creating a more just and equitable society.



POST GRADUATE EDUCATION

BY Patrick Ngoroi -Post graduate Representative

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In essence, postgraduate studies are not just about earning a degree; they are about developing a thoughtful perspective, becoming a dedicated researcher, and a lifelong learner

Embarking on postgraduate studies is more than just a continuation of education; it is a transformative journey that blends in-depth learning with rigorous research and significant personal and professional growth. At the core of postgraduate studies is the quest for deeper knowledge and expertise. Whether you are pursuing a Master's or Doctorate, postgraduate life is filled with challenges and opportunities, from demanding coursework and intensive research to the pressures of thesis defenses and the rewarding experience of publishing your work.

The heart of postgraduate studies lies in research, where students engage in rigorous inquiry to contribute new knowledge to their disciplines. This process is not merely about gathering data but involves developing new perspectives, challenging existing theories, and making original contributions to your field. The path to crafting a solid thesis or dissertation is marked by extensive research, countless hours in libraries, and the critical step of defending your work before a panel of experts. These defenses can be nerve-wracking, yet they are vital for refining your arguments, honing your presentation skills, and proving your scholarly abilities. A successful defense not only marks the culmination of a demanding process but also the start of new opportunities in academia, industry, or beyond.

Beyond the coursework and research, postgraduate life involves publishing research findings with the broader academic community through journals and conferences which not only enhances your academic profile but also advances your field, helping to build a strong scholarly reputation.

In essence, postgraduate studies are not just about earning a degree; they are about developing a thoughtful perspective, becoming a dedicated researcher, and a lifelong learner. While the path is demanding and requires balancing coursework, research, and daily responsibilities, it is also deeply fulfilling. As you navigate this journey, remember that each step, from research writing to course completion, brings you closer to your goals, equipping you with the knowledge and skills needed to succeed in your chosen path.

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CHUO CHA UFAHAMU

Chuo cha kikatoliki, ni cha kimataifa
Afrika mashariki, zimetanda zake sifa
Kwayo mafunzo na haki, pia nyingizo nyadhifa
Chuo cha kikatoliki, ni chuo cha ufahamu

Kimejengwa na kanisa, maarufu katoliki
Kudumisha ombi hasa, nao ujasirimali
Kenya kipiga msasa, na sehemu mbalimbali
Chuo cha kikatoliki, ni chuo cha ufahamu

Programu cuea, anuwaina. zafana
Kwa ajili ya kujenga, wanafunzi afrika
Kwayo teknolojia, na mbali mbali sekta
Chuo cha kikatoliki, ni chuo cha ufahamu

kinafahamika sana, kwa ufahamu wa lugha
Kwa Maendeleo fika, utamaduni na furaha
Kwa ajili ya jamaa, wote afrika nzima
Chuo cha kikatoliki, ni chuo cha ufahamu

Tamati naifikia, chuo kuzungumzia
Kante nalifurahia, tungo kuwaandikia
Fanaka nawatakia, mema mkiangazini
Chuo cha kikatoliki, ni chuo cha ufahamu

mzawa sazuri kante

Atunga Moses

chuo kikuu cha kikatoliki afrika mashariki

REDEFINING SUCCESS: LEARNING BEYOND GRADES AND PERFECTION

By Patrick Ngoroi-Masters in History

In a world where academic success is often defined by grades and exam scores, students are under immense pressure to perform, sometimes even resorting to cheating as a perceived shortcut. However, cheating to pass is actually harder than reading to pass. Yet, this behavior persists largely driven by a system that prioritizes flawless performance over genuine learning. From a young age, students are conditioned to believe that their worth is directly tied to their academic performance. This focus on numerical results rather than true understanding creates an environment where students prioritize achieving high marks over genuine learning and intellectual curiosity.

Our current system perpetuates this cycle by making students fear failure instead of seeing it as a learning opportunity. When students are taught to fear failure, they miss out on a crucial aspect of growth: learning from mistakes. Mistakes are essential for growth, teaching resilience, critical thinking, and adaptability. Unfortunately, many students are trapped in a cycle of anxiety, afraid that a single misstep could derail their futures. Cheating is a symptom of this flawed system. Students, under pressure to excel at any cost, may resort to dishonesty because they see no room for error.

This fear-driven model discourages curiosity and creativity, making education feel like a series of hurdles rather than an exciting journey. Students should understand that stumbling is part of learning and that true education is about progress, not perfection. The real failure lies in reading just to pass an exam, rather than to truly grasp and genuinely engage with the material. Actually, reading to pass an exam is the first failed mark. True learning isn't about memorizing facts to pass an exam but about understanding and internalizing knowledge.

Education should be about fostering a love for learning, not just a means to an end. By embracing the idea that failure is a natural and necessary part of growth, we create an environment where students feel safe to take risks, ask questions, and make mistakes. It's the high time we redefine success in education, shifting from the pressure to achieve perfect grades to fostering a culture that values learning in its truest form, a continuous journey of discovery, marked by both successes and failures. We must challenge the belief that success is solely about grades. True success lies in the ability to learn, adapt, and grow—skills that will benefit students well beyond the classroom.

A LITTLE GOES A LONG WAY

It's both funny and fascinating how the littlest things in life make the biggest difference, whether singly or altogether. The big acts of appreciation sure lift our moods and make us happy, but the little pleasantries we meet unexpectedly fill up our spirits and quietly change the persona of who one really is. On top of that, you would be surprised at how simple it is to live a life filled with these little blisses. You simply have to start it yourself and from there, the energy will be picked up by the who(s) and what(s) around you. As social beings, humans are bound to pick up behaviours and tendencies from fellow human beings. We can contract and reciprocate energies from one another. It is how normalcies and common ways of life come to be so start with you.

