

CAMPUS

"Empowering Minds for a Sustainable Future"

...Keeping you updated

A Newsletter of Gretsä University

Talk



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FULL TIME & ONLINE DISTANCE LEARNING (ODEL) COURSES

School of education

DEGREE COURSES

Bachelor of Education (Arts)

Tuition Fees Per Semester:
Ksh. 51,000 Full-time

DIPLOMA COURSES

Diploma in Education (Arts)

Tuition Fees Per Semester:
Ksh. 25,000 Full-time

Humanities and Social Sciences

Bachelor of Arts in Community Development

Tuition Fees Per Semester:
Ksh. 50,000 Full-time, Evening & Weekends
Ksh. 45,000 (Distance Learning)

DIPLOMA COURSES

- Diploma in Counselling Psychology
- Diploma in Diplomacy & International Relations
- Diploma in Journalism & Mass Communication
- Diploma in Social Work & Community Development
- Diploma in Public Relations

Tuition Fees Per Semester:
Ksh. 25,000 Full-time, Evening & Weekends
Ksh. 22,000 (Distance Learning)

CERTIFICATE COURSES

- Certificate in Public Relations
- Certificate in Journalism & Mass Communication
- Certificate in Social Work & Community Development

Tuition Fees Per Semester:
Ksh. 25,000 Full-time, Evening & Weekends
Ksh. 22,000 (Distance Learning)

MINIMUM ENTRY REQUIREMENTS

Degree Courses.....C+
 Diploma Courses.....C or C-
 Certificate Courses.....D+ or D
 Foundation Certificate Courses...D-

N/B: Tuition Fee is Exclusive of Administration Charges

Department of Library and Information Science

- Diploma in Library & Information Science
- Diploma in Records & Information Technology
- Diploma in Records & Archive Management

Tuition Fees Per Semester:
Ksh. 25,000 Full-time, Evening & Weekends
Ksh. 22,000 (Distance Learning)

CERTIFICATE COURSES

- Certificate in Library & Information Science
- Tuition Fees Per Semester:
Ksh. 25,000 Full-time, Evening & Weekends
Ksh. 25,000 Distance Learning

School Of Health Sciences

DIPLOMA COURSES

- Diploma in Public Health - (8 Semesters)
- Diploma in Community Health - (7 Semesters)
- Diploma in Health Records & Information Technology - (8 Semesters)
- Diploma in Nutrition & Dietetics - (8 Semesters)

Tuition Fees Per Semester:
Diploma in Public Health - Ksh 32,000
Diploma in Community Health - Ksh 32,000
Diploma in Health Records - Ksh 32,000
Diploma in Nutrition and Dietetics - Ksh 30,000

CERTIFICATE COURSES

- Certificate in Community Health- (5 Semesters)
- Certificate in Health Records & Information Technology- (6 Semesters)
- Certificate in Nutrition & Dietetics- (6 Semesters)
- Certificate in Public Health- (6 Semesters)

Tuition Fees Per Semester:
Certificate in Community Health - Ksh 29,000
Certificate in Health Records - Ksh 29,000
Diploma in Nutrition and Dietetics - Ksh 29,000
Diploma in Public Health - Ksh 29,000

BRIDGING COURSES

- Bridging Certificate in Biology
- Bridging Certificate in Chemistry
- Bridging Certificate in English
- Bridging Certificate in Mathematics

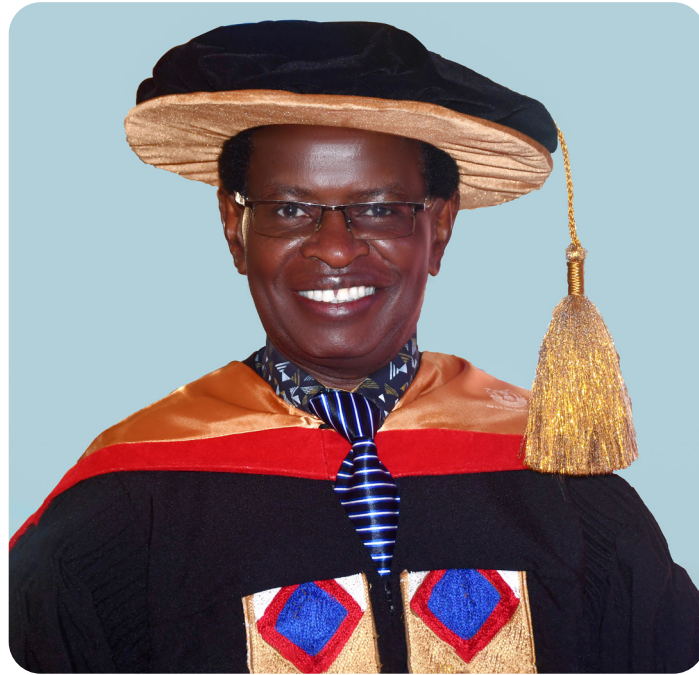
Tuition Fees Per Semester:
Ksh. 10,000 Full-time

