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Dare to be different!

The mantra this year has been to religiously shun mediocrity and most importantly to embrace success. The best lesson so far for me is that every new day is a new chance to rise above the norm and be the best person that I can ever be.

In the same spirit of perfection we bring you the stories of men and women who have risen beyond the average to make a mark in the world. From celebrities like fashion icon John Kaveke to fine arts students in our very own university, to musicians bred in K.U, these stories will challenge you to arise from your stupor and shine in your own strength.

As per the center’s mandate we have managed to bring you career advice from our lecturers in the department of literature and psychology. All this is in a bid to make your life more fulfilling by making the right career choices.

The real life story reminds us that nothing can ever prevent us from living our dream as long as we believe.

In veering off — read about ‘The Standard’ writer Tony Mochama’s stumble to Writer-Dom, Learn about innovation and invention, modeling scams and fashion, student developed Unisoft-modeling scams and fashion, technology and also the million dollar industry that is taking the world by storm. These and many more stories will captivate you as you read this year’s magazine.

I leave you with these endearing words.

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“Stand up and Stand out. All progress occurs because people dare to be different”

Twenty twelve has had many faces. As individuals, we have had tough times. As a country we have gone through moments that have weakened but not crippled us. We have managed to bring you the stories of men and women who have risen beyond the average to make a mark in the world. From celebrities like fashion icon John Kaveke to fine arts students in our very own university, to musicians bred in K.U, these stories will challenge you to rise above the norm and be the best person that I can ever be.

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“Stand up and Stand out. All progress occurs because people dare to be different”

Twenty twelve has had many faces. As individuals, we have had tough times. As a country we have gone through moments that have weakened but not crippled us. Through it all we have emerged stronger, better, brighter and more raring to go.

Here at Career Focus, we have realized the importance of putting our best foot forward and rising above the average. Our
Innovation and Invention

The greatest need of a human being is happiness. This can only be obtained through comfort. However many want to wallow in comfort zones created by others and will never dare to lift a finger to bring the comfort they so much desire to themselves or at least aid in its creation. The youth will always want –and go after –the ‘kazi kwa vijana’ type of projects instead of labouring for their own innovations and inventions.

The Kenyan Economy is in the most important stage in the economic progress of society. This is the ‘Take Off’ stage –the third stage in Rostow’s (an economist) model of Economic Growth. Our vision 2030 as Kenyans is in line with this and hence the greater need for more entrepreneurs. We require creators of employment opportunities not job seekers!

Success comes from innovation- not optimization, whereas growth is achieved by less being taken on what you know best by attacking and hopefully handling well what you know least. Just like learning is essential in order to be proactive, adaptive and more efficient, innovation is also important and should not dwindle in all levels, camps, groupings and organizations.

In innovation therefore one has to research, observe, analyze, develop, test and commercialize a business idea before it actually becomes a real business. This calls for creativity which is crucial for one to achieve a competitive edge and be successful.

Innovation can be in line with the environmental too! This is whereby the innovator decides to take up the challenges of taking better care of the environment. He/she steps into the shoes of the late Nobel Laureate and Conservatist – professor Wangari Maathai and the late Honourable John Michuki- former minister for environment.

Such an innovator will collect polythene bags and any other form of recyclable material and approach recycling firms for a business deal. The waste papers are labeled, weighed and sent to factories for recycling to make products like tissue papers. In addition to creating a clean environment the innovator shall have earned himself income instead of waiting for years to be employed by another party.

Recently, Kenyans were held in awe when we commenced using waste-faecal matter –from the portable toilets distributed by our government in an effort to improve sanitation facilities in slums-to make gas. The faecal matter was used to produce gas for fuel purposes like cooking and heating in houses. This has saved on costs as money that would have been directed to the purchase of petroleum products like paraffin- from nearby petrol stations-was instead used by residents for other productive purposes.

There are many incentives for innovations in Kenya. These include: the youth fund that supports youth with business ideas by availing funds for them to develop their business ideas into viable business opportunities. The development of technology in our country is also a great motivation and inspiration.

Just like the innovators of ‘face book’, ‘twitter’ and other social networks, we also have a chance, a great opportunity, to create websites to advertise our products and services, in addition to being a source of reliable information to the world! Innovation develops careers and employment opportunities; it is not only about brand new products.

We can always improve on existing commodities, deliver better services beyond customer expectations and create value addition besides coming up with new strategies, systems and business structures. All these will aid in creating new ways of tackling issues like pollution, environment degradation, among others-at a lower cost financially, but at a higher cost mentally, physically and psychologically- to our advantage.

It takes time and effort to be creative and productive, seeking to be a career developer and innovator/inventor but the end of this honorable process will always justify the means and the effort plus time too.

By Norah N. Kirimi

Entrepreneurship

Sometimes, good things come and go unnoticed. Quite often, we miss lifetime opportunities, not because we have chosen to but because we simply do not know about them. Here comes the catch, “What next after studies or training?” The answer to that question lies in the understanding of the rationale behind the timely establishment of Youth Enterprise and Development Fund (YEDF), a project in the ministry of State for Youth Affairs that has been unconsciously in the hideout to many youths in Kenya since its concepion in 2006.

The fund objectives of YEDF are solely based on the youth employment perception which auger well with the Millennium Development Goals and the much anticipated vision 2030. The chief objective is the provision of loans to micro-finance institutions which in turn get myriad of youth enterprises salvaged from the financial down rolls. But the best knowledge is that this project is now loans directly to the youth enterprises with the view to enhance accessibility of the funds. Application of this aid has also been made easier owing to the fact that forms are now available in all YEDF offices in the country.

The truth here is that most of the youths do not end up in the professions of their dreams after years of academic struggle. It is also more true that ignorance about YEDF as the panacea to job shortage outcry in the country among the ‘leaders of tomorrow’ is more painful than joblessness itself.

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Mahatma Ghandi, the vision of the youth fund as a panacea, is not to be underestimated.

‘What is the point of my life?’ and ‘Where is the destination after that ‘display’.’ are no applications. We remain clueless on both the importance of this scheme; the moment we decide to jump on it, we are already a step behind. Let us put the youth enterprises salvaged from financial downturns on the right path, at the right time. Let us make sure that the youth enterprises do not just sink with the youth generation’s dreams of having a steady job.

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What is your profession?
I am a counselling psychologist by profession. Currently, I am based in the department of psychology of Kenyatta University where I teach psychology courses. I also counsel, psychoeducate, mentor and give motivational talks.

What is your understanding of the term career?
Career is a profession or an occupation that gives an individual an opportunity to progress in a purposeful way through life. Career is a way of life—it projects a person’s self-image and influences his or her lifestyle. It’s one’s career that determines the series of activities that an individual gets involved in across life. This underscores the need to choose the right career.

