

# KIRINYAGA UNIVERSITY

OFFICE OF THE DEAN OF STUDENTS

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## (Guidance and Counseling Office - Services Available)

- Guidance and Counseling
- Career guidance
- Psycho education on:
  - Academic performance
  - Time management
  - Anger management
  - Pre & post VCT
  - Conflict resolution
  - Adjustments in a new environment
  - Peer pressure management
  - Drug and substance abuse
  - Addictions
  - HIV-AIDS
  - Loss and grief
  - Panic attack
  - Healthy relationships
  - Interpersonal conflict
  - Bullying
  - Harassment
  - Low motivation
  - Sexual abuse
  - Domestic violence
  - Absenteeism
  - Adjusting to life transitions
  - Social and emotional Difficulties related to disability and illness
  - Anxiety
  - Depression & impulse control
  - Eating disorders
  - Study skills
  - Traumatic events
  - Wellness-general
  - Assertiveness
  - Self-esteem boosters
  - Problem solving
  - Family and childhood issues
  - Stress management
  - Many more

**WELCOME**

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*KyU is ISO 9001: 2015 Certified*