Hug yourself everyday when you wake up and whoever else you meet and have a connection with for the day, smile at a stranger and tell them that they look nice or that their eyes remind you of the ocean, buy someone an umbrella in the rain and give it to them. Fill up your spirit with positives and live an optimistic life. Live fully; make and hold eye contact when you speak to people, hold firm handshakes, take and return a compliment, wear perfume even when indoors, take a moment to breathe intentionally and note down every good thing you are surrounded with. Love is best achieved through giving it so give it to yourself and give it to everyone, good and bad as per your perspective. Cherish the conversation more than the food or ambience on that date and witness how fulfilled that date will feel, appreciate the laughter more than the flowers and see how much that relationship grows, take care of a tree and watch it take care of you too.

You see when your spirit is brimming with beautiful experiences, it translates to your endeavours and soon by soon, thanks to neuroplasticity and human nature, it becomes your life. Neuroplasticity is simply the ability of the brain to make new pathways once it learns something new where those pathways get stronger the more it interacts with the new concepts while it weakens the old unused pathways. This means you can learn, unlearn and relearn. That's why it's called a mindset. You can set, unset and reset how you do things starting from your mind.

People think of the olden ways of life whenever the word culture is mentioned, but have you stopped to notice that even now, you can create and recreate more ways of living? You can pick up a collection of small pleasant behaviors and attitudes, add them onto what was passed down to you or replace the not so advantageous and educated normalcies with better ones. That way, you actively become part of the cultural values and beliefs that you hold on to and give yourself a chance and an even more right to be proud of them.

Ever since I started embracing this principal, I have realised a couple of things. One; food is sweeter and more enjoyable when shared, two; you are twice as rich when you give and finally; it is in selflessness that true self-actualisation lies. I am Miss Culture CUEA 2024/25 and my culture, is love.

With love...
Behold, Grace Royal.
Like Royalty.

BY GRACE KARIUKI

INNOVATE FOR CHANGE AT CUEA by Cliff Matundura-Team Lead

In a twist of irony, the solution to Kenya's pressing public problems emerged not from a government initiative but from a private university. Months before the contentious Finance Bill 2024 ignited the slogan "Reject Finance Bill 2024!" among Gen Z, a revolutionary initiative took root. Today, I share the story of a dream for a better society born at the Catholic University of Eastern Africa (CUEA): Project INNOVATE4CHANGE.

The INNOVATE4CHANGE event was a groundbreaking endeavor that sought to harness vibrant energies and ideas, uniting young minds from various disciplines to tackle pressing societal issues. It provided an arena where youth could exercise their agency, collaborate across boundaries, and contribute to shaping a future that reflects their aspirations and addresses their concerns.

Project INNOVATE4CHANGE wasn't just an event; it was a movement. It empowered young leaders to step forward, investigate societal problems, and implement creative solutions to the challenges facing their communities. By fostering innovation and encouraging collaboration, this initiative aimed to transform dreams into reality and ignite a passion for change in the hearts of Kenya's future leaders.

The event took the form of an Interdisciplinary Policy Competition, featuring a multi-stage process. It began with an initial written submission phase, followed by an oral submission phase on the day of the event. The competition's credibility was enhanced by the presence of Hon. Lucy Njora, Chief Magistrate of the Environment and Land Court, who served as one of the judges. Though the invited Chief Guest, Rt. Hon. (Dr.) Moses Wetangula, was unable to attend, we were honored to have the MP for Nyaribari Masaba, Hon. (Dr.) Arch. Daniel Manduku, in attendance. He provided valuable insights on how to follow up on these laws and was present at the awarding ceremony for the final winner.



The event marked just the beginning of the INNOVATE4CHANGE initiative. The team has since submitted two memorandums to Parliament in response to the call for public participation. The first was a memorandum on the Kenya Policy on Public Participation, which made recommendations on effective standards for public engagement and a proposed coordination framework. The second addressed the review of the Road Maintenance Levy Fund Order, 2016. These pressing societal issues inspired us to develop solutions that we were passionate about.

Looking to the future, we are excited to incorporate as a Public Benefit Organization (PBO). The story of Project INNOVATE4CHANGE is far from over. With determination and collaboration, we continue to strive for a brighter tomorrow. The story continues..



FRESHER'S BASH

On 9th February 2024, CUEA came alive with the much-anticipated Freshers' Bash, an event that welcomed the new students with a vibrant mix of performances, giveaways, and surprise acts that will be remembered for years to come.

The night began with Individual performances from students and non-students alike. The audience was treated to a variety of musical acts, each voice more beautiful than the last. These performances set the tone for the day, showcasing the incredible talent within the CUEA community. As the music flowed, the energy was ramped up by the talented Power Surge Dance Crew, CUEA's very own dance group. Their electrifying performances had the crowd on their feet, moving in sync with the beats and cheering on the dancers. The crew proved why they are one of the university's most celebrated groups, delivering a show that blended passion, precision, and entertainment.

Partnerships with big brands added a sweet touch to the event. Dairy Milk was on hand to distribute ice cream and flavored milk, much to the delight of attendees. Red Bull also made sure everyone had the energy to keep up with the day's festivities, offering their signature energy drinks to the crowd. These partnerships ensured that everyone was refreshed and fueled for the performances ahead.

The Masters of Ceremony (MCs) for the day did not disappoint. Their infectious energy and humor kept the event lively from start to finish. They masterfully guided the flow of performances, interacting with the crowd and ensuring that every moment was filled with excitement.

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Partnerships with big brands added a sweet touch to the event. Dairy Milk was on hand to distribute ice cream and flavored milk, much to the delight of attendees. Red Bull also made sure everyone had the energy to keep up with the day's festivities, offering their signature energy drinks to the crowd. These partnerships ensured that everyone was refreshed and fueled for the performances ahead.

The Masters of Ceremony (MCs) for the day did not disappoint. Their infectious energy and humor kept the event lively from start to finish. They masterfully guided the flow of performances, interacting with the crowd and ensuring that every moment was filled with excitement.