And what is personality?
Simply put, personality is an individual’s unique way of thinking, feeling and behaving. Every individual has some unique traits in them. This is not only a psychological fact; it is also a theological reality. Physiologically, even identical twins have different fingerprints.

You consider personality to be a key factor in career choice?
Yes I do. Of course there are other factors that come into play in the career choice process such as academic aptitude, talents, value system and market forces among others. But an individual’s personality is definitely a key factor in career choice. For example an individual with an extroverted personality (social & outgoing) would be unhappy in a sedentary career like accounting, which is a more suitable career for an introverted personality.

Introduce us to the sanguine personality
Sanguine also referred to as ‘popular’ personality, is associated with air, yellow and orange, the dominant thread of childhood. They are flowery, full of life and very humorous which makes them the best entertainers of all generations. Like choleric, they are extroverted: social, outgoing and very talkative. They love people and they make friends easily.

...tell us more about personality and career choice

Personality is influenced by two key factors: heredity and environment (nature & nurture). The most globally acknowledged inherent personality orientations were classified into Choleric; Sanguine; Melancholic and Phlegmatic.

Can a person have only one temperament?
No individual is 100% a single temperament. An individual has one of these temperaments as the dominant and one or two others as secondary temperaments. For example an individual may be 70% choleric; 20% sanguine and 10% phlegmatic. Now, each of these temperaments is suited for some specific careers.

Exactly who is the choleric personality?
Choleric also referred to as ‘powerful’ personality is associated with fire, red and green, the dominant thread of adolescence. They are full of youthful energy even into advanced age. They are extroverted: social, talkative, outgoing and fearless even as children. Choleric are born leaders, strong willed, quick, active, and practical. They have sizzling business minds which make them entrepreneurs of all generations.

Which careers are suitable for the choleric personality?
Being extroverts, choleric do best in people careers that require leadership, motivation and results. These include: Business management; Entrepreneurship; Sales & marketing; Banking; Hotel management; Political science and politics; Consultancy; Education; Law; Theology; Mass communication; Public relations; Administration and Human Resource Management among other related careers. Choleric are talented in self-employment and in creating jobs for others.

...Careers that go with the sanguine?
Sanguine do best in professions that emphasize glamour over work, creativity over routines, diverse hours over schedules and people over statistics. Such careers include: Entertainment; Journalism; Tourism; Sales; Drawing & design; Teaching; Drama/acting; Singing; Writing; painting; Photography; Law; Theology; Public relations; HRM; Motivation speaking and psychology among other related careers. Sanguine are very multi-talented and their main problem is choosing the people career that suits them most.

Who is the melancholic personality?
Melancholic also referred to as ‘perfect’ personality are associated with earth, brown and violet, the dominant thread of middle age. They are precise specialists who influence their environment from behind the scenes. Melancholic are gifted with a high IQ. They are very organized and smart from a young age. They are thoughtful, creative; philosophical and romantic. Melancholic are very sensitive towards people and they try by all means not to hurt them. They make very faithful friends. They are observant people and they try by all means not to hurt them. They love their own company.

......careers for melancholic?
Melancholic do best in non-people careers requiring high imagination, intellectual depth, fine details and analysis. These include: Architecture; Medicine; Engineering; Accounting Microbiology; Creative writing; Philosophy; Theology; actuarial science; Computer science and Analytical chemistry among other such related careers.

...contd pg 8

And finally phlegmatic…
Phlegmatic personality is associated with water and the colour blue, the dominant thread of old age. Phlegmatic influence their environment through sacrifice. They are genuine servants with genuine concern for others. Phlegmatic are very easy to get along with. They are calm, slow to anger and likeable. They Phlegmatic are very good listeners and team players.

Careers?
Phlegmatic perform well in where performance, obedience and routine are more important than creativity and self-motivation and where promotion is based on merit. Such careers include: Accounting; Book keeping; Auditing; Statistics; Inventory control; Secretarial; Office management; Computer operations; Administration; Counselling; Engineering; Military and police; Education; Agriculture; Wildlife management; Metal work and Wood work among other such related careers. Phlegmatic can fit in both people and non-people careers.

Some people may feel that the above classifications do not address their career need…….
The list of the given careers is only a sample. I would wish to encourage the reader to inform himself or herself about other careers from the websites or even visit a psychologist for help in determining their personality type. Careers not mentioned above can easily be aligned to different personalities.

What are your concluding remarks?
Career is life. This underscores the need for individuals to choose and to grow in careers that give them optimal satisfaction.
**INSPIRATIONS**

**Nduta Kariuki**
4th year
Fine Arts

Her paintings are captivating, her drawings spectacular. She does what she does not just for her academics but also as a hobby. Apart from spending hours buried deep in canvas, she spends her time singing. Yes, professional singing. Once a fortnight you will find her performing solo or with her home band in various joints in town. So here you have her, painter, drawing artist and musician!

**Silas Ochola**
4th year
Bachelor of Arts

He spends more hours in the gym than in class. But this has not affected his grades in any way. Combining his hobby and academics has not been easy but the game Judo, teaches him self-discipline. He is a gym instructor and a judo coach. He started playing judo ten years ago. He also plays taekwondo but enjoys judo more because of its ‘technicalities’ and challenges. Silas has taken parts in judo tournaments all the way to the national levels.

**Timothy Mugambi a.k.a Timo**
3rd year
Fine arts

His character precedes him. He is bubbly and fun to be around mostly because of his many uses. He made his first painting when he was only four years old and continues to paint his heart out. He is also a gifted film director. No, he has never been to a film technology class but he films with the expertise of a professional. Timo’s driving motto is: “Dreaming is not enough; Yesterdays limit is not tomorrows limit”.

**Yvonne Makena**
2nd year
Health Services Management

She is pleasant and sings like an angel. To define her as ambitious is an understatement. Making music is her passion and life. Makena favors gospel music and sings whenever an opportunity to do so arises. She joined a singing band for a group known as ‘The Journey’ in K.U while still in her freshman year and her star has not stopped shining. She already has a gospel single out called “Najua hutaniacha” she is currently working on her debut album.

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**Application process**


Like us on Facebook for more details on Application dates, processes, event schedules and more about life at Unilever.

[www.facebook.com/UnileverESA](http://www.facebook.com/UnileverESA)

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“Don’t go around saying the world owes you a living. The world owes you nothing. It was here first.” – Mark Twain

**By Ken Thiong'o**
A first born in a family of five, Ms. Wangari’s future was nothing short of bleak, what with the insurmountable insufficiencies that always pointed at one thing: poverty. She sat for her KCPE and passed, but there was no need of asking where she would go; she was already there- at home. This is 1999. With the hope that heavens would be kind enough to remember her, she went back to class in 2000 and sat for KCPE again. This time, the heavens did smile and she got a scholarship, but the smile could last for as far as the four years in secondary school could stretch.

