

MRS. HELLEN RABERA OMWENGA

CURRICULUM VITAE

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CURRICULUM VITAE



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Mrs. Hellen Rabera Omwenga, MA, Sociology (Counselling) (UoN), B.Ed. (Moi)

1. Personal Information

Nationality: Kenyan
Married Status: Married
Languages: Excellent in English and Kiswahili

2. Vision

To contribute to the social well-being of young people

3. Career Objectives

- To be a **role model** to the young people and society in general
- Aspiring for **higher knowledge** and career growth in Counselling

4. Career Summary

- A career Counsellor and consultant
- A researcher on issues that promote the well-being of Society and People's livelihoods
- An effective team player committed to achieving best results

5. Academic Qualifications

Level	Year Graduated	Institution	Award	Result
Masters	2010	University of Nairobi	MA. In Sociology (Counselling)	Degree awarded
Bachelors	1994	Moi University	B.Ed. (Arts)	2 nd Class

				Honours
A-Level	1989	Kereri Girls' High School	KACE Certificate	3 Principals
O-level	1985	Kereri Girls' High School	KCSE Certificate	Division II
CPE	1981	Boitangare Primary Sch.	CPE	B- (ENG), C+ (MATH), C (GP)

6. Employment History

6.1 Current Position: Student Counsellor – University of Nairobi, Kabete Campus

- Responsible for providing counselling services to students
- Mental health advisor to both students and staff

6.2 Previous Employment

(a) Promotion to Senior Graduate / Approved Teacher Job Group M

October 2008 – December 2015, Alliance High School

- Promoted to the Position of Senior Graduate / Approved Teacher
- Teaching CRE and History
- KSCE National Examination Supervisor
- Guidance and Counselling Teacher
- CRE Revision Book Co-author
- Longman Publishers Editor

(b) Guidance and Counselling Teacher

- 1999 – Dec. 2015
Appointed Guidance and Counselling teacher at Alliance High School.

(c) Graduate Teacher

- 1999-2008: Alliance High School
Teaching CRE and History
- 1998-1999: Nyamagwa Mixed Secondary School
Teaching CRE and Kiswahili
- 1995-1998: Visa Oshwal Academy
Teaching CRE and Kiswahili

7. Counselling and other Related work Experience

(a) Counselling Assignments

- **Dec. 2015 – To date:** Student Counsellor, University of Nairobi
- **May 2010 – June 2012:** Counselling Consultant, Taji Institute College
- **1999- to Dec 2015:** Guidance and Counselling Teacher at Alliance High School
- **January 2011 – Dec 2015:** Voluntary Guidance and Counselling support services at Kenyatta National Hospital, Youth and Adolescent Centre
- **3-12th December 2013:** Facilitation during annual youth conference on “Youth and Drugs, Mombasa, sponsored by St. Johns Ambulance
- **16-18th April 2014:** Facilitation during The Anglican Church of Kenya Youth Retreat on “Effect of Drugs and Substance Abuse, at Kiahuria Parish
- **2006- Dec 2015:** **Convener**, Guidance and Counselling unit at Alliance High School
- **2005-2009:** **Patron** of the SDA Group at Alliance High School
- **2012- Dec 2015:** Offer Counselling Services to the youth in my local church

(b) Curriculum Development

- Actively engaged in the development and Review of Curricula for secondary schools in the area of counselling
- Editing of Books in Christian History, Counselling and Psychology

8. Research Interests

8.1 Research Area

- **Current Area of interest:** Social well being of the youth in Kenya
- **Ongoing PhD Thesis Proposal:** Study on the impact of small scale farming on people’s livelihoods in Kisii County – a psycho-sociological perspective
- **Master’s Thesis:** An Analysis of Perceptions, Rituals and Management of Stress among Public Primary School Teachers: The Case Study of Westlands Division, Nairobi West District

8.2 Publications (Technical Papers presented)

1. Omwenga, H. R., (2012). The role of women in bringing forth a cohesive society: the case of Chirichiro village, Kisii County. A paper presented at the annual price-giving day at Nyaribari Chache Constituency, May 2012
2. Omwenga, H. R. (2012). Teaching for results: the challenges and pitfalls within the Kenyan Education System. Paper presented at the Bomachoge Constituency Education and Development day, June 2012

