

ANCHOR

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BABCOCK
UNIVERSITY



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...assuring effectiveness, keeping the promise

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OUR VISION

A driving force for transforming Babcock University into a center of excellence through assuring institutional effectiveness.

OUR MISSION

To Uphold Babcock University as a center of excellence, through quality development and management of personnel and materials in teaching and learning, research, and spirituality.

OUR CORE VALUES

Trust in God

Integrity

Persistence

Excellence

Diligence

Service

Loyalty to Seventh-day

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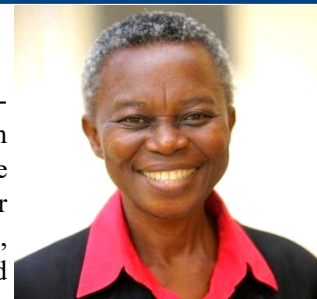
Sandra Ikegwuruka Editor

EDITORIAL

CALLED OUT TO STAND OUT

The eagles are special breed of birds that are distinct in their behaviour, either persevere or strive to achieve their goals. Unlike, other birds they soar higher by embracing the hard process of gaining strong wings for altitude in their flight. They face their obstacles with strong will and also groom their young ones to stand out among other birds. In contrast, the chickens are easily frightened they enjoy playing around and settle for whatever crumbs of food they can get. The eagles with consistency, perseverance, will to strive, ability to explore stand out while the chickens are comfortable with the ground level and easily give up, affirming the words of Thomas Edison - "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." God has called every one of

us to serve in His vineyard and adorned us with capabilities to enhance our functionality. In our various endeavor in life, we are called out to stand out by exhibiting excellence in all that we do. Dare to soar higher like an eagle! Dare to be different! This edition of your beloved Anchor Newsletter focuses on the need to serve excellently through the Integration of Faith Workshop for the newly qualified doctors, orientation program for new workers and orientation for new part-time students of Babcock Centre for Executive Development (BCED). It also provides vital tips for overcoming stress and facts we all need to know.



Constance C. Nwosu, PhD

PEN OF INSPIRATION

IN SERVICE FOR CHRIST

There can be no self-seeking in the life of him who follows the Saviour. The true Christian banishes all selfishness from his heart. How can he live for self as he thinks of Christ hanging on the cross, giving his life for the life of the world? In your behalf Jesus died a death of shame. Are you willing to consecrate yourself to his service? to hold yourself ready to be or to do anything he may require? Are you willing to put self aside, and speak a word of warning to the companion you see yielding to Satan's temptations? Are you willing to sacrifice some of your plans for the sake of trying to lead him in safe paths? To the indolent, those who are doing nothing for God, comes the inquiry: Why stand ye here all the day idle? Is there nothing to be done in my vineyard? Are there no souls for you to help? Have you forgotten that the judgment is coming? Work while it is called today; the night cometh, in which no man can work. You are God's light-bearer. He has placed in your hands a lamp that you are to keep trimmed and burning for him. By all that has given us advantage over another,—be it education and refinement, nobility of character, Christian training, religious experience,— we are in debt to those less favored; and, so far as lies in our power, we are to minister unto them. If we are strong, we are to stay up the hands of the weak. Angels of glory, that do always behold the face of the Father in heaven, make such their special charge. Angels are ever present where they are most needed, with those who have the hardest battle with self to fight, and whose surroundings are the most disagreeable. And in this ministry, Christ's true followers will co-operate.

Culled from *The Youth's Instructor* by E. G. White, P. 402, June 12, 1902

I WILL GO, MODELLING CHRIST IN THE MEDICAL FIELD

This was the theme of the one-day faith integration workshop for the newly qualified medical doctors of Ben Carson (Snr.) College of Medical Sciences (BCCHMS) organized by the Office of Institutional Effectiveness on the 8th day of March at the BBS Auditorium A. Prof. Efe Ehioghae, the AVP, Spiritual life in his devotional, extolled the virtues of Luke the Physician and admonished the newly qualified doctor to be compassionate, inquisitive, lovable and selfless in their discharge of duties.

The Convener, Professor Constance C. Nwosu (AVP, IE), in her welcome address, congratulated the newly qualified doctors for their great feat. Presenting the importance and diversified ministry of Jesus as a teacher, preacher and healer, she encouraged the students to imitate Jesus, the Master Healer who healed not only both physically and spiritually, but also got involved in other areas of ministry, i.e. , teaching and preaching.