According to Anne, it hurt to imagine that she could not get to the provincial school she had received a letter of admission from but, anyway, even a piece of bread is bread.

It took more than a strong will for her to get through the four years, though she had the support. That support was mainly for tuition, the rest was her kette of fish. The 500 shillings she was given per term was not enough. However, she worked hard, despite all these odds and managed a grade B. This is 2004. With the situation at home, she would have smiled but she had to sigh.

See Anne in some house, on the cold night of 6th Jan, 2005. Her brothers are asleep, possibly not, but that was before she touched base with the hustle and bustle in Huruma, an estate in Nairobi.

However, she had made up her mind and was determined to make it.

“The first job I got was at Pangani, as a house girl.” Anne

If anyone would have met Anne at 5 am along Thika Road, waiting for half a liter of milk from Thika, he wouldn’t have cared to see beyond what met the eye. But that was just the beginning of a rigorous day that would recur until it rolled a month, for which 1,300 shillings would be the reward. Thank God for this, but it was little. She had to hatch a plan and someone whispered to her that Mrs Rehema*, in Madaraka Estate, needed a house girl.

Without letting it be known, she prepared everything and when the signal came, she slipped out of her first employer’s house. 1st May, 2006, Anne had another job, this time as an experienced house girl.

Whether or not she knew that Madaraka was the Swahili word for independence no one knows, but one thing was clear to her: some independence came with her second job. It was during her time in Mrs. Rehema’s house, in 2008, that her employer got interested in her educational background. She was moved.

It was hard for her to believe that Mrs. Rehema, her employer, would take her through her college studies, just as she had promised her upon the realization that she was a gem. Indeed, Mrs. Rehema and her husband honored their promise and at no point did Anne lack university fees and her upkeep at Kenyatta University.

“Mrs. Rehema became my mother. She took care of everything and she would instruct the driver to take me to KU during opening days,” says Anne. She adds, “The driver would then drive me to my room at KM (a residential and commercial area on the outskirts of Kenyatta University) and then drive back to what was now my second home.” This was Anne’s life throughout the four years in Kenyatta University until last semester. Since she only has two units, she only comes to KU when she has a class. Otherwise, she is preparing for her CPAs, which Mrs. Rehema also takes care of.

“Looking at everything you have gone through, Anne, would you have any kind words to describe life?” I ask. After a short laughter, Anne says, “Never give up. I remember that I wanted to quit my job, lying that I had found another one. But Mrs. Rehema couldn’t let me just like that. She saw through my lie and told me to ensure that I truly had that job before I decided to leave her house. That changed me and I pressed on.”

And this far, her patience, persistence, endurance and prayers have brought her. Had it been Robert Frost telling this story, he would have summed it up, possibly, in three lines: Two roads diverged in a wood, I took the one less travelled by, that has made all the difference.

*Not a true identity.
A MILLION DOLLAR INDUSTRY

The Rabbit Revolution

By Jackie Muturi

Commercial rabbit farming is a new concept among Kenyans. This is because rabbits were traditionally reared more for home use than for their economic benefits. If you grew up in a village or did make visits upcountry then you must be familiar with this kind of farming. Rabbit meat was reviled among self-respected grown men and was left for young boys and women to rear and eat. Remember the hoary old myth that rabbits are pets

Tip: Every business requires careful research and planning. Learn everything you can about your business before you embark on it

so, rabbit meat is relatively low on saturated fat compared to beef and other cuts of red meat making the former, a high-demand product. For a person with a keen business mind, this is a window of opportunity to cash in on this produce that the Kenyan market is ready to absorb-like a sponge.

Thanks to the pioneer farmers, the present day rabbit farmers do not have such a hard time finding market for their produce. Due to the growing number of farmers, many organizations have been formed to support this new crop of farmers. On such organization is; The Rabbit breeders association of Kenya, an organization of Kenyan farmers for Kenyan farmers which markets rabbit meat for its 1,000 plus, registered farmers.

According to a report in the Standard, about 1,000 rabbit farmers in Kenya, market rabbits for worth Ksh 875,000 (approximately $11,666 USD) per month. This is approximately Ksh 10.5 million a year. These figures are expected to grow as many more farmers continue to pick up rabbit farming.

Many farmers today have opted for rabbit keeping and production because rabbits are very easy to keep compared to other animals like cows, goats etc. Another advantage is that rabbit farming calls for very little physical space and is not demanding in terms of feeding and maintenance of the bunnies. If selling rabbit produce through the rabbit organization, a kilo of rabbit meat fetches 800ksh although it can fetch higher prices if a farmer decides to get an independent market for their produce.

Besides the meat and hide, the animal’s dropings are used as organic manure and their urine is used as organic spray to fight pests in vegetables and other crops. A liter of urine costs Sh100. A mature doe that is ready for breeding goes for 1500 shillings. You can start with as few as two rabbits, one doe and one buck and watch your stock and your wealth grow.

Well now you know, rabbits are the new form of gold. As you have also seen, there is a wide market for rabbit produce. There is nothing to lose and a lot more to gain so- Dig in!

S heila woke up that morning two minutes before her alarm went off. To be fair, that night she had woken up about six times already. It was hard to say what caused her sleeplessness. It could have been the tension or the excitement, maybe it was just plain fear. Whatever the case, she pulled herself out of bed and made for the shower. Time to pull herself together; today was going to be a big day.

Many times we find ourselves in Sheila’s shoes. I don’t mean the slip-ons she wore on her way to the shower but rather the high heels she later wore to her job interview. Happiness and anticipation fill the air as you make it to the interview stage. At the same time, you find yourself afraid of what the immediate future holds.

We often find ourselves asking, will they like me? Will they choose me? What if there is a better candidate coming for the same interview? These questions often promote self doubt within us thus bearing down on our confidence.

Let’s face it. The interviewer, hidden under the mirage of lots of questions, only has one goal. That is, to establish if you are the most suitable candidate for the position on offer. The confident candidate is able not just to show that they have what it takes to do the job. They show something else of equal importance, that they believe that they can do the job.

It isn’t about being snobbish or carrying around a larger than life ego. Not at all. That would only show that you think you are better than anyone and everyone. I am willing to bet a lot that your line of work does not have an ‘Olympics’ or ‘World Cup’ to determine the best of the best. And if they do (just in case) and you won the gold medal (highly unlikely) then the job would be offered to you without having to interview.

The way to show confidence is first and foremost by being conversant and knowledgeable in your line of work. Good! So you have the papers to suggest you are worth interviewing. You still have to prove that you did not just cram for exams or worse still got an ‘assisted’ education.

