



MAKERERE UNIVERSITY



UGANDA MANAGEMENT INSTITUTE



# THE "LET'S TALK SERIES": A JNLC STUDENT MENTAL HEALTH AWARENESS PROGRAM

A JULIUS NYERERE LEADERSHIP CENTRE (JNLC) INITIATIVE

# JULIUS NYERERE LEADERSHIP CENTRE (JNLC)

Julius Nyerere Leadership Centre (JNLC) was established by His Excellency the President Yoweri Kaguta Museveni on October 6th 2018. As a Presidential Initiative, it was to honor the legacy of the late Mwalimu Julius Kambarage Nyerere, the first President of the United Republic of Tanzania.

By contextualising problems and their solutions, Julius Nyerere Leadership Centre (JNLC) draws from a wide variety of approaches, that include, innovative policy leading research and regular cross-generational dialogues and seminars. The seminars and dialogues provide an important platform for distinguished African intellectuals, scholars, other accomplished Africans to share, nurture, mentor, challenge and account to the current and future generations of African leaders. The Centre also undertakes youth leadership training and mentoring to provide students with an understanding of both the formal and informal basic transformative leadership skills needed to enable them to effectively serve and influence policies and programmes.

## Julius Nyerere Leadership Centre (JNLC) has three broad objectives:

1. To undertake policy-leading research;
2. To conduct youth leadership training that upholds the ideals of unity, community and servant leadership;
3. To host cross-generational seminars and dialogues.



**His Excellency  
President Yoweri Kaguta Museveni**  
launching Julius Nyerere Leadership Center  
(JNLC) on October 6th, 2018

# **Mental Health Awareness:**

Building a Healthy Mind for a Healthy Life among Makerere University students

## **Introduction**

Mental health is an essential aspect of an individual's well-being. It affects how we think, feel, and act in our daily lives. Mental health issues are common, with one in four people worldwide affected by mental or neurological disorders. The COVID-19 pandemic has brought mental health to the forefront, with an increase in anxiety, depression, and other mental health problems amongst university students,

Universities can be a challenging environment for students, with academic pressures, social expectations, and transitioning into adulthood. The importance of mental health awareness in universities cannot be overstated. This concept paper aims to propose a mental health awareness campaign "Let's talk series" for universities that promotes mental health and well-being among students.

## **Background:**

Mental health disorders are a significant concern in university populations, with high rates of depression, anxiety, and suicidal ideation. Despite the availability of mental health services on university campuses, many students and staff members may not seek help due to stigma or lack of awareness. A mental health awareness campaign can help to reduce stigma, promote mental health awareness, and encourage individuals to seek support.

On Saturday, 25th February, 2023 at Yusuf Lule central teaching facility auditorium, The Julius Nyerere leadership centre together with the counselling and guidance centre of Makerere university supported the 88th ministry for students affairs of Makerere university guild to organize the mental health awareness campaign and training of peer counselling buddies among the students.

### ***The campaign was aimed at;***

1. Raising awareness on mental health issues affecting students at Makerere university,
  2. Enhance a health seeking behaviour among students and
  3. Mobilize efforts to train and curb the mental challenges within students by fellow students.
- Further, 100 counselling peer buddies were trained and equipped with basic counselling skills to assist in offering basic knowledge about mental health to the students. It was upon that background that The Julius Nyerere leadership centre together proceeded to continue the "let's talk series" within the university halls of Makerere. The campaign aimed at finding the students in their halls of residence.



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Mental health disorders are a significant concern in university populations, with high rates of depression, anxiety, and suicidal ideation. Despite the availability of mental health services on university campuses, many students and staff members may not seek help due to stigma or lack of awareness. A mental health awareness campaign can help to reduce stigma, promote mental health awareness, and encourage individuals to seek support.

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It was upon that background that The Julius Nyerere leadership centre together proceeded to continue the “let’s talk series” within the university halls of Makerere. The campaign aimed at finding the students in their halls of residence.



## Methodology:

The mental health awareness campaign will be implemented through a multifaceted approach, including:

**Social media campaigns:** A social media campaign will be developed to promote positive mental health practices, provide mental health resources, and reduce stigma.

**Workshops:** Mental health workshops will be organized for university students and staff members to provide education on mental health disorders, self-care strategies, and coping mechanisms.

**Partnership with mental health organizations:** Partnerships with mental health organizations will be established to improve access to mental health resources on university campuses.

At the end of the let's talk series, a grand conference will be held bringing all the students from different halls of residence to actively listen learn and beware of the mental disorders, taking a leaf from some of the guests that went through rehab and recovered.



