

CUU ALUMNI ELECT NEW LEADER

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Cavendish

Success begins at Cavendish University

Why students, lecturers should adopt ChatGPT



Technology. ChatGPT can write code, write an article or blog post, translate, and debug. It can also draft a business plan or CV, write a story/poem, and recommend chords and lyrics. It can also give natural answers to questions in a conversational tone. **FULL STORY P.2**



Cavendish University Burundi students perform in the 2023 cultural gala on May 4. This year's competition attracted nine associations in which Burundi Students' Association came third after staging a stunning performance. PHOTO BY BRIAN OTOKE

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Why students, lecturers should adopt ChatGPT



Dr. Olive Sabiiti the Deputy Vice Chancellor, Cavendish University Uganda. FILE PHOTO

BY JESCA NAMUTEBI

Launched as a prototype on November 30, 2022, ChatGPT garnered attention for its detailed responses and articulate answers across many domains of knowledge.

ChatGPT is an AI Chatbot developed by Open AI. The chatbot has a language-based model that the developer fine-tunes for human interaction in a conversational manner. Effectively it's a simulated chatbot primarily designed for customer service; people use it for various other purposes too though.

ChatGPT works by gathering data

from the internet written by people and using computing predictions to answer questions and queries inputted by the user. The replies it generates are prompted by textual requests and information, from which the chatbot 'learns' more about different subjects and how to discuss them.

ChatGPT in education

This technology can help students present ideas in a clear and organised manner and in the right form, allowing teachers to focus on the ideas themselves. In the process, it could shift the focus of education towards critical thinking and big questions.

For lecturers, while there is no sub-

stitute for your own creativity and invention when creating lessons, ChatGPT can save you lots of time by jump-starting those ideas. You can ask the app to create a lesson about nearly anything for any audience, and it will give you a nice bulleted list of options.

These plans are usually not fully formed, but they often contain really good ideas that you can build upon. Asking quality follow-up questions can help you use ChatGPT to refine those ideas even further.

Lecturers can use the artificial intelligence tool to effectively automate some routine tasks. A study by the Walton Family Foundation USA found that within only two months of introduction, 51 percent of 1,000 K-12 teachers reported having used ChatGPT, with 40 percent using it at least once a week.

Three in 10 teachers have used ChatGPT for tasks like lesson planning, coming up with creative ideas for classes, and building background knowledge for lessons, according to the study.

In her recent zoom presentation on the topic, "AI & ChatGPT: Considerations for HEIs in Sub-Saharan Africa," Dr. Olive Sabiiti the Deputy Vice Chancellor, Cavendish University Uganda said: "ChatGPT has been brought to our doorsteps and made real artificial intelligence in our daily lives. For some of us it is scary and confusing and yet for some it is exciting and daring."

"With ChatGPT, you can ask it questions and it will respond to you. You can ask it to translate and it will translate the sentences for you and basically it allows us to build conservational AI applications in a way we have never seen before," said Mr. Oscar Correla, the Deputy Vice Chancellor, Cavendish University Zambia during

the same zoom presentation.

What else is ChatGPT used for?

The main feature of ChatGPT is generating responses like those humans would provide, in a text box. Therefore, it is suitable for chatbots, AI system conversations, and virtual assistants.

However, it can also give natural answers to questions in a conversational tone and can generate stories poems and more. Furthermore, ChatGPT can be used to write code, write an article or blog post, translate, and debug. It can also draft a business plan or CV, write a story/poem, and recommend chords and lyrics. To make the AI carry out one of these demands, all you need to do is type the command into the chatbot.

How to register for ChatGPT

To register for ChatGPT, you can use one of your existing email IDs and mobile number and then follow these easy steps to get registration done. The following are the steps:

- Go to the login page in a browser.
- Create an account, click on sign up and enter your email id. Ormple, if you have a Gmail id and then click on Google, it automatically registers to your Google account.
- Then next, press the continue button, and the site will ask for your mobile number for verification.
- Once you receive a code on your mobile number you can log in.
- Go to SMS activation. Register and log in
- You can then start to use for free.

Overall, ChatGPT language capabilities are impressive, although it does have clear real-world limitations. For example, although it excels in technical language, it is not to be relied on for health information above that of a trained medical professional.