BE MISSIONARIES AND NOT MERCENARIES



Prof. Ademola Tayo

In his charge to the new doctors, Prof. Ademola Tayo, the Vice Chancellor reminded the new doctors that their profession affords them the privilege to make lasting impression in the lives of people. He urged them to be reference point for good by placing humanity above

monetary gain, being missionaries and not mercenaries, being diligent, committed, humble and always putting God first in all things. He also charged them to be good ambassadors of the university by upholding the good tenets of the university.

Speaking on *“The Role of Christian Physician in Our World”*, Prof. James Renner, the Dean of Clinical Sciences and Professor of Pediatrics, BCCHMS and also the keynote speaker, gave an overview of the history of medicine, ethics of medicine and the impacts Christian doctors can make in the medical field. He also admonished the new doctors to exhibit compassion, politeness, confidentiality in their line of duty and remember to treat others as they want to be treated. *“Go Like A Good Samaritan”* was the charge of Prof. Philemon Amanze, the SVP Academics, to the newly qualified doctors. He urged the doctors to exemplify the life of Christ, the great Physician by being selfless, caring, ethical, godly, empathetic, loving and accessible just like the Good Samaritan did. He cautioned them not to thwart their heavenly goal in the course of their practice.



Prof. James Renner



Prof. Philemon Amanze

MEPRENEURS AND MISSIONSARY DOCTORS



Prof. John Sotunsa

In recent times, entrepreneurship has become a viable option in the economic meltdown threatening the world. Entrepreneurship in Medical Practice (Mepreneur) is the ability to create new business opportunities and

solutions in response to the needs of the people and changes in the fields of medicine, biotechnology, health care services, and medical innovation across. This was stated by Prof. John Sotunsa, the Provost, College of Medical Sciences. He encouraged the new doctors to explore the opportunities available in mepreneurship. Dr. Chikwendu Amaike, a seasoned missionary doctor and a lecturer/consultant in the Department of Community Medicine in Ben Carson College of Medical Sciences spoke on *"The Doctor and Mission"*, where he implored the new doctors to embrace a life of mission because it is the most important calling on earth. He highlighted the following ways through which they can be missionaries: 1. engaging in community service, 2. volunteer service 3. Mission trips, 4. providing financial support to others 4. providing services for pay and being considerate in requesting for financial reward for services rendered.

Lending her voice to the topic of discussion, Dr. Oluwatoyin Fasesan, lecturer/ Honorary Psychiatric Consultant in the Department of Internal Medicine, BCCHMS, spoke on *"Emotional Stability in Managing Patients"*, which she defined "as the ability to remain calm and stable in the face of challenges and adversity". She encouraged the new doctors to manage their emotions in a healthy manner by being self-aware, thoughtful, having a positive mindset and attitude, avoiding stressors and dealing with stress in a healthy way which will help in their interpersonal competency and patients care. Pastor Sylvester Afanga, the Head of Unit, Clinical Chaplaincy, Babcock University Teaching Hospital, discussed with the new doctors on the roles of chaplains in medical practice,. He stated that chaplains help patients in grief management, provides spiritual guidance and also pastoral care to patients and their families. He implored the newly qualified doctors to partner with the Chaplains in giving their patients the best care.

The new doctors were also entertained with melodious song from Mrs. Deborah Akolade



Dr. Oluwatoyin Fasesan



Dr. Chikwendu Amaike

"I shall pass through this world but once. Any good that I can do, or any kindness that I can show any human being, let me do it now, and not defer it. For I shall not pass this way again"

Stephen Grellet



A cross-section of the new doctors

NEW STAFF ORIENTATION

The orientation program for new staff commenced with the singing of national and Babcock University anthems after which the devotional was taken by Prof. Constance C. Nwosu where she spoke on “The faithfulness of the Rechabites” from Jeremiah 35.

Prof. Olugbenga Idowu, the AVP, Information Technology Development Service (ITDS) who represented the SVP, Management, warmly welcomed the new workers and admonished them to embrace and explore the gains of communication, because according to him, “when there is no communication, there is speculation”. He also gave a brief history of Babcock University.

Dr. Abiola Makinde addressed the new workers on essential work ethics, and answered key questions bordering on salary, education, and more.



*“It is amazing how much you can accomplish when it doesn’t matter who gets the credit”. – **Harry S. Truman***

Continue from page 4

Mr. Isaac Osuntade, Director of External Affairs, Logistics, and Protocol, enlightened the new staff on effective client relations, stressing principles like good appearance, approachability, politeness, cheerfulness, integrity, and phone etiquette. Dr. Toyin Babalola highlighted the distinctiveness of Seventh-day Adventists, rooted in the Bible and guided by the 28 fundamental beliefs also adapted from the Bible. Prof. Efe

Ehioghae, the AVP of Spiritual Life, encouraged the newcomers to embody Christ-like virtues and perform their duties diligently, assuring them of God's faithful reward (Hebrews 6:10). The program concluded with Prof. C. C. Nwosu stressing the significance of integrating faith into our work.