Knowledge on current issues in your field is also key. It shows that you have an interest in your profession. The last thing anyone wants is to hire the guy that hates his job.

Confidence in knowledge doesn’t quite cut it when it comes to interviews. Self confidence also plays a critical role. The can-do attitude as some would put it. If I am going into the interview and slot into each answer, “...I believe I can do it...” Who does that?! In deed, there are more subtle ways of going about this. Smile. It shows that you are comfortable and at ease. It actually even helps you to relax a little... Do not shy off from looking at the interviewer. Maintaining eye contact helps you to relax a little. Do not shy off from at

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CAREER BENEFITS

Career In Literature

A degree in Literature offers powerful advantages to its holders both for a career and for that individual's life. Although it is a degree with similar benefits to those of other programmes in the humanities, it also offers a candidate distinctive yields. Like other Humanities subjects such as History, Philosophy or Psychology, Literature expands students’ grasp and sensitivity to the nature, complexities and challenges of human life and interactions. However, through its unique features, it also dramatizes life's myriad facets through characterization, plot, dialogue and lyrical expression that allow someone to receive it as a ready body of experience.

Literature goes beyond knowledge to lure us into empathizing with characters and situations. Creative works of fiction or lyric poems have the power to so captivate persons that they may enter into the imaginative world of literary texts and become witnesses to the dynamism that makes human existence intriguing. In this way, literature bears the potential, in one respect, of expanding the reaches of our own humanity, and in another respect, of stimulating our awareness of the force and the subtleties of language. Therefore, a degree in Literature should in itself and in combination with specific other subjects, be a great asset to a graduate both in life and in the world of work.

There are certain careers which become stock sites for graduates of literature. These are: teaching, journalism, public relations, promotions, literary affairs and other subjects, be a great asset to a graduate and become witness to the dynamism that makes human existence intriguing. In this way, literature bears the potential, in one respect, of expanding the reaches of our own humanity, and in another respect, of stimulating our awareness of the force and the subtleties of language. Therefore, a degree in Literature should in itself and in combination with specific other subjects, be a great asset to a graduate both in life and in the world of work.

In this article, we take Literature to mean Literature in English. Therefore, our graduates with a Bachelor of Educations degree in this field are ready upon graduation to become teachers of English in public or private secondary schools. Some of them later become Heads of English Departments in their schools. It is often teachers of Literature who compose original texts for performance at the annual School Drama festival and train students in drama and verse in this and in similar evaluative capacities upon graduation.

Not all students of Literature may become creative writers since successful creative writers require both talent and drive. However, there are those graduates whose ability to create fiction and literary notification writings can grow into illustrious careers. If they are able to produce best sellers that can captivate sufficient readers within and outside the country they may become professional writers. If they do not succeed in attracting a wide enough market, their writing may still be a part time career, and income while also serving to educate the reading public. Selected Literature students at Kenyatta University are given a sound grounding in creative writing and can try to turn their talent into a career. Yet another new vibrant outlet for literary skills is the worldwide web. Some young graduates of Literature with Language have found employment online through writing content material for sites that require clear, analytic, interpretive and critical skills. Such sites review writing samples and offer jobs on a pay as you write basis. They are said to demand discipline and adhere to firm deadlines. One advantage of such a freelance career is that the employee may work from home and like other self-employed person, manage the volume of work that they are able to produce.

With such a span of possible career options suited to graduates in Literature, it is helpful for a student to seek early leads into expanding world of work and refine their skills by being attentive and through in each sphere of their studies. They may also build a suitable portfolio of work and be ready to perform creditability in their chosen career.

Inevitably, some graduates may have to...contd pg 16

The number of mobile subscribers is increasing by the day and consumers are now shifting from just using their phones to make calls and send sms, to surfing the internet, paying bills and seeking all kinds of knowledge and entertainment. This has been made possible by the numerous mobile applications that are being offered by different platforms such as Android, iphone, Blackberry, and Nokia’s Ovistore. One of the upcoming mobile apps that caught my attention is Unisoft, created by two innovative computer engineering students from Kenyatta University. Unisoft is a one-stop mobile application that provides academic information about universities, colleges and polytechnics that are recognized and approved across Kenya. You do not have to move up and down collecting pamphlets and enquiring about institutions that you are willing to join or courses that you are willing to enroll, Unisoft does that for you.

Apart from providing information about the courses being offered in these institutions, Unisoft will also deliver a brief description of the course, its duration and details of its career jobs which will greatly assist students on making decisions on career choice by themselves. By use of a search dialog box, Unisoft displays the cut-off points of enrolling in degree programs...contd pg 17...

Uni-Soft

Mobile Technology in Kenya is growing at a very high rate. After innovations like our very own M-pesa, Kenyans, and especially the youth, have decided to venture in this field that I will label ‘tech-preneurship’. The number of mobile subscribers is increasing by the day and consumers are now shifting from just using their phones to make calls and send sms, to surfing the internet, paying bills and seeking all kinds of knowledge and entertainment. This has been made possible by the numerous mobile applications that are being offered by different platforms such as Android, iphone, Blackberry, and Nokia’s Ovistore. One of the upcoming mobile apps that caught my attention is Unisoft, created by two innovative computer engineering students from Kenyatta University. Unisoft is a one-stop mobile application that provides academic information about universities, colleges and polytechnics that are recognized and approved across Kenya. You do not have to move up and down collecting pamphlets and enquiring about institutions that you are willing to join or courses that you are willing to enroll, Unisoft does that for you.

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Tech-preneurship

... their careers should be a source of encouragement for students who aspire to enter the field of publishing or book selling. In areas of the media, career seekers may be employed with proven ability to write interesting and informative feature articles. There are also graduates of Literature performing successfully on radio, and in newspapers and magazines.

Over and above the careers already mentioned, Literature students are suited to others that demand skills of probing, attention to detail and persuasive speech or writing. Careers which may require additional studies but which will be strengthened by a background in Literature are Law, Human Resource Management, Social Work, Librarianship, Public Relations, marketing, film production among others. In some cases, a student with a background in Literary studies may be granted exemption from certain courses in a programme leading to qualification for one of these roles.

By Dr. Waveney Olembo - Department of Literature
Describe John Kaveke

There are two people in me: Kaveke the person and Kaveke who represents the brand. Kaveke the person is a laid back simple guy who does not like to complicate things and enjoys a good laugh- and can be shy to some point. Kaveke, the guy behind the brand is pretty much focused on perfectionism and does not compromise when it comes to construction and presentation.

Indeed I have noticed your work is exceptionally detailed…..

Well it’s a whole journey for me, from production all the way to the finishing. I put personal feelings to every garment I make.

How did you end up in fashion design career?