8.3 Select Professional Workshops and Conferences Attended

1. **9-11 Feb. 2016:** Kenya University Professional Counsellors' Association (KUPCA): Disaster management in the universities workshop at Baraton University, Eldoret
2. **March 2016:** Team Spirit workshop at Limuru
3. **3-6 April 2013, Mombasa, Kenya.** Attended a workshop on Leadership, Students Welfare and qualities of a role Model. Sun and Sun hotel, Mombasa.
4. **6-9 November 2012. Nairobi,** Safari Park Hotel, Kenya. Attended the World Federation for Teacher Education (WFATE) second biannual conference on "Educating all the World's Children: Challenges and Strategies for Teacher Development".
5. **2-6 April 2011, Mombasa,** Kenya. Attended a workshop on Child Development, Delinquency, Special needs and Student Counselling for preparation for future leaders. Sun and Sun hotel, Mombasa.
6. **20-27 August 2008, Brussels, Belgium.** Attended as a delegate the 32nd Conference for Association for Teacher Educators in Europe (ATEE).

9. Relevant Professional Training and Growth

Date	Course	Place	Sponsor/ Convenor
August 2013	Certificate in Youth Counselling Psychology	Online Course	ACS Distance Education
December 2011	Peer Education and Counselling for School Teachers	St. Mary's Patoral Centre, Nakuru	St. John Ambulance Kenya
Nov 2009- Jan2010	Introduction to Computers, Office application packages, Internet and Email	University of Nairobi, ICT Centre	Self
Sep 1-4, 2012	How to make top achievers	Cray fish Hotel, Naivasha	Alliance High School
May 2-4, 2012	Growth while in service: the role of your profession	Nakuru High School, Nakuru	Alliance High School/ Old Boys club
May 5-9 2011	Creating New Visions for Teacher Education	Shade Hotel, Karen	Alliance High School/ Old Boys club
April 5-8, 2007	What Public Schools are Looking for, What Students Should Look for in a School	Mombasa Beach Hotel, Mombasa, Kenya	Alliance High School
September – December 1995	Introduction to Computer Studies	University of Nairobi, Extra-Mural Centre	Self

10. Consultancy

1. June 2006: Contracted by Longhorn to develop CRE Test Papers Workbook.
2. May 2012: Contracted by the Kenya Education Workbench to review online Test papers for CRE, History and Kiswahili. See <http://kcse.kewb.co.ke/>

11. Board Membership

1. **March 2012 – Dec. 2015:** Appointed Ex-officio Board Member Chirichiro Primary School in Kisii County
2. **Jan 2015 – Dec 2016:** Board member, Nairobi Central SDA Church by virtue of my position as the Deputy Women Ministry Leader and Advisor
3. **Nov 2009 – Nov 2010:** Board member, Nairobi East SDA Church by virtue of my position as the HIV/AIDS Leader and Advisor.

12. Select Performance Commendations

Year	Reason for Commendation	Position/rank/ Commendation
June 2012	Commendation for Excellent Performance	Alliance High School (AHS) Ranked Position 2 in the country with a mean score of 10.55 in the CRE Exam
April 2011	Commendation for Excellent Performance	School Ranked Position 2 in the country with a mean score of 10.99 in the CRE Exam
2009	Commendation for Most improved performance for 2009 KCSE CRE Exam	Certificate of Merit for a Mean score of 10.96 and position 8 in the country in CRE Exam
May 2006	Commendation for Excellent Teaching	Attained a Mean Score of 11.00 in CRE KCSE Exam of 2005 which was the best in the country
June 2004	Exemplary performance in KCSE CRE Exam	A cash Price Award of KSh. 10,000/- from Alliance High School Staff Performance Award Scheme
October 2002	Exemplary Commitment and Service; Model of Diligence, Hard work, Discipline and Missionary Spirit	Letter of Appreciation

13. Professional Membership

- Member, Kenya Association of Professional Counsellors (KAPC)
- **Member**, Africa Association for Teacher Educators (AfriAte)

14. Hobbies

- Jogging
- Mentorship to the youth

15. Referees

Available upon request