Experts train Cavendish law students on mental health



BY AISHA KIGGUNDU

Cavendish University Law Faulty organized a mental awareness conference on April 13. The conference was on the theme "mental health and overall wellbeing." This conference was organized ahead of the

world mental health awareness month which is always in May.

Several aspects of mental health were discussed such as coping with depression, addiction, mental wellness and balancing academic and mental health. The key speakers included Ms Sandra Nalumansi from Strong Minds, Ms Prossy Namirembe from Awesome Mind Speaks, and Mr Wilson Mufumba from Butabika Referral Hospital.

Ms Namirembe said that depression can lead to a variety of emotional and physical problems and can decrease one's ability to function at work, school or even at home and can even lead to suicide if not treated immediately.

"Depression is a common and serious medical illness that affects how you feel, the way you think and how you act," she said. The symptoms of depression include; feeling sad, loss of appetite, weight loss or gain, loss of interest in activities you once enjoyed. She advised students to always have people to talk to in case they have anything bothering them.

"Addiction refers to a condition / relapsing disorder characterized by compulsive drug seeking and use despite adverse consequences," he added.

"95 percent of the patients admitted to Butabika Referral Hospital are fighting addiction," said Mr Wilson Mufumba. He also said that some of the causes of addiction include; childhood neglect, peer pressure and believing that addictive substances aren't bad. He cautioned that some of the problems associated with addiction are induced seizures, damage immune systems, and liver failure among others.

Ms Nalumansi advised students to always invest their money in businesses, and always engage themselves in different activities during their leisure time. In doing this, it will help them avoid and fight depression and addiction. The Cavendish Thursday, May 11, 2023



Mr Isah Ahmed the Chairperson-elect of the Cavendish University Alumi Association. COURTESY PHOTO

Cavendish alumni elect new leader

BY BARRACK NAYEBALE

r Isah Ahmed is the Chairperson-elect of the Cavendish University Alumi Association. He was elected during the recent Cavendish University Alumni Breakfast and Election meeting that took place on April 29 at Mestil Hotel Kampala.

While at Cavendish University, he did International Relations and Diplomatic Studies and served in various positions such as the Secretary of Muslim Students Association, Secretary of Diplomatic Students Union and later became its president and President of Nigerian University Stu-

dents in Uganda.

Isah said that he wants to bridge the gap between students and the Nigerian High Commission.

"I am the first Nigerian student to be employed at the Nigerian High Commission and also the first to do internship there. It is the pride of being a Cavendish University student but I also have passion of achieving one Africa. Since Cavendish University has students from most parts of Africa, we can use the alumni to unite students," Isah said.

In his committee, Mr Isah will work with other members like; Arans Tabaruka the Speaker, Tessa Friday Ugalambe the deputy Speaker and David Olinga the General Secretary. Others are Christine Bassey Aduak the Secretary for Projects, Saidate Iranezereza the Secretary for Publicity and Abdullahi Abdullahi Abdul the representative for the Nigerian Chapter.

"I was inspired to contest because I have passion to learn and have a positive impact on people. This is what drives my motivation to foster a strong network of alumni all over Africa," said David Olinga the new General Secretary.

The executives will appoint a secretary for finance, while representatives from other countries will be elected by the executives.

The guest of honor was Lt. Col (Rtd) Ronald Rubaale Adyer who promised to support the alumni association to come up with what he called a "Digital Finance Investment SACCO" and look for ways to support it through his office and friends.

The event was also graced by the presence of Cavendish University senior management staff, the Student Guild and the outgoing alumni executives.

The Alumni patron, Mr Benard Ochan said that despite the poor turnout due to several challenges, the alumni fraternity is pleased that it now has a leadership that will steer various alumni activities.

"I am very delighted to know that Isah Ahmed has won the elections for the Alumni chairperson Cavendish University Uganda-Chapter. Your victory with a large majority has filled us with immense joy. I take this opportunity to congratulate you on your well-deserved and overlong success," Mr Ochan said.