It started early, when I was a kid I use to draw. It didn’t have anything to do with fashion whatsoever. It was more of a hobby but eventually when I got to high school I wanted to marry my art with something else.

How did that work out for you?

I loved clothes and I was exposed to a sewing machine at an early age. You see… my mum used to do basic tailoring for us, so there was a machine at home that I could experiment on. It allowed me to explore so I ended up developing an interest in fashion. It was then when I was still in high school that I started looking for a fashion college because I was already decided fashion is the way to go for me…

Where did you attain your fashion training?

I went to Woodgrove fashion college for two years and a couple of years later I went to Spain in 2006 to further get knowledge on some of the things fashion schools in Kenya had not yet began teaching.

How has John Kaveke grown to be the renowned brand that he is today?

My road map to growing the John Kaveke brand started in the mid 90’s when I participated in a fashion show that I came in the third position the prize money was twenty five thousand shillings. I used this money to rent a shop in the Westland’s market. I also hired a tailor with the same.

So where did you attend high school?

(Chuckles…) Wow!!! I went to a school that people do not actually mention but oh! Well it’s called Ruira Boys High school. That’s when I discovered a school called Woodgrove Fashion College, at that time it used to be in Ngara. An immediately I cleared high school I joined the college I actually did my interview while I was still in my high school uniform.

Interesting…

Yes! I was that much determined since I knew I was not going to campus even if I got the grade. I had already decided fashion is the way to go for me…

What is your biggest source of inspiration as an individual?

I think I have picked that up to.

Humor that is sure to keep everybody laughing and laughing…) my mum is this bubbly lady and my dad (Laughing….) I think it’s a family thing ( still individual?

What is your biggest source of inspiration as an individual?

I noticed that you smile a lot where did you get that trait?

(Laughing…) I think it’s a family thing ( still laughing…) my mum is this bubbly lady and my dad is equally bubbly too, and my mum has this sense of humor that is sure to keep everybody laughing and I think I have picked that up to.

What are some of the failures that have really weighed and slowed down your career?

The other side of my character is that am a risk taker so I have plunged into some situations. Been a risk taker and a creative person is a combination that can prove disastrous for a person. I put my creativity first without considering the financial aspect of things. I will use finances to create things that I will later give out.

Any major regrets so far?

I do not have any major regrets other than the fact that I don’t have a manager who can control my finances. My advise to fashion designers is that if they know they are not capable of handling money they should get someone who can.

Now about Kaveke the person…Where did you grow up?

Hahaha… I was born in Mombasa but we moved to Nairobi, Eastleigh and later to parklands when I was pretty young. Lets say that the biggest chunk of my growing up has been in parklands.

I noticed that you smile a lot where did you get that trait?

(Laughing…) I think it’s a family thing ( still laughing…) my mum is this bubbly lady and my dad is equally bubbly too, and my mum has this sense of humor that is sure to keep everybody laughing and I think I have picked that up to.

What is your name John Kaveke for your brand?

(Smiling…) kaveke is a kamba name for a little seed. I particularly pay a lot of attention to little detail, hence kaveke. People have responded well to the name.

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What advice would you give to upcoming fashion designers, fashion design students, and those still contemplating whether fashion design is a viable career?

Fashion is a lifestyle and a career. You can’t afford to be in between. It has to consume you totally. Then the second thing is that there is no second chance. You either do it or you don’t, that’s how I put it. Don’t think you have a second chance. Ensure that you are a consumed by it the first time. Don’t wait for people to do stuff for you Like fashion forums.

Lastly…

It’s your calling, it’s your passion and nobody knows it better than you. Go where opportunities are and if they are not available create them. Never wait for anyone to create an opportunity. That philosophy has helped me a lot. Yesterday, I sourced relentlessly for what I needed, today I find many people looking for me.
1. High School Students Fair
2. Students watch a presentation by K.U Fine Arts Dept
3. Career Fashion Show by K.U Models
4. KUTT Duo of David and Eutycus
5. L-R, Chief Guest Mr. Eddy Njoroge Managing Director Kengen, DVC Finance Prof Mburugu and CCDP Dir. Dr. Kairu
6. Gospel Artist Makena
7. Chief Guest Signs Visitors book at KWS Tent
8. Tripple E Duo of Batso and Brian
9. Presentations by Ms. Svetlana Obruchkova, Managing Director, Nestle Kenya Ltd
10. Muthui Kariuki, PS. Government Spokesman and Public Communications Secretary
11. Ms, Sumayya Athman, Managing Director, NOCK
12. K.U Student Deejays showcasing their prowess
13. Chief Guest taken through a KU Invention during the opening ceremony
14. Gospel Artist Daddy Owen (L) and Visually Impaired Comedian Peter (R) entertain K.U crowd
15. Johnson Mwakazi Moderating Artists Talk Show
16. V.C Prof. Mugenda receives Mr. Rischard Etemesi, CEO Standard Chartered Bank
17. (L-R) DVD Academics Prof. Okumu, KUSA President Tom Mboya and Mr. Etemesi
18. Invited guests during Artists Talk Show
The fashion industry is gradually growing and everybody wants a share of it. People who know nothing about fashion are on the front rows creating agencies that are here today and gone tomorrow. It is a sad reality that modeling agencies are the newest scam in town. They are pretty enticing too.

These agencies are springing out from right left and center, bringing in high hopes with them. It all starts with the infamous photo shoots which you are asked to pay for. All this time your agency is promising you numerous jobs especially in ads and runways. With no signed contract on you, the laws and regulations are tailor made to suit the agency and not you. I mean, who is not familiar with the phrases ‘we are branding and marketing you’. This is after doing numerous shows with no pay and attending numerous auditions that your so called agencies invite you for.

It's the frustration and been taken advantage of, that leads you to slowly pull from modeling industry. The only career you ever dreamed of. If you haven't reached this point…Remember: Young men and women being conned by agencies are on the rise and it's up to you to look out for yourself before you let your ignorance and passion be the end of your dream.

This is a tough industry that requires people who are well versed with its buzz of activities. Before you jump into the sweet-looking waters, take time to evaluate how deep you can swim. Take time to understand and study where you are, who you are dealing with and whether they are capable of getting you where you should be.

Whether it is 8-4-4 or 2-6-6-3 the most important thing is to ensure quality. We need to cater for the academically challenged but geniuses when it comes to innovation and technical subjects. Insistence on papers and examinations is leading to an education whose objective is "By the end of the course, the student should pass all examinations." After passing then what? Can this student come up with a fresh idea apart from what is in the syllabus? Is this student employable? Or is he or she a walking encyclopedia, I mean we have enough in our libraries.