The crown of the night, however, came with the arrival of the guest artists. Kinoti himself graced the stage with his amazing voice, captivating the audience with every note. In a surprise twist, Kinoti opened the stage for one of CUEA's own – Peter Kinyua, a second-year student pursuing a Bachelor of Arts in Psychology. Together, their voices were immaculate, harmonizing in a way that left the crowd in awe. The performance was nothing short of magical, as the unexpected collaboration between the professional and the student brought a unique and unforgettable moment to the bash.

As the day drew to a close, the Burukyln Boys took to the stage for the final act. They did not disappoint, delivering a performance that brought the event to a high-energy finish. Their music and stage presence left the crowd wanting more, ensuring that the Freshers' Bash 2024 ended on a powerful note.

The event was a perfect blend of talent, fun, and community spirit. It successfully welcomed the new students to CUEA in a memorable fashion and set a high bar for future university events. From the powerful performances to the engaging activities, Freshers' Bash 2024 will surely be talked about.



By Mukei Mwendwa





INTERNATIONAL STUDENT'S DINNER

Catholic University of Eastern Africa (CUEA), known for its diverse student body and international outreach, once again proved why it stands out as a beacon of global unity and cultural exchange. This year's highly anticipated International Student Dinner, hosted at the prestigious Oleseren Hotel, was a magical evening that allowed students from across the world to meet, network, and celebrate their rich cultures. The event, organized by the CUEA Students Association (CUEASO) executive team, drew a massive turnout of both international and local students, making it one of the most memorable nights of 2024.

The dinner brought together students from various African nations, including Tanzania, Uganda, Cameroon, Congo, Sudan, South Sudan, Gambia, Rwanda, and Ethiopia, among others. Each group shared a piece of their home country with the audience—be it through stories, dance, or traditional dress. As music from these countries filled the air, the spirit of unity was unmistakable. Students enjoyed a variety of meals, curated to represent the different cultures present, while forging new friendships across nationalities.

One of the highlights of the evening was the presence of esteemed guests, including CUEA's Vice-Chancellor, Prof. Ngari Mbugua, former Deputy Vice-Chancellor Prof. George Kimathi, Chief Finance Officer Esther Nyangaresi, and the Austria Ambassador to Kenya, Dr. Fellner. Their attendance underscored the importance of the event, as they encouraged students to embrace cultural diversity and the opportunities that come with studying at a truly international university.

By Ogiri Rosemary, Yaba James and Mary Achuor



In his speech, Vice-Chancellor Prof. Ngari Mbugua expressed his pride in seeing the diverse community of CUEA students come together to celebrate their shared humanity. "This event not only brings students together but also strengthens the bonds between our nations. We are a global university, and tonight is a reflection of the world that CUEA stands for," he said.

The event was the culmination of efforts by the CUEASO leadership, which included Daniel Mwendwa, Nicole Adebe, Mutuku Ndunge, Herman Peshu, and Mary Achuor, along with the International Students Committee. Their tireless planning ensured that every detail, from the entertainment to the menu, was perfectly executed, offering students a truly international experience.

For the attendees, the dinner was a night to remember. Beyond the fun and festivities, it was an opportunity to break the monotony of class life and engage in meaningful conversations. Local students had the chance to learn more about the customs and traditions of their peers from abroad, and in return, international students got a deeper understanding of Kenya's rich culture.

As the night drew to a close, the joy was palpable. Laughter, music, and memories filled the air as students exchanged contacts, promising to keep in touch and continue learning from one another. This year's International Dinner wasn't just an event—it was a testament to CUEA's commitment to fostering global unity and understanding within its walls.

For many, the night will be etched in their memories as a defining moment of their university experience, proving once again that CUEA is more than just a place of learning—it is a community where cultures converge, and lasting friendships are built.



CUEA GOT TALENT-A MEMORABLE CELEBRATION OF TALENT AND CREATIVITY

As Catholic University of Eastern Africa (CUEA) celebrates its 40th anniversary, the institution unveiled a new platform that has instantly become a highlight of the year: CUEA Got Talent (CGT). The first edition of this event brought together students from both the Langata and Gaba campuses, offering them a stage to showcase their diverse talents. From music to drama, dance, spoken word, and art, CGT became a melting pot of creativity, leaving students and staff with unforgettable memories.

Chaired by a dynamic committee comprising Daniel Mwendwa, Nicole Adebe, Brian Kweyu, Joe Odhiambo, Phelix Oloo, Tabitha Munyao, and Marion Cherotich, the event exceeded expectations. Their dedication and passion for creating an opportunity for students to shine in front of their peers paid off spectacularly. The atmosphere was electric, with students eagerly awaiting each performance, ready to cheer for their friends and classmates.

The highlight of the evening came when the Gaba Dance Crew hit the stage. With their smooth choreography and captivating energy, they dazzled the audience, earning the title of the best performance of the day. Their moves were described as being "on another level," leaving the crowd cheering and calling for encores.

Another standout moment came from Marion Cherotich, who was named the best orator of the day. Her performance in the play titled Professor, directed by Stishi, captivated the audience. The play delivered a powerful message about university values such as hard work and integrity, while also addressing a sensitive issue: girls who befriend lecturers in pursuit of free grades instead of earning them through academic effort. Marion's delivery was flawless, making the audience not only entertained but deeply reflective.



The event's atmosphere was further elevated by the presence of one of Kenya's top comedians and MCs, MC Jessy. As the event's crown jewel, his presence brought an extra layer of excitement to the occasion. Students were thrilled to see him live on stage, laughing along to his jokes and engaging in interactive moments. His advice to the students resonated deeply: "Specialize in your talents, because they can be a source of income even while you're still in school." It was an inspiring message, encouraging students to take their passion seriously.

