

**Mount Kenya**  **University**

**ADDRESS**

**BY**

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**VICE-CHANCELLOR**

**ON**

**PERSONAL LEADERSHIP**

**TO**

**NEW STUDENTS: MAY, 2021 INTAKE**

**ON**

**10<sup>TH</sup> MAY, 2021**

**AT INDOOR ARENA**

## 1.0 Salutation

- ❖ Registrar, Academic Administration,
- ❖ Principals present,
- ❖ Dean of Students,
- ❖ Directors present,
- ❖ Staff,
- ❖ Student Leaders,
- ❖ Students,
- ❖ Ladies and Gentlemen

## **2.0 Opening Remarks**

It prides me to welcome you to Mount Kenya University. On behalf of the University Senate, I take this opportunity to congratulate each one of you on qualifying to pursue university studies at Mount Kenya University (MKU). I also thank you for choosing MKU as a University of your choice to pursue your career aspirations.

I understand that you have gone through the orientation process at different levels and that now you understand your environment. Today, I will give an address on “Personal Leadership”.

## **3.0 Personal Leadership**

Ladies and gentlemen, as you have joined Mount Kenya University, you will realize that life in a University requires personal leadership. This is because there is no close monitoring of your daily activities. In this scenario, you must develop traits that guide the direction of your life instead of letting time and chance to determine your course. In this phase of your life, it is important to establish personal life goals. Joel Farcht (YEAR?) defines personal leadership as

*“Self-confident ability to crystalize your thinking and establish an exact direction for your own life, to commit yourself to moving in that direction, and then to take determined action to acquire, accomplish, or become whatever you identify as the ultimate goal in your life”.*

It is high time that you think of making the best version of yourself during your studentship at Mount Kenya University.

I will speak on aspects that will demonstrate personal leadership.

**i. Personal Goal Setting**

It is important to understand what you want from life. You have begun a journey of University education and therefore, you need to define the destination of the journey and have a “big picture” of what you want to achieve. Goal setting is a powerful process for thinking about your ideal future. Set goals that will motivate you to turn your career aspirations into reality. Organize your time and available resources so that you can make the most of your life and be committed to your course. I urge you to choose results and not

excuses for not achieving your set goals, excuses have never given results. I echo the words of George Washington (YEARS WHEN HE LIVED) that he said “ninety-nine percent of the failures come from people who have the habit of making excuses”.

**ii. Self-discipline**

Self-discipline is number one trait that one needs to accomplish goals they have set. It requires practice in your day-to-day life but sometimes it can be uncomfortable. Charles Duhigg in his book *The Power of Habit* (year of publication?) explained that habit behaviours are traced to a part of the brain called the basal ganglia - a portion of the brain associated with emotions, patterns and memories. Brain resists change in favor of what is programmed to do. You will realize your course may require more time in either library, laboratory etc a lifestyle that you are not used to, acknowledge that this may not feel comfortable all the time. It will require self-discipline to take the right choices, right priorities at the right time.

**iii. Commitment**

Commitment is being dedicated to the cause. You need to pursue faithful efforts on behalf of chosen purposes and the enhancement of chosen values during your studentship.

**iv. Accountability**

During your studentship, it is important you be responsible for what you do. When one is in a group, it is possible to think and take action as a group but eventually you will be responsible of the action as an individual. Accountability is not a one-time thing, it should be a life-style. Be accountable for any failures or successes of your education.

**v. Efficiency**

This is the ability to do things successfully and without waste. Avoid wasting time, resources, energy etc to succeed in your studies. Efficiency is a function of knowledge, competency, skills and attitude that are not inborn but acquired.

The difference between the successful and unsuccessful people is how they spend their time.

**vi. Self-masterly**

Self-masterly is ability to control your internal thought processes that govern your actions, behavior and your habits. Do not be influenced by others as you have joined MKU as an individual and not as a group.

Indeed, your mind is like a garden and your thoughts are seeds, you can choose to plant flowers or weeds.

- Be careful with your thoughts they become your words.
- Be careful with your words they become your actions.
- Be careful with your actions they become your habits.
- Be careful with your habits they become your character.
- Be careful with your character they become your destiny.

I urge you to have control over yourself and take charge of your life. I echo the words of Lao Tsu (who was this? When did he live?) “mastering others is strength; mastering oneself is true power”.

#### **4.0 Conclusion**

Ladies and gentlemen, as I conclude, I emphasize that if you lead yourself right, your life will be right. Being a self-leader is to serve as president of your own life. Excellence is not an act it is a routine or habit. I wish you all the best in your endeavours. God bless you.

Thank you.

**Prof. Deo JAGANYI**

**Vice-Chancellor**