



The EAGLE STAR 1 Program



The Eagle Star 1 Program



The Eagle Star 1 (one) program is a program that aims at raising awareness to counseling and psychology students as a means of shaping oneself specifically for providing and offering enduring services as a professional counselor or psychologist.

The program is initiated and will be conducted by The Star of new generation 1 office as a theoretical and practical program for upcoming counselors and psychologist from different educational institutions.

Topics that are expected to be addressed

The following are the important topics that will be included in this program as a benefit of a student in the field of counseling and psychology.

1. Personal Growth

Personal growth is among the important ingredients of a counselor's or psychologists' cooking. Knowing that, the Eagle Star 1 Program will offer the clear and hidden meaning and the importance of personal growth to a counseling and/or psychology student.

But also as an important and healthy coping means to a counselor/psychologist, this program will conduct and offer different Self Care techniques that can be used in maintaining a professional's (counseling and/or psychology student) physical and mental well-being.

With a very crucial emphasis, this program will help the students understand the importance of having a personal therapist in one's professional journey as a counselor/psychologist.

2. Building Professional Competence

Competence (both theoretical and practical) is an important asset to any professional counselor/psychologist. That being the fact, this program aims at building professional competence to the students in different areas of interest. The competence cultivation will be based for both individual and generational benefits.

3. Use of Potential Resources within the University

It is our belief that any university environment has potential resources that can be of use to a student only if equipped with the important ways/means to using them not only for personal welfare but also for generations' welfare. This will include being aware of them, ways of approaching them, and making use them for one's benefit and other people's benefit regardless of what era they are.

4. Generational Mindset

A good professional career is a result of a certain mindset but the best and happier professional career is an outcome of a generational mindset. The mindset that does anything for the welfare of the other generations works and operates in very unique and different way. So this program will also help the students adopt the generational mindset through their journey to helping and assisting people in need of counseling and/or psychological help. This will be achieved through different skills, techniques, theories and approaches.

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Tools that are expected to be used

This program will be initiated and conducted through the following tools as means to achieve the programs' aims. This will include;

- Psychological facilities i.e. University of Iringa counseling facility and the star of new generation1 facility.
- Psycho-education
- Effective practice
- Group discussions
- Radio and television sessions
- Movies and video clips
- Generational motivation touch design

Why the Eagle Star 1 Program?

As how the name presents itself (the "Eagle Star" program), "Eagle" represents several meanings including flying high, clear vision, raising above problems, finding opportunities in problems, getting out of the comfort zone, and being courageous, purposely for enhancing personal and generational welfare. "Star" represents a shining character through proper utilization of one's personal and external resources to assist oneself and other people to develop mental health for themselves and generational welfare.

The Eagle Star 1 program aims the following important outcomes to the students;

- To provide psycho-education to the students on how to equip themselves for their future provision of psychological services aiming at individual and generational welfare.
- To assist them on how to build their competence on different psychological perspectives
- To assist them know how to identify and use different opportunities aiming at mental health for individual and generational welfare
- To assist them enjoy taking care of themselves before attending their clients.





The EAGLE STAR 2 Program



The Eagle Star 2 Program



The Eagle Star 2 (two) program is a program that aims at assisting University and college students to be well equipped during and after their University/college studies in order to face the problem of unemployment in a unique way thus enduring a healthy mental status.

The program is initiated and will be conducted by The Star of new generation 1 office as a practical and more life experience program for upcoming professionals from different educational institutions.

The Objectives of the program

The Eagle Star 2 program aims the following important outcomes to the University/college students;

- To provide psycho-education to them on how to equip themselves for the provision of satisfying services aiming at individual and generational welfare.
- To assist them on how to develop career networks and make use of them throughout their careers.
- To assist them to be more aware and responsible for their own life dreams and vision.
- To assist them know how to cope with life after university studies.
- To psycho-educate them on how to develop a generational mindset.

Tools that are expected to be used

This program will be initiated and conducted through the following tools as means to achieve the programs' aims. This will include;

- Psycho-education
- Effective practice
- Group discussions
- Tours
- Movies and video clips
- Generational motivation touch design

The services offered under this program

- The role of self-esteem, self-ideal, self-efficacy, self-concept, self-image, self-determination, self-awareness, self-validation on one's career.
- Career development
- Psycho-education
- Mentorship and coaching
- Spirituality and psychotherapy
- Generational mindset



The EAGLE STAR 3 Program



The Eagle Star 3 Program



The Eagle Star 3 (three) program is a program that aims at assisting students/pupils overcome psychological and social challenges during a period of transition (any life transition) in their life.

The Objectives of the program

The Eagle Star 3 program aims the following important outcomes to the students/pupils;

- To assist them attain psychological wellbeing.
- To equip them with different skills on how to cope with the transition.
- To provide psycho-education about loss.
- To equip them on how to make and implement right decisions.
- To prepare them for next steps after the other one in their lives.
- To psycho-educate and assist them on how to develop a generational mindset.

Tools that are expected to be used

This program will be initiated and conducted through the following tools as means to achieve the programs' aims. This will include;

- Psycho-education
- Effective practice
- Group discussions
- Tours
- Movies and video clips
- Generational motivation touch design

The services offered under this program

- The role of self-esteem, self-ideal, self-efficacy, self-concept, self-image, self-determination, self-awareness, self-validation on one's career.
- Career development
- Psycho-education
- Mentorship and coaching
- Spirituality and psychotherapy
- Generational mindset