



Dr. Waweru Muriithi – Curriculum Vitae

Personal Details

Name: Dr. Waweru Muriithi –Ph.D
Nationality: Kenyan
Current Position: Lecturer – Bomet University College
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wmuriithi@buc.ac.ke

EDUCATION

2012 - 2019 : Egerton University Kenya
Ph.D in Counselling Psychology

Thesis Title: Relationship between Selected Rehabilitation Factors and Development of Recovering Alcoholics Competencies in Central and Nairobi Regions, Kenya

2002 - 2005 : Egerton University Kenya
M Ed in Guidance & Counselling

Project Title: An Investigation of Selected Factors Related to Burnout among Primary School Teachers: A Case Study of Nakuru Municipality

1993 - 1997 : University of Nairobi Kenya
B Ed-Arts (2nd Class Honours, Upper division)

1988-1991: Koelel High School Gilgil
Kenya Certificate of Secondary Education (KCSE)- B-(Minus)

1980-1987: Freehold Primary School Nakuru
Kenya Certificate of Primary Education (KCPE) -62 out 72 points

APPOINTMENTS & PROMOTIONS

Feb 2025: Appointed Member 4th Bomet University College Annual International Conference and 2nd open day and Innovation competition

Jan 2025: Appointed, Project Implementation Committee, Bomet University College

Jan 2025: Appointed, Student Electoral Commission in the 7th BUCSO Elections, Bomet University College

Jan 2025: Appointed, Member Student Welfare Committee, Bomet University College

Nov 2024: Appointed, Head of Student Affairs, Bomet University College

June 2024: Appointed to serve on the University Stakeholders Engagement and Public Participation Committee, Bomet University College

June 2024: Appointed to serve Resource Mobilization Committee, Bomet University College

May 2024: Appointed Chairperson, Committee to manage Admissions 2024/2025 Academic Year, Bomet University College

October 2023: Appointed to serve on Graduate Studies Committee, Bomet University College

February 2023: Appointed to serve on Institutional and Intellectual Property Policy Development Committee, Bomet University College

November 2022: Appointed Chairperson–Committee to Develop Alumni and International Students Policy –Bomet University College

September 2022: Appointed as an External Examiner -Africa Nazarene University Academic Year 2021-2022 in the Department of Governance Security and Peace Studies and Department of Counselling Psychology.

July 2022: Appointed Coordinator Guidance and Counselling Programme- School of Education, Bomet University College

February 2022: Appointed Coordinator Postgraduate Programmes- School of Education, Bomet University College

February 2022: Appointed to serve in Science Technology and Innovation Mainstreaming Committee, Bomet University College

March 2021-to-Present: Lecturer in Guidance and Counselling –School of Education, Department of Educational Psychology & Foundations, Bomet University College

Oct 2018-to-March 2021: Deputy Principal -Naivasha High School

2008-to-Sep 2018: Head of Department Guidance and Counselling -Dundori Secondary School

2001-to-2002: Acting Head of Department - Humanities -Poror Secondary School

2003: Completed a three months Counselling Practicum at the Youth Resources Center

at Family Planning Clinic, Nakuru

1994: Data Collection & Analysis Work in Determination of the Economics of Pyrethrum Growing In Kenya -Pyrethrum Board of Kenya - Nakuru.

UNIVERSITY TEACHING EXPERIENCE

2012- 2016 : Part Time Lecturer: Laikipia University -Naivasha Campus
Department of Public Affairs and Environmental Studies

2011- to May 2018 : Part Time Lecturer: Africa Nazarene University
Department of Education and Institute of Open and Distance Learning

2004- to 2016 : Part Time Lecturer: Nakuru Extra Mural centre, Department of Extra mural Studies, University of Nairobi

2007-2011 Part Time Lecturer : Nakuru Neema ECD Teacher Training College

RESEARCH OUTPUTS

Peer Refereed Journal Papers

Ngundo, L. & **Muriithi, W.** (2023). Enhancing Academic Achievement in Inclusive Educational Settings: Perceived Influence of Assistive Technology Devices for Learners with Low Vision in Ruchu and Ithiru Ward, Kandara Constituency. Journal of Education and Practices ISSN 2617-5444 (Online) & ISSN 2617-6874 (Print), 3(3), 60-70.
<https://Journals.Essrak.Org/Index.Php/Education/Article/View/262>