## Conclusion

Promoting mental health awareness in universities is essential in reducing stigma, promoting positive mental health practices, and improving access to mental health resources. The proposed mental health awareness campaign aims to achieve these objectives through a multifaceted approach that involves social media campaigns, workshops, mental health first aid training, mental health screenings, and partnerships with mental health organizations. It is hoped that this mental health awareness campaign will help to promote mental health and well-being among university students and staff members.



## **Outcome**

Increased awareness about mental health issues among students.

Educated students about recognizing signs of mental health challenges.

Promoted a supportive and inclusive environment for students.

Provided resources and tools for managing mental health effectively.

## **Activities: a) Awareness Sessions:**

Conducted interactive workshops and seminars on mental health topics.

Covered areas such as stress management, self-care, and seeking help.

Collaborated with mental health professionals and educators to deliver informative sessions.

## **c) Support Systems:**

Established counseling services and helplines to provide immediate support and guidance to students in distress.

Collaborated with local mental health organizations to ensure access to professional help when needed.

Conducted training sessions for staff members and teachers to better understand and address students' mental health concerns.

## ***Reach and Participation:***

The campaign engaged [301 Makerere students, in 8 halls of residence; 6 inside and 2 outside.

Approximately 8 sessions conducted 1 in each hall of residence.

Social media campaigns reached over tweet impression 40.9k, 2,549 profile visit 107 mentions creating a broader impact beyond the physical events.

Link: <https://analytics.twitter.com/user/TheJNLC/home>



# UNIVERSITY HALL

TOPIC: ADDICTIVE DISORDER

THEME: HOW TO MANAGE ADDICTION

HALL OF RESIDENCE: UNIVERSITY HALL

DATE: 11TH/03/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 50





## **Content Overview**

### **Introduction to Addictive Disorders**

Definition of addictive disorders

Types of addictive disorders (e.g., substance abuse, gambling, internet addiction)

Prevalence and impact on individuals and society

### **Understanding Addiction**

Psychological and physiological factors contributing to addiction

Neurobiology of addiction

Risk factors for developing addictive disorders

### **Common Addictive Substances and Behaviors**

Overview of commonly abused substances (e.g., alcohol, tobacco, opioids, stimulants)

Behavioral addictions (e.g., gambling, gaming, internet addiction)

### **Effects of Addictive Disorders**

Physical, psychological, and social consequences of addiction

Impact on relationships, work, and overall well-being

Co-occurring mental health disorders and addiction

### **Prevention and Early Intervention**

Risk reduction strategies

Recognizing early signs of addiction

Education and awareness campaigns



# MARY-STUART HALL

TOPIC: ADDICTIVE DISORDER

THEME: HOW TO MANAGE ADDICTION

HALL OF RESIDENCE: MARY-STUART

DATE: 18TH/03/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 43



## **Content overview**

Introduction to Addictive Disorders

Definition of addictive disorders

Types of addictive disorders (e.g., substance abuse, gambling, internet addiction)

Prevalence and impact on individuals and society

## **Understanding Addiction**

Psychological and physiological factors contributing to addiction

Neurobiology of addiction

Risk factors for developing addictive disorders

## **Common Addictive Substances and Behaviors**

Overview of commonly abused substances (e.g., alcohol, tobacco, opioids, stimulants)

Behavioral addictions (e.g., gambling, gaming, internet addiction)

## **Effects of Addictive Disorders**

Physical, psychological, and social consequences of addiction

Impact on relationships, work, and overall well-being

Co-occurring mental health disorders and addiction

## **Prevention and Early Intervention**

Risk reduction strategies

Recognizing early signs of addiction

Education and awareness campaigns





# MITCHELL HALL

TOPIC: SELF-DISCIPLINE

THEME: HOW TO BUILD YOUR WILL POWER

HALL OF RESIDENCE: MITCHELL HALL

DATE: 26TH/03/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 44

## Content overview

**Background** By providing participants with a solid understanding of willpower, practical strategies, and opportunities for self-reflection, the talk aimed to empower individuals to strengthen their willpower, overcome obstacles, and achieve their long-term goals in various areas of life.

