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AKAD 2017 GAP YEAR PROGRAMME

31st January it was my second session with the AKAD mentorship program. I entered as one of the last people although we were only 6 people that had attended, I went straight to the chair to sit down however Dr weche called us all to start the session. we began the session with Dr weche asking us about the three things we should focus on when writing a profile essay, everyone was silent and it was only one person named Lucy Ochieng who remembered. the three things we were supposed to focus on were what you're currently doing, how you got to what you're currently doing and aspirations for the future.

Dr weche begun to tell us about the second core session which was about knowing thyself: introduction to psychometrics, preparation for college both local and abroad, in this core session we were learning how to do three things in thirty seconds

1. Introduce yourself and say what you're currently doing

2. How you got to what you're currently doing
3. Future aspirations

After we introduced ourselves and said everything else Dr weche started going through the essays he had previously asked us to write ,I was a little nervous because I wasn't sure if mine was good enough but as we were going through the essays that were on the AKAD website I couldn't see mine and Dr weche asked why I didn't send the essay , I was confused because I had seen my essay but I forgot that we were supposed to send the essay under 48 hours and that was why my essay wasn't there but after seeing Gladys and mike's essay I was a little relieved because my essay was not nearly as formal and well written as there's

We broke off to have break at 10:15 for fifteen minutes where the mentees can socialize with each other for the fifteen minutes, socializing with mike, chivon, Gladys and Lucy was a fun experience. After the break we went back to continue with the session. We started with doing the MBTI test which is a self-report questionnaire designed to indicate psychological preferences in how people perceive the world and make decisions and after that we did the last thing for the day which was the SWOT analysis. After the SWOT analysis Dr weche gave a last announcement about the trip on Thursday and we broke off after.