

Makerere Introduces Mindset Education Course

Most underdeveloped countries are facing challenges such as political instability, corruption, poor economic performance, soaring debts, climate vulnerability, etc. all of which are consequences of the inappropriate mindset of the citizens.

Like any other society that has the desire to grow and develop, Ugandans are seeking change in all aspects of life be it social, political, or economic development.

In order to establish a change in people's attitudes, perceptions, or beliefs, Mind Education has been identified as the remedy to this problem.

Mindset is a set of attitudes or self-perceptions or beliefs people hold about themselves and their abilities. Mindset determines how individuals or groups behave and how they respond to challenging situations. For example, when people believe that the government is responsible for providing them with jobs in order to get a source of income, they are less likely to make an effort to initiate ideas that help them get out of poverty.

Makerere University through the School of Psychology under the College of Humanities and Social Sciences has introduced Mind Education as a cross cutting course in the university curriculum.

This was revealed by the Vice Chancellor Makerere University Prof. Barnabas Nawangwe during the media briefing held on 23rd March, 2023.

Mind Education according to the Vice Chancellor aims at teaching young people skills on how to respond to the challenges in their everyday lives and to turn challenges into opportunities, building strong minds.

Prof. Nawangwe expressed optimism that the concept of Mind Education will ultimately develop the value of positive thinking that will generate positive attitudes towards work, personal lives and all the other aspects of people's lives.

"The School of Psychology has developed a course that will be taught to all students admitted to the University, across all academic units on a modular basis. This course will be examined and the results will be included on the academic transcript as an audited course", Nawangwe told journalists adding that:

"Ultimately, we expect this course to promote positive thinking that will generate positive attitudes towards work, build strong minds that will allow our students to overcome life challenges, enhance self-discipline, and inculcate social relationships that nurture respect, compassion, love, and commitment that result in a more fulfilling life,"

Nawangwe also addressed media on several issues pertaining to the university trajectory towards becoming a research led- university. He said the university will gradually reduce the enrolment of undergraduate students and enhance the enrolment of Graduate students who engage in research.

Acknowledging that students and staff vary in terms of risks and exposure, the Vice Chancellor expressed the university's commitment to strengthening the safety and well-being of staff and students as one of the pathways to realising the strategic vision 2020-2030.

To enhance the safety and wellbeing of staff and students, Professor Nawangwe said the university has instituted mechanisms including policies, guidelines and their implementation frameworks. This include development of Makerere university safeguarding policy, mainstreaming career guidance and mentorship services, strengthening the media publicity , accreditation of hostels to monitor students welfare and establishment and operationalisation of the disability support centre.

The Vice Chancellor also reported that an innovation hub has been established to provide support mechanisms for commercialisation of innovations towards sustainable industrialisation. UGX 2.7 bn has been earmarked from the Mak-RIF for commercialising Innovative projects and 40 projects are already going through the process of Property Management to commercialise.

By Jane Anyango
Communication Officer, CHUSS