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VICE CHANCELLOR'S MESSAGE



Dr. Peter Ndichu Karanja

B. Ed. (KU), M.A (UoN), Ph.D. (University of the Western Cape, South Africa)

It is with immense joy and pride that I welcome you all to Gretsia University's 15th Graduation Ceremony. Today is a historic milestone for our institution, a celebration of academic excellence, resilience, and shared aspirations. On behalf of the entire Gretsia University community, I extend my gratitude to the Council, Senate, Management Board, and dedicated staff, whose unwavering commitment has guided us to this momentous occasion. Together, we honor the graduating Class of 2024 and the collective efforts that have made this day possible.

To our esteemed graduates, congratulations on reaching this significant milestone. Today, we celebrate not just your academic accomplishments, but also your journey of growth, perseverance, and transformation. The friendships you have nurtured, the challenges you have overcome, and the knowledge you have gained have prepared you for the opportunities and responsibilities that lie ahead. This ceremony is a testament to your dedication, and we are honored to have been part of your journey toward greatness.

As you step into the professional world, the path forward will require more than expertise in your chosen fields. The world is evolving rapidly, with challenges and opportunities emerging in areas critical to Africa's development and beyond. Success will belong to those who pair mastery with passion, strive for excellence, and embrace a spirit of service to humanity. As you pursue your ambitions, remember to uphold the principle of sustainable growth. Let care for others and stewardship of our planet guide your decisions, ensuring a brighter, more sustainable future for generations to come.

Aligned with this year's theme, "Empowering Minds for a Sustainable Future," Gretsia University remains committed to fostering innovation, resilience, and responsible leadership. We are confident that as graduates, you will carry these values forward, becoming agents of change in a world that needs you now more than ever. Congratulations once again, and may your journey ahead be filled with purpose, impact, and boundless success.

ALUMNI WORDS OF ENCOURAGEMENT

By Gichuki Mwangi



I want to begin by congratulating you on the remarkable achievement of completing your studies at my beloved alma mater, Gretsia University. It feels like only yesterday that I walked across that same stage, receiving my Bachelor's degree in Computer Science. Though it has been three years since my graduation, the memories of that significant milestone remain vivid, and I am honored to share this moment with you as you celebrate your accomplishment.

Today marks a pivotal moment for each of you, whether it signifies your initiation into the world beyond academics or a continuation of your personal journey of growth. Life often unfolds in different time zones, and each of you has been navigating your own unique path, whether learning, hustling, surviving, and now graduating. Along the way, the lessons learned, the cherished moments, and the experiences gained have molded you into a better version of yourself, ready to face the world with confidence.

I, too, graduated during a period of uncertainty. The job market was challenging, and I faced my share of struggles. Yet, the degree I earned from Gretsia University became a cornerstone of my journey. Its reputation for excellence opened doors, and the comprehensive education I received equipped me with the skills and confidence to overcome obstacles. Like me, you may encounter challenges, but take heart in knowing that these moments will shape your resilience and guide you to find your niche, where you will thrive and prosper. Trust in the foundation you've built here, it will serve you well.

The university has invested in nurturing your potential, and now it is your turn to make an impact. It is your time to contribute to building a better world for this generation and the ones to come. Let your life serve as an inspiration, and may your achievements illuminate the path for others. Currently, I serve as the Director of CLY Technologies. My journey has taught me that the possibilities are endless when you step forward with determination and a sense of purpose.

As you prepare to embark on this exciting new chapter, remember to hold onto the friendships and networks you've cultivated. These connections, combined with the perspective you've gained, have the power to transform your world. Embrace growth through collaboration, seek understanding through empathy, and engage in conversations that inspire progress. An African proverb reminds us: "If you want to go fast, go alone; if you want to go far, go together." By nurturing your relationships and maintaining your networks, you will not only enrich your journey but also extend the spirit of unity and shared success.

REFLECTIONS BY CLASS OF 2024



NELSON ROCHE
President, Greta University Student Association, 2023-2024

As I graduate today, I am filled with gratitude and pride for the journey that has shaped me into who I am. Serving as a student leader has been one of the most rewarding experiences of my life a role that challenged me to grow, inspired me to serve, and taught me the value of teamwork and resilience.

This milestone is not just mine but belongs to everyone who believed in me, supported me, and walked this path alongside me. Today marks a significant milestone in our journey, one that reflects years of hard work, perseverance, and dedication. As we leave Greta University and step into the future, let us remember that this moment is not just the end of an academic chapter, but the beginning of endless opportunities. We have gained the knowledge and skills to shape the world around us, and let us embrace our potential with confidence and purpose. The challenges ahead will be many, but with integrity, resilience, and innovation, we are more than ready to rise to them. Congratulations on your achievements, and may your future be bright and filled with success!

