**Write a 500-word essay on how you practise self care in a fun and playful way. Minimum words (400).**

Self-care being a way to show love to oneself, as for me, I do it through participating in active sports. Participating in sports allows me to combine the joy of physical activity with the relaxation that comes from being outdoors and connecting with others. Currently, the game of golf has been the game I have been indulged myself into.

Golf became part of my life through my dad who started taking me and my brother as he played, and teach as how it was played when he saw we had started gaining interest. The sport has always been calming and peaceful walking as you see the beautiful serenity made by the architects of the various courses. It’s has been a fun way to stay active while also unwinding from daily stresses or just passing time in the field.

Playing with colleagues and people twice or even half my age, I have encountered a wide range of personalities. Like any other sport , emotions often get the best of me—whether it’s frustration from a bad shot or joy after a perfect putt. Observing how others react in these moments has been an eye-opener, teaching me how to control my different attitudes. Through this my game not only on the field and also my mental game has drastically improved from this.

The idea of playing in front of others was quite intimidating. The feeling of people watching you play, others rooting for you will other are waiting for you to mess up really didn’t help but destroyed my confidence. Over time, through regular practice and exposure, I’ve learned to stay calm and composed under pressure.

What makes golf especially fun is the unpredictable nature of each game. Today you may play well and even win a gift to celebrate your win but tomorrow even though its the same field you where playing again you can still play worse. Lowering expectations has really helped coping with disappoints when l set high standards which i failed to get since the field actually humbled me.

According to me golf has been my selfcare learning to deal with my physical and mental health through .Not only this but also expand my social circle with great people who became my friends through this. Learning a lot from experienced players and give myself a chance to relax by exploring this game more has been a way for me to take care of myself in a fun and playful way.

**Write a 600-word essay on how being part of our mentorship and up-skilling program could positively contribute to your academic learning at university. Minimum words (500).**

As a computer science student, I am constantly inspired by the endless possibilities that technology offers to solve complex problems. Every semester, I delve into a variety of topics ranging from algorithms and data structures to artificial intelligence and cybersecurity. However, as enriching as these topics are, I often find myself questioning how I can practically apply this diverse amount of knowledge. Luckily for me, my friend told me about Kamilimu, a platform where one can be mentored and upskill.

Through my coursework, I’ve gained a strong foundation in computer science principles, yet I realize that academic knowledge alone is not enough. Understanding concepts like programming paradigms or database management systems is valuable. However, knowing when, where, and how to apply these skills in practical scenarios requires a level of insight that often goes beyond what is taught in lectures. A mentorship program would provide the guidance I need to prioritize and contextualize my learning. With the help of an experienced mentor, I could better understand industry expectations and focus on the skills and knowledge that align with my career aspirations.

Mentorship is particularly valuable in a field as vast as computer science. The discipline spans areas like software development, data science, artificial intelligence, and network security, just to name a few. Without proper guidance, it’s easy to become overwhelmed by the sheer volume of possibilities. A mentor could help me identify the areas that best align with my interests and strengths, allowing me to chart a clear academic and professional path.

The up-skilling component of the program is equally critical. In today’s fast-evolving tech landscape, staying up to date with the latest tools and technologies is essential. While my university curriculum provides a solid theoretical foundation, it doesn’t always cover emerging trends or industry-specific practices. Through the program, I could gain hands-on experience with technologies such as cloud computing, machine learning frameworks, or DevOps tools. These practical skills would not only enrich my university projects but also make me a more competitive candidate for internships and job opportunities.

Beyond technical skills, the program would also help me develop essential soft skills, such as teamwork, communication, and problem-solving. These skills are often overlooked in academic settings but are crucial for thriving in collaborative environments. Working closely with a mentor would also boost my confidence and enhance my ability to articulate my ideas effectively—a skill that is vital for presentations, interviews, and professional interactions.

Furthermore, being part of a mentorship program would provide valuable exposure to industry practices and real-world problem-solving. Interacting with professionals who have navigated the challenges that I am currently facing would inspire and motivate me to persevere. Hearing their stories of success and failure would offer practical insights that are far more impactful than theoretical case studies.

In conclusion, the mentorship and up-skilling program has the potential to significantly enhance my academic learning at university by providing the guidance, practical skills, and industry exposure I need to thrive. It would transform my education from a series of disconnected courses into a cohesive journey toward personal and professional growth. With the support of this program, I am confident that I can make the most of my time at university, turning my passion for computer science into a meaningful and impactful career.