### 1: Introduction to Willpower

Definition and importance of willpower

Understanding the concept of self-control and its relationship with willpower

The role of willpower in achieving personal and professional success

### 2: Psychological Factors Influencing Willpower

Understanding the cognitive processes related to willpower depletion and restoration

Identifying internal and external factors that challenge willpower

Strategies to overcome common psychological barriers to willpower

### 3: Developing Willpower and Self-Control

Goal setting and creating a vision for personal growth

Techniques to enhance self-discipline and self-regulation

Building habits and routines to support willpower

### 4: Emotional Intelligence and Willpower

Recognizing and managing emotional triggers that can sabotage willpower

Strategies to cope with stress, temptation, and impulse control

Building emotional resilience to maintain willpower during challenging times

### 5: Strengthening Willpower in Different Areas of Life

Applying willpower to academic pursuits and professional goals

Strategies for improving health and well-being through willpower

Enhancing personal relationships and social interactions with willpower

### 6: Overcoming Obstacles and Building Resilience

Identifying personal obstacles to willpower and self-control

Developing strategies to overcome setbacks, setbacks, and failure

Cultivating resilience and perseverance in the face of challenges



# COMPLEX HALL

TOPIC: SELF-DISCIPLINE

THEME: HOW TO BUILD YOUR WILL POWER

HALL OF RESIDENCE: COMPLEX HALL

DATE: 1ST/04/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 23

## Background

By providing participants with a solid understanding of willpower, practical strategies, and opportunities for self-reflection, the talk aimed to empower individuals to strengthen their willpower, overcome obstacles, and achieve their long-term goals in various areas of life.



## 1: Introduction to Willpower

Definition and importance of willpower

Understanding the concept of self-control and its relationship with willpower

The role of willpower in achieving personal and professional success

## 2: Psychological Factors Influencing Willpower

Understanding the cognitive processes related to willpower depletion and restoration

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Applying willpower to academic pursuits and professional goals

Strategies for improving health and well-being through willpower

Enhancing personal relationships and social interactions with willpower

## 6: Overcoming Obstacles and Building Resilience

Identifying personal obstacles to willpower and self-control

Developing strategies to overcome setbacks, setbacks, and failure

Cultivating resilience and perseverance in the face of challenges



# LIVINGSTONE HALL

TOPIC: MANAGING-SELF

THEME: HOW TO TAKE CHARGE OF YOUR LIFE

HALL OF RESIDENCE: LIVINGSTONE HALL

DATE: 15TH/04/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 32





## Objectives:

- Develop self-awareness and a deep understanding of one's strengths, weaknesses, values, and beliefs.
- Enhance self-regulation skills to manage emotions, thoughts, and behaviors in a productive and balanced manner.
- Cultivate effective time management and organizational skills.
- Foster resilience and adaptability in the face of challenges and change.
- Improve decision-making abilities and problem-solving skills.
- Enhance interpersonal communication and relationship-building skills.
- Promote self-care and well-being for sustained personal growth and success.

## Curriculum Overview: The proposed curriculum will include the following modules:

### 1: Self-Awareness and Personal Assessment

Understanding personal values, strengths, and weaknesses.  
Assessing personality traits, preferences, and learning styles.  
Enhancing self-reflection and self-evaluation skills.

### 2: Self-Regulation and Emotional Intelligence

Managing emotions effectively and developing emotional intelligence.  
Building resilience and stress management techniques.  
Cultivating mindfulness and self-compassion.

### 3: Time Management and Productivity

Setting goals and priorities effectively.  
Developing strategies for effective time management and task prioritization.  
Overcoming procrastination and improving focus.

### 4: Decision-Making and Problem-Solving

Developing critical thinking skills for effective decision-making.  
Analyzing problems and applying problem-solving techniques.  
Enhancing creativity and innovative thinking.

### 5: Interpersonal Communication and Relationship Building

Improving active listening and effective communication skills.  
Building positive relationships and managing conflicts constructively.  
Developing empathy and understanding diversity in communication.

### 6: Self-Care and Well-being

Prioritizing self-care and developing healthy habits.  
Balancing personal and professional life.  
Managing stress and preventing burnout.



# AFRICA HALL

TOPIC: RELATIONSHIP DILEMMA

THEME: MANAGING TOXIC RELATIONSHIPS

HALL OF RESIDENCE: AFRICA HALL

DATE: 28TH/04/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 26

## Objectives:

Develop an understanding of toxic relationships, including their dynamics, characteristics, and impact on individuals.

Recognize signs and patterns of toxic behaviors in relationships.

Enhance self-awareness and self-esteem to establish healthy boundaries and protect one's well-being.

Develop effective communication and conflict resolution skills for managing toxic relationships.

Cultivate resilience and coping strategies to navigate and recover from toxic relationships.

Foster empowerment and promote the pursuit of healthy, fulfilling relationships.

