

Report of the AGSNet/ANSS (Association of Nutrition Science Students) Motivation/Sensitization meeting held at Department of Human Nutrition, University of Ibadan, Nigeria on Friday, March 3, 2006 at 1:10pm.

1. Attendance: see appendix

2. Opening/Introductions

The meeting started with a welcome address and recognition of all attendees by Victor Ohuruogu. He introduced other members of the Nigeria coordinating team in attendance (Folake Samuel and Adeniyi Adekoya) and extended the regrets of others who were unavoidably absent, but having sent their regards (Isi Egbele, Dr Adepoju Oladejo, Mr. Oyewole Oyediran, and Victor Ajieroh). He apologised for the inability of the network to have met the postgraduate class last year when they just came in, attributing it to logistics reasons as the meeting was being planned in conjunction with the undergraduate body (ANSS). The ANSS president had earlier apologised for the not having had this meeting as planned earlier (during the ANSS week-December 2005) and for low turn-out, for reason that most students had finished exams and had left. He however said that it was a good beginning, no matter the number presented (twelve attendees plus three coordinators).

3. Remarks

In Victor's opening remarks, He provided a detailed summary of what AGSNet means and stands for; her aims/goals and objectives; structure and her commitment to contributing to advancing the capacity of young upcoming Nutrition scientists who are willing to make a change (nutrition development for the continent). Subsequently, he asked attendees their hopes and fears, from which angle the coordinating team will address issues. The meeting had an informal atmosphere in which attendees were allowed to set the tone. This yielded great result immediately (though still having in mind what we hope to address).

He also highlighted a myriad of Nutrition challenges currently facing Africa with adverse consequence for the future generation, if nothing is done, therefore calling for galvanized action/efforts by all stakeholders. He mentioned such challenges as hunger/starvation, malnutrition and infections-childhood undernutrition (wasting, stunting and underweight) with implications for high infant and child mortality figures; non-communicable diet-related diseases (diabetes, cancer, obesity) etc. He also spoke about the vicious dimensions that poverty, crisis (man-made and natural) and, especially HIV/AIDS have added to these challenges.

4. Presentation I: Developing a Cutting-Edge Profile: Positioning For Relevance

Presenting this session, Victor started by allowing questions from the audience. Questions asked ranged from opportunities for graduate students, more information on nutrition challenges, current programmes of the network and to graduate class experience. Responding, Victor called on both Folake and Adeniyi to share their experiences and proffer answers. In addition Folake commented on the problem of lack of adequate mentors in nutrition (in Nigeria) and also promised, for time constraint, to arrange a session where more information can be provided on the Nutrition challenges. Adeniyi shared his experience too and emphasised a joint effort to improving nutrition starting with the implementation of Nutrition policies in Nigeria. Victor then backed up on this. This was the high point of the meeting as the shared experiences from the coordinators served to motivate and encouraged the students.

Victor followed up with a presentation on “Attitudes that makes for Excellence and How to develop a formidable profile” (see appendix), the second topic he added because of the special demand for it by the penultimate and final year graduating students going soon into the job world. The presentation generated questions of interests by attendees.

5. Presentation II: Nutrition Leadership

Folake took the attendees through a rich diet on Nutrition Leadership and its challenges for nutrition development. She presented current shifts in the leadership paradigm. She also noted that everyone in the meeting room is a potential leader and that leadership development is crucial to the sustainability of any organisation and so should be included in schools curriculum citing example of the defence for, and implementation of this policy in the institution were she lectures. Issues raised addressed leadership definition, qualities of a good leader, entrepreneurship, characteristics of a leader etc. She buttressed her presentation by shared experience of the ANLP she attended in November 2005.

It was a most challenging opportunity for us and great motivation for both the few undergraduates and postgraduate students who attended as professional bonds were formed. Other questions were advanced and answers were provided by the coordinators.

More questions were raised as to the joining of the network. Attendees were given AGSNet-Nigeria information leaflets from which pre-registration was made. They were told to pay their fee soon. This they agreed to do in the month.

The meeting ended on a high note at about 2:45pm

6. Emergency deliberation on Bank Account for AGSNet Fee payment transfers

Coordinators present also deliberated on Mohamed’s (International Coordinator) email response on the bank account for members’ fee payment. A quick action plan was made detailing Adeniyi to conclude arrangements with UBA or GT Bank to open a Domiciliary account and Victor to begin collating all necessary supporting documents that might be required. We all were to quickly collect fees of members around the west who had their fee ready so we could use it to open the account as agreed to by Mohamed, so that members far away in the east and north of Nigeria can use the bank for fee payment.