BENSON KIMATHI,
GUSA, Secretary General 2023-2024

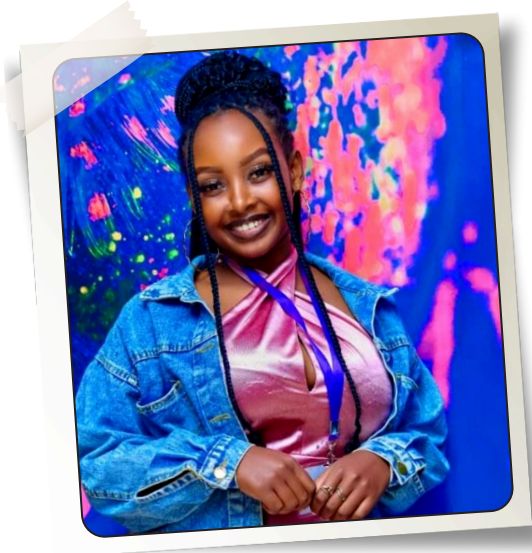
Dear Class of 2024, Congratulations on reaching this incredible milestone! As your Secretary General, I am honored to celebrate our collective achievement. This journey has been filled with challenges, growth, and unforgettable memories, and today we stand together, ready to embrace the future. Let us take a moment to reflect on our hard work and dedication. Each of you has contributed to our vibrant community, and I am proud to call you my peers. As we step into the next chapter of our lives, let us carry the spirit of our time here and continue to inspire one another. Cheers to our achievements and the bright futures ahead!



BY CAROL MUNYI,
B.ED. (ARTS), CLASS OF 2024

Graduating is truly a moment worth celebrating. Success is often defined by not just reaching a significant milestone but doing so in the face of challenges that test our strength and determination. Today, as I celebrate the start of another journey around the sun, I find myself reflecting on the past four years. The major successes I've achieved during this time were not in spite of the challenges but because of them. Each obstacle became a stepping stone, shaping my resilience, refining my purpose, and teaching me lessons I couldn't have learned otherwise.

To the Class of 2024, I extend my heartfelt congratulations. Your journey to this moment is a testament to your courage and perseverance. May the challenges you've overcome remind you of your strength, and may the successes you've earned inspire you to aim even higher. Here's to new beginnings, endless possibilities, and a future brimming with promise.



REFLECTIONS BY CLASS OF 2024



KETER KIPROTICH
B.Ed. (Arts) , Class Of 2024

Bravo! The journey that commenced on September 2021 has finally come to the end with numerous experiences, exciting and ecstatic moments. I was admitted at Gretsia University innocent and innocuous. Appointed as the class representative for English and Literature class was the beginning of my growth in the field of leadership and political chemistry. Multiple inter-campus leadership forums and summits got me a chance to widely network with students all over the country. I deeply believe in the sense of network investment. Gretsia gave me a concrete and solid ground to nature and nurture my leadership skills which I can proudly and profoundly say that it has made me the person I have loved to be since I was in a kindergarten. I have actualized my academic dreams into reality. I am proudly exiting Gretsia University with immense and great pleasure of satisfaction , fountain headedly served. It was nice being in Gretsia University.

PRECIOUS MUENI
B.Ed. (Arts), Class of 2024

It's hard to believe how quickly these four years have flown by; it feels like just yesterday I was moving into my first-year hostel at Gretsia University, yet it also feels like a lifetime of growth and experiences ago. My time here has been nothing short of transformative. I explored so many opportunities; from joining the drama club and trying my hand at netball to gaining invaluable experience through the university's work-study program. These moments reflect the incredible versatility of the Gretsia experience, where exploration is not just encouraged but celebrated. This vibrant community fosters personal growth, broadens horizons, and inspires every student to discover their passions.



BY CHESULA WALUMBE GEORGE
B.Ed. (Arts), Class of 2024

Life at Gretsia University is a transformative chapter, one that shaped us academically, socially, and personally. Each day was an opportunity to learn, grow, and push beyond our limits. When I first joined the university, I held several preconceived notions about the Bachelor of Education (Arts) course. I assumed it would be a breeze, a straightforward journey to an easy A. However, I quickly discovered that my assumptions were misplaced. The course was far more demanding than I had anticipated, with an array of projects, assignments, and in-depth study requirements without forgetting the converted research project. Adjusting to this reality required determination, time management, and a strong commitment to academic excellence. Though the journey was challenging, it taught me resilience and a deeper appreciation for the learning process.