Curriculum Overview: The proposed curriculum will consist of the following modules:

### 1: Introduction to Toxic Relationships

Defining toxic relationships and differentiating them from healthy relationships.

Understanding the psychological and emotional impact of toxic relationships.

Recognizing common signs and patterns of toxic behaviors.

### 2: Self-Awareness and Boundaries

Enhancing self-awareness to identify personal triggers, values, and boundaries.

Building self-esteem and assertiveness skills to establish and maintain healthy boundaries.

Exploring self-care practices to protect one's well-being in toxic relationships.

### 3: Communication and Conflict Resolution

Developing effective communication skills for expressing needs, concerns, and boundaries in toxic relationships.

Applying conflict resolution strategies to address toxic dynamics and minimize harm.

Exploring techniques for active listening and empathy to foster healthier communication.

### 4: Coping and Resilience

Developing coping strategies to manage stress, emotional triggers, and negative emotions in toxic relationships.

Building resilience and emotional intelligence to navigate challenges and setbacks.

Seeking support networks and resources for emotional healing and growth.

### 5: Exiting Toxic Relationships and Moving Forward

Recognizing when to exit toxic relationships and planning a safe exit strategy.

Exploring strategies for detaching and healing from toxic relationships.

Setting goals and embracing self-discovery for personal growth and the pursuit of healthy relationships.



# NKURUMA HALL

TOPIC: RELATIONSHIP DILEMMA

THEME: MANAGING TOXIC RELATIONSHIPS

HALL OF RESIDENCE: NKURUMA HALL

DATE: 6TH/05/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 31



## Objectives:

Develop an understanding of toxic

relationships, including their dynamics, characteristics, and impact on individuals.

Recognize signs and patterns of toxic behaviors in relationships.

Enhance self-awareness and self-esteem to establish healthy boundaries and protect one's well-being.

Develop effective communication and conflict resolution skills for managing toxic relationships.

Cultivate resilience and coping strategies to navigate and recover from toxic relationships.

Foster empowerment and promote the pursuit of healthy, fulfilling relationships.

Curriculum Overview: The proposed curriculum will consist of the following modules:

### 1: Introduction to Toxic Relationships

Defining toxic relationships and differentiating them from healthy relationships.

Understanding the psychological and emotional impact of toxic relationships.

Recognizing common signs and patterns of toxic behaviors.

### 2: Self-Awareness and Boundaries

Enhancing self-awareness to identify personal triggers, values, and boundaries.

Building self-esteem and assertiveness skills to establish and maintain healthy boundaries.

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Developing effective communication skills for expressing needs, concerns, and boundaries in toxic relationships.

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Exploring techniques for active listening and empathy to foster healthier communication.

### 4: Coping and Resilience

Developing coping strategies to manage stress, emotional triggers, and negative emotions in toxic relationships.

Building resilience and emotional intelligence to navigate challenges and setbacks.

Seeking support networks and resources for emotional healing and growth.

### 5: Exiting Toxic Relationships and Moving Forward

Recognizing when to exit toxic relationships and planning a safe exit strategy.

Exploring strategies for detaching and healing from toxic relationships.

Setting goals and embracing self-discovery for personal growth and the pursuit of healthy relationships.



“We can try to cut ourselves from our fellows on the basis of the education we have had; we can try to carve out for ourselves an unfair share of the wealth of the society. But the cost to us, as well as to our fellow citizens, will be very high. It will be high not only in terms of satisfactions forgone, but also in terms of our own security and well-being.”

— *Julius Kambarage Nyerere, from his book Uhuru na Maendeleo (Freedom and Development), 1973.*





“My generation led Africa to political freedom. The current generation of leaders and peoples of Africa must pick up the flickering torch of African freedom, refuel it with their enthusiasm and determination, and carry it forward,”

— *Julius Nyerere, Ghana's 40th independence anniversary celebrations. 6 March 1997.*