The lineup of talented students in CGT was as diverse as it was impressive. The performances ranged from music to spoken word, visual art, and comedy, showcasing the wide variety of gifts within the CUEA student body. Some standout participants included: Valarie Nelima (Rap), Warren Christopher (Drawing), Kimani Mbugua (Spoken word), Pauline Ntinyari (singing), Nathan Nandi (spoken word), Anastacia Nduaci (Spoken art), Herman Peshu (Comedy), Ian Muteti (Rap), Collins Nyaga (Drawing), Serah Wambuku (Spoken Art), Nyabero Festus (Pencil Artist), Muriithi Gabriella (Spoken art), Joe Manene (Spoken word and Winnie Mercy (Narrative). The success of this first edition of CUEA Got Talent was made possible by the unwavering support from the university management and student leadership. Their collaboration ensured the event was not only well-organized but also a true celebration of the institution's 40-year journey. The event has set the bar high for future talent showcases, with students already looking forward to the next edition.

In its 40th year, CUEA continues to demonstrate that it is not only a place of academic excellence but also a hub for nurturing creativity and talent. With events like CGT, the university is creating well-rounded individuals who can make an impact in both their academic and personal lives.

CUEA Got Talent has truly marked a new chapter in student activities, one that promises to grow in stature and become a permanent fixture in the university's annual calendar. Congratulations to all the participants, and here's to many more editions of CUEA Got Talent!

By Tabitha Munyao, Marion Cherotich and Phelix Oloo

A NIGHT TO REMEMBER -MR AND MISS CUEA

It was a night filled with excitement, glamour, and anticipation as all roads led to the iconic LRC Auditorium at the Catholic University of Eastern Africa. Students, adorned in their best outfits, gathered in droves to witness the crowning of Mr. and Miss CUEA 2024/25. The event, which had been the talk of the campus for weeks, promised not only fierce competition but also entertainment, style, and an unforgettable vibe.

As the DJ spun energetic beats, the atmosphere was electric, with everyone on their feet, dancing and cheering. The models, who had trained tirelessly for this moment, took to the stage at 8:00 PM, ready to impress. With each step they took on the runway, they displayed more than just fashion—they exhibited poise, confidence, and charisma that captured the hearts of the audience. The entire event felt like a dream as the models sparkled in various themed tags, showcasing not just their striking outfits but their talents and unique personalities.

The competition was intense and engaging. The crowd was especially thrilled when the Question and Answer segment began, a moment that would test the contestants' wit and intelligence. With judges asking thought-provoking questions, the models responded with confidence and clarity, impressing both the panel and the audience. The back-and-forth between contestants and judges was on fire, making it evident that these individuals were more than just pretty faces—they were smart, articulate, and ready to represent CUEA with pride.

As the night wore on, the auditorium buzzed with energy, with no one even thinking of sleep despite the late hours. The competition only grew fiercer as the night progressed. However, at around 2:00 AM, a special guest appearance rocked the auditorium, much to the surprise and joy of the crowd. No, it wasn't Akothee or Otile—two favorites many had expected—but the one and only Szaru, the queen of bongo love music! She took to the stage and delivered a mesmerizing performance, bringing the crowd to their feet. Students sang along to her hits, waving their hands and dancing in unison, creating a euphoric moment that added a sparkle to the already vibrant night.

After Szaru's performance, the models once again took to the runway for their final round, the crowd growing louder with each contestant who graced the stage. By 5:30 AM, it was time to declare the winners, and the tension in the air was palpable. The cheers were deafening as the results were announced:

Mr. CUEA 2024/25: Enoch Kipkemoi, whose grace and charm were undeniable, took the crown as Mr. CUEA.

Miss CUEA 2024/25: Amanda Maiyana, a beauty with brains, captivated everyone with her elegance and sharp intellect, securing her spot as Miss CUEA.

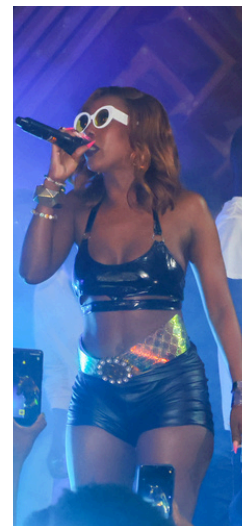
1st Runners-up: Donald Zachary and Abigael Chelagat, who stood out with their dazzling performances and composure.

2nd Runners-up: Stephen Kamau and Lucy Sitawa, who left a lasting impression with their creativity and confidence.

The celebrations that followed were nothing short of spectacular. The hall was filled with cheers, laughter, and joy as students, friends, and supporters celebrated the winners and runners-up. It was a night that will remain etched in the hearts of many for years to come—a night that captured the spirit of unity, creativity, and fun that CUEA is known for.

For those who missed out, the event was nothing short of magical. From the stunning performances to the vibrant atmosphere and, of course, Szaru's unforgettable performance, Mr. and Miss CUEA 2024/25 was a night that truly embodied what it means to be part of the CUEA family.

Until next year, this night will go down as one of the most memorable moments in CUEA's history.



By **Velma Olunga**, **Alexis Kiruiru** and **Risper Kinja**

GABA SHINES AT THE VC'S CUP

After a week of intense preparation, long training hours and late night meetings, the long awaited day finally arrived. The Vice Chancellors Cup Tournament. The tournament featured various teams from both the Lang'ata campus and the Gaba campus in Eldoret. The members of staff also had an opportunity to feature in the games which brought them much closer to the students of the school. We also had the alumni present and the also participated in some games. Being the first of its kind, this year's tournament was particularly special, featuring the two branches going head to head in a variety of sports. We had football, basketball, handball, netball, volleyball and even had chess and scrabble. The grounds were alive with the spirit of rivalry and unity. The big question was who is going to carry the bragging rights between the two branches.

The tournament kicked off with an exciting handball match between the ladies teams from each campus. Both teams fought fiercely, each team trying to bring home the victory to their branch. The ladies team from Lang'ata, The Nuns, proved too skilled and tough for the Gaba team and edged them out 4 – 2 to claim the victory. Their male counterparts, Cardinals, followed in the ladies footsteps and beat the Gaba team 26 – 15.