In order to boost practical learning, technical subjects like woodwork, art and craft and iron working should be brought back to the fold. If our country decides to take this path who knows, woodwork students would be able to come up with a new generation of sofas, carvings and the like. Like the more developed countries, these technical students could be the start of the much needed and called for ‘green revolution’ in Africa. Wouldn't that be good?

Our children have become migrants. If the public schools do not perform, children go to private schools. Public schools get a larger share in national schools admissions, pupils are now in a mad rush of getting themselves space in public schools. Our children need stability. They need to know that wherever they are public or private, their constitutional rights are guaranteed and that the right to quality education is not infringed upon.

Let the children play and grow. The issue of schools drilling students for examinations and forgetting all about play should stop. When will children ever know that a football and a doll need not be bought from the stores but they can make them using simple materials at their disposal? As if we've not seen enough of tired and overworked kids, one early school morning, at one of the bus stops in Ruiru, I saw a child doing homework sitting on the edge of a dusty, quarry sourced stone.
The year was 1999, October, and the party mood was in the air (‘two zero zero zero zero coming, so the year was 1999, October, and the party mood...’)

personal lives the struggle to survive, raise a family, find happiness are inextricable from the history playing out around them.

This lavishly designed edition of the novel is improved by expressive pictures that capture the people and culture of the region in vivid detail and reflect the book’s powerful themes, so apt for our times: the passionate search for family, home, acceptance, a healthy society, and a promising future regardless of the obstacles.

The Achilles heel in this novel appears to the substantial dehumanization of the alpha male. In his effort to bring out the plight of women in Afghanistan, Khaled has invariably compromised the male character portraying men in a rather sinister light. This and many more incidences featuring prominent feminine characters make critics classify A Thousand Splendid Suns as a highly feministic novel.

All in all A Thousand Splendid Suns creates a beautiful matched set. It is a striking, heart wrenching novel of an unforgiving time, an unlikely friendship, and an indestructible love a stunning accomplishment. Definitely a worthy read for a conscious mind.

...contd pg 26

a stolen spare parts shop on the ground floor and a seedy bar above our offices (‘seedy’ implies ground, so let me say sleazy instead), and for whatever inexplicable reasons, a secondary school occupied the floor above the bar.

My job requirement was to take a ‘plot outline’ from Mr. Njoroge, e.g. Mrs. Mudavadi pregnant with Indian lover’s child ... and ‘flesh it out’. (‘Si you sed yu ara noferist!’ Mr. Njoroge would sneer, and me in my unkempt Afro and cello tape-held together spectacles and my ubiquitous brown raincoat, come sun come rain, that I always wore because I thought it made me look like a Russian spy; but in sad reality, it gave one the impression that I had just taken the skin off a well-pressed morgen on Mombasa road, and put it on ... and I would think ‘when truth runs out ... use the fabric of fabrication.’).

Pre-prints of these stories would be sent to said politicians to give money to ‘kill the story.’ Some paid, some did not, some stories ran, others didn’t, and I once went to parliament and in the lobby, a politician from Western Kenya (whom we’ll call G.K. after his initials) gave me Ksh 32 000 to give Mr. Njoroge who had some sordid story about a ‘mpango wa kando’ he was renting a house for in Nairobi West. An S.Q. And was threatening to publish and wreck his marriage to a ‘woman of good standing in Nairobi.’

As for the Ksh 3,000 I was supposed to get weekly for my labors, Mr. Njoroge would tell me to get the cash Fridays from the ‘accountant’, a skinny man called Mutua who had the perpetual scent of Sportmans wafting around his bony frame, and who always ‘insussed’ (as we used to say in those days) that we meet at The Hornbill on Tom Mbeya street for the weekly wages handover.

Every Saturday morning, I would wake up sans Ksh 2,000 but with the hangover intact. In fact Mutua was one of those golden souls who saidia you bring your money down to manageable levels - and Ksh 1,000 for the week was cash anyone could easily comprehend and budget for.

By the April of 2002 A.D., I had had enough of The Office with its crooked staircase (‘the leaning least of piss-a’ we had nicknamed it, because drunks from the upstairs pub were always urinating around its corridors, leaving the smell of that eau de toilette hanging in the air like the proverbial hat of Ayemenem) and was ready to make the next step up in my default ‘journalism’ career - The Kenya Times. (TBC.)
A career is something I would still do even when the money stops flowing; it is driven by the heart and passion. A career would be more fulfilling, tapping right into the core of who I am and what I love."

It is said that this world revolves around an evolutionary cycle. Survival of the fittest, to single out the weak from the strong. Well, the career world certainly has taken a page from this book and it just keeps getting more competitive. Jalango, a comedian on Kiss FM recently caught my attention when he commented that some of us in this world are existing, working hard to eke a living. These are the people who are referred to as living below the poverty line. Then there are the lucky minority, if luck has anything to do with it, who are actually living. They have more than comfortably secured the basic needs and leisurely reign the dome of luxury. They could buy their way out of hell, buy your entire life and still have enough left over to buy an entire third world country. Bruno Mars enviously sings of them when he says he wants to be a billionaire and spend an entire country’s budget on a collector’s bottle of wine.

So what defines who exists and who lives? Why would here be a poverty line existing in the first place? Not everybody chooses to be poor; taking in full regard the horrors that poor governance, social injustices and disease can use to hold back any man from achieving their true potential. However, I think a worse tragedy would be to have gotten them when he says he wants to be a billionaire and spend an entire country’s budget on a collector’s bottle of wine.

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The alumni of Ghetto University or school of hardknocks have a lot to teach us. Don’t get me wrong, we need our degrees. However, a degree is only as good as you use it. That is where the real tragedy for the qualified yet unemployed manifests. Even before we use the degree, do we know why we are getting it? The initial reason why pioneers like Benjamin Franklin started universities like Harvard was to equip individuals with skills to address society’s problems. Are we training to get careers or jobs?

A career is something I would still do even when the money stops flowing; it is driven by the heart and passion. A career would be more fulfilling, tapping right into the core of who I am and what I love. Since no man is an island, a career contributes greatly to the legacy one leaves to society long after they’re gone. A job is done because I trained for it, I need the money and my boss would fire me if I didn’t. The boring humdrum that makes us rejoice “It’s Friday!” and slouch to work with Monday blues. These two could be the definitive answer whether it’s money or happiness that determines who lives and exists. Aren’t there rich people who cry while the poor struggling who shoulder with resilient smiles?

We definitely don’t need a frustrated population that forever dwells on moneymaking and resorts to doing things “just for the sake.” If we are using money to set the bar of what career we do, we’ll forever be hustling. (Easier said than done) There’s more to a job than money, the emotional part is very important to one’s self-actualization. Likewise if one is always going to be hitting the road only to bite the dust, they stop thinking and start surviving.