He also added that: "You must be highly content with this post as you have undoubtedly worked very hard to achieve this position. Your commitment and dedication has helped you attain this post. You will be able to put many things back on track. You are the perfect candidate for this post. All your hard work has been paid off. The zeal to do something for the students made your winning the elections more realistic. We hope you easily fulfill all your promises and shine brightly in the future," he said.

"The CUU Alumni Association has an important role in shaping the future of the university. Having been in this position for over five years, we believe there must be continuity and today is the beginning of bigger picture," said Mr James Okurut the outgoing chairperson.

An orientation and handover ceremony is scheduled to take place this month at the main campus to strengthen the bond between the alumni fraternity and the university.



Mr James Okurut the outgoing CUU Alumni Association chairperson.

NINE ASSOCIATIONS COMPETE IN THE CAVENDISH 2023 CULTURAL GALA

BY ELIZABETH KITEGO

The cultural gala is one of the most colorful and exciting events at Cavendish University. As the custom is, students' associations get the opportunity to showcase their traditional customs through music, dance, traditional attire and food.

The 2023 cultural gala which took place on May 4 was organized in partnership with Uganda National Cultural Centre (UNCC) and Jolems Investments Limited under the theme, "Celebrating the diversity of our culture." Nine Students' Associations including Burundi, Liberia, Nigeria, Congo, Somalia, South Sudan, Tanzania, Uganda and Gambia were represented at the gala.

Mr Christopher Muwanguzi, the Minister for Culture & Mobilization said that the cultural gala is one of the events that unites the different nationalities at Cavendish University.

"It is a great opportunity for us to showcase diverse cultures and embrace our heritage and by introducing traditional customs, food and dance from different countries to our colleagues, we also contribute to the Cavendish community's global experience," Mr Muwanguzi said.

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Nigerian students perform in the cultural gala. Nigeria was the best in the traditional wear category. PHOTO BY BRIAN OTOKE

EDITORIAL

Mental health: A concern to all people

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

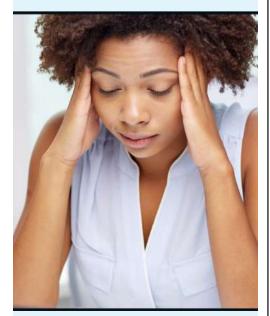
Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Anxiety is one of the most common mental health problems we can face. In a recent mental health survey we carried out around stress, anxiety and hopelessness over personal finances, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time.

Six in ten adults feel this way, at least some of the time. On a positive note, anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness between 15 to 21 May, organizations should increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

At the same time, organizations should keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole



Junior Achievement Uganda trains Cavendish students on entrepreneurship



Cavendish students discuss in small groups during the entrepreneurship training. COURTESY PHOTO

Cavendish student shares her experience during the entrepreneurship training. COURTESY PHOTO

BY CONSTANCE DRIBERAYO & DEOGRATIS KABURA

OIt is important for youth to develop skills that can help to contribute and transform their economic growth by enhancing employment and innovation. Quality skills enable innovation productivity which results in better jobs for youth. This, in turn increases the ability of self-employment among the youth.

This year, Cavendish University is operating under the theme "Consolidating Quality, Compliance, Innovations and Enterprise.

Dr. Faith Mugisha Ahabyoona, the Dean of the Faculty of Business and Management says they decided to apply to Junior Achievement Uganda to come and impart knowledge outside of class in research, community engagement, innovation and entrepreneurship to the students.

The guarantee was to have a maximum of 200 students to register but to her surprise, 250 students were able to attend the three-day boot camp.

"Entrepreneurs are not meant to look at life on their side only, but an entrepreneur needs to contribute to the community. I am glad that the Faculty of Business has managed to do research in terms of publication and has been at the forefront to innovate, enterprise and teach students how to be entrepreneurs," said Dr. Ahabyoona.

Many youths graduate from various institutions and become job seekers and most are not interested in being job creators. However, with the current high levels of unemployment, youth have started brain storming in the field of innovation and entrepreneurship and many have started up businesses.

The training was on the theme: "Building your Skill-set and Mindset for Work and Entrepreneurship." It involved training in enterprise, financial literacy and social equity (social champion entrepreneurship where everyone benefits not only the entrepreneurs).