REFLECTIONS BY CLASS OF 2024



FATUMA IBRAHIM
B.Ed. (Arts), Class of 2024

Coming from Moyale in Marsabit County, my journey at Grets University has been nothing short of transformative. What truly set Grets apart was its supportive and collaborative learning environment, where inclusivity and respect created a sense of belonging for everyone. The classrooms encouraged open dialogue, valuing every student’s perspective and fostering a partnership in learning. Unlike the one-directional teaching approach common in high school, the lecturers at Grets treated us as emerging scholars, inspiring active participation, critical thinking, and intellectual curiosity. This dynamic atmosphere not only enhanced my understanding of the course material but also nurtured essential skills like confidence and effective communication. My time at Grets was far more than an academic pursuit; it was a holistic experience that prepared me to navigate the complexities of professional challenges and personal growth with resilience and poise.

KENNEDY KAMAU
Dip. Records & Archives Management, Class of 2024

As a distance learning student preparing to graduate with a Diploma in Records and Archives Management, I feel well-placed to reflect on the unique experience of distance education in Information Science. While I cannot speak for every program, I can confidently vouch for the one I was part of. Distance learning demands a higher level of personal effort and discipline compared to the structured routine of regular classes, requiring students to take ownership of their education. One of the standout aspects of my program was the exceptional support provided through online tutorial classes. I deeply appreciate the dedication of our lecturers, who went beyond the scheduled sessions to organize additional classes at flexible hours, ensuring that we stayed engaged and supported despite the challenges of remote learning. This approach not only enhanced our understanding but also underscored the program’s commitment to student success.



PETER WAMBARI
Dip. Business Management, Class of 2024

It feels surreal to be writing this, reflecting on my time at Grets University. It seems like just yesterday that I opened that acceptance email, filled with excitement and anticipation. Now, with graduation just around the corner, I can’t help but marvel at how quickly time has flown. They say all good things must come to an end, and as I prepare to close this chapter, I find myself reflecting on the incredible journey. Grets has been more than an academic experience; it’s been a profound period of self-discovery. Who would have thought I’d develop a passion for fitness or uncover hidden strengths I didn’t know I had? University life pushed me out of my comfort zone, encouraging me to embrace challenges and seize opportunities I never imagined pursuing. I am excited to continue my academic journey by enrolling in a Bachelor’s program at this university come January.



7TH INTERNATIONAL MULTIDISCIPLINARY RESEARCH CONFERENCE

The university hosted its 7th International Multidisciplinary Research Conference, featuring distinguished keynote speakers, Prof. Julius Gatune, UNESCO Chair for Foresight Literacy, and Prof. Kelvin Kabeti Omieno, Dean of the School of Computing and Information Technology at Kaimosi Friends University College.

During the two-day conference, 41 papers were presented, offering valuable insights into the evolving global context. Of these, 13 were external contributions, while 28 were from within the university. The conference also featured international presenters from Somalia, Uganda, and Malawi. Notably, five undergraduate students, in collaboration with their research supervisors, presented their work. Among the standout presentations was a compelling paper on the role of women in cattle rustling among the Pokot, which provided unique and thought-provoking perspectives on this complex issue.



KENYA UNIVERSITIES PERFORMING ARTS ASSOCIATION REGIONAL DRAMA FESTIVAL

The Kenya Universities Performing Arts Association (KUPAA) Regional Drama Festival was held at Murang'a University of Technology on October 26th and 27th, 2024,

bringing together some of the most talented university performers in the region. Gretsä University was proudly represented by 24 students who competed in six categories, showcasing their artistic prowess and creativity. Their performances reflected a blend of talent, preparation, and passion, earning the university impressive results across the board.

In a strong showing of versatility and excellence, Gretsä University claimed top honors in the Legislative Play and One-Person Player categories, securing first place in both. The team also achieved commendable positions in other categories: third in both Choral Verse and Narrative, fourth in Solo Verse and Visual Art, and fifth in Spoken Word.



Celebrating Talent

Eric Mutisya, a certificate student at Gretsä University, recently took a significant step in his music career by shooting a gospel music video for his latest song, "Yesu ni Rafiki." The video, produced by BIMA Media Agency on October 12th, 2024, was creatively filmed on campus, using the university's picturesque environment as the backdrop. This collaboration highlights the institution's support for student talents and creative endeavors. The song has since been released and is available on YouTube at Eric Mutisya's Channel, where it has already garnered an impressive 1300 views.

NEW POSTGRADUATE AND UNDERGRADUATE PROGRAMMES

In the 2024-2025 academic year, Gretsia University is set to expand its academic offerings with the introduction of five new postgraduate programs and four undergraduate programmes, underscoring its commitment to academic excellence and relevance. The new postgraduate programmes include a Master of Education in Educational Administration, Master of Business Administration, Master of Science in Computer Science, Master of Science in Hospitality Management, and Master of Arts in Community Development. These programs will be offered through both face-to-face and blended learning modes, combining in-person and online/virtual sessions to provide flexible options for coursework and thesis writing, catering to a diverse range of students. Additionally, the university will roll out four undergraduate programs: Bachelor of Education Science, Bachelor of Arts in Purchase and Supply Management, Bachelor of Arts in Communication Studies and Digital Media, and Bachelor of Science in Community Health Development. These additions reflect Gretsia's mission to empower learners with skills and knowledge that meet the demands of a real world.

