



KIBU NEWS

A Monthly Digital Newsletter of Kibabii University

Week

Vol. 1 Issue 16: 6th August, 2021

ISO 9001:2015 Certified



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UPCOMING

EVENTS



**NEW STUDENTS ADMISSION DATES:
MONDAY, 6TH SEPTEMBER 2021**

KIBU News Week



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Sensational Faith Ogallo Bows out of Tokyo Olympics



By Meshack Nyambane | Photo: OlympicsKE

Kenya's sole Taekwondo representative at the Tokyo 2020 Olympics Faith Ogallo bowed out of the competition after losing to Poland's Aleksandra Kowalczyk by a final score of 15-7 in their women's +67kgs repechage round one contest. Earlier, the Kibabii University student suffered heartbreaking 13-0 loss to Serbian Milica Mandic in the Women's +67kg Round-of-16 contest held in the early morning of 27th July, 2021 at the Olympic's Makuhari Messe Hall A.

As Ogallo's hopes to finish in the medal bracket diminished, back home at Kibabii University, hearty acclamations embellished the air with her supporters applauding her efforts in lifting the Kenyan flag in her first Olympics stint. Ms. Ogallo qualified for the Olympics during the African Taekwondo Olympic Qualification Tournament held in Rabat, Morocco in 2020. Together with it, Ms. Ogallo's qualification steered by her Coach Eliakim Otieno ended Kenya's 12-year dry spell to present an athlete in Taekwondo at the Olympics. Mr. Eliakim feels that the exposure and lessons gathered from Tokyo shall contribute to the growth of the sport in Kenya and that Ogallo stands a better chance in future competitions.

"Faith is daring and courageous. Kenya is lucky to have this kind of athlete. Also, being that age is on her side, the future is definitely very bright," he said.

An analysis done by Kibabii University Games Tutor Mr. Tom Amwanzo reveals that Kibabii University has contributed immensely in the development of Taekwondo and many other sporting disciplines in Kenya.

So how does Kibabii University give birth to these champions?

The University has sports program that starts at the induction of first year students during the orientation. The Games Section is tasked to make an audit of each learner and understand his/her sporting ability. With this information, the students are registered into various sports disciplines and it is at this point that the marking of champions starts. At this stage, students are taken through a rigorous induction programme by coaches, captains and the Student Affairs Department.

Thereafter, the sportsmen and women are assessed and their levels identified as armature, elite or professional. It is after this identification that training starts. This

training involves physical fitness training, skills development training, mental and psychological training. The Games Officers develop a scientific training programme for each sport and coaches directed on how to implement it and thereafter training starts.

The teams are then exposed to championships and competitions funded by the University. Some of the championships our athletes compete are; Kenya University Sports Association (KUSA), East Africa University Games Association Competitions (EAUGA), Africa University Sports Association (FASU) and FISU World University Games. These platforms provide sports persons with an opportunity to display their skills and talents depending on their levels achieved during training.

Presently, Kibabii University has earmarked new champions on the rise; Eunice Wekesa Nabwile, Augustin Meki and Festus Cheruiyot are gunning for the 10,000m Cross Country while Muchangi Julie and Leonard Mukanda are rising fast in Faith Ogallo's Taekwondo footsteps. These group of students are being prepared for the World University Games in China in 2022.

According to Mr. Amwanzo, Kibabii University has even more potential to contribute to the Nation and the Region through a well-structured games and sports programmes that take care of both students and staff's sporting needs. This requires modern sports facilities and equipment; a health and fitness gym, an Olympic size swimming pool, in addition to the already existing facilities. The University has so far developed a Sports Complex with a four-hundred-meter athletics track, a soccer, hockey and rugby fields. These facilities, yet to be launched have been received with joy and happiness by both students, staff and the community.

With these developments, Amwanzo believes the University is ripe enough to introducing Physical Education and Sports Science courses which are now having a global demand especially after the introduction of the CBC Curriculum in Kenya.



