

Dear Precious Girls,

It is a joy for me to, once more, compile an edition of Precious Times – summarising another great weekend of mentoring, learning and interacting with girls from other schools and our faithful mentors.

Introduction

Once again, you turned out in good numbers for the mentoring event: 107 of you in school. This made the event a great success. In this our third mentoring this year, the theme of the event was **Commitment** which is the C in our ABC theme. (Remember, A stands for Ambition; B for Self Belief; & C for Commitment.)

What Is Commitment?

Wallace explained that to commit, is the willingness to do what it takes to achieve something. Commitment is:

- ❑ Personal – it does not matter how many times you commit to other people, it will only matter when you realise how it affects your life
- ❑ It goes hand in hand with:
 - Sacrifice – willingness to give up comfort
 - Purpose – always ask self why you are doing it
 - Determination – keep moving despite the hurdles
- ❑ It means not quitting when things become tough - instead becoming more focussed
- ❑ Your Commitment cannot be limited by anyone else – only you can limit yourself
- ❑ Commitment comes with passion.

COMMITMENT:
It's the little choices
EVERYDAY
that lead to the final
RESULTS
we're striving for.

To emphasize the importance of not giving up, Muthoni gave you the story of Julius Yego who is a Kenyan track and field athlete who competes in the javelin throw. He is nicknamed "Mr. YouTube" because he learned how to throw by watching YouTube videos of javelin athletes. He is the African and Commonwealth record holder for the event.

Muthoni also took you through goal setting through the SMART technique. One can have different goals and it is good to have both short and long term goals. Under each goal, you should have activities and sub activities. Example of goal setting:

Goal – Score 70% in Mathematics by the end of the term

Activity – Consult teachers

Sub activity – Submit four sums that you have worked on to the teacher for marking.

To ensure you achieve your goal, it is important to have an accountability partner to help keep you on track.

Goal Setting	
S	Specific: What is your goal?
M	Measurable: Time to complete goal?
A	Attainable: What do I need to do to reach my goal?
R	Realistic: I can do it if I try!
T	Timely: I can do it by.. end of the week, year, term etc.

One of our alumni, Fanice who studies at the University of California, Berkeley was with us and was given an opportunity to share the journey to where she is now. She talked about being committed to the rigorous US universities scholarship application process, where she applied to twenty five universities. She succeeded because she never gave up and was resilient in pursuing her dream. She encouraged you to remember that you are in a better place to shape your future and that opportunities are available for those of you who are willing to pursue them.

Group Sessions with the Mentors

The group session was an opportunity for you to interact with students from other schools and participate in a discussion on commitment led by your mentor. Many of you have told me the mentors were friendly and you felt free to ask them how they apply commitment in their lives and the careers they are involved in. You discussed various struggles you go through in trying to keep your commitments and came up with ways to help each of you



improve. The group session is always an important way for you to interact and share with girls from the other schools under the guidance of a mentor.

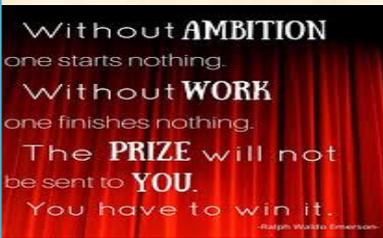
One-on-one Session with a Mentor

The afternoon sessions of 1-1 gave all of you a wonderful opportunity to open your heart to a mentor. Some of you have shared that this session is your favourite and the one you find most interesting. The mentors come prepared to give you all the time you need and to assist you to come up with solutions to any problems you may be facing. During the 1-1 session, you had an opportunity to share your commitment for the term with your mentor. This was on what you want to achieve; academically, in leadership and in community service. I hope that each of you was encouraged and challenged by your mentor to keep your commitment this term.



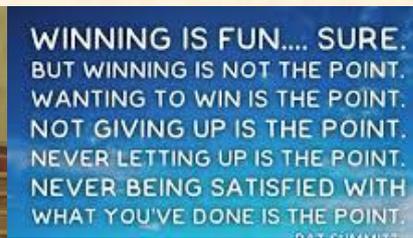
The same Saturday afternoon as you were waiting your turn with a mentor, you participated in a public speaking session. This time round, Muthoni asked each of you to stand and speak about your goals, either in academics, spiritual or emotional. With each goal, you were asked to list the activities needed to achieve the goal, time line for accomplishment and who would be your accountability buddy.