Junior Achievement Uganda is an

organization that was established in 2008 as a member nation in Junior Achievement Africa. Three countries in Africa (Uganda, South Africa and Cote d'Ivoire) were selected to join Junior Achievement Worldwide which sponsors youth aged 16-25 years and introduce them to aspects of financial literacy.

250 students obtained Certificates of Participation. On top of that, the different groups formed during boot camp were registered to participate in the Junior Achievement League competition.

Those who advance to the next round will be provided with seed funding by Junior Achievement. The students were also assured of continuous mentor-ship on entrepreneurship.

"Our students are usually given mentors who try and shape them up, brush them off so that they can produce good products. In the last two years, Cavendish University has produced 20 products on the market, says Dr. Ahabyoona.



CULTURAL GALA 202



Let us start with the anthems. We are the deans of students



We are from Liberia and this is what we do in our culture





We are congolese in the skin. We have a rich culture in the region



This drum is our cultural identity in Burundi



In South Sudan, this is how we demonstrate our culture



We are from Tanzania



Am also from Tanzania





This is how we came as Somalis





We are from the Gambia



We are also watching the gala as CUU staff



I called to entertain and I did well



Finally, I was the MC

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What students need to know before going for internship



Mr. Bernard Ochan (R) and Mr Daniel Wairindi Katongole (third Right) pose for a picture with students after the conference. PHOTO BY OSCAR AMANYANGOLE

BY OSCAR AMANYANGOLE

Cavendish University Uganda (CUU) hosted the Intern-Prep.2023 Conference on March 28, 2023. The conference, themed: "Navigating the World of Professional Development," aimed to equip students with the skills and competencies necessary for success in their internships and future careers.

The conference began with an introduction by Mr Daniel Wairindi Katongole the internship coordinator who emphasized the policies and guidelines for internships at CUU. The coordinator's presentation provided a foundation for the rest of the event, which featured notable speakers from the industry.

The first speaker, Ms Annette Kijjagulwe the MD, NFT Consult spoke about navigating the application and interview process for internships. The speaker provided tips and insights into how to prepare and present oneself during an interview, as well as crafting a compelling application that stands out from the crowd.

This was followed by Ms Daphine Desire Communications Manager, Brighter Monday Uganda who discussed the importance of Networking and Building Professional Relationships during an Internship. The speaker emphasized that building relationships with colleagues and mentors during an internship can provide students with valuable career opportunities in the future.

Prof Najam Saifee Japan, one of the guest speakers told students that internships are an essential part of their academic life. It provides them with the opportunity to gain real-world experience, explore career options, build their professional network, and enhance their skillset.

However, to get the most out of an internship, it is essential to know how to maximize the experience. "To make the most of an internship, one must understand the importance of building both professional and transversal competencies," said Prof Najam.

He added that professional competencies include technical skills and knowledge required for a specific job or career. On the other hand, transversal competencies are skills that are transferable across different professions, industries, and contexts. Therefore, we can go far as long as we are still in pursuit. Our mind is the only limit.

Believing in oneself is the first step to success. The mindset that if one person can do it, so can you. This can help to transform a person's thinking and attitude. Self-esteem is a critical factor that determines how we see ourselves and the world around us.

"Soft skills are essential in a workplace and can make or break one's career. It is vital in achieving success. They may include but not limited to emotional intelligence, communication skills, interpersonal skills, time management, team work, and leadership skills. These skills are transferable and can be used in various professions and industries," added Professor Najam.

Mr David Mutabanura the Executive Director of Cavendish University Uganda said that the job market is rapidly evolving and adapting to changing times. Technology, globalization, virtualization, urbanization, climate change, and aging are all factors that are impacting the way we work.

It is critical for students to stay abreast of these trends and opportunities to prepare themselves for the changing world of work.



Prof Najam Saifee Japan. PHOTO BY OSCAR AMANYANGOLE

These may include using the new emerging technology to learn the art of public speaking and communication skills which are crucial for success, and they can be learned through platforms like Coursera and Kubicle or even prompting ChatGPT.

"As we consider the migration into the transverse digital era, interns should know that remote work is another trend that has become increasingly popular in recent years. With the development of technology, workers are no longer tethered to a specific location, allowing them to work from anywhere in the world," Mr Mutabanura said.