Above: Faith Ogallo during one of her training sessions with Coach Eliakim Otieno | Photo: Courtesy



Above: Faith Ogallo's duel against Poland's Aleksandra Kowalczyk | Photo: Getty Images



Above: Faith Ogallo plays against Serbian Milica Mandic | Photo: Getty Images



Above: Faith Ogallo cornered to defence by Serbian Milica Mandic | Photo: Getty Images

HR Month Celebrations at Kibabii University

By Deborah Kisongochi

The Institute of Human Resource Management (IHRM) in partnership with Kibabii University, Masinde Muliro University of Science and Technology and Nzoia Sugar Company held this year’s HR Month Celebrations at Kibabii University on Monday 26th July, 2021.

This year’s theme was “Going Green”. Under the theme, HR Professionals plan to plant 4.7 million trees countrywide; 400,000 in the Western region of Kenya, 100,000 trees being in Bungoma County. During the event, HR professionals in the Western region planted 170 trees at Kibabii University during the day’s celebrations led by Kibabii University’s Deputy Vice Chancellor of Administration, Finance and Development Professor Donald Siamba.

The professionals were encouraged to develop strategies on policies for innovation, recycling of products to save on energy and growth in businesses.

Masinde Muliro University of Science and Technology represented by Ag. Deputy Vice Chancellor, Planning, Research and Innovation Professor Judith Achoka donated face masks, drinking water and handwashing soap to Kibabii University in the fight against the Covid-19 Pandemic.

The Event was also attended by Professor Dr.-Ing. Benedict M. Mutua, DVC (Planning, Partnerships, Research and Innovation), Dr. Ruth Atidah Mitalo, (Registrar Administration & Human Resource), Institute of Human Resource Management Secretariat and HR professionals from Bungoma County.



MMUST’s DVC Prof. Judith Achoka hands over handwash soap to Kibabii University DVC (AFD) Prof. Donald Siamba



KIBU Registrar (Admin & HR) Dr. Ruth Mitalo plants a commemorative tree at the University



Guests planting trees across the University



Guests planting trees across the University

Mathematics Scholar Wins prestigious CEMA fellowship Award

When you meet her in the corridors of Kibabii University, you would not tell the potential she has. An Assistant Lecturer in the Department of Mathematics, Ms. Jacinta Mukonyo Mutwiwa is a mathematics scholar. She recently secured a competitive research fellowship at the Centre for Epidemiological Modelling and Analysis for Africa (CEMA). Jacinta overcame at least 650 applicants to sail through a rigorous selection process that saw the young scholar merge brains with few other counterparts to contribute to empirical solutions in solving Epidemiological problems in Africa and beyond. She will receive mentorship from faculty and researchers from the University of Nairobi, the University of Cambridge, and other institutions depending on subject area and needs.

Read more about her...

Interview by Agnetta Shilasi

Q: Who is Jacinta Mukonyo Mutwiwa?

I am the second born in a family of five, three boys and two girls. I come from a humble, family background, raised in Uvunye village, Kalem bwani, Makueni County. Both of my parents were jobless. My parents' humble background has always acted as an impetus in me to strive for success. I deeply respect members of my family and I extend the same respect to all other people I interact with throughout my life.

I am an enthusiastic, self-motivated, reliable, responsible and hardworking person and a team player ready to learn and share knowledge not only relevant to my field of study but to other fields too. I am able to work under minimum supervision and have an active and dynamic approach to work and getting things done. My parents planted the seed of success in me at a very young age and inculcated in me Christian values that I apply in my every day undertakings. I take all challenges as motivations and never fear facing them. Being a very strong Catholic, my religious conviction and total trust in God has seen me surmount difficult hurdles in life to reach where I am presently.

Q: Any hobbies and interests outside academia?