BCED ORIENTATION

On March 10, 2024, the Amphitheatre buzzed with excitement as part-time students of Babcock Centre for Executive Development (BCED) were warmly welcomed by Prof. Rufus Akintoye, Director of Babcock Centre for Executive Development (BCED), and Prof. C.C. Nwosu, The Associate Vice President, Office of Institutional Effectiveness (AVP, IE) and the chief organizer of the program.

Dr. Sunday Audu, the Vice President, Students Development was also on ground to speak to the students on the various resources available in the Students Development for their profitable use. Prof. Efe Ehioghae, AVP for Spiritual Life, urged the students to obey God's commandments, adhere to the school rules, diligently pursue their studies, and use the Bible as a life guide.



Dr. Sunday Audu



Prof. C.C. Nwosu



Dr. Toyin Babalola



Mr. Lawrence Nfor from OIE

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In addition, key facilitators pooled from various departments and units then shared also their insights:

Dr. Toyin Babalola from the Department of Religious Studies highlighted the uniqueness of the Seventh-day Adventist Church, describing it as a prophetic community with a global and prophetic message.

• **Mrs. Modupe Idowu**, Deputy Registrar for Examinations and Senate, and Secretary of Babcock University Senate Panel on Exams and Misconduct (SPEAM), emphasized the importance of academic integrity and warned

against examination misconduct, highlighting the severe penalties involved.

• **Mrs. Modupe Chukwu**, an Investigation Officer from the Security Unit spoke on security matters.

• **Daniel Ohis**, a 400-level medical student and founder of Catalyst Group, offered valuable advice for academic success. He encouraged self-awareness, effective time management, studying with like-minded peers, and considering the "God factor" for achieving excellent grades.

• **Mr. Felix Asonye**, a Fitness Instructor from



Prof. Rufus Akintoye with his team from BCED

the Student Activities Unit conducted a short exercise for the students

• Some staff of Office of Institutional Effectiveness (OIE) also spoke about the different units in OIE

• The orientation program set a positive tone for the academic year, equipping students with essential tools and inspiration for their journey ahead.

"Education is the most powerful weapon which you can use to change the world."

-Nelson

Mandela



Mr. Felix Asonye



Daniel Ohis



A cross-section of the students



Introduction

Formerly known as the Evaluation Unit, the Institutional Research Unit (IRU) is a six-member sub-unit in the Office of Institutional Effectiveness tasked with carrying out regular assessments of various programs as well as other key aspects of the University's operations to provide information to the university administration on how the aims and objectives of the programs and the University's mission and vision are being achieved. The unit is headed by Dr. Ngozi Ogbonna, the other members are: Mrs. Mary Popoola, Mrs. Bukola Ajibola, Mrs. Rose Allison, Mr. Lordson Okegbe and Mr. Chinonso Ukaegbu. In addition to various programs organized by the Office of Institutional Effectiveness, other key aspects of the University that the IRU evaluates include: Students' Rating of Teaching Effectiveness (SRTE), Staff of the Year (SYA), Teacher of the Year (TYA), Entry Survey for new students, Exit Survey for graduating students, Institutional Statements Survey. This article will focus on the Students' Rating of Teaching Effectiveness (SRTE). What is the SRTE? How is it done? What are the achievements so far? What are the challenges? Where is the exercise headed?

What is the SRTE, and how is it done?

The SRTE is an evaluation carried out every semester to ascertain the quality of classroom interactions between teachers and their students. The exercise uses a well-structured questionnaire to elicit information from the students who offered the course. To cover many parts of the classroom activities, the questionnaire is divided into five (5) categories: Teaching Methodology, Teacher's Assessment Procedure, Classroom Management, Integration of Faith in Learning, Attendance and Punctuality, and an open-ended segment where the respondent is expected to share his/her experiences, good or bad.

Data used to set up the instrument is solicited, and gotten, from

each department. The data involves the course title and course code, the lecturer assigned each course, and the number of students who take each course. We sort and organize each data, and set up the instrument using Google form. After which, the form link is sent out to the students through the heads of departments and teachers. At the end of the evaluation, the responses are analysed and summarized into a single document which captures the cumulative average opinion of all respondents for each course.

What are the Achievements?

Several achievements have been recorded. First, the evaluation has undergone various types of metamorphosis in the quest to enhance effectiveness and efficiency. The exercise has gone from a manual program to an online program. Certain online platforms have also been used to carry out the evaluation. Secondly, after the results have been produced, the reports are sent to the teachers through their heads of department. The heads of departments are assigned the task of working with teachers with low ratings on how they can improve their performance. Heads of department can also use the results to reallocate the courses, to ensure that are assigned courses they can handle. The exercise has also been used to uncover unruly behaviour and anti-Babcock classroom practices by some teachers.