Wise career choices are based on observation: do I really need to be a nuclear scientist in a country that lacks the capabilities to execute any nuclear ambition? Do we need a nuclear scientist more than we need a farmer or a radiologist? Avoid listening to or being part of the mob psychology that gets us doing the courses that are the “in-thing”. We don’t need the job market getting flooded with over-qualified candidates fighting for the infinitesimal prospects available. We’d evolutionary tactics like corruption kick in, palms are greased and it’s more a question of social skills- who knows who rather than who knows what.

Of course there is the unavoidable case of too many people liking the same thing. In such a situation, the world has enough room for everybody. Let’s think broader: self-employment where employment is not viable. Taking initiative to be one’s own boss and set the rules to actually make an impact. Let’s step out of our comfort zone of reaping the benefits of precedent brains and actually solve the society’s problems. Driving a Lamborghini right next to a sewage-flooded road? That may be more of laziness and lack of co-operation than a success story.

Innovation, a very key tool that matches brains to brawn. M-pesa, biogas digestors, jua kalis, solar cookers, charcoal filters, herbal medicines etc.
We are in an era where there are more highly qualified people and few jobs opportunities and, employers are looking for people with what they think is an added advantage. Having an added advantage means adding value to your degree, this can be done through taking other professional courses or getting involved in organizations that gives you a chance to explore your skills potential and explore your talents.

For me, this opportunity came in terms of an exchange program at the University of Missouri, Columbia.

I am a fourth year student in the department of community resource management and extension. As the name suggests, community resource management is a program that demands practical experience. The University of Missouri has a community development Academy which offers a three part course that combines leading edge trucking with practical application methods to enhance the capacity of people to work effectively with a broad range of community issues.

I knew this opportunity would change my life professionally and also in personal level and so I sought advice from the career development and placement centre particularly Mr. Ken Njoroge who encouraged me to take the opportunity with one semester to go to completion of my program.

I packed my bags for the USA, after going through interviews with the school and the US embassy in Nairobi.

While there, I took part in various community projects undertaken by the University of Missouri Extensions program. Some of the projects included: Immigrate Support Projects, Nutrition and Health, Community and Leadership, Business and Career, Youth Development Projects and Emergency Management.

Apart from professional experience, meeting people from different cultures, experiencing life in the fast lane, having to deal with culture shock from the different lifestyle, food, environment and weather takes you out of your comfort zone. I have learnt that human beings have a lot of potential but most of us are afraid to use it for fear of the unknown.

Students need to stop going through life in school as spectators. The moment we start taking our careers seriously, the moment we choose to open our eyes and ears wide we realize there are numerous opportunities for growth waiting for the one who desires to learn. They say personal development is a choice and even the Bible cautions us to wake up from sleep and to make the most of every opportunity. Read, read and read everything that you lay your hand on and you will be amazed at what you will discover about yourself and the world around you. Refuse to be a spectator and choose to live and not just exist the world is in your playground.
University Education is no longer a prestige of the few like it used to be. For those of us who graced lecture theatres in 80’s and 90’s, they would agree that just being in a university was enough to make one a residence celebrity. It never mattered whether you’re a BA Major, BED or the much Fancied/dreaded BSC. There were no queries as to the Progress of study as none thought that university students were even examined. All you would hear is so and so from this and that university has been unanimously appointed the youth’s chairman, our son from the university should speak on behalf of, and so on and so forth.

Nevertheless, though no documented research has been done, the number of college students in recent years has definitely increased. With it has came the preference for perceived better degrees, introduction of newer & more explorative courses and even new modes of study, not to mention the increase in the number of institutions offering higher education.

While in the past, students could only attend lectures on full time basis, today’s University set up offers a different picture altogether. Distant learning is the order of the day, open learning is more popular and evening classes are now a darling of the working class. Thanks to evening classes are now a darling. Learning is more popular and is the order of the day, open altogether. Distant learning set up offers a different picture higher education.

Newer & more explorative courses came the preference for perceived definitely increased. With it has documented research has been underway. Nevertheless, though no formal reports have been made, a number of universities have been establishing new courses, some of which are more relevant to the needs of the market. This has led to an increased in the number of students pursuing these courses.

With the increase in the number of universities and courses offered, the question of relevance becomes even more pressing. The traditional view of education as a means to gaining a degree and finding a job has been questioned. Many are now asking whether the education they are receiving is relevant to the challenges of the modern world.

A Brief tour on the internet reveals just how this sector has transformed over the last few decades. While in yesteryears private universities were not all that popular or even palatable to most of the public members, the respected Webometrics - (http://www. webometrics.info/) - world’s most Popular Universities ranker-, listed Kenya as having 44 prominent universities and colleges in 2010, all inclusive of the private, public and constituent university colleges.

Using Criteria’s such as Visibility (number of external links and domains), size (WebPages), rich files (Documents and FTP’s) and Scholars (Number of Scholars and their scholarly works that are available online), it Collectively ranks Kenyan Higher Education as far superior compared to other East African Countries. It also gives Kenya a commanding status among universities ranks in Africa.

It’s worth mentioning that this trend sets a bright future for learners and Kenyans in general, but worrying though, is when quality of this education is put under scrutiny. In recent years there has been an outcry from the Industry as to the value that the graduates offer off from our furnaces of higher learning. From warnings by regulatory bodies, Employers chorus of disapproval, to queries and queries, as to the relevance of some university degrees.

Relevance; is my degree course Relevant? Do I stand a chance in the job market? Are my career strengths competitive enough? Those are the questions that linger in the mind of Brenda Mulu, a BBA major student at Kenya Methodist University- and many other undergraduates. While other issues rising concerns have been amicably addressed in one way or another, the question of relevance continues to be ignored by Educationists, government and even the corporate sector.

Moses Ngatia is in his Third year at Kenyatta University where he is pursuing a Bachelors degree in Animal Husbandry. Unlike Brenda he believes his major is affluent enough but wonders whether the government has done enough to elaborate the Animal sector.

“There so many avenues for exploiting our potential but the structures to harness them are not there”, He laments.

Zeddy Sugut a professional Librarian and an employee of KEMU conquers that weak degrees are indeed there but she is quick to tell that every degree is fit enough to give one a job. She cites the high enrollment of students to the perceived weak degree programs as the major hurdle that needs to be addressed.

‘While Library science is potentially strong in aspects of Marketability and remuneration, it’s alarmingly weak when it comes to job outlets’. She contends. “You can only work in institutions of higher learning and even then, not all institutions are keen on staffing there libraries.’