Prize giving

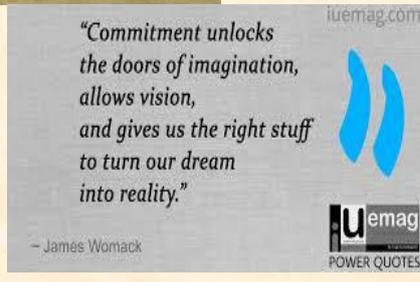
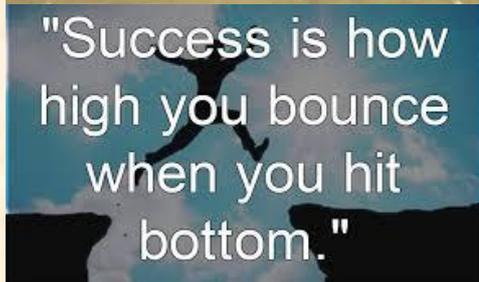


In the evening, we held our annual prize giving ceremony where we award those of you who have excelled in various categories in the past year. The awards include: best in academics in each class, most improved student in each class, most outstanding in leadership and most innovative in community service. Each awardee gets a book and some money.

Our guest speaker, Ian Arunga shared his life journey and how he has triumphed despite the challenges he encountered early in life. His struggles made him the person he is today. He gave you a quote on commitment that: 'It takes **C**ommitment to start the journey but it takes **C**onsistency to continue working on your goal'.



Our awardees



Sunday Morning Skits

The skits that you presented were absolutely wonderful which really keeps showing us that only you can limit yourself because you have amazing talent. The skits were either poems, songs or a play depicting your understanding of the lesson on goal setting. Below is spoken word by Joyce Bochere that she recited during the skits.

My name is Joyce Bochere, I have two names like fermented milk, And I'm giving a testimony because commitment is what's ruling my life, And remember the days when I used to be the one sleeping, but now when I see them sleep I wonder, what's wrong with these idiots?

I remember the days when I didn't even know God, couldn't even say a prayer, But now God and I are like a Maasai and his sandals

Let me tell you a true story in God, you pass without a worry, You live your life free with no apologies, But without him it can also be problematic, It's like crashing a saloon car into a lorry, and you get promoted to glory

In life, without commitment you won't make it through, It's like trying to light a match without a matchbox, Or like looking for a job when you're just seated, When you have no commitment and you're in class, it's like you're cutting a tree and you're seated on that same tree, And when you look at yourself you think you're alright, While In real sense, it's like you're standing on a stick, Because you're going to be a thief

And they spoke the truth, whoever chooses a gardening fork maybe doesn't own a tractor, I've chosen a gardening fork because I want a bright future, Full of money and not that I'm receiving offering like a pastor, Or I sit by the roadside like a lame person and I beg for money acting like I have a broken my leg, And in real sense it's just that I turned my life into a rag, And I won't fail to read because I have a talent, claiming its one of a kind yet we've seen many ac tors, I also don't want to be a thug, refusing to cut my hair and letting it grow into dread locks, Stealing instant money just to get success faster, Coz that'll be like I've given sin a key to be my heart's master, And you know I'm a one of a kind pretty girl but even with all this beauty I don't want to rely on sugar daddies and benefactors, Coz I don't want old kids that is one very important factor.

The world is round and not every day outside is a party, The world is round and it revolves around cash, Play with your life and they'll leave you hanging like a bird, Don't postpone things otherwise they'll judge you so harsh, As you know we Kenyans are known for doing things last minute, But we want to change the way things work, this time around we are shutting them up,

Good thing I'm committed, you can't touch me, I'm committed, you can't shake me, I'm in the top league, you can't reach me, I hear you go on your knees to pray every week, That I die and you're not burying me, And you people are not getting satisfied, I know right now in school I'm looking for my wages.

Career Talks

We had two amazing career speakers on Sunday morning: Kaugi Kibaara a Pharmacist and Bem Mimamo a Photographer. They both shared their life's journey to where they are now. Our take away from the career speakers:

- What it requires to be a pharmacist
 - Subjects – Mathematics, Chemistry and Biology
 - Grade A or A–
- Job opportunities for pharmacists
 - Working as a pharmacist in a hospital – clinical management of patients, deciding course of treatment or recommending changes in a patient's medication.
 - Owning and running a chemist
 - Research that involves discovering and manufacturing drugs in pharmaceutical companies
- What it entails to be a photographer
 - Documentaries, portraits and telling stories about Kenya, Africa the world through photographs