He also added that: "Because the others are already automated, so you need to provide more creative ways to your work, therefore, the necessity for creative skills. However, automation will have a lesser effect on jobs that involve managing people and jobs that require social interaction, for example, providing healthcare to children."

In addition to these skills, interns need to be able to navigate the labour market effectively. Employability is about having an effective mix of skills, attributes, and attitudes to function successfully in required roles.

Beyond simply getting a job or an internship placement, employability is about having the ability to gain and maintain employment, being desirable in the workforce, and being self-reliant in navigating the labour market.

Furthermore, Mr Mutabanura said that to exploit their role in promoting their future employability, students need to develop a set of personal attributes that make them suitable for and successful in undertaking paid or volunteer work and internship.

They need to be proactive in seeking out opportunities for work in emerging industries and sectors, and be willing to adapt to changing circumstances in this shifting digital landscape.

The conference attracted over 350 students and internship coordinators from across the university. The attendees praised the event for its relevance to the challenges and opportunities of professional development in the context of internships.

Mr. Bernard Ochan the Cavendish University Careers and Employability Officer said that: "The Intern-Prep.2023 Conference was an excellent opportunity for our students to gain valuable insights into the world of professional development. We are proud to host such events that contribute to the development of our students and prepare them for successful careers and employability outcomes."

The conference was a testament to CUU's commitment to providing its students with a world-class education that equips them for success in their future careers.

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Healthy eating habits: A lifestyle choice to a better life



BY HERBERT WAMBWA

It is no secret that healthy eating habits are essential for a better life. Eating healthy foods can help you maintain a healthy weight, reduce the risk of chronic diseases, and boost your energy levels.

However, with so many unhealthy food options available, it can be challenging to maintain a healthy feeding lifestyle, especially among the cooperates. In an interview with this Newspaper, Patience Dr Kahonda of Cambridge Health Care emphasized that the sedentary lifestyle and

unhealthy eating habits of corporate workers, characterized by long hours of sitting and lack of physical activity, are the leading causes of chronic diseases. The doctor has noted that this problem is prevalent among corporate workers in Kampala, including university staff and students, who make up a significant percentage of the corporate population in Uganda.

Dr Kahonda 's insights shed light on the urgent need for individuals to adopt healthy feeding lifestyles to prevent chronic diseases and improve overall well-being.to maintain a healthy life.



Dr Kahonda offers several tips of a healthy lifestyle; starting with the need to eat a balanced diet, which she said is a crucial factor. She also advises that people should control food portions and snacking with a preference for fruits, vegetables, whole grains, lean proteins, and healthy fats.

Dr Kahonda further advises that processed foods and sugary drinks should be avoided as much as possible. "Planning meals in advance can help reduce impulsive eating," Dr Kahonda said.

Furthermore, corporates are advised to eat light meals, which have a formula of filling half of the feeding plate with fruits and vegetables during every meal. She added the need to eat two hours before bedtime and finally stressed the importance of drinking enough water to maintain a healthy body.

Below is a sample of a weekly healthy eating plan as shared by Dr Kahonda

THE CAVENDISH 2023 CULTURAL GALA

From page 3

Different countries put up a spirited performances that occasionally left the audience on their feet cheering.

Speaking on the occasion, the Chief Guest and Judge, Mr Centurio Balikoowa praised the guild cabinet for organizing such a colorful event and commended the students for exhibiting such exceptional discipline throughout the day's activities.

"I have adjudicated many competitions around the country but I have yet to meet more disciplined students than those at Cavendish University. I commend you all for remaining calm and disciplined throughout the day," Mr Balikoowa said.

The judges who also included Rev. Geoffrey Twinematsiko and Ms Stina Namono based their judgements on five areas; cultural dishes, traditional dance, drama, traditional wear and national anthem. The judges were looking for originality and creativity.



Somalia excelled in cultural dishes, Uganda in both drama and national anthem, Burundi in traditional dance, while Nigeria won in the traditional wear category.

It was Uganda that took this year's trophy of the best performer. South Sudan came in second with Burundi following in third position. It was Uganda that won again last year.

Mr Medard Nabasa the dean of students awarded certificates to outstanding individuals and associations while the winning students' associations were awarded cash prizes.