In the afternoon, a unique twist had the staff taking on the ladies team in a football match that quickly became the highlight of the day. Despite their age, the staff team held their own against the energetic students, who were determined to show off their skills. The match was filled with laughter, friendly banter, and surprising moments of brilliance from the staff team. The staff members managed to defeat the ladies team 3 – 1. The young ladies showed heart and grit despite being undersized and it was an interesting experience for them.

Meanwhile, on the volleyball courts and basketball courts, the competition was equally fierce. The basketball game was very entertaining and had the Dark Knights from Lang'ata digging deep in their reserves to keep up with the Gaba team. They had to force the game into overtime after trailing even in the last minute of the regular time but emerged victorious in the end with a score of 69 – 58. We also had a really close game between the netball team and the alumni. The alumni had a strong message to the young ladies team that they still had some work to do as they beat them 23 – 22 in a closely fought match. Both the mens and ladies volleyball teams from Lang'ata beat the Gaba team 3 sets to none completely dominating the category.

We also had badminton which was well represented by both campuses and had various winners in the different games. The Lang'ata players won almost all of their games in both the ladies and men's categories led by their captain Raphael Otambo. In the battle of minds, chess games, we had Grace Shilalia from Lang'ata emerging the best in the the ladies category and Kennedy Orengo from Gaba dominating the men's category.

At 4 pm in the evening, the players and students gathered for the most important match of the day, the football match between Gaba and Lang'ata men. The winner of this game would carry the coveted "VC CUP" back to their trophy case. The trophy was presented to the players to remind them of what was at stake. It glimmered in the sunset and the coaches and players kept on eyeing it from time to time, both anxious and excited. The match was a rollercoaster of emotions as each team worked had possession after possession to try to win the game. The Gaba team broke the deadlock and scored first sending shivers down the spines of the hosts but doubt never settled in their minds as they pushed on to get the equalizer later in the game. The teams could not be separated at the end of regulation time and they proceeded onto a penalty shootout. The sun was setting and the players came together for one last time as they sent their best spot kick takers to represent them. There was silence in the crowd as the players took their penalties. Soft murmurs and hands clenched in prayer could be heard and seen too. The Gaba goalkeeper sent the crowd in uproar as he saved a penalty and that was the deciding factor in the shootout as the clinical Gaba players scored all of theirs securing a 5 – 4 victory for their campus. Despair and disappointment for the hosts, the Lang'ata Saints.

The tournament had come to a close. The VC commended the players for their participation and awarded the winners with their trophies and medals. The teams then proceeded home after an intense day of competition. Bonds were built between the players from both campuses and even with the staff and the tournament left the players eager for the next edition.



BY ALLAN SPORTS CHAIRPERSON

The Digital Disconnect: How Social Media is Eroding Empathy

Social media, once hailed as a tool for connection, is increasingly becoming a breeding ground for cruelty. ¹ The digital realm, where individuals are often reduced to avatars and screen names, is transforming how we perceive and interact with one another. This shift is having profound consequences for our offline relationships, marked by a growing detachment from human empathy.

The illusion of anonymity afforded by social media platforms emboldens users to express opinions and make judgments without considering the impact on real people. Behind the screen, individuals morph into digital personas, free from the social cues and accountability that govern face-to-face interactions. This detachment fosters a culture of callousness, where insults, threats, and hate speech are hurled with reckless abandon.

Moreover, social media algorithms often prioritize sensational and divisive content, creating echo chambers where users are exposed primarily to viewpoints that align with their own. This polarization reinforces biases and stereotypes, making it increasingly difficult to empathize with those with differing opinions. As a result, online discourse becomes a battleground where compromise is rare and civility is a casualty.

The erosion of empathy extends beyond the digital realm. As we become accustomed to treating others as mere digital constructs, we begin to view real-life individuals through a similar lens.



The ability to connect emotionally with those around us diminishes, replaced by a cold, calculated approach to human interaction. This detachment manifests in a decline in compassion, generosity, and acts of kindness.

To reverse this trend, we must cultivate a renewed focus on empathy and human connection. This involves being mindful of our online behavior, challenging our own biases, and seeking out diverse perspectives. Additionally, spending quality time with loved ones, engaging in face-to-face interactions, and practicing active listening can help us reconnect with our humanity.

Ultimately, the solution to the empathy crisis lies in recognizing that behind every screen is a real person with feelings and experiences. By treating others with kindness and respect, both online and offline, we can begin to rebuild the bridges of empathy that have been damaged by our digital age.

Written by Silvia Mutongi



MR AND MISS CUEA

With



Saru

From A Shy Fresher to Media Inspiration: The Journey of Elosy Muthoni

"When I, first stepped into the gates of the Catholic University of Eastern Africa as a Kiswahili and Communication student, few could have predicted the remarkable transformation I would undergo. My journey from a shy, introverted freshman to a vibrant media personality has not only surprised my peers but also inspired many within and beyond the university.

"I remember when I first saw her during orientation," recalls Alexis my classmate. "She was so quiet, always seated at the back of the class, barely speaking in group discussions. None of us would have believed she had any interest in media."

My initial struggle with public speaking was particularly challenging for someone studying communication—a field that demands confidence, articulation, and charisma. I had chosen the program out of a love for storytelling, but my fear of speaking in front of an audience kept me in the background. For my first year, I was content to remain in the shadows, grappling with self-doubt.

However, the winds of change began to blow during my second year. It started subtly, with me taking on smaller roles in group assignments, gradually speaking up in class, and then, to the astonishment of many, announcing that I was launching my own TV show.

"Talk with Elosy" became an instant hit. What started as a modest initiative—my interviews with fellow students about their personal struggles and successes—quickly grew into a popular show within the campus. My natural curiosity, coupled with my growing confidence, made me an engaging host. I had found my voice, both literally and figuratively.