What are the challenges?

Carrying out this assignment is not without its challenges. For instance, since we rely on departments to supply data to set up the instrument, there are varying degrees of compliance among the heads of departments. While some departments respond to our request on the first call, some others require reminders before they respond. Also, the evaluation will be more informative when many participants take part in the exercise. However, the participation of the students falls short of expectations and does not generally match the sensitisation efforts regularly undertaken by the IRU.

Future Prospects

To take care of the challenges stated above, the Office of Institutional Effectiveness, through the Institutional Research Unit, is negotiating with the administrators of the Babcock University Management and Information System (UMIS) to host the SRTE exercise on the UMIS platform. UMIS is the platform where students register for their courses, as well as see their results. The integration of the SRTE into UMIS is expected to mitigate the challenges identified above. The first test run of SRTE on UMIS is expected to happen in July 2024, with the second-semester SRTE for 100-level and 200-level Direct Entry students.

Conclusion

As society changes, it is important to also adapt to the changes, to remain relevant. This is what the Office of Institutional Effectiveness has proven to achieve through the Institutional Research Unit, with the SRTE. faith into our work.



Members of IRU Unit

TIPS TO OVERCOME STRESS



Photo credit: Freepik.com

Here are some tips for overcoming stress:

Keep a daily routine: Having a daily schedule can help us use our time efficiently and feel more in control. Set time for regular meals, time with family members, exercise, daily chores and other recreational activities.

Get plenty of sleep: Getting enough sleep is important for both body and mind. Sleep

help us feel less stressed.

Eat healthy: What we eat and drink can affect our health. Try to eat a balanced diet and to eat at regular intervals. Drink enough fluids especially water. Eat lots of fresh fruits and vegetables if you can.

Exercise regularly : Regular daily exercise can help to reduce stress. This can include walking, as well as more intensive exercise.

Limit time following news : Spending too much time following news on television and social media can increase stress. Limit the time you spend following the news if it increases your stress.

repairs, relaxes and rejuvenates our body and can help reverse the effect of stress.

Connect with others : Keep in touch with family and friends and share your concerns and feelings with people you trust. Connecting with others can lift our mood and

DO YOU KNOW THAT?

1. Bananas are berries, but strawberries are not. Botanically speaking, bananas are classified as berries, while strawberries are not because their seeds are on the outside.
2. A day on Venus is longer than a year on Venus. It takes Venus 243 Earth days to rotate once, but it orbits the sun in just 225 Earth days.
3. The Eiffel Tower can be 15 cm taller in the summer. Heat causes the metal in the structure to expand.
4. Honey never spoils. Archaeologists have discovered pots of honey in ancient Egyptian tombs that are over 3,000 years old and still perfectly edible.
5. The world's largest desert is not the Sahara. Antarctica is technically the world's largest desert because it receives very little precipitation.
6. You can't hum while holding your nose. Try it!
7. Octopuses have three hearts. Two pump blood to the gills, while one pumps it to the rest of the body.

8. Hot water freezes faster than cold water. This is known as the Mpemba effect, but scientists are still trying to understand why it happens.

9. A jiffy is an actual unit of time. It refers to 1/100th of a second.

10. Ants don't have lungs. They instead breathe through spiracles, nine or ten tiny openings, depending on the species.

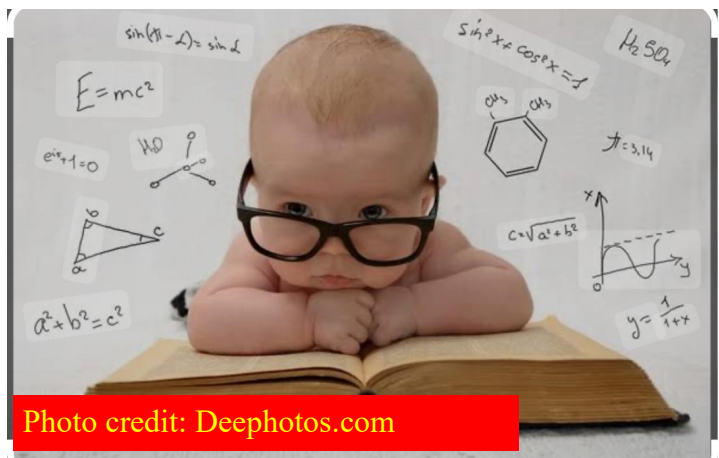


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