

## **STUDENTS AFFAIRS DEPARTMENT**

### **CAREER GUIDANCE & COUNSELING OFFICE**

#### **1.0 INTRODUCTION:**

The Career Guidance and Counselling Hub section on the Management University of Africa website plays a pivotal role in providing essential support services to our student body. As the educational landscape continues to evolve, so too do the needs and expectations of our students. Recognizing the importance of adapting to these changes and ensuring that our services remain relevant and effective, we have undertaken a comprehensive review of the Career Guidance and Counselling Hub section.

This review has revealed several areas where enhancements and amendments are necessary to better serve the diverse needs of our students. Key considerations include the need for updated and comprehensive content, improved navigation and accessibility, integration of multimedia elements for enhanced engagement, and the establishment of a feedback mechanism to foster continuous improvement.

By proposing amendments to the Career Guidance and Counselling Hub section, we aim to create a more dynamic, user-friendly, and responsive platform that empowers our students to make informed decisions regarding their academic and professional journeys. These

amendments align with our institution's commitment to providing holistic support services that nurture the personal and professional growth of our students.

Through collaboration and consultation with stakeholders, including students, faculty, and staff, we seek to implement changes that reflect best practices in career guidance and counselling while addressing the unique needs of our student community. Ultimately, our goal is to create a vibrant online resource that serves as a cornerstone of support for students as they navigate their academic and professional pathways at the Management University of Africa.

We are excited about the opportunity to enhance the Career Guidance and Counselling Hub section and are committed to ensuring that it remains a valuable resource for our students now and in the future.

## **2.0: PROPOSED AMMENDMENT OF THE MANAGEMENT UNIVERSITY OF AFRICA WEBSITE SECTION FOR THE CAREER GUIDANCE AND COUNSELLING HUB**

### **2.1 OVERALL SECTION: CAREER GUIDANCE AND COUNSELLING HUB**

#### **2.1.1. Welcoming**

We are delighted to extend a warm welcome to the one stop Career Guidance & Counseling Hub at Management University of Africa, your premier dedicated destination space for holistic support and guidance on your academic, careers and personal transformation journey.

#### **2.1.2 Our Commitment:**

At the Management University of Africa Career Guidance and Counseling Hub, our primary goal is to support you in achieving success not only academically but also personally and professionally. We understand that the journey through university can present various challenges, and we are here to provide you with the tools, resources, and support you need to navigate these challenges with confidence.

### 2.1.3 What We Offer:

- a) **Individual and Group Counseling Sessions:** Our team of experienced counselors is here to offer confidential support and guidance tailored to your specific needs. Whether you're feeling overwhelmed with coursework, experiencing personal challenges, or simply need someone to talk to, we're here to listen and help you find solutions.
- b) **Workshops, Webinars and Seminars:** Throughout the academic year, we host a series of workshops, webinars-online public talks and seminars on topics such as stress management, time management, effective communication, and building resilience and so on. These interactive sessions are designed to equip you with practical skills to enhance your well-being and academic success.
- c) **Career Counseling, Placement and Development:** Explore your career interests, strengths, and goals through our career counseling services. Whether you're considering different career paths, seeking internship opportunities, or preparing for post-graduation plans, our counselors are here to support you in making informed decisions about your future.
- d) **Peer Support Groups & Sessions:** Connect with fellow students facing similar challenges through our peer support groups. These groups provide a safe and supportive environment for sharing experiences, receiving encouragement, and building meaningful connections with your peers.
- e) **Outdoor Adventures for Mental Wellness:** We prioritize mental health activities amidst the pressures of books and studies .Our Students actively engage in various outdoor adventures such as mental health trips, picnics, outdoor photography expeditions, hiking excursions, nature walks, gardening activities, and even star gazing experiences. These activities offer much-needed respite, allowing students to rejuvenate their minds and bodies amidst the beauty of nature which in the long run provides a refreshing escape, offering a much -needed respite from the confines of libraries and classrooms.
- f) **Resource Library:** Access a wide range of resources, including self-help books, informational pamphlets, and online tools, to support your personal and academic growth. Our resource library is available for you to explore at your convenience.

### 2.1.4 Why Choose Us:

- Highly qualified and compassionate counselors
- Confidential & nonjudgmental environment

- ❑ Tailored Counseling Plans
- ❑ Flexible scheduling options

### **2.1.5 Visit Us:**

The Management University of Africa Counseling Hub is located Virtually on our website, physical at Kisaju Main campus -Innovative & Incubation building , South C Campus and is open 8.00 am to 5 pm with Health break 1pm to 2pm. Whether you're seeking support, looking to attend a workshop, or simply curious to learn more about our services, we invite you to stop by and take advantage of what the Career Guidance & Counseling Hub has to offer.

### **2.1.6 Working Hours:**

8.00 A.M - 5 PM

#### **Health Break:**

1 P.M-2 P.M

#### **Weekend (Saturday & Sunday)**

Closed

**Hotline Working Hours:** +254717713179 (24/7 HRS)

### **2.1.7 Get in Touch:**

Have questions or need assistance? Don't hesitate to reach out to us at

**Hotline:** +254717713179

**Email:** counselling@mua.ac.ke.

Our counseling team is here to support you every step of the way. We are committed to your success and well-being at Management University of Africa, and we look forward to partnering with you on your journey to personal and academic fulfillment.

## **2.2 SUB- SECTION NAME: CAREERS & COUNSELING RESOURCE CORNER**

### **2.2.1 Welcome to the Management University Counseling Resource Corner!**

We are delighted to extend a warm welcome to the Counseling Resource Corner at Management University of Africa Website. This dedicated space has been carefully curated to provide you with essential support and resources to enhance your well-being and academic success.

### **2.2.2 What you'll find here:**

#### **a) Professional Counseling Services:**

Our team of experienced and compassionate counselors is here to offer confidential support and guidance. Whether you're facing academic stress, personal challenges, or simply need someone to talk to, we are here to listen and help.

#### **b) Workshops and Seminars:**

Throughout the academic year, we host a variety of workshops and seminars on topics such as stress management, time management, building resilience, and maintaining a healthy work-life balance. These interactive sessions are designed to equip you with valuable skills for navigating the demands of University life.

#### **c) Resource Materials:**

Explore our collection of informational materials, including power point presentations and books, covering a wide range of mental health and wellness topics. Feel free to browse these resources at your convenience.

**d) Referral Services:**

Should you require additional support beyond what our counseling center offers, we can provide referrals to external professionals and community resources.

**3.0 CONCLUSION**

The proposed amendments to the Career Guidance and Counselling Hub on the Management University of Africa website are a significant advancement in enhancing the student experience and support services. By enriching content, streamlining navigation, integrating multimedia, and establishing a feedback mechanism, we aim to create a dynamic platform that meets evolving student needs. Leveraging technology and best practices in counselling, we empower students for success during and after their time at the University.

Prepared by

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