"I never imagined myself being able to sit in front of a camera and speak," , reflecting on my early days. "But I realized that to tell the stories of others, I had to step out of my comfort zone."

As the show grew, so did my brand. I brought in external guests, from entrepreneurs to motivational speakers, all sharing inspiring stories that resonated with her audience. What set "Talk with Elosy" apart was the depth of my conversations. It wasn't just about success stories; it was about the challenges, failures, and moments of self-doubt that everyone faces.



By the end of my second year, I was no longer the quiet, withdrawn student who had once struggled to speak in class. I had become a confident young woman, building a personal brand as a rising media star. Through my show, I not only showcased others' stories but also empowered myself

My transformation did not go unnoticed. I began receiving invitations to speak at university events, career fairs, and even external youth forums. I had become more than just a TV host; I was now a role model for many students who, like me struggled with self-confidence.

"My story is proof that personal growth is possible when you believe in yourself and push your boundaries," I remember my communication Lecturer Mr.Bwire saying. "She has become an inspiration to many, showing that no matter where you start, you can achieve greatness with determination."

Now in My third year, I continues to expand my reach. "Talk with Elosy" has grown into a platform for young people to share their stories, and my brand is only getting stronger. I plan to continue building my media presence after graduation, with dreams of hosting a national talk show.

My journey is a testament to the power of resilience, self-discovery, and the impact of believing in oneself. My story is a reminder that it doesn't matter how you start—what counts is how you finish.

For those who knew this shy girl in first year, my transformation has been nothing short of extraordinary. Today, I stands as a beacon of inspiration for anyone facing their fears and finding their voice.

"If you want to inspire others," , "you first have to inspire yourself." Remember to subscribe to my youtube Channel Talk With Elosy

Elosy Muthoni-Media Student

STUDY MEDIA WITH US



From Classroom to Change: My Political Science Story



The journey through my political science studies has been punctuated by both rewarding and challenging experiences



Graduating with a degree in political science has been a transformative experience, reshaping my understanding of the world and my role within it. Over the past four years, I have delved deeply into various political theories, governance systems, and the intricacies of policy-making. This discipline offers a unique lens through which to analyze societal structures and behaviors, allowing students to confront the complexities of power dynamics and governance on both historical and contemporary levels. These insights have not only heightened my critical thinking skills but also fostered a sense of civic responsibility that has guided my personal and professional choices.

The journey through my political science studies has been punctuated by both rewarding and challenging experiences. There were moments of intense intellectual debate that sharpened my arguments and exposed me to diverse perspectives. Conversely, I also faced the disillusionment of witnessing political apathy and misinformation among peers. These experiences have been instrumental in honing my leadership skills, prompting me to take initiative by organizing informative discussions and advocacy events on campus. Through these initiatives, I learned the value of empathy, patience, and effective communication in mobilizing and inspiring others to engage with political issues.

By: Mr. EMMANUEL MAGOBA

B.A POLITICAL SCIENCE (CLASS OF 2024)

FACULTY PRESIDENT (2021/22) and P.S CLASS REPRESENTATIVE.

One of the most profound impacts of my degree has been the connections I formed with fellow students, professors, and community leaders. The collaborative projects and group discussions have enriched my understanding and broadened my horizons, allowing me to appreciate the multifaceted nature of political challenges. Networking with individuals who are passionate about public service, activism, and academic research has ignited a sense of belonging and purpose in my career aspirations. The relationships built here are invaluable, providing a support system that extends well beyond the classroom and into the professional realm.

I wholeheartedly believe that political science is the best thing that occurred to me during the course selection. Not only did it equip me with analytical tools and practical skills essential for understanding and navigating the complexities of governance, but it also cultivated a mindset geared towards social change and leadership. I have experienced firsthand the profound influence of this discipline on my life, and I am convinced that it offers unparalleled opportunities for growth and engagement in an increasingly interconnected world. Deepest appreciation to the Department and lecturers that have been the guiding pillar. To my great classmates; Ednah, Yiapaso, Nasieku, Lizette, Stephano, Joy, Bianca, Derrick, Debbie, Karita, Clinton, Melvin, Ivuti, Suzzie, Viola, Faith, Patrick, Priscah, Gloria, Cherop, Cherotich, Rayon, Karuma, Mitchell, Naeku, Joss, Nyaga, Edgar, Kiven, Sam, Vinord, Philo, Deborah, Davie, Sharon, Valary, Grace, the list is endless! CONGRATULATIONS and may this be a *happy ending to a new beginning*. BRAVO!



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A visit to Standard Media Group



On Saturday, September 28, 2024, communication students from the Catholic University of Eastern Africa (CUEA) had the privilege of visiting one of Kenya's leading media houses, Standard Media Group. This academic excursion, secured by CUEA's Communication Director, Dr. Gitonga Muriithi, provided the students with a rare behind-the-scenes glimpse of the media industry.

For many students, media consumption is confined to watching television or reading newspapers, but this visit opened their eyes to the intricate processes that bring news to life. Upon arrival, the students were received like royalty, setting the tone for a day filled with exploration and learning. The tour began at the iconic Green Park, familiar to many as the site where Kenya's top officials, including the Deputy President and President, give interviews.

From there, the group was taken to the newsroom, where they interacted with the Chief Editor. He walked them through the entire process of newspaper production, from gathering reports in the field to the final stages of publishing for the public. The students marveled at the detail and dedication involved in every step, from the reporters to the editors.

The highlight for many students was seeing the operations of Spice FM and Radio Maisha. The visit provided firsthand exposure to how radio programs are run—something most students had only imagined. Additionally, they were shown the elaborate preparations that go into broadcasting TV news, from makeup and wardrobe to the technical aspects of going live on air.

The excitement of the day culminated in an extraordinary opportunity when the students went live on air for the Standard Group's weekend Startup Show. This experience was not only educational but also inspiring for the aspiring journalists, broadcasters, and public relations professionals among the group.