# NSIBIRWA HALL

TOPIC: MANAGING EXAM ANXIETY

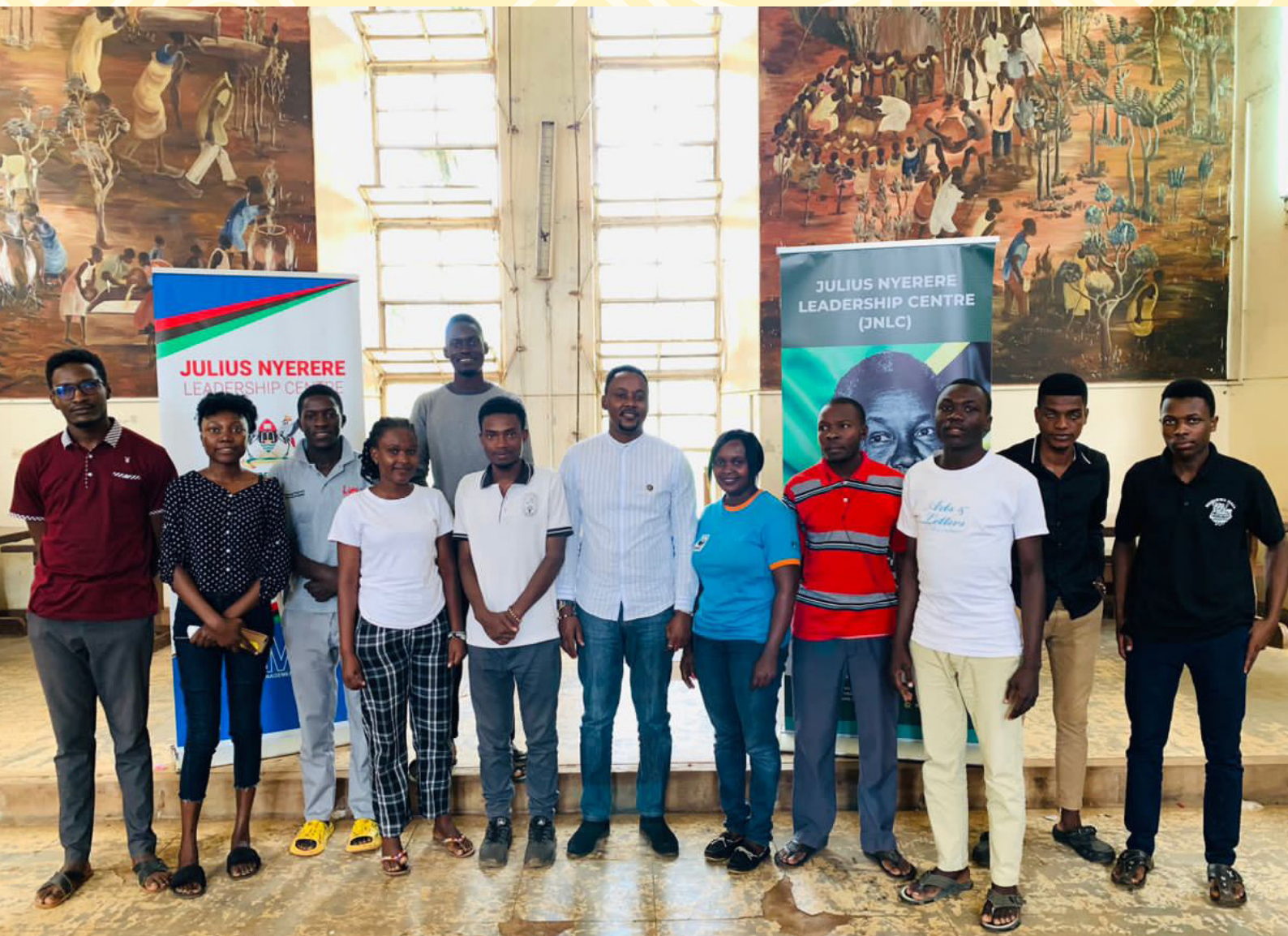
THEME: THE ART OF LEARNING

HALL OF RESIDENCE: NSIBIRWA HALL

DATE: 13TH/05/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 13



## **Objectives:**

Understand the nature and impact of exam anxiety on academic performance and well-being.

Identify individual triggers and symptoms of exam anxiety.

Develop coping strategies and relaxation techniques to manage and reduce exam anxiety.

Enhance study skills and time management techniques for effective test preparation.

Promote a positive mindset and self-confidence to approach exams with resilience and self-belief.

Foster a supportive learning environment and provide resources for ongoing support and guidance.

### **1: Understanding Exam Anxiety**

Definition and causes of exam anxiety.

Exploring the effects of exam anxiety on academic performance and well-being.

Identifying personal triggers and symptoms of exam anxiety.

### **2: Coping Strategies for Exam Anxiety**

Teaching relaxation techniques, such as deep breathing exercises and progressive muscle relaxation.

Cognitive restructuring to challenge negative thoughts and replace them with positive self-talk.

Mindfulness and meditation practices to manage stress and enhance focus.

### **3: Effective Study Skills and Test Preparation**

Developing effective study strategies tailored to individual learning styles.

Time management techniques for organizing study schedules and reducing last-minute cramming.