Muriithi, W. (2022). Role of Social and Personal Competencies in Recovery from Alcohol Addiction, Kenya. Journal of Humanities and Social Sciences ISSN 2708-504X (Online) Vol.2, Iss.2.pp 49-56
<https://journals.essrak.org/index.php/JHSS/article/view/227>

Muriithi, W., Ngumi, O. & Mumiukha, C.K. (2019). Relationship between Recovering Alcoholics Characteristics and Development of Competencies in Rehabilitation Facilities in Central and Nairobi Regions. African Journal of Alcohol & Drug Abuse Edition 1-July 2019, ISSN Online: 2664-0066 ISSN Print: 2664-0058, pp.12-22
<https://ajada.nacada.go.ke/index.php/ajada/article/view/8>

Muriithi, W., Mumiukha, C.K. & Ngumi, O. (2019). Relationship between Alcoholics Anonymous 12 Steps Facilitation and Development of Competencies in Rehabilitation Facilities in Central and Nairobi Regions. Research on Humanities and Social Sciences ISSN 2224-5766 (Paper) ISSN 2225-0484 (Online) DOI: 10.7176/RHSS Vol.9, No.10, 2019 pp.48-56.

Muriithi, W., Ngumi, O. & Mumiukha, C.K. (2019). Relationship between Recovering Addiction Counsellors Characteristics and Development of Competencies in Rehabilitation Facilities in Central and Nairobi Regions. International Journal of Current Research Vol. 11, Issue, 05, pp.4162-4168, May, 2019. DOI: doi.org/10.24941 ISSN: 0975-833X.

Muriithi, W. & Karanja D. (2018). Relationship between Social Support and Level of Burnout among Primary School Teachers in Nakuru Municipality, Kenya. Journal of Education and Practices, ISSN 2617-5444 (Online) Vol.1, Iss.1.
<https://journals.essrak.org/index.php/education/article/view/96>

Theuri, J., Mwangi, B.N. & **Muriithi, W.** (2017). Influence of Family Stability and Peer Group Pressure Ecological Factors on Risk Taking Behaviour among Secondary School Students in Kajiado North Sub-County, Kajiado County, Kenya. Journal of Humanities and Social Sciences, ISSN 2279-0845 (Paper) ISSN 2279-0837 (Online) Vol.22, Iss.11, Ver 7

Theuri, J., Mwangi, B.N. & **Muriithi, W.** (2017). Influence of Societal and Government Policies Ecological Factors on Risk Taking Behaviour among Secondary School Students in Kajiado North Sub-County, Kajiado County, Kenya. Journal of Humanities and Social Sciences, ISSN 2279-0845 (Paper) ISSN 2279-0837 (Online) Vol.22, Iss.11, Ver 7

Kinga, T.N., Kimani, J.M. & **Muriithi, W.** (2014). A Comparative Study of Levels of Self Esteem among Students of Single and Dual Parent Families. The Case of Students in Selected Secondary Schools in Nakuru Municipality, Kenya. Journal of Research on Humanities and Social Sciences, ISSN 2222-1719 (Paper) ISSN 2222-2863 (Online) Vol.4, No.1, 2014

Muriithi, W., Kariuki, M.W., Mwenje, M & Kinga, T.N. (2012). Relationship between Primary School Teacher Characteristics & Level of Burnout: A Case of Nakuru Municipality–Kenya. Kenya Journal of Guidance, Counselling & Psychology, 2 (1) 160-165. ISSN 2226-0552

Peer Reviewed Conference Proceedings

3rd Bomet University College International Conference and 1st Open Day & Innovation Competition on Research, Innovation & Outreach: Green Solutions for Sustainable Growth on 27th -28th March 2024. Presented a paper on *The Place of Mental Wellness in Building Resilience in Institution of Higher Learning: Reflections*.

Education Management Society of Kenya –EMSK 9th International Conference on Restructuring Education, Training, Research and Innovation for the 21st Century and Beyond 12th -13th October 2023. Presented a paper on *The Place of Wellness in Building Resilience in Society: Reflections*.