7. APPENDICES

Appendix 1: List of Attendees at the AGSNet/ANSS Motivation/Sensitization meeting

Sn	Name	Level	Email
1	Ms Falana O.A	700	Olubisifalana@yahoo.com
2	Mrs Adelani T.O	700	tope_adelani@yahoo.com
3	Ms Oyeyemi M.O	700	Morekey56@yahoo.com
4	Ms Akindiya R.O	700	Romsy4u@yahoo.com
5	Ms Akinola O.A	700	deokins@yahoo.com
6	Ms. Fagbola A.A	700	justdeola@yahoo.com
7	Mr. Leshi O.	300	Conviniency_4u@yahoo.com
8	Mrs Adegbilero Y.O	700	Yota4christ@yahoo.com
9	Dr. Williams Godwin O	700	williamsgod@yahoo.com
10	Ms Omotoye F.E	700	layoshol@yahoo.com
11	Ms. Ananaba Nnena	400	meananaba@yahoo.com
12	Michael Onyebuchi	400-ANSS Head	

13	Folake Samuel	AGSNet	Folakesamuel@yahoo.co.uk
14	Adeniyi Adekoya	AGSNet	Adeniyi_adekoya@yahoo.co.uk
15	Victor Ohuruogu	AGSNet	vickypax@yahoo.com

Appendix 2. Victor's presentation

DEVELOPING A CUTTING-EDGE PROFILE: POSITIONING FOR RELEVANCE

Attitudes that makes for Excellence

- Look around and connect up to people-resources (networking)
- Search vigorously for information
- Know what you know very well
- Identify core areas of competence for development (Nutrition areas or others)
- Learn all the necessary and required skills as you go along
- Self-motivate yourself for success and excellence
- Identify current trends and Project future directions.

How to Develop a Formidable Profile: what to do

1. Identify your goal/purpose in life

A goal is the ultimate desire or target or accomplishment that you hope to make. The contribution that you intend adding to life that creates value and worth. It addresses what you want to be and what you hope to accomplish. Identifying your goal therefore, helps you stay focused, giving direction and results. There is an urgent need to then identify what your goal in life is/are so you can run straight and finish well.

Discovering your goal could help you create your world, where you can be either an employee or entrepreneur. Therefore discover the gaps or need/challenges in your environment and work towards filling such gaps or meeting such challenges. This is how to be an entrepreneur or landing yourself a good job. *The job does not make you, you make the job.*

2. Gain skills that will make you relevant for now and for the future

Life is all about developing a skill or the other. But a lot do not know that you have to consciously develop them. Skills are attributes or qualities that differentiates/distinguish you from others. Examples of skills include:

- Personality skills (what kind of person are you e.g. balanced, dependable, cool-headed, trustworthy etc)
- Relationship Skills: tact and diplomacy, interpersonal communication skills, team spirit etc.
- Computer or IT skills: basic software packages (word, excel, data analysis packages)
- Presentation skills: report writing and presentation skills, networking etc.

3. Build on your strengths and minimise your weak areas.

Identify what your strengths are and build up on them. Employers want to work with people whose strengths are well-tapped and directed. Your strengths sell you much

easily than your looks. E. g of strengths ability to plan work logically, prioritisation of work, developing concepts, sharp and analytical thinking, working with minimal supervision, assertive, work long hours and yet focused etc.

4. Gain as much experience as you go along

They say “experience is what you get when you are looking for something else”. Every experience you gain in life count and is worth keeping and will work for you someday. No experience should be discarded. No matter the type of job, gain the experience, have a good attitude about the work/experience. Use NYSC experience.

5. Know the current trends in the job market

Identifying the current trends in the job market/world puts you ahead of others and makes you prepare adequately. It helps you to position or reposition yourself for the big one and lifts you out of the average. Therefore research the current trends now and know what you want to do and what you want to get from life.

6. Learn the act of crafting intelligent and attractive CVs/Resumes and cover letters

There is a need to systematically study the job market/world to determine what kinds of jobs are in vogue, what kinds of organisation there are that you will like to work with, what do they require, what do they do and what can they offer etc. Having done this (it’s a continuous though), you then can prepare (craft) an attractive CV/Resume that can market you.

A CV/Resume is a brief biography of your person and gives a background information about you. It details your demography, history of education, work experiences, skills/competencies, interests, referees etc. There are different styles of writing a CV/Resume, depending on what organisation you are approaching. No matter the style, be careful in the usage of words (use correct terms and some little but simple technical terms that can attract). Supply accurate information incase they run a check on you. Let’s look at some format for CV/Resume.

7. Prepare adequately for job test and interviews

Having sent a CV/Resume or not, you need to keep honing your interview skills by getting prepared. There are texts (GMAT, GRE etc) that you can avail yourself to prepare for job test. Identify would-be employers and the format of their test and start getting ready.

Simulate job interview sessions and get to know what likely questions will be asked so as to find ready and adequate answers to them. Read and research what the HR people want in would-be employee, how to answer questions and what their expectation is. Find out all that you can about the company/organisation before attending the job oral interview, keep abreast of information/news in the environment.

Above all commit yourself to your God to help you. With these points, I am sure that you can now position or reposition yourself for success and excellence in life.

Thank you.

Victor Ohuruogu.