Utilizing active learning methods, such as summarizing, flashcards, and practice tests.

### **4: Self-Care and Stress Reduction**

Promoting self-care practices, including exercise, healthy eating, and sufficient sleep.

Stress management techniques, such as time for relaxation, hobbies, and social support.

Balancing academic demands with personal well-being.

### **5: Test-Taking Strategies**

Familiarizing students with test formats and types of questions.

Teaching effective test-taking strategies, including time allocation, question prioritization, and answer review techniques.

Building confidence through mock exams and simulated test scenarios.

### **6: Creating a Supportive Environment**

Encouraging peer support and collaboration in managing exam anxiety.

Educating teachers and parents about exam anxiety and their role in providing support.

Connecting students with available resources, such as counseling services and academic



# KABANYOLO

TOPIC: MANAGING EXAM ANXIETY & TOXIC RELATIONSHIPS

HALL OF RESIDENCE: KABANYOLO

DATE: 20TH/05/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 33



## Objectives:

Understand the nature and impact of exam anxiety on academic performance and well-being.  
Identify individual triggers and symptoms of exam anxiety.  
Develop coping strategies and relaxation techniques to manage and reduce exam anxiety.  
Enhance study skills and time management techniques for effective test preparation.  
Promote a positive mindset and self-confidence to approach exams with resilience and self-belief.  
Foster a supportive learning environment and provide resources for ongoing support and guidance.

### Module 1: Understanding Exam Anxiety

Definition and causes of exam anxiety.  
Exploring the effects of exam anxiety on academic performance and well-being.  
Identifying personal triggers and symptoms of exam anxiety.

### Module 2: Coping Strategies for Exam Anxiety

Teaching relaxation techniques, such as deep breathing exercises and progressive muscle relaxation.  
Cognitive restructuring to challenge negative thoughts and replace them with positive self-talk.  
Mindfulness and meditation practices to manage stress and enhance focus.

### 3: Effective Study Skills and Test Preparation

Developing effective study strategies tailored to individual learning styles.  
Time management techniques for organizing study schedules and reducing last-minute cramming.  
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Balancing academic demands with personal well-being.

### 5: Test-Taking Strategies

Familiarizing students with test formats and types of questions.  
Teaching effective test-taking strategies, including time allocation, question prioritization, and answer review techniques.  
Building confidence through mock exams and simulated test scenarios.

### 6: Creating a Supportive Environment

Encouraging peer support and collaboration in managing exam anxiety.  
Educating teachers and parents about exam anxiety and their role in providing support.  
Connecting students with available resources, such as counseling services and academic support programs.

# GALLOWAY

TOPIC: MANAGING EXAM ANXIETY

THEME: MENTAL HEALTH & MANAGING ADDICTION

HALL OF RESIDENCE: GALLOWAY

DATE: 27TH/05/2023

TIME: 9:00 AM - 11:00 AM

NUMBER OF PARTICIPANTS: 6



## **Objectives:**

Understand the nature and impact of exam anxiety on academic performance and well-being.

Identify individual triggers and symptoms of exam anxiety.

Develop coping strategies and relaxation techniques to manage and reduce exam anxiety.

Enhance study skills and time management techniques for effective test preparation.

Promote a positive mindset and self-confidence to approach exams with resilience and self-belief.

Foster a supportive learning environment and provide resources for ongoing support and guidance.

### **1: Understanding Exam Anxiety**

Definition and causes of exam anxiety.

Exploring the effects of exam anxiety on academic performance and well-being.

Identifying personal triggers and symptoms of exam anxiety.

### **2: Coping Strategies for Exam Anxiety**

Teaching relaxation techniques, such as deep breathing exercises and progressive muscle relaxation.

Cognitive restructuring to challenge negative thoughts and replace them with positive self-talk.

Mindfulness and meditation practices to manage stress and enhance focus.

### **3: Effective Study Skills and Test Preparation**

Developing effective study strategies tailored to individual learning styles.

Time management techniques for organizing study schedules and reducing last-minute cramming.

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### **4: Self-Care and Stress Reduction**

Promoting self-care practices, including exercise, healthy eating, and sufficient sleep.

Stress management techniques, such as time for relaxation, hobbies, and social support.

Balancing academic demands with personal well-being.

### **5: Test-Taking Strategies**

Familiarizing students with test formats and types of questions.

Teaching effective test-taking strategies, including time allocation, question prioritization, and answer review techniques.

Building confidence through mock exams and simulated test scenarios.

### **6: Creating a Supportive Environment**

Encouraging peer support and collaboration in managing exam anxiety.