ESSRAK 2nd Online Research Conference on Re-Thinking Education and Social Sciences Research During and Post Covid-19 Pandemic on 25th November, 2021. Presented a paper on *Influence of Generalized Anxiety Disorders on Academic Achievement of Mixed Day Public Secondary Schools in Muranga South Sub-County*. Co-presenters Lucy Ngundo and Mary Ndemi.

ESSRAK 2nd Online Research Conference on Re-Thinking Education and Social Sciences Research During and Post Covid-19 Pandemic on 25th November, 2021. Presented a paper on *Extent to which provision of low vision devices (LVDs) influence academic performance*

of learners with low vision in public primary schools in Kandara Sub-County, Murang'a County. Co-presenters Lucy Ngundo and Juma Muriu.

ESSRAK 1st Online Research Conference on Advancing Education and Social Sciences Research for Sustainable Development on 28th October, 2020. Presented a paper on *Role of Social and Personal Competencies in Recovery from Alcohol Addiction*.

NACADA-ISSUP International Conference on Drug Demand Reduction 2018 10th -14th December 2018. Kenyatta International Conference Centre. Presented a paper on *Relationship between Recovering Alcoholics' Characteristics and Development of Competencies in Rehabilitation Facilities in Central and Nairobi Regions*.

The 1st International Learning Forum at Kabarak University on E-learning in a Digital Age. Presented a paper on *Teaching and Learning in a Distance Learning Programme: The Place of Technology*. Co-presenter Mary A. Ooko, 13th -14th October 2016.

Publications /Research work

Hungi, N., Kamonjo, F.W., **Muriithi, W.** & Wodon, Q. (2023). Kenya: Exploring Burnout among School teachers and University Lecturers: Part 1-Schoolteachers. UNESCO International Institute for Capacity Building in Africa.
<https://www.iicba.unesco.org/sites/default/files/medias/fichiers/2023/07/Brief%202023-41.pdf>

Hungi, N., Kamonjo, F.W., **Muriithi, W.** & Wodon, Q. (2023). Kenya: Exploring Burnout among School Teachers and University Lecturers: Part 2 – University Lecturers. UNESCO International Institute for Capacity Building in Africa.
<https://www.iicba.unesco.org/sites/default/files/medias/fichiers/2023/07/Brief%202023-42.pdf>

Hungi, N., Kamonjo, F.W. & **Muriithi, W.** (2022). Work-related Burnout Levels among University Lecturers in Kenya. UNESCO International Institute for Capacity Building in Africa.
http://www.iicba.unesco.org/sites/default/files/sites/default/files/04_Work_Related_Burnout_Report_A3_14Sept2022_FN3.pdf

Gathii, J.K., Wamukuru, D.K., Karanja, D., **Muriithi, W.** & Maina, K. (2019). Research Methods, Data Analysis & Defences: Building Competences in Education & Social Sciences Research. Nakuru: Education and Social Sciences Research Association of Kenya (ESSRAK). ISBN: 978-9966-134-91-2

Muriithi, W. (2019). Relationship between Selected Rehabilitation Factors and Recovering Alcoholics Competencies in Central and Nairobi Regions, Kenya. Unpublished Ph.D. Thesis, Egerton University.

Muriithi, W. & Kariuki, M.W. (2012). Factors Related to Burnout among Primary School Teachers: A Case of Nakuru Municipality–Kenya. LAP Lambert Academic Publishing, Saarbrücken. ISBN 973-3-8454-2982-3

Mwai, C.K. , **Muriithi, W.** & Njuguna, J. (2010). Stigma and Discrimination and high risk behaviour affecting children affected by HIV & AIDS in Kaptembwa and Baharini slums in Nakuru municipality -Baseline Survey Report Commissioned by Love and Hope centre Nakuru

Mwai. C.K., **Muriithi, W.** & Ngugi L. (2008). The Report of Psychosocial Support provided by Hakimani Counselling Initiative through the sponsorship and technical support of Jesuit Hakimani Center to Internally Displaced Persons in larger Nakuru Districts.

Muriithi W. (2005). An Investigation of Selected Factors Related to Burnout among Primary School Teachers: A Case Study of Nakuru Municipality. Unpublished M.Ed. Project, Egerton University.