NEW CAMPUS

The proposed Gretsia University Makuyu Campus is nearing completion, with the first phase now 90% finalized. This phase includes state-of-the-art facilities such as a modern Library Block, an Administration Block, two Lecture Blocks, a spacious playground, and a well-equipped cafeteria, all in the final stages of finishing touches. These facilities are designed to provide a conducive learning environment for students and staff. The campus is now preparing for inspection and clearance by the Commission for University Education, marking a significant milestone in Gretsia University's expansion and commitment to delivering quality education in a world-class setting.



Gretsia University Celebrates 26 Gold Awardees Honored by President Ruto at State House

On October 17th, 2024, 26 students from Gretsia University proudly received Gold Award certificates from the President under the prestigious President's Award Scheme. This program, an informal education initiative, challenges participants to excel in various sections, including community service, skill development, physical recreation, and adventurous journeys. Successfully completing both the Silver and Gold levels is a remarkable achievement, showcasing the students' dedication, resilience, and commitment to holistic personal development. These accomplishments highlight Gretsia University's emphasis on nurturing well-rounded individuals who excel beyond the classroom.

5TH ANNUAL FREE MEDICAL CAMP

By John Kimathi | Lecturer School of Health Sciences



The Medical Team from the School of Health Sciences engages with the Vice-Chancellor ahead of the Free Medical Camp kick-off.

Each year, Gretsa University, in partnership with esteemed organizations, hosts a Free Medical Camp aimed at improving community health and wellness. This year's event, held on October 4, 2024, at the University Grounds, provided vital medical services to 436 residents of Thika and surrounding areas. Attendees benefited from an array of services, including screenings for cancer, diabetes, and high blood pressure, as well as dental checkups, counseling services, Pap smears, BMI assessments, and general physician consultations. Key partners for this impactful event included St. Matia Mulumba Hospital, The Aga Khan University Hospital, Marie Stopes Kenya, Blis Healthcare, Vimak Dental Centre, AAR Health Care, Optica, and Mary Help of the Sick Mission Hospital.

In addition to medical services, the camp emphasized preventive healthcare through educational sessions. Faculty and students from the School of Health Sciences delivered engaging talks on both communicable and non-communicable diseases, equipping attendees with knowledge to make informed health decisions. This initiative aligned seamlessly with Gretsa University's commitment to Community and Social Responsibility, bridging gaps in healthcare access for underserved populations and fostering a culture of health consciousness within the community.



Vice-Chancellor engaging with the Madison Group team during the Free Medical Camp

The overwhelming turnout underscored the vital role of such initiatives in addressing pressing healthcare challenges. The success of the Free Medical Camp highlighted the power of collaboration between academic institutions and healthcare providers in driving transformative public health outcomes. As the event concluded, participants left not only with improved health but also with a renewed sense of hope and community solidarity. The success of this year's camp serves as a beacon for future endeavors, inspiring continued efforts to enhance healthcare accessibility and promote well-being for all.

MR. & MISS GRE TSA UNIVERSITY 2024-2025

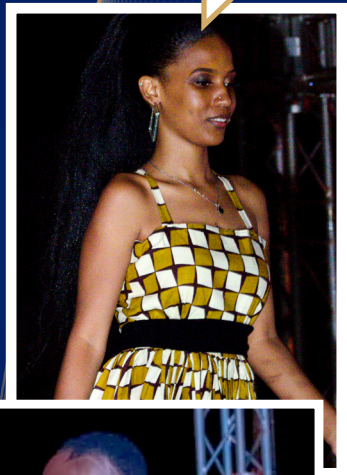
By Kerubo Mangera, Students Talent Coordinator

Gretsa University continued its cherished tradition of celebrating student excellence and creativity through the annual Mr. and Miss Gretsa Pageant, held on November 22, 2024. This glamorous event brought together students, faculty, and the larger university community in a vibrant celebration of style, talent, and unity. This year's pageant saw an unprecedented turnout, with eight contestants vying for the coveted Miss Gretsa crown and five competing for the title of Mr. Gretsa. After an evening filled with electrifying performances, stunning displays of fashion, and inspiring personal stories, Innocent Mumo was crowned Mr. Gretsa, while Ivy Chepchumba took home the Miss Gretsa title.