I love chatting, travelling, listening to gospel music, singing and dancing. I am a choir member of Uvunye Catholic church, Kibabii Catholic Church and Kibabii University Catholic choir.

Q: Tell us about your education background

I am a Doctor of Philosophy candidate in Applied Mathematics at Kibabii University. Currently, I hold a



Master of Science degree in applied mathematics from Kibabii University and a Bachelor's Degree in Education Arts (Mathematics and Business Studies). Between 2007 and 2010, I was a student at Kiu Secondary School (Makueni County) for my Kenya Certificate of Secondary Education (KCSE) and passed with a mean grade B plain (65 points). From 1999 to 2006, I was a pupil at Uvunye Primary School where I sat for the Kenya Certificate of Primary Education (KCPE) and got 299 Marks. Between 1998 and 1999, I attended Uvunye Nursery School.

Having scored a 1st class honours in my Bachelor's degree, I was employed as a Graduate Assistant at Kibabii University in the Department of Mathematics in September 2019 and later on promoted to a Tutorial Fellow in May 2020 after attaining a Master's degree. At different times, I taught in Mbale High School (Vihiga) in 2014 for my teaching practice, Pope Paul VI Junior Seminary (Machakos), Kiu Secondary School (Makueni) and Samoya Secondary school in Bungoma County. From 2016 to 2018, I was a BOM member of Uvunye Primary and currently at Uvunye Secondary School. I have made several publications and attended a number of international conferences.

Q: For a long time, it has been perceived that Mathematics is not a girl's subject. How comes you are excelling? Tell us the secret.

Mathematics is doable. Ladies should not fear walking in the mathematics field although men dominate it. Practice makes perfect and with God all things are possible. In fact, men have a lot of respect for ladies who work smart. The several men in my Department respect me as their colleague/student and we get along very well. The idea that Mathematics is for males is just a perception. In a society that perceives women as the weaker sex, that kind of perception persists. I am one of those people out to demystify the view that Mathematics is for men. What men can do; women can do even better. I want to credit my teachers in early primary school who instilled confidence in me to love Mathematics. I loved arithmetic at a very early age and my teachers assisted me to crystallize it. I wish to urge teachers to help all students without discrimination. We have many ladies in Mathematics and, I want to be one of them.

Q: Any people you may wish to recognize individually?

I have special compliments to my primary school teachers of mathematics namely Mr. Josiah Ngunza and Madam Joyce Mbatha who identified and mentored me at an early age. I scored B+ in Mathematics at KCPE. At Kiu Secondary School, where I was a day scholar for four years, Mr. Dickson Muthoka coached me and I scored A- in mathematics at KCSE. My High School Principal Mr Stephen Mwanja was very understanding and most times allowed me in school without paying fees, which was a great challenge to me because of my humble background. Having excelled in KCSE, the school employed me to teach under BOM. I was the first lady from my high school to join university on Government sponsorship.

I am sincerely grateful to Kibabii University for offering me the



chance to advance my studies, and more so to the Vice-Chancellor Professor Isaac Ipara Odeo and my Chair of Department Dr. Boniface Otieno Kwach for great mentorship. I am further indebted to the Vice Chancellor for offering me convenient accommodation within Campus during this period as I pursue my PhD course. This has helped to do my research in the laboratory and library beyond normal working hours without worrying about security.

Last but not least, my gratitude goes to a Good Samaritan, Madam Everlyne Wanzetse who hosted me free of charge during my Masters Studies and well-wishers who paid my fees at Masters Level.

Q: Have you ever participated in writing a successful grant winning proposal? If so, please tell us about it.

Yes, I have. One of my proposals is the one that recently won me a Fellowship with Center for Epidemiological Modelling and Analysis (CEMA) administered by the University of Nairobi in collaboration with Cambridge University.

Q: What motivated you to apply for the scholarship?

