

Student Update Peter Gatluak Francis April 2025

My name is Peter Gatluak Francis, a student at the Kenya Methodist University in Meru, Kenya. I am pursuing a degree in Clinical Medicine and Community health. I am currently in year 1 semester 2. The total number of years for my study are four. This is what I have been upto this semester;

1. ACADEMIC ENDEAVOURS

- Beyond core coursework.

I have been able to engage in independent research, join clubs related to my major and explore specialised electives. This has allowed me to delve deeper into my chosen discipline and discover my specific interests.

I have also sought mentorship, by building relationships with graduates and also some professors in which their guidance provided valuable insights into academic and career paths.

I have utilised the university resources that are the library and online databases to which I've taken advantage of that have enhanced my learning and research capabilities.

2. SOCIAL AND EXTRACURRICULAR ACTIVITIES

- Attending University events
- Networking
- Study groups

I have participated in campus events like cultural and music festivals which have enriched my university experience and broaden my horizons.

I have attended career fairs, industry talks and networking events to build connections with professionals in my field which are crucial for my future career prospects.

I joined a study group where its collaborative learning has enhanced my understanding of the course material and provide support during challenging times.

3. PERSONAL GROWTH AND DEVELOPMENT

- Exploring new interests
- Prioritising well-being

I have taken advantage of diverse activities offered by the university to explore new interests and discovering hidden talents such as in football.

I have maintained a healthy balance between academic pursuits and personal well-being by participating in sports, having a good sleep, exercise and managing stress.



