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Catherine Njeri challenged us by asking a question and seeing who would stand by their answers and most of us did. Lesson there was to believe in our selves no matter what.

“its only you against the world” Ernest ochieng said. If we ever want to succeed in anything the only thing standing between you and success is not anyone else but ourselves. We need to get out of our comfort zones and work. If you can’t push yourself then you’ll make it anywhere. We don’t need to be undecided about anything and tell ourselves that we’ll do it tomorrow but start then. The surroundings of your friends matters a lot if your friends are people who laze around and do drugs, sadly you’ll end up doing drugs but if your friends are the right kind of friends you’ll do the right things.

Norah Borus talked about admissons to abroad universities and what they look for. She talked about a good academic record which truly helps in getting to places. One needs to have done extra curricular activities which shows how active one is. Essay writing is also a key part because one is tested on their creativity and knowledge of English. One also needs to have a good and compelling story where the reader can relate to and also be likable. You need to have good recommendations from places you volunteered your school, employer if you’ve ever worked anywhere and your peers because with your peers your actually yourself and they know your true self. One thing people always forget is to be prayerful because god helps us with everything in our lives. There is always someone somewhere looking up to you so we should be good examples.

Mugendi k.m rithaa really motivated me to embrace being an African and from the tribe you come from. To be honest I didn’t. I want to study abroad and stay there but he changed my mind. I should not go there and not come back. Now I want to go there perfect in my trade and come back home. Teddy waria also played a big part in that and bringing your talent back home and representing it is really amazing. Sir Mugendi showed us how some africans come up with amazing creations like a guy called Marc Ruwlel who has a company called Ideso and some Africans making

some amazing fantasy coffins. He told us for anyone who wants to become a designer they should design for use good use not to be misused and also not for abuse. He ALSO reminded us to pray to God and read the bible. He gave us some pretty good quotes like "Tomorrow belongs to the people who prepare today" African proverb.

The three E's.

Enthuthiasm

Enjoy

Energy.

We should be enthusiastic about what we do, enjoy it and have energy with the thing that your doing.

Michael mutie who is an AKAD mentee gave us some pretty neat quote "the faintest ink is stronger than the greatest memory." We should always write things down to remember them and keep a journal which also Teddy waria commented on because eventually people grow old and we cannot always remember everything.

An engineer in kplc sir Andrew talked to us and especially those who want to be engineers that being an engineer is especially fun. One gets to solve interesting problems and invent interesting gadgets. Also a chief engineer miss Naomi who is the first female to ever be in her position which was a big motivation to the ladies in the room who wanted to be an engineer. She also told us to repeat this to ourselves "Today is my favourite day, God made it a special day" she gave the aspiring engineers six reasons of being a engineer.

- 1.They will have power to make a difference.
- 2.You will have money and job security.
- 3.You will get to work with other talented people.
- 4.You will have lots of options to do whatever you want.
- 5.You will get to do cool stuff.

Dr weche who finished by telling us to get out of our comfort zones, go for what we want not waiting for opportunities to come to you and also have confidence. Take opportunities proverbs 6:10