Published Teaching Manuals

Kinga, T. N. & **Muriithi W.** (2012). Career Guidance and Counselling. Africa Nazarene University, Nairobi: Kenya

Mbuthia W. & **Muriithi W.** (2007). Module on Guidance and Counselling, *Neema Early Childhood Development and Education Teacher Training College Nakuru*

Trainings/Short courses/Workshops attended

7th - 25th June, 2021: Participated in a course on 'Engendering Policy-engaged Education Research' facilitated by the Partnership for African Social and Governance Research (PASGR) through the support of the Spencer Foundation.

8th – 28th February, 2021: Participated in the Technology for Transformative Pedagogy Online Course Facilitated by the Partnership for Pedagogical Leadership in Africa (PedaL)

2013: Intensive Distance/E-learning workshop by the Institute Open and Distance Learning (IODL) at Africa Nazarene University

2012: Career Masters Worksoop for High school teachers at Egerton University

2007: Civic Education for Schools and Colleges Induction Workshop Facilitated by Daraja Civic Education Initiative, Konrad Adenauer Stiftung and the Ministry of Education-Jamka Hotel Nakuru

2005: Guidance and Counselling workshop on Improving Academic success in school – Nakuru High School

2005: Markers Training Course in History & Government – Moi Forces Academy Lanet.

2005: Career Masters Seminar on Air Travel and Related studies - Merica Hotel -Nakuru

2001: Seminar for Deputy Head Teachers & Heads of Departments – Baringo High School.

1995: 3 months Course on Micro-Computer Application Packages – Egerton University.

MEMBERSHIPS

2024: Registered and Licensed Psychologist by the Counsellors and Psychologists Board – C&P/P/0530/2024

2022: Kenya Counselling and Psychological Association – KCPA –Accredited as an Associate Counsellor – KCPA/07677/22

2022: Appointed Board of Management PCEA Kambala Girls Secondary School-Molo and subsequently elected Vice Chair of the Board of Management

Member of Conference Committee in coordinating of the 3rd Education and Social Sciences Research Association of Kenya (ESSRAK), International Virtual Research Conference Held on Thursday 24th November, 2022 Themed: *Building Resilience in Education and Social Sciences Research through Technology and Innovation*.

Member of Conference Committee in organising and coordinating the Education and Social Sciences Research Association of Kenya (ESSRAK) 2nd Annual Virtual International Research Conference held in Collaboration with Zetech University & Rift Valley Reading Association on Thursday 25th November, 2021 Themed: *Re-Thinking Education and Social Sciences Research During and Post Covid-19 Pandemic*

Member of Conference Committee organising and coordinating the Education and Social Sciences Research Association of Kenya 1st annual virtual conference on advancing education and social sciences research for sustainable development held on 28th October, 2020 Themed: *Advancing Education and Social Sciences Research for Sustainable Development*

2019: Education and Social Sciences Research Association of Kenya – ESSRAK/004

2018: International Society of Substance Abuse Professionals ISSUP-Professional Member

STUDENTS SUPERVISION OF PROJECTS

Masters Research Projects

Name	Reg. No.	Programme	Title	Remarks
1. Joseph Theuri	15M03EMCP009	MA in Counselling Psychology - Africa Nazarene University	Ecological Factors as Predictors of Risk Taking Behaviour Among Secondary Schools Students in Kajiado North Sub-County, Kajiado County, Kenya	Graduated 2017
2 Bernard Lugah	L50/84940/2016	MA in Project Planning and Management - University of Nairobi	Influence of Community led Total Sanitation Projects Implementation on Health Standards in Nakuru County Kenya; A case of Rongai Sub-County, Nakuru County	Graduated 2017

3.	Shitsinzi Ronald	L50/84418/2012	MA in Project Planning and Management - University of Nairobi	Influence of Industrial action on provision of medical services by Nurses in Public Hospital: A case of Rift valley Provincial hospital, Nakuru County	Graduated 2015
4.	Millicent Nyambura	L50/61089/2010	MA in Project Planning and Management - University of Nairobi	Influence of Adoption of Information & Communication Technology on Data Management processes in Non- Governmental Organizations in Nakuru County	Graduated 2015

Referees:

Referees:

1. Dr. Tony Okwach
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2. Prof. Owen Ngumi
Dean, School of Education, Arts & Social Sciences
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3. Dr. Daniel Karanja
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