As the future leaders in media, these students left with invaluable knowledge and practical experience that will shape their careers. The entire trip was a dream come true for many, and their appreciation for the effort and coordination behind the media industry soared.

Special thanks go to Dr. Gitonga Muriithi for making the visit possible, to Miss Vinky from Standard media group and her entire team who guided the students through the tour, and to Standard Media Group for their hospitality and dedication to fostering the next generation of media professionals.

Story by Brian Kweyu
Chairperson, Journalism Club

CUEA GOT



Talent
with

MC Jessy





SIRI YA MAFANIKIO CHUONI

Katika maisha sio lazima uwe na pesa. Hata kujua wewe ni nani, unapaswa kufanya nini, kwa lengo gani, kwa muda gani na kwa faida zipi hayo nayo ni mafanikio.”

Kwa miaka michache ambayo nimekuwa chuoni nimegundua watu hivi huwa na malengo makubwa pindi wanapojiunga na vyuo mbalimbali lakini wakishaingia kwenye mfumo wa chuo husika na kuukumbatia wanasahau lengo lao kuu lilowapeleka chuoni. Vishawishi wanavyokutana navyo vinavyowatoa inje ya reli ya malengo yao, wanaishia kwenye kauli ya laiti ningalijua lakini muda ni “ukuta” hauwaruhusu tena kufanya kile walichotakiwa kufanya wakati huo.

Mwandishi maarufu Russell Conwell aliwahi kusema “kila mtu ana chuo chake” na kwenye hicho chuo mwenye maamuzi ni wewe. Maamuzi unayofanya leo huamua kesho yako itakuwaje, maamuzi ni kama dira katika maisha ya binadamu kwa sababu ndio huongoza maisha yako yatakavyokuwa hapo baadaye.

Wanazuoni wengi hufeli kwenye hiki kigezo cha kuamua ni kipi wafanye kwa wakati gani, kwa lengo gani na kwa faida zipi. Mfano hai ni pale ambapo mwanafuzi anaamua kutohudhuria mihadhara chuoni na kujihusisha na mipango mingine tofauti na malengo yake kama vile kuamua kuenda sherehe kutokana na ushawishi wa marafiki. Mwisho wa siku ikiwa ulikuwa na marafiki wawili wanaobugia pombe, wewe unakuwa mlevi wa tatu ukitanabahi majuto yamekutamalaki unaanza kuona maisha yako hayana thamani tena, unaingia kwenye msongo wa mawazo, sonona kisa unauondoa uhai wako. Hivi mnakumbuka kisa cha mwanafuzi wa Chuo Kikuu cha Kikatoliki aliyebugia sumu kisa matokeo mabaya ya mitihani? Hivi mtakua mmesahau mwanafunzi wa Chuo Kikuu cha Kenyatta aliyejitia kitanzi kisa mapenzi? TUJIFUNZE! “Ujana ni mechi uzeeni ni fainali,” jitahidi kufanya kazi kubwa ujanani ili upumzike uzeeni vinginevyo ukiamua kupumzika ujanani utafanya kazi kubwa uzeeni.

Maisha ya chuo ni sawasawa na safari na katika hio safari kuna kila aina ya abiria umo nao ndani ya basi unalolisafiria na kila abiria ana kituo chake cha kushukia. Je utashuka kwa sababu abiria wa karibu yako anashuka? Na je katika hio safari utanunua vitafunio sababu abiria mwenzako ananunua? Lengo la kusafiri na hatima ya safari yako unaifahamu wewe. Kwa hivyo katika hii safari ni muhimu sana kujua wewe ni nani, unapaswa kufanya nini, kwa wakati gani, mahali gani, kwa lengo gani, kwa sababu gani na kwa faida zipi. Ukifahamu haya si tu umefahamu siri ya mafanikio katika chuo cha elimu bali katika chuo cha maisha. Kuenda chuoni bila ya kujua umefuata nini, unataka nini na kwa nini basi utakuwa sawasawa na chura anayeishi ndani ya maji masafi hali ya kuwa yeye ni mchafu. Akili kichwani! Mwandishi:

Mwandishi: Babu Stephen (Mwanahabari)
Mhitimu: Kutoka Kitivo cha Sanaa na Sayansi za Kijamii
Idara ya lugha, Fasihi na Mawasiliano
Chuo Kikuu Cha Kikatoliki cha Afrika Mashariki

THE ROAD LESS TRAVELED: EMBRACING UNCONVENTIONAL CAREER PATHS

In a world where success is often measured by conventional achievements, many university students feel pressured to follow well-worn career paths. The allure of pursuing established professions such as law, medicine, business, or the corporate sector is strong, often viewed as the safest and most prestigious choices. However, there is a growing recognition of the value in pursuing unconventional careers that align more closely with personal passions and unique talents. These paths, though less predictable, offer a chance for genuine fulfillment and creativity, allowing individuals to carve out their own niche and make a distinct impact in their chosen fields. Pursuing an unconventional career is not just about defying societal expectations; it's about discovering a path that aligns with one's true interests and values.

Choosing an unconventional career requires a blend of courage, creativity, and resilience, as it often means venturing into the unknown without a clear roadmap or guarantee of success. It involves stepping away from the security of well-defined roles and embracing the uncertainty that comes with exploring new territories. While the journey can be unpredictable, it also fosters resilience, adaptability, and a spirit of innovation. Many who pursue non-traditional careers find that they are not just working for a paycheck, but are actively engaged in work that inspires them, drives them to innovate, and allows them to make meaningful contributions to their fields and communities. For many, the rewards of following their passion far outweigh the initial fears of stepping off the traditional career path. Choosing the road less traveled is not about making impulsive decisions but about thoughtful exploration and being open to where those experiences might lead. It's a call to embrace one's unique path with confidence, knowing that fulfillment often lies in the places where few have dared to go.