Educating teachers and parents about exam anxiety and their role in providing support.

Connecting students with available resources, such as counseling services and academic

## GENERAL IMPACT AND FEEDBACK

### Impact and Feedback:

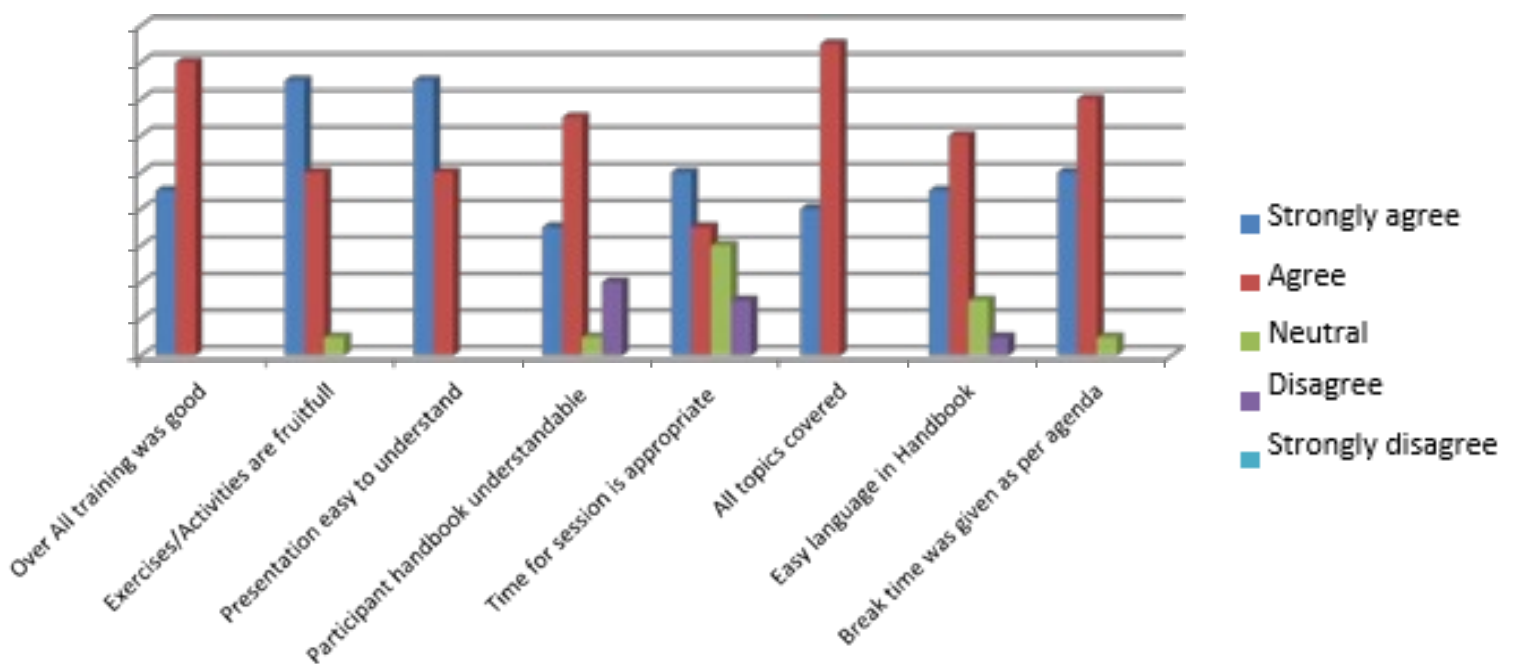
Increased awareness: Pre- and post-campaign surveys indicated a significant improvement in students' knowledge and awareness of mental health issues.

Reduced stigma: Feedback from students highlighted a decrease in stigma surrounding mental health, leading to open discussions and seeking help without fear of judgment.

Positive coping strategies: Students reported adopting healthier coping mechanisms, such as practicing mindfulness, engaging in physical activities, and connecting with support networks.

