

CURRICULUM VITÆ

PERSONAL DETAILS

Name: Mettoh Jepchirchir Hellen
Sex: Female
Date of birth: 1969
Age: 51 Years
Marital status: Married
Nationality: Kenyan
I.D. No.: 9990646
Religion: Christian
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Languages: English and Kiswahili
(Spoken and written)
Contact Address: P.O Box 1031- 30300 Kapsabet.

EDUCATIONAL BACKGROUND

YEAR	INSTITUTION	QUALIFICATION	SPECIALIZATION
2012-2017	University of Eldoret	PhD	Educational Psychology
2010-11	Kenya Association of Professional Counselors'	Higher Diploma	Counseling Studies
2007-2010	Moi University	Master of Philosophy	Guidance and Counselling
1990-1994	Egerton University	Bachelor of Education Degree (Arts)	History and C.R.E
1988-1989	St. Josephs' Chepterit	A level Exams (KACE)	History, C.R.E and Geo
1984-1987	Aldai Girls Sec. Sch.	O level Exams (KCE)	All subjects
1977-1983	Cheptililuswo Pry.	Primary Cert (CPE)	All subjects

TEACHING EXPERIENCE

YEAR	INSTITUTION	POSITION
2018-	Bomet University College	Lecturer
2015-2018	Mosoriot Teachers' Training College	Tutor
2013-2018	University of Eldoret	Part time lecturer
2011-2012	Moi University	Part time lecturer
2011-2018	University of Eastern Africa Baraton	Part time lecturer
2011-2012	Mt Kenya University	Part Time Lecturer
2002-2015	Kapsabet Girls' High School	Senior Graduate Teacher
1994-2002	Kapchemoiwo Secondary school	Graduate Teacher

SCHOOL RESPONSIBILITIES AND OTHER APPOINTMENTS

YEAR	INSTITUTION	POSITION
2020-	Bomet University College	Member disability Advisory Committee
2020-	Bomet University College	Mentor
2019-	Bomet University College	Kericho Zone TP Co-ordinator
2018-2020	Bomet University College	In charge of Exams and Behaviour Change Programme
2016 -2018	Mosoriot Teachers Training College	Coordinator- Guidance and Counselling Department.
2011	Kenya Association of Professional Counselors	Counselor
2010	IIEC	Presiding Officer
2007-2015	Kapsabet Girls'	House Mistress
2007	E.C.K.	Deputy Presiding Officer
2005	Kapsabet Girls'	Head of Subject (History)

2005	E.C.K.	Deputy Presiding Officer
2001-2002	Kapchemoiwo Sec	Guidance and Counseling Mistress
1999	National Census	Deputy Supervisor
1995-2001	Kapchemoiwo Sec	Head of Humanities Dept.

WORK PERFORMANCE

KCSE results C.R.E. 2003 mean score 10.3 mean grade B+ 2nd Position in the District

KCSE results His/Gov 2004 mean score 9.676 mean grade B+ 3rd Position in the District

KCSE results His/Gov 2006 mean score 9.285 mean grade B 2nd Position in the District

KCSE results His/Gov 2007 mean score 9.96 mean grade B+ 2nd Position in the District

KCSE results C.R.E. 2007 mean score 11.4 mean grade A- 1st Position in the District

2nd Position in R/V Province

KCSE results C.R.E. 2011 mean score 10.24 mean grade B+ 1st Position in the District

KCSE results C.R.E. 2013 mean score 9.862 mean grade B+ 3rd Position in Nandi County

KCSE results C.R.E. 2014 mean score 10.2444 mean grade B+ No Ranking of Schools

KCSE results His/Gov 2014 mean score 11.7917 mean grade A No Ranking of schools

Primary Teachers Examination results 2015- mean score 2.805- Best Subject in Option B

Primary Teachers Examination results 2015- mean score 2.805- Best Performed Subject

Primary Teachers Examination results 2016- mean score 4.270- Best subject in option B

Primary Teachers Examination results 2017- mean score 3.810- Best performed subject

Primary Teachers Examination results 2017- mean score 3.810- Best subject in option B

Primary Teachers Examination results 2018- mean score 3.34- Best subject in option B

Primary Teachers Examination results 2018- mean score 3.34- Most consistent improvement

CONFERENCE, WORKSHOPS & PAPER PRESENTED

2007 Effective approaches in teaching History and Government in schools and colleges by Daraja Initiative (Eldoret)

2009 Effective approaches in teaching History and Government in schools and colleges by Daraja Initiative (Eldoret)

2009 International Gender Symposium Gender Budgeting (IGERD)- Moi university

Paper Presented : Sexual behavior change and HIV infection among college students:
A case of Mosoriot Primary Teacher' Training College.

2013 Knowledge and Technological Innovation for Global Competitiveness- University of Eldoret

Paper presented : Trends in HIV Infection among Teacher Trainees. A study of a Teacher Training College in Western Kenya.

2019 Cognitive Behaviour Therapy Workshop-Working with clients who suffer from Depression and Anxiety- Kenya Association of Professional Counsellors- Nairobi.

2019 Drug and Alcohol Addiction Workshop- Kenya Association of Professional Counsellors- Nairobi.

PUBLICATIONS

Trends in HIV Infection among Teacher Trainees. A study of a Teacher Training College in Western Kenya. (**African Journal of Education, Science and Technology-AJEST Feb 2015 Vol 2, No.3**)

Influence of Career Preference on Academic Performance and Graduation: A Case Study of a University in Western Region of Kenya. (**Journal of Research in Humanities and Social Sciences ISSN No.8 (August 2016)**).

Endangering Academic Performance and Graduation to Endear Peers: A Case Study of Male Students at a University in Western Region of Kenya. (**IOSR Journal of humanities and social science Vol.21, Issue 7, Ver.6 July 2016**)

Parental Participation on Academic Performance and Graduation of Male Students: A Case Study of a University in Western Region of Kenya. (**World Journal of Social Sciences and Humanities Vol.2, No 3, 2016. Science and Education Publishing, USA**)

Students' Perception of School Rules and Regulations as a Quest for Good Governance: A Case Study of a Peri- Urban Mixed Secondary School in North Rift Kenya. (**International Journal of Research and Innovation in Social Science-IJRISS, Volume iv Issue x, October 2020 Pg. 86-93 / ISSN 2454-6186.**)

OTHER SKILLS

Safe driving

Computer Literacy: Ms Word, Excel, Internet, Access, SPSS.

COMMUNITY SERVICE

Public Speaking – Motivational, Mainstreaming of Gender Issues and HIV Awareness talks in
Schools, colleges and in other academic and social forum

Co-ordinator- Christian Mission Services-Kapsabet District Church Council

Treasurer AIC Milimani- Chepterit Women Fellowship

HOBBIES

Reading of psychology and other self-improvement books and listening to Christian Music.

AMBITION

To work closely with people towards adopting sexual behavior change practices and eradication of life-threatening issues.

REFEREES

1. **Prof. Jackson Too**
Commission for University Education
P.O Private Bag
NAIROBI, KENYA
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2. **Dr Momanyi John**
Dean School of Education
Bomet University College
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3. **Dr. Choge Chepkemboi**
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