When I saw the advertisement, I had a gut feeling that my PhD proposal would fit in very well so I applied for it. My interest in modelling came after my interaction with my supervisor Dr. Joyce Kagendo Nthiiri, Applied Mathematician of MMUST. She really inspired me towards modelling and I picked it up and never looked back. My research title at Masters Level was "*Mathematical Modelling of the Role of Interference on the Transmission Dynamics and Management of HIV and AIDS*," which directly fell under the CEMA call. I am currently undertaking a PhD in Applied Mathematics where my research is employing modelling. I read and consulted widely to make an appropriate response to the CEMA call. After placing my application, I waited. The first information was that applicants were over six hundred. Later I received an email

indicating I had been shortlisted and an online interview had been set. The interview was precise and to the point. Finally, I was informed about being awarded the Fellowship and it was very exciting for me. I thank God for the far I have reached, pray to him for humility. Currently I am undergoing an introductory intensive two-week online training that runs from 10.00am to 6.00pm EAT with one-hour lunch break between 1.00 pm and 2.00pm.

Q: What efforts are needed in such proposals?

Focus is key in the entire process. Reading a lot and consulting extensively is paramount towards making responding to calls appropriately. One has to be ready to consult scholars from other disciplines to get success. I tried several times and never gave up. Consultations across the divide are essential for writing a grant winning proposal. We need to keep trying without giving up. Since age is on my side, I intend to join research teams to make a meaningful contribution to society in terms of mitigating against challenges facing them like infectious diseases.

Q: What will you term as your key achievement at Kibabii University?

Timely completion of my undergraduate studies and scoring a 1st Class was a great achievement for me. I got an average of 72.3. At Masters Level, I completed my studies in 2019 with a very high average. Reading the alumni speech during the 5th Graduation Ceremony was also a great honor. I am targeting to be the first homegrown PhD holder from Kibabii University. Kibabii University has made me understand how to socialize and live with people well. Winning the CEMA scholarship is indeed great achievement. While at Kibabii University, I have enjoyed favor from the Lord.

With the CEMA fellowship training, benefits will be enormous at both personal, University and society levels. The course will not only help me grow professionally but also assist beef up Kibabii University's Mathematics Department and the whole University at large. My training will act as a launching pad to the sharpening and development of my research skills in epidemiological modelling for infectious diseases

Q: Who is your role model?

Dr. Joyce Kagendo Nthiiri, my supervisor and mentor is my role model. Having won a scholarship before, she has been a constant source of inspiration to me. Dr Kagendo regards me as her "young sister" and has made me feel free with her all the time. As ladies, we share a lot and I am very confident she means well for me. She always wants me to put in my best. This is the very reason why I want to emulate her prowess in applied mathematics and research.

Q: What advice do you have for your students?

Students should never give up and should always keep their eyes focused on their dreams as no situation is permanent. Just like super star actress Lupita Nyong'o asserted "your dream is



***"I am targeting
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valid no matter where you come from". Students should further appreciate that no one can climb the academic ladder while pocketing. It is equally known that because there is no quick elevator to success, we have to take the stairs to reach the top. I urge my fellow students to mind about their social life and relationships. Keeping off drugs and alcohol is a safe route to follow. Guard against social vices to avoid HIV/AIDS and drug taking. Living a spiritually nourished life is beneficial to all. I strongly advise, especially ladies, to respect their bodies as they are the Lord's temple. Let us all be prayerful and give thanks to GOD all the time and success will come our way.



Quality Check is a Must in Preparation of Cosmetic Products

By Joseck Olukusi Alwala

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Cosmetics is a term commonly used to refer to a range of beauty products which include; skin care creams, shampoo, lotions, powders, perfumes, facial make up, lipsticks, finger nails, toe nail polishes etc. They enhance the appearance and odour of the part of the body where applied without permanently affecting the body structure or function.