The event was also attended by other invited guests such as the Guild presidents of Kampala International University and International University of East Africa.

A sample Healthy Feeding Plan of a corporate lifestyle

Day	Breakfast (7:00 a.m.)	Snack (10:00a.m)	Lunch (12:30 p.m.)	Snack (4:00 p.m.)	Dinner (6:30 p.m.)
Monday	scrambled eggs and sliced avocado	Fresh fruit salad (pineapple, watermelon, mango)	Matoke (steamed green bananas) with groundnut sauce and a side of steamed greens (Sukuma Wiki)	Roasted groundnuts (peanuts)	Grilled tilapia fish with brown rice and steamed vegetables (carrots, green beans)
Tuesday	Porridge made with millet flour and served with sliced banana	Low-fat yoghurt with mixed nuts (cashews, almonds, peanuts)	Beans and rice with a side of sliced tomatoes and onions	Fresh vegetable sticks (carrots, cucumber, bell peppers) with hummus	Beef stew with sweet potatoes and mixed vegetables (carrots, green beans)
Wednesday	Boiled sweet potatoes with peanut butter and sliced apple	Popcorn (air-popped, no added salt or butter)	Vegetable stir-fry with brown rice and a side of sliced avocado	Roasted cassava chips	Grilled chicken with roasted sweet potatoes and mixed vegetables (broccoli, cauliflower)
Thursday	Oatmeal with sliced banana and cinnamon	Fresh fruit smoothie (mango, pineapple, banana, low-fat milk)	Vegetable soup with whole-grain bread	Roasted chickpeas	Fish curry with brown rice and mixed vegetables (carrots, green beans)
Friday	Whole grain toast with avocado and boiled eggs	Low-fat yoghurt with mixed berries (strawberries, blueberries, raspberries)	Vegetable and bean chilli with a side of whole- grain tortilla chips	Roasted pumpkin seeds	Beef stir-fry with brown rice and mixed vegetables (bell peppers, onions, carrots)
Saturday	Scrambled eggs with whole-grain toast and sliced tomatoes	Fresh fruit salad (papaya, mango, passion fruit)	Grilled vegetable kebabs with a side of quinoa salad (quinoa, diced tomatoes, diced cucumbers, diced onions)	Grilled tilapia fish with sweet potato mash and mixed vegetables (broccoli, cauliflower)	
Sunday	Whole grain pancakes with sliced banana and peanut butter	Fresh vegetable sticks (carrots, cucumber, bell peppers) with hummus	Chicken and vegetable soup with whole-grain bread	Fresh fruit smoothie (banana, pineapple, mango, low- fat milk)	Beef stew with sweet potatoes and mixed vegetables (carrots, green beans)

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SPORTS





South Sudanese students display their cheque and trophy after winning the 2023 Cavendish University inter-country sports tournament. PhOTO BY ASHER BAKIIZA

South Sudan wins the 2023 Cavendish inter-country sports tournament

BY ASHER BAKIIZA

South Sudan has emerged the best country in the 2023 Cavendish University Inter-country sports tournament. The tournament attracted 14 countries.

It was a fulltime spirited match that ended in goalless draw between South Sudan and Liberia. These teams later went for penalties where South Sudan beat Liberia 8-7. The competitions started on April 24 and the finals were played on May 1 at Nsambya Sharing Youth Centre play grounds. This Inter-country tournament is organised annually.

This tournament was organised by Mr Emma Oforuyu the CUU Sports Patron and Mr Medard Nabasa the Dean of Students.

The winner of the tournament received a cash prize of Shs 500,000 and golden medals. Liberia, the first runner-up received silver medals and

a cash prize of Shs 300,000 whereas the Gambia, the second runner-up received a cash prize of Shs 250,000. Diew Kaong Puk from South Sudan was named the top scorer and Justin Olembe Cobb from Liberia was the best player of the season.

"Cavendish University Uganda is a well-known international University with students from different countries across the continent. And with such activities like sports tournament, students with different talents and skills are identified" Mr Nabasa said.





Mr Medard Nabasa (L) and Mr Emma Oforuyu (R) prepare to hand over cheques, trophy medals to the winning teams. PHOTO BY ASHER BAKIIZA