Reflecting on his win, Mumo expressed heartfelt gratitude, saying, *"It was an honor to be selected as Mr. Gretsa. My experience at this event has been both formative and life-giving. I am deeply thankful for the friendships and connections I have made along this journey, and I feel privileged to be part of a community that uplifts and*

supports one another." Similarly, Chepchumba shared her joy and humility, stating, *"Being selected as Miss Gretsa was truly a humbling experience—one that filled me with immense gratitude and joy. The news came as a delightful surprise, and I am honored to represent the university in such a meaningful capacity."* Their words encapsulated the spirit of the event, highlighting the sense of camaraderie and personal growth fostered by this beloved tradition.

The pageant wasn't just about the contestants; it was an evening of entertainment and celebration for all attendees. Adding to the excitement of the night, the renowned DJ Extream and DJ Clic brought the house down with their impeccable musical sets. Their keen sense of humor and ability to seamlessly transition across diverse musical genres kept the crowd energized and dancing throughout the evening. The electrifying atmosphere was a testament to the unity and vibrancy that define the Gretsa University community.





FORMAL EMPLOYMENT VS. ENTREPRENEURSHIP: WHICH PATH FOR THE FRESH GRADUATES?

By Frankline Mugambi | Directorate of Research and Publications

In today's dynamic economy, the debate between formal employment and entrepreneurship remains a crucial decision point for fresh graduates. Each path offers distinct advantages and challenges, and the choice largely hinges on individual goals, aspirations, and circumstances. To make an informed decision, it's essential to explore the broader context fueling this debate and weigh the pros and cons of each path.

What Fuels the Debate?

1. Surplus of Graduates vs. Job Market Realities

Kenya has seen significant growth in higher education, producing millions of graduates annually. However, this expansion has not been matched by a proportional increase in job opportunities. With Kenya's unemployment rate projected at 5.7% in 2024 higher than the global average of 5.1% approximately 1.76 million Kenyan graduates remain jobless.

2. Technological Disruption

The rise of Fourth Industrial Revolution technologies such as artificial intelligence, big data, robotics, and 3D printing has transformed industries. While these advancements create new opportunities, they also render many traditional jobs obsolete, contributing to the shrinking employment market.

3. Economic Slowdown

Global economic growth is slowing, with GDP growth forecasted at just 2.6% in 2024. This marks the third consecutive year of sub-par growth, exacerbated by

climate change and armed conflicts. The lingering effects of the pandemic further compound economic uncertainty, creating an unstable environment for job seekers.

Against this backdrop, entrepreneurship has emerged as a viable alternative to formal employment, offering opportunities for innovation and self-reliance.

Pros and Cons: Formal Employment vs. Entrepreneurship

1. Autonomy and Decision-Making

- **Entrepreneurship:** Entrepreneurs enjoy a high degree of autonomy, allowing them to chart their own course, make strategic decisions, and pursue creative visions. However, this freedom comes with significant responsibility and pressure.
- **Formal Employment:** Employees operate within structured environments with established roles and clear expectations. While this reduces decision-making stress, it may stifle creativity and limit autonomy.

2. Earning Potential

- **Entrepreneurship:** Offers uncapped earning potential; successful entrepreneurs can earn substantial profits and scale their income. However, this potential is offset by high financial risks, with many businesses taking years to become profitable.
- **Formal Employment:** Provides a predictable income through salaries, bonuses, and benefits. While the earning trajectory may be slower, it offers stability and security.

3. Career Growth and Learning Opportunities

- **Entrepreneurship:** Demands continuous learning and adaptation. Entrepreneurs gain diverse skills in finance, marketing, operations, and leadership, fostering personal and professional growth.
- **Formal Employment:** Offers structured career development opportunities such as promotions, training programs, and mentorship. However, growth may be constrained by organizational hierarchies.

THE JOURNEY YOU CHOOSE SHOULD RESONATE WITH YOUR UNIQUE GOALS AND STRENGTHS, SETTING THE FOUNDATION FOR A FULFILLING AND IMPACTFUL CAREER.



4. Risk vs. Stability

- **Entrepreneurship:** Carries significant financial and operational risks. Entrepreneurs are responsible for securing capital, managing operations, and absorbing losses if the business fails.
- **Formal Employment:** Provides greater financial and job stability, with fixed salaries and benefits. While job loss is a risk, it is less financially devastating than a business failure.

5. Work-Life Balance

- **Entrepreneurship:** Allows flexible schedules but often demands long hours, especially in the early stages. Maintaining a work-life balance can be challenging.
- **Formal Employment:** Typically offers more predictable schedules, paid leave, and other benefits, supporting better work-life balance in many sectors.

Which Path Should You Choose?

The decision between formal employment and entrepreneurship is deeply personal and depends on several factors:

- **Risk Tolerance:** Are you comfortable with uncertainty and financial risk, or do you prefer the stability of a steady income?
- **Career Goals:** Do you aspire to build and lead your own enterprise, or are you seeking structured growth within an established organization?
- **Lifestyle Preferences:** Do you value autonomy and innovation, or do you prefer predictability and balance?