The history of cosmetics is interesting to read. Great world leaders such as Adolf Hitler and Queen Victoria publicly declared makeup improper, vulgar and acceptable only for use by actors. However, Romans, Greeks, Chinese, Arabs and Indians used them extensively. Despite the attempts to deny its use, the practice flourished in all cultures and religions in the entire world. Today, the cosmetic industry controls billions of moneys annually in the world. Moreover, it is dominated by a few

multinational companies which often use unethical tactics. This is widespread in developing countries whereby they resist regulations put in place by government agencies.

Research shows that the quality of cosmetic products depends on the quality of starting materials. Such materials must comply with specifications set by the Ministry of Health. The materials need protection against microbial contamination during transportation, storage and use in production. Contaminated starting materials introduced into production can severely load or overload a product's preservative capacity so as to render it ineffective. The absence of pathogenic micro-organisms and low load of non-pathogenic microorganisms is an essential requirement of a good cosmetic. Moreover, the cosmetic should remain in this state before being used by the consumer.

Cosmetologists have reported that poorly manufactured cosmetic products reduce microbial flora on the skin. This increases vulnerability to secondary infections and other skin diseases. To avoid this, the starting materials should be examined for microbial content as well as conformity with the defined chemical and physical specifications as per the law. Numerous ingredients are used in the manufacture of cosmetic products. They include; thickeners, antimicrobials, solvents, emulsifiers and colors. Some of these ingredients promote microbial growth and eventually disturb the ecological balance of the skin normal flora.

The inadequacies and inconsistencies in container label information are of serious concern regarding batch

numbers. Thus, in the event of defective products, recall would be extremely difficult to effect. In addition, there should be public awareness concerning cosmetics contamination and preservative capacity. The vendors of the products need to be educated in the efficacious antimicrobial agents in the formulations that guarantee its quality and adhere to general guidelines in existence.

Various brands of cosmetics in the market should exhibit minimal danger and source of microbial infections. If not observed, it will lead to skin diseases. It is also significant to note that the antimicrobial activity of any cosmetic requires appropriate dispensing closures rather than raw materials.



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Collaboration Between Pharmacists and Veterinarians is essential in Animal Healthcare

By Joseck Alwala Olukusi

Pharmacists play a pivotal role in provision of health care to both human beings and animals. As the World Health Organization (WHO) puts it, pharmacists must be involved wherever potent medicines are supplied by virtue of their training. The changing pattern in pharmacy practice has threatened to make practitioners look irrelevant in many areas thus prompting them to engage in new areas. Some areas where they have extended influence include; sociology (social pharmacy) patient counseling, administration /management and laboratory or diagnostic medicine. Pharmacists now perform pregnancy tests, microscopic examination for parasites, and blood sugar monitoring.

Studies have reported problems preventing pharmacists' contribution to the use of Veterinary Pharmaceutical Products (VPP's). Previous reports show pharmacists and veterinarians are engaged in squabbles over territorial prerogatives with neither profession understanding or respecting other's role and service. This has undermined peaceful working relationship. In another survey, it has been observed that pharmacists are not well equipped with veterinary knowledge. However, it is worth noting that pharmacists need to play a key role in the use and dispensing of veterinary medicine for betterment of animal health.

Most vendors selling Veterinary Pharmaceutical Products (VPP's) receive their knowledge through informal sources such as consulting veterinary surgeons and fellow pharmacists, self-instruction, internet or books, short training courses or workshops and sales representatives. Thus, they have inadequate knowledge on veterinary pharmacy.

There is compelling need to for the introduction of aspects of veterinary medicine in the pharmacy curriculum to make retail pharmacists more knowledgeable and eventually improve availability of veterinary products. Veterinary and pharmacy education need to be remodeled to bridge the existing gap between these two vital professions. Besides, practicing pharmacists need to undergo short specialized course on veterinary pharmaceutical products.