### TRAINING EVALUATION:

With regards to training, participants shared that training was very helpful and the content and exercises used in training helped them understand the topic and its significance. Participants found the training material to be very helpful and shared that presentations were very easy to understand because simple and easy terminologies were used in the material. Other factors such as time division and topics covered in during the training were well-received by the participants. Attached in annexes



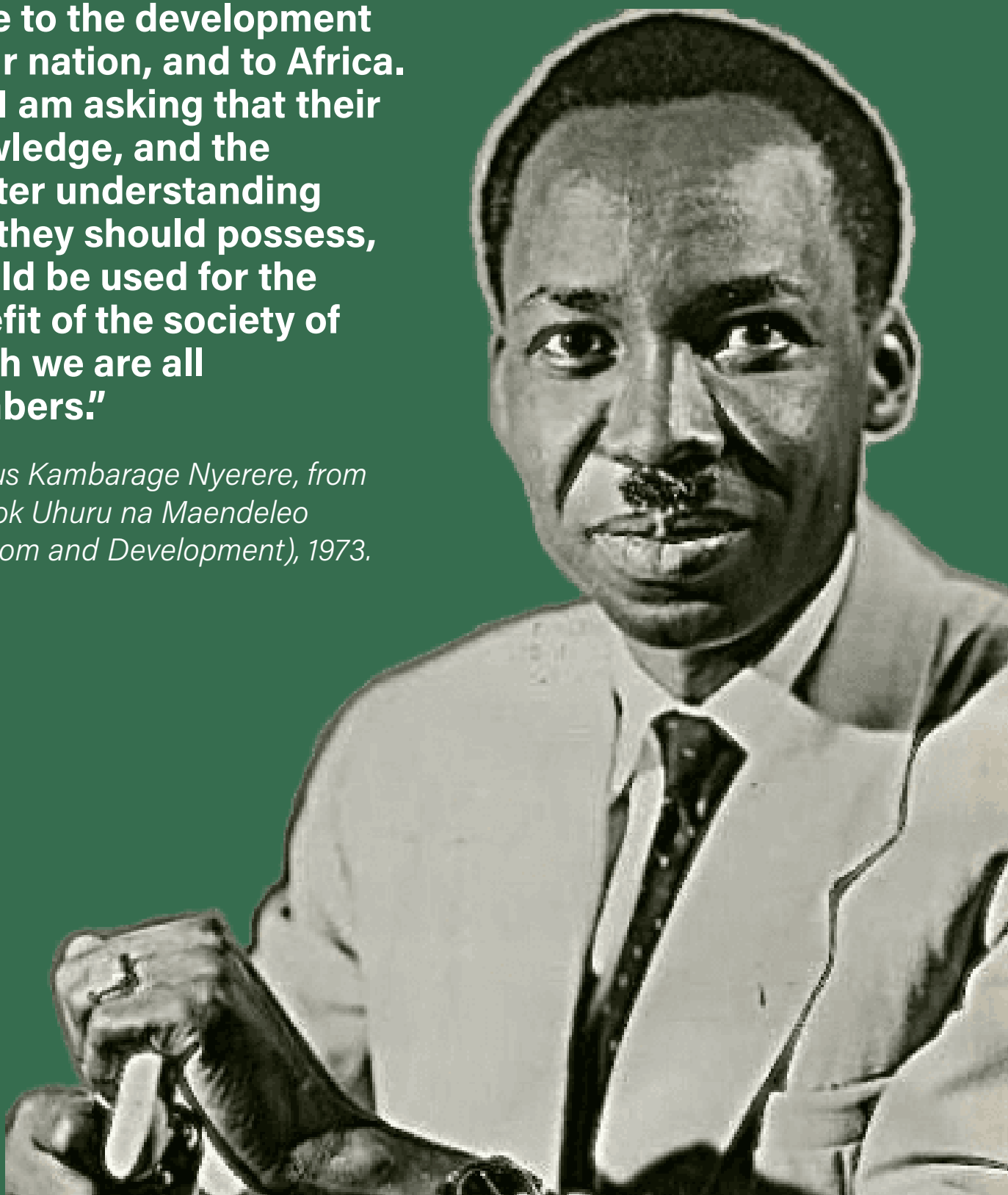
### TRAINER'S EVALUATION:

The general feedback of participants about trainer was very positive as majority of the participants fully agreed and were appreciative of trainer's level of knowledge, style and presentation, preparation and research about the topics and the efficient use of training material. Moreover, participants also admired

that trainer engaged participants in discussions and encouraged them to raise questions and not only this, his/her overall behavior towards participants was also good which made it easy for them to learn and understand. While sharing their opinion, participants said that all the sessions were informative and relevant to their area of interest; some participants also shared suggestions to improve such as more time and flexibility to be given to participants during mock sessions. (See Annex

**“...intellectuals have a special contribution to make to the development of our nation, and to Africa. And I am asking that their knowledge, and the greater understanding that they should possess, should be used for the benefit of the society of which we are all members.”**

*— Julius Kambarage Nyerere, from his book Uhuru na Maendeleo (Freedom and Development), 1973.*





MAKERERE UNIVERSITY



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