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GENERAL BEHAVIOUR ON CAMPUS

BY

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GENERAL BEHAVIOUR ON THE CAMPUS

The primary objective of your coming to the University is to earn a certificate, not just any certificate. But the one that would make your parents and yourself proud of. In any organization of which the University is one, there are rules and regulations guiding the conduct of affairs. You must familiarize yourself with such rules. For example, hostels, examination, registration etc. It is good you know what is expected of you so that you make less mistakes. When the student handbook is out, take your time to read it thoroughly, it is your map to guide you while you are in the university.

The common problems which students bring to our office revolve around their personal, social problems such as unsatisfactory social relationships like roommate problems, courtship and marital problems, feelings of isolation and depression, financial problems, drug problems, intimidation and sexual harassment, just to mention a few.

Before most of you were admitted to the university, you were being sheltered by your parents and guardians, relations and boarding schools. Now, here nobody will ring a bell to tell you to get up in the morning, nobody will ask you to go and eat or read or go and attend lectures. You have to learn to organize and discipline yourself by designing a timetable for yourself to guide you and you must stick to it. If you have any problem designing one, come to us. We have helped many students in the past.

Do not follow bad friends who you know are doing things your parents will not approve of. Do not join any cult or association you know the university will not approve of. Remember, any act of indiscipline may attract expulsion. Most of students problems arise from interaction with one another. Learn to take control of your emotions by expressing yourself clearly and honestly with respect and politeness when there is any misunderstanding. Also, learn to listen to others by allowing them to finish speaking before you respond. Always seek for clarification when issues or things seem ambiguous or unclear to you. When there is conflict, talk about the issue disturbing you. Do not mix up your case by referring to issues un related to the matter at hand. Learn to acknowledge when you are wrong. We therefore, appeal to you to have consideration for your roommates and others sharing the same facilities with you and to use the available facilities with greatest sense of responsibility. Remember that loud

music, alarm clocks, shouting, partying, excessive drinking and smoke from cigarettes in the room can be emotionally disturbing to others. It is your duty to protect the right of the other person and vice-versa. Remember, privileges goes with responsibility.

GENERAL CLEANLINESS

On general cleanliness, take good care of yourself and your room and other facilities that you are sharing with others. Take bath at least once a day i.e. in the morning or afternoon. It keeps you refresh and energetic. The boys, you should wash your pants, socks i.e. personal effects to reduce or avoid strong bad odour. Allow your shoes to dry or wind to blow it. The girls should improve on their personal hygiene by washing their underwear's. Girls should not throw used sanitary pads everywhere. There is a bucket for it. Remember infection can spread from dirty toilets. If you are sick please, go to the Sickbay.

MODE OF DRESSING

Dress to match the occasion, do not over dress. Avoid dresses that are too short or tight especially you girls. Cover the parts which are secret part of you. Nobody should see you free of charge. If you expose yourself, then you are being very provocative. Excessive make up is also bad, so be moderate. Remember that your mode of dressing can tell a lot about you and your home. So try to give people a good impression of you and your home by being decent.

DRUGS, EXCESSIVE DRINKING, SMOKING AND PARTYING

Do not party all the time instead of reading. Do not use unprescribed drugs or smoke. If you have started on drugs, excessive drinking or you are a smoker, please, quit these habits before they get out of hands. If you need help come to the Counselling Centre, prevention is not only better, but it is also cheaper than cures.

SEXUAL TRANSMITTED INFECTIONS (STI'S)

In the past few years, the level of sexually transmitted diseases have gone up on the campus. Some girls were also faced with the problems of unwanted pregnancies and babies and some have died while committing abortions. We have also seen some abandoned babies in the female hostels. The worst part is the AIDS is around, so please do not engage in casual sex. We are not saying, you should not have boy-friends or girl-friends, but relationship should be a platonic one at this level. It might sound old fashioned but total

abstinence from sex is the only sure way of preventing sexually transmitted diseases including AIDS. Please, do not allow people to take undue advantage of you.

There is no greatness without hard work, so work hard and set profitable goal for you. Remember, crooks, prostitute, dropouts, thieves, thugs are bred from idle fellows because the devil will always find work for idle hands. Take permission from your Head of Department before you leave the school environment, i.e. when you have course to travel during school period. Take permission from your hall governor before you leave the hostel at night to the town. If you have any personal, social, academic and career problems come to the Counselling Centre. Remember no second chance "one leg-out one leg in".

I wish you success in your academic endeavours.

Thank you.

Dr. (Mrs) B. K. Dagari