The supply and provision of veterinary medicine by pharmacists is minor on account of limited competence in veterinary medicine. While pharmacists continue to extend their influence to new areas, they need to embrace and promote shared responsibility with veterinary practitioners rather than continuing with unhealthy competition. Veterinary medicine is more diversified than human medicine as it deals with several species. There are several outlets for veterinary products and these include pet shops, agrovet shops, pharmacies and veterinary clinics. In order to get economic viability in the country from these outlets, there must be real collaboration with avoidance of professional ego from veterinarians and pharmacists.

PLAGIARISM



Plagiarism and How to Avoid it in Academic Writing

By Isaac Wamalwa Manje



Plagiarism is described as the unacknowledged use, as your own, of the work of another person, whether the work has been published or not. Plagiarism is taking and using the thoughts, writings, artistic works, intellectual property and inventions of another person or entity, and using them as your own without acknowledging the creator or originator. Simply put, plagiarism is copying without acknowledging.

Universities usually strive to define plagiarism in their regulations so that it can be properly understood by students, staff and other stakeholders. Universities as powerhouses of knowledge and innovation do not allow/tolerate plagiarism. Plagiarism usually puts at risk the successful completion of one’s studies.

Any piece of work done by a university student which counts towards his or her course assessment should be original and plagiarism-free. Such works may include assignments, continuous assessment tests, written examinations, and theses among others. One sure way of avoiding plagiarism is becoming a good academic writer, tips on which shall be given herein.

Academic writing is a formal style of writing used in universities and scholarly publications. It is mostly encountered in journal articles, proposals, academic books or book chapters, academic essays, reports, research papers, and theses. It follows the same writing process as other types of texts, but it has specific conventions in terms of content, structure, language and style.

In academic writing, a writer needs to demonstrate that they have read widely and understood various concepts about the topic or area they are writing about. A writer must however refrain from directly copying what appears in other texts because those ideas belong to the original writer. It must be understood that copying in a way that makes ideas to appear as if they are your own is still plagiarism. You must acknowledge and cite anything that is not your original idea.

Here are important tips on how to avoid plagiarism in academic writing:

TIP 1: PARAPHRASING AND DIRECT QUOTATION

Paraphrasing involves rewriting texts in your own words. Paraphrasing is expressing someone else’s ideas in your own words by rewriting a piece of writing without altering the original meaning. Direct quotation is quoting another author word for word in your text using quotation marks. In academic writing, paraphrasing is a substitute/alternative to direct quoting where quotation marks are used to enclose directly quoted words, phrases, sentences or paragraphs in the exact same manner that they appear in the original source. Paraphrasing is a better alternative to quoting because it shows that a writer has read and understood the consulted sources. Direct quotation should not be used excessively in academic writing because it shows that a writer has simply picked the work of another author and has not presented his/her own fresh ideas. A writer should be able to strike a balance between the two.

NOTE:
Citing the original source and avoiding using words that are too similar to the original source is paramount when paraphrasing in order to avoid plagiarism.

Failure to cite the original source of paraphrased texts may still count as plagiarism. When paraphrasing, to ensure that you avoid looking like you are merely repeating the information already shared by others, you have to go beyond simply using other words to explain the same thing. You have to pinpoint the most important points and explain them further in your own words. You also have to go a step further and give the views of other authors/scholars, as well as compare and contrast their views with what you have written. In short, add your own ideas.

Good strategies to use while paraphrasing are: using synonyms; changing sentence structure; alternating between active and passive voice and vice versa; changing phrases to clauses and vice versa; and changing the various parts of speech.

TIP 2: KEEPING TRACK OF CONSULTED SOURCES

In the process of research and gathering information that will inform one’s paper, it is important for a writer to note down the source of each bit of information. Plagiarism can commonly occur when a student forgets the source of an idea and unintentionally presents it as his or her own.

Such a mistake can be avoided by keeping a record of all consulted sources for each point you write and compiling a reference list as you continue writing.