Her University lecturer does not agree with her however. “If there is a weak degree it is a pass or a second class lower’, Dr JR Njuguna says. The acting chairman, Department of library and information science dismisses this as innuendo, arguing that each and every component of universal knowledge can be studied to university level. He cites Humanities, conservation and social sciences as some of the disciplines that are extrinsically and intrinsically rewarding in the sense of social impact but a different story altogether when monetary gains are considered. “University education is also not all about employment”; the Man echoes. “Apart from giving you a job, it also prepares you mentally, socially and emotionally to the tasks of being a responsible, Law-abiding Citizen”

“Studies such as Philosophy, Psychology and Sociology are really not all that rosy when it comes to employability but there importance can never be underestimated”. Says Njuguna giving an example of early 90’s when Veterinary medicine was considered a weak degree. “Back then, the government had not streamlined the farming sector, more so animal Production”. This had rendered many veterinary graduates unemployed ironical of the fact that those Agricultural courses are among the most popular and well paying careers nowadays. “The stake holders’ recognized key outlets and areas that needed expertise of veterinary officers and thus stemmed up resources into this areas and outlets in order to cultivate necessary structures for the development of veterinary careers’ he says.

Responding to a question as to what can be done to change the mentality that some degrees are irrelevant, Dr Njuguna says its efficacy and self-belief of an individual that will help him or her to realize success. He however says that universities need a systematic overhaul if their former glory is to be restored. “While Module II (popularly known as parallel) program is essential in boosting universities’ financial stability, he feels that quandary arises when universities enroll excessive numbers of self sponsored students. This creates a scenario where we have high number of graduates scrambling for the few jobs available. “It’s against the rule of demand and supply where relativity between the two variables is essential”.

Dr Njuguna concludes that, Institutions of higher learning should embrace IT as a complement to Courses they are offering. He points out that this is essential in ensuring the graduates remains relevant even in the future, in respect of the changing technology.

Now, we all know that some bottles of wine sell for a lot more than a thousand shillings. However, did you know that some wines are so expensive that some people actually consider them investments? I’m not talking about a $600 bottle of Dom Perignon or something. I’m talking about rare bottles that sell for tens of thousands of dollars at auction, only to be re-sold 10 years later for twice the price.

In other words, there are bottles of wine out there that have sold for prices you would never have imagined. These are the subjects of today’s list. So sit back and get ready to be amazed at how much money some people are willing to spend on a beverage they will never consume.

How much damage would a litre of Penasol do to your pocket? Well if you have bought it in the past then you probably have the bottle squarely placed in your living room to serve your special guests. That is just one bottle of wine that is rated at ksh500 or less.

Picture this, Chateau D’yquem is a rare vintage wine that was matured in 18th century and sold at an auction for $100,000. This is approximately ksh8,000,000. What kind of investment can you put up with this kind of money that someone spent on a bottle of wine they will never drink?

Another vintage wine, La Chateau Lafitte 1787, was first bought for $160,000 and if sold today, would fetch a cool $315,000 which is nothing short of ksh25,000,000. This is the amount of money you would spend to bring up a mansion in an up-market area in Nairobi.

The most expensive wine in the world today is the 1992 Screaming Eagle wine was bought by Chase Bailey, an Executive of Cisco System, at a charity auction in the Napa Valley. Now imagine, how much this bottle would go for?
Dreams

The beauty of dreams
Is that they give humans a drive

The willpower to continue
Chasing after them like bees
After the brightly coloured, large-petaled flowers
Till they own them and finally
Refer to them as reality

The beauty of dreams
Is that they keep changing
Like fluids going for the shapes of containers
Just after one attains the fulfillment of one
Another forms itself
Making life more interesting

The beauty of dreams
Is that they never are nightmares
Else, who would wholeheartedly pursue it
With a desire of making it real?
That...just is, its beauty
**Spanish Omelette**

Picnics and excursions are leisurely yet tasking activities if not well planned. They involve outdoor meals usually in the forest or field, parks or at the beach. Here is a short, simple recipe that is very appropriate and reliable.

**Ingredients**
(4 servings)
- 500g potatoes
- 3 eggs
- 1 onion

**Additional ingredient**
- 5 tablespoon olive oil
- Salt

**Preparation**
I. Peel, wash and chop potatoes into thin slices.
II. Peel and chop the onion.
III. Heat 3 tablespoon of oil in a frying pan and fry the potatoes on a low flame. After turning them twice, add onion and the salt. Stir occasionally until they become golden and tender.
IV. Beat the eggs in a deep bowl. Add the fried potatoes and onion and mix well.
V. Heat the remaining oil in a frying pan. Pour the mixture into the pan when the oil is warm. Keep a high flame to cook the eggs and then reduce to minimum. At this time it is very important not to stir but to shake the frying pan to prevent the omelet from sticking.
VI. Turn the omelet over so it becomes golden on both sides. Serve hot.

**Health point**
As the main ingredients in Spanish omelet are eggs and potatoes, the dish is easy to digest and assimilate while at the same time it supplies calories and carbohydrates from potatoes, and high quality protein from eggs. Vitamins A, B, D and E are also supplied by the delicacy.

Children, adolescents, sports men and active persons in general can best tolerate eggs and take advantage of their nutritional properties. It’s also appropriate for those with a delicate digestive system, malnourished individuals or people convalescing from weakening disease.

Emily Kathambi-Nutritionist, emilykathambi24@yahoo.com

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From The Director...

This year’s Career Focus magazine seeks to invigorate the spirit of Kenyatta university students and staff in facing the ever challenging future before them. The editorial team, under the leadership of Jacqueline Murithi, has done a superb job. This year’s edition captures interesting articles like “The silver Lining”, “The Million dollar industry”, “Redefining Relevance” among others. These articles give insights on issues of Career development and advice. We at the Centre believe that we continuously empower our students to make sure they benefit on their investment on education and their experience in the university.

Career Week 2013 was held on January to February 2013. It was a big success. Over 70 top notch companies attended and exhibited during the one-week long event. Interaction of our students with the corporates is one of the many ways that Kenyatta University deems important in seeking to produce wholesome students and leaders for the future.

Over 5,000 high school students participated during the high school day and were addressed by, among others, the Vice Chancellor, Prof Olive Mugenda, Mr Kenneth Njiru of Ugwana Initiative, Stephen Kigwa JAB and HELB representatives. The aim was to enlighten the high school students on the wide range of careers available so that each can chose the career best suited for.

Finally, I wish to acknowledge the University Management and in particular the Vice Chancellor, Prof. Olive Mugenda, for the continuous support they have given the Centre and indeed Career Week 2013. The success seen today is due to contribution made by previous directors of the Centre and the entire CCDP staff who have over the years build a wonderful working spirit.

We look forward to interesting times to come. Thank you.

E. W. Kairu (PhD)
Director,
Centre for Career Development & Placement
Being swagnificent is the game, and Ecobank’s SWAG Account is the hook up. Get the freshest banking products and services designed to help the hustler in you succeed.