For fresh graduates, a hybrid approach is also worth considering—gaining experience through formal employment while exploring entrepreneurial ventures on the side. This dual strategy allows you to build skills and financial stability while testing the waters of entrepreneurship.

In the end, the journey you choose should resonate with your unique goals and strengths, setting the foundation for a fulfilling and impactful career.



NAVIGATING THROUGH CAMPUS LIFE AS A MAN: LESSONS LEARNED

By Mercus Ndenda | BCom, Class of 2024



Transitioning from high school to university is a monumental leap, often marked by a mix of anticipation and apprehension. This phase signals newfound independence, opportunities, and the chance to shape your identity. For many young men, navigating through campus life presents unique challenges and invaluable lessons. Reflecting on my own journey, here are some insights I wish I had known earlier, shared in the hope that they will guide you through this transformative phase.

1. Manhood is All About Character

Campus life will often challenge you to “prove” your masculinity. However, perceptions of what it means to be a man vary widely. Some may equate manhood with confidence, wealth, humor, or social prowess. Others may tie it to behaviors like drinking, having a girlfriend, or being an avid football fan.

What I’ve learned is that true manhood is rooted in character, not conformity. A strong character is built on virtues such as honesty, integrity, courage, diligence, patience, and selflessness.

These qualities work in harmony, shaping you into a balanced individual. For example, courage without discretion may lead to recklessness, while diligence without prudence can result in burnout. Strive for balance—it’s the essence of authentic manhood.

2. Invest in Your Relationship with God

When I joined campus, I allowed academics, socializing, and newfound freedom to take precedence over my spiritual life. Initially, this seemed liberating, but it eventually left me feeling hollow and unfulfilled. King Solomon’s words,

“everything is meaningless” and “there is nothing new under the sun,” resonated deeply. Rebuilding my relationship with God transformed my perspective, providing a sense of purpose and grounding. Make your spiritual journey a priority, it will sustain you through both the highs and lows of campus life.

3. Learn to Cook: A Survival Skill and More

If there's one practical skill every man should master in university, it's cooking. Not only will it save you money since eating out is expensive and unsustainable but it can also boost your confidence and charm. Imagine impressing your crush with a home-cooked meal, it's a game-changer! Cooking also fosters independence, allowing you to make healthier choices and avoid relying on fast food or instant noodles.

4. Explore Beyond Academics

Campus life is about more than just attending lectures and acing exams. Some of your most memorable experiences will happen outside the classroom. Join clubs, participate in extracurricular activities, and attend events. Engage with peers and explore the opportunities your university offers.

Getting involved not only enriches your experience but also helps you develop new skills, expand your network, and discover passions you never knew you had. Life is more vibrant when you're actively participating rather than passively observing.

5. Respect Women and their Agency

One of the most important lessons I learned is to treat women with respect and honesty. It's easy to get caught up in the excitement of campus life, meeting new people and forming relationships. However, it's crucial to be genuine about your intentions. Don't mislead or exploit women for your own gain. Instead, aim to be a protector, not a predator. Remember, the way you treat women reflects your character. Post-campus life has a way of holding up a mirror to your past actions. Strive to be the man with a reputation for integrity, not the one everyone whispers about.

6. Back Up Your Files: The Academic Lifeline

Few things are as devastating as losing your work due to a computer crash. Whether it's a crucial research project, lecture notes, or a group presentation, always back up your files. Use cloud storage, external drives, or even email to save copies of important documents.

Trust me in future you will thank me.

Final Thoughts

Navigating campus life as a man is a journey of self-discovery, growth, and learning. It's about finding balance, building character, nurturing relationships, and making the most of every opportunity. While the road may not always be smooth, the lessons you learn will shape the man you become. Embrace the experience, stay true to yourself, and always strive to be better.



CAMPUS LIFE IS ABOUT MORE THAN JUST ATTENDING LECTURES AND ACING EXAMS.



Gretsa University Student Association (GUSA) Council 2024-2025 Inaugurated in Grand Ceremony

By Stella Marete | Dean of Students

On August 2, 2024, the newly elected Gretsa University Student Association (GUSA) Council officially assumed office during a vibrant inauguration ceremony presided over by Vice Chancellor, Dr. Peter Karanja. The event, held in the presence of the University Management Board, staff, and students, marked a significant milestone in student leadership at the institution.

The University's Legal Officer administered the oath of office to the seven-member Student Governing Council, reaffirming the importance of democratic values and student participation in governance.

In his keynote address, Dr. Karanja highlighted the importance of the occasion as not just a transition in leadership but a celebration of the University's commitment to fostering an inclusive and democratic culture. He commended the outgoing Student Governing Council for their collaborative approach and constructive engagement with the University Management, setting a commendable precedent for future councils.