The use of software like Zotero, Endnote, Reference manager, Mendeley, Refworks, and Cite among others can assist in keeping track of all sources you cite. They can easily help you go back and trace where a phrase, idea or fact was picked from and cite the source appropriately.

TIP 3: USING IN-TEXT CITATIONS AND REFERENCE LISTS

In-text citations should be used each time you quote, paraphrase, summarize or refer to another source. For every in-text citation that appears in your paper, there must be a corresponding entry in your reference list. In other words, all sources appearing in the in-text citations must also appear on the reference list and vice versa. All listed sources need to be used in your paper.

In-text citations should come immediately after the sentence, phrase or word that they are directly relevant to, rather than appearing at the end of long clauses, sentences or paragraphs. They should always come before punctuation marks i.e., the full stop at the end of the sentence. Each referencing style has its own unique requirements and specifications of how in-text citations and references should be included in a paper.

TIP 4: USING A PLAGIARISM CHECKER

Most universities are now subjecting their students’ papers to plagiarism checkers to detect plagiarism before grading them. Plagiarism checking technology scans your document, compares it to a vast database of publications and websites, and highlights texts and passages that are excessively similar to other texts.

A number of Kenyan universities have provided their students with access to their plagiarism checkers, though with a lot of limitations and restrictions on the functions they can carry out using their accounts. Students are only allowed to scan their papers and check their similarity indexes as they continue writing. A student can therefore use a plagiarism checker himself or herself to check the level of plagiarism and work on reducing it before submitting his or her paper. This allows you to identify any parts that you may have forgotten to cite, left out quotation marks, or included a paraphrase that is too close to the original text. Then you can follow the steps above and edit your work to easily fix any instances of potential plagiarism.

There are differences in accuracy and safety between plagiarism checkers. Most Kenyan universities are using Turnitin as their plagiarism checker.

NOTE: *Avoid saving/storing your work to the plagiarism checker repository when checking for plagiarism because it will be permanently saved and your work may appear as plagiarized when scanned again through the software yet it is your own original work. While scanning for plagiarism, one should go to the user settings in the repository options and select the “no repository” option.*

Checking for plagiarism periodically as you continue writing your paper will save you the trouble of having to correct your entire paper with many pages. Continuous checking will give you the opportunity to progressively edit the parts that appear plagiarized as you continue working on your paper. This will ensure that your plagiarism levels remain low when you submit your final paper for plagiarism clearance by your university.

Isaac Wamalwa Manje is a Communication and Information professional working at the Kibabii University Library and a specialist in scholarly writing, as well as a PhD candidate.



Coping With Stress During the Covid-19 Times

By Amos Nyongesa | anyongesa@kibu.ac.ke

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health protocols, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:

- i. Feelings of fear, anger, sadness, worry, numbness, or frustration
- ii. Changes in appetite, energy, desires, and interests
- iii. Difficulty concentrating and making decisions
- iv. Difficulty sleeping or nightmares
- v. Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- vi. Worsening of chronic health problems
- vii. Worsening of mental health conditions
- viii. Increased use of tobacco, alcohol, and other substances.

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

Healthy Ways to Cope with Stress

- i. **Take breaks from watching, reading, or listening to news stories, including those on social media.**

It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, television, and computer screens for a while.

- ii. **Take care of your body.**

- Take deep breaths and stretch.
- Try to eat healthy, well-balance meals.
- Exercise regularly
- Get plenty of sleep
- Avoid excessive alcohol, tobacco, and other substance use
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.

- iii. **Make time to unwind.**

Try to do some other activities you enjoy.

- iv. **Connect with others.**

Talk with people you trust about your concerns and how you are feeling.

- v. **Connect with your community- or faith-based organizations.**

While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

- vi. **Helping Others Cope**

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.



“Let this be the Year of Exercising Academic Freedom”

**-Prof. Isaac Ipara Odeo
Vice Chancellor**

**A Publication of the Office of the Vice Chancellor
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