By Patrick Ngoroi-History Department


LEADERSHIP SUMMIT



By Millicent Ombuya Kerebi


The 2024 leadership summit conference took place at the Catholic University of Eastern Africa {CUEA} on 19th to 20th July, from 8:00a.m to 5:00p.m at Pope Paul LRC auditorium for university student leaders and high school student leaders respectively. Over seventeen universities, both private and public were represented, and over 2000 highschool student leaders showed up for the great event. We had great and opportune leaders; Eng. Mike Mitungi, Nzyoka Waita-former State House chief of staff who had a great talk with the comrades for instance matters concerning the finance bill and Gen Z maandamano (on matters concerning the current state of leadership and the finance bill 2024-2025). Highschool speakers were Mike N-CEO Choose Life Africa, Mr. Gabriel Achayo-AYLF Country coordinator - Kenya. The comrades took part in community competition where the winning team went home with ksh 10,000. On Friday evening, a talk show (debate) wrapped up the day where the attendees and different university representatives engaged on matters concerning the current state of the country, leadership in general and the new university funding model.





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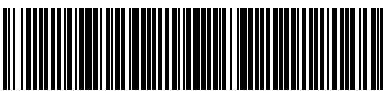


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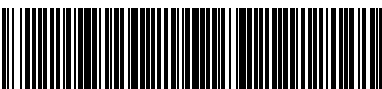


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CUEA GOT TALENT

CUEA SPORTS

FROM CLUBS AND SPORTS COMMITTEE

At the heart of this great institution lies the perfect escape, the field.

An area where great sportsmen and women are moulded, talents are crafted and winners are home !

CUEA boasts of a variety of sports : both indoor and outdoor for both men and ladies.

They include ; football , hockey , rugby, netball , handball , volleyball ,basketball and badminton.

Over the past academic year, as a committee , we have experienced tremendous success in our department.

From winning the KUSA awards to hosting the biggest event in the calendar year of sports dubbed "SPORTS WEEK".

Our sports person's from every faculty in school displayed such high degree of discipline and hard work during that very busy week, balancing both academics and participating in all sports in good time and without fail. Bravo to them!

It goes without mentioning these great achievements run under the able leadership of Allan Maina Nduati the chairperson, Mary Mureithi the secretary and Patience Opele, the treasurer.



spiritual

By KELVIN OWINO(MAGNETO)



The Catholic University of Eastern Africa (CUEA) has proven to be a beacon of holistic formation, providing a nurturing environment for students to excel not only academically but also spiritually. As a student at CUEA, I have experienced a profound spiritual growth journey, shaped by the institution's commitment to fostering a community of faith, service, and intellectual inquiry. One of the cornerstones of CUEA's holistic formation is its emphasis on spiritual growth. The university integrates faith into the curriculum and co-curricular activities, creating a vibrant spiritual community. Daily Mass, Monthly Adoration, Team-building, and recollections/retreats provide opportunities for students to connect with God and strengthen their relationship with Him.

These spiritual experiences have been instrumental in cultivating a sense of purpose and meaning in my life. The university encourages students to engage in community outreach initiatives, volunteer work, and social justice projects. Through these experiences, I have had the privilege of serving others and witnessing the transformative power of love and kindness. Serving my community has not only deepened my understanding of the world's needs but has also enriched my own spiritual journey.

The intellectual environment at CUEA is equally conducive to spiritual growth. The university's commitment to academic excellence and critical thinking challenges students to engage with complex ideas and explore the intersection of faith and reason. Through rigorous coursework and intellectual discussions, I have been able to deepen my understanding of the world and my place in it. This intellectual growth has, in turn, enriched my spiritual life by providing me with a framework for interpreting and engaging with the complexities of faith and human experience. In addition to its formal programs, CUEA offers a supportive community that fosters spiritual growth. The university's chaplaincy provides guidance, counselling, and spiritual direction to students, helping them navigate the challenges and joys of life. The friendships I have formed with fellow students have also been a source of spiritual support and encouragement. Sharing our faith journeys together has helped me to grow in my understanding of God's love and the importance of community in spiritual life.

Psalm 121:2 "My help comes from the Lord, the Maker of heaven and earth."

The Catholic University of Eastern Africa has been a transformative experience that has profoundly shaped my spiritual growth. The university's commitment to holistic formation, which integrates faith, service, and intellectual inquiry, has created a nurturing environment for students to deepen their relationship with God and make a positive impact on the world. I am grateful for the opportunity to have been part of this vibrant and inspiring community



Through these experiences, I have had the privilege of serving others and witnessing the transformative power of love and kindness.



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INTERNATIONAL DINNER

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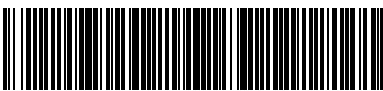


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VC'S CUP

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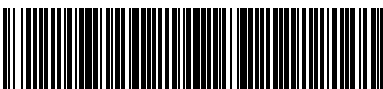


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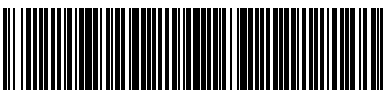


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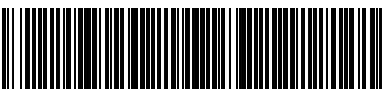


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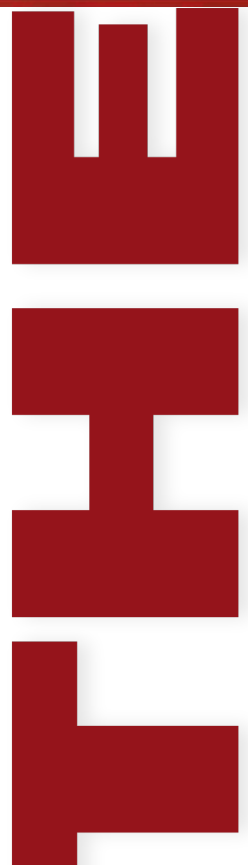
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NB: All academic entry requirements are subject to the respective bodies and key stakeholders' requirements

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