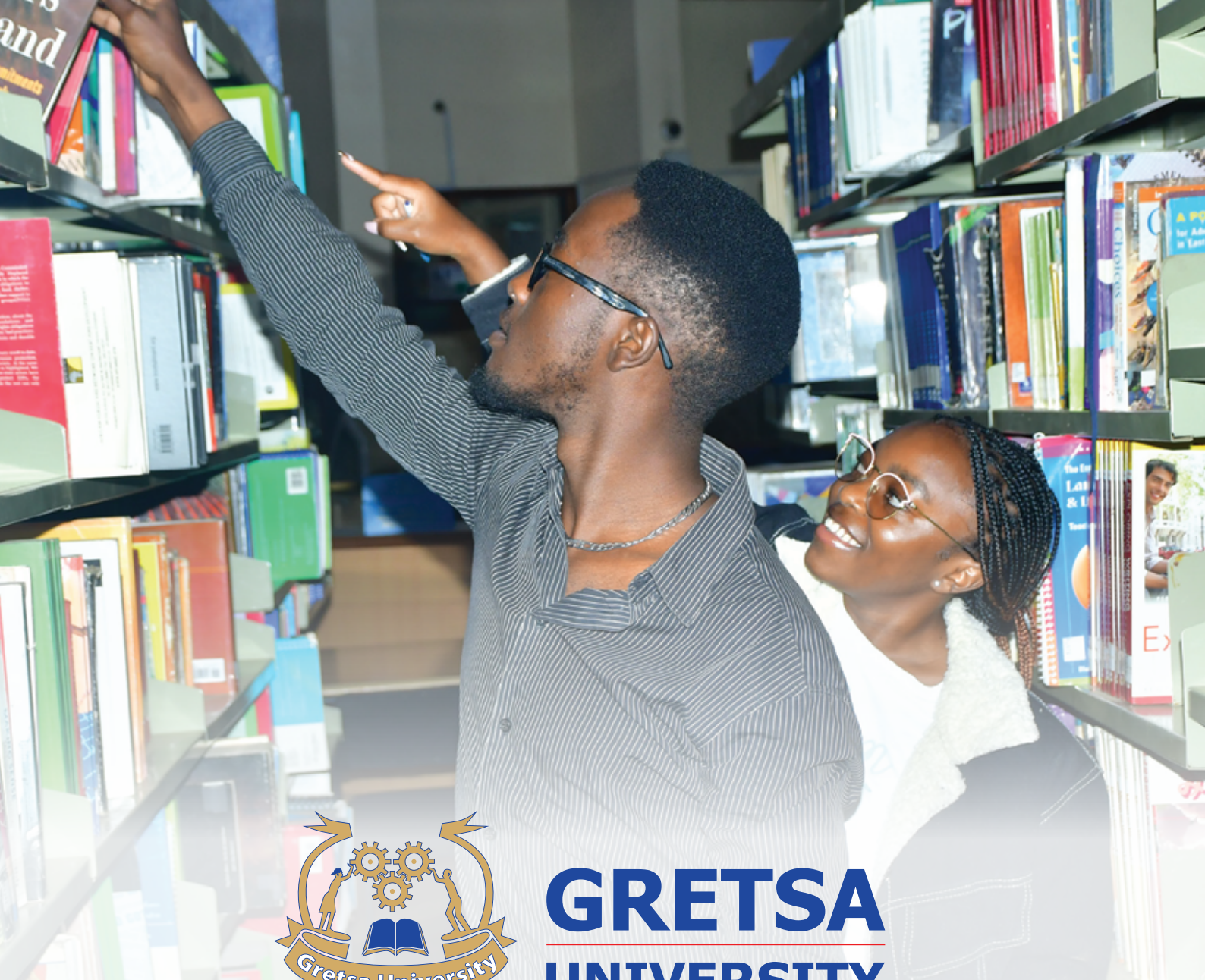
The Vice Chancellor urged the new team to emulate their predecessors' dedication and assured them of the University Management's unwavering support. "As a community, we are united by a shared vision to be a distinctive university that provides quality education relevant to both the individual and society," he remarked.

The 2024-2025 GUSA Council members sworn into office include:

POSITION	NAME
Chairperson	Ouma Faldo Omondi
Vice Chairperson	Njoroge Immaculate Wambui
Finance Secretary	Jeptoo Debrah
Secretary General	Nyambane Caleb Ochoke
Academic Secretary	Omondi Fabian Nyerere
Sports & Entertainment Secretary	Kirimi Franklin Mugendi
Social Welfare Secretary	Lemiso Daniel Ledama

The University looks forward to a fruitful term under the stewardship of the new Council, as they work together to advance the interests of the student body and uphold the institution's core values.





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Chief Editor: Mugambi Frankline

Photographers: John Ngau and Nelson Mokuu,

Published by: Media and Photography Unit Department of Library
and Information Services,
Gretsa University

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