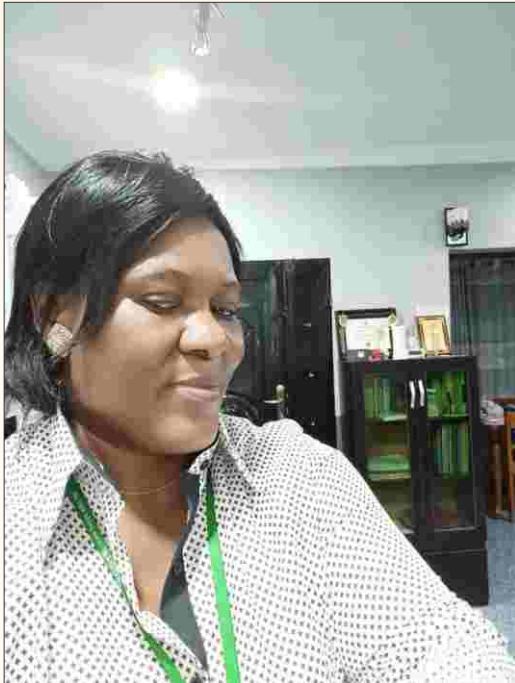




Behold, FUOYE new Bursar!



The Council of Federal University Oye Ekiti (FUOYE) recently approved the appointment of Mrs Roseline Bolatito Akande as the substantive Bursar of the University.... *Details later*

FUOYE graduate shines at UK Varsity

Federal University, Oye Ekiti (FUOYE) best graduating student in 2015, Paul Oluwaseyi Okeowo, who left the university with a degree in Electrical Electronics Engineering, has emerged with a Distinction in Masters of Science in Advanced Control Systems at University of Salford, Manchester City, United Kingdom.

According to an online news medium monitored by FUOYENews, Paul graduated from Federal University Oye-Ekiti, Department of Electrical Electronics Engineering with a CGPA of 4.73 making him the overall best graduating student in the year 2015.

Oluwaseyi, who went to Adeola Odutola College at Ijebu Ode, is also studying Robotics and Automation Engineering presently. While at FUOYE, he was the pioneer President of the Redeemed

Continue on page 2

FUOYE Council promotes 386 staff in 2019

By Adeyinka Ademuyiwa

The Governing Council of Federal University Oye-Ekiti, (FUOYE) has approved the promotion of about 386 staff in 2019. This is apart from confirmation of appointment of another 32.

According to a document from the Acting Registrar, Mr Mufutau A. Ibrahim, dated November 15, 2019, a copy of which was made available to FUOYENews, about 264 Senior Staff made the cut and were promoted while another 122 junior staff who also passed were promoted.

In the senior category, 30 people rose from CONTISS 11 to 13 while 8 rose from junior rank to senior rank. 61 staff were promoted from CONTISS 8 TO 9 in the Registry while 18 people moved from CONTISS 7 TO 8 in the same Department.

In the Bursary, 33 staff moved from CONTISS 8 TO 9 while 6 people rose

from CONTISS 7 TO 8. Similarly in the Audit, 14 people rose from CONTISS 8 to 9 while seven others were promoted to CONTISS 8 from CONTISS 7 in the same bursary sub unit.

Again, 20 Technologist I (CONTISS 8) got promoted (CONTISS 9) while two Technologists II on CONTISS 7 rose to become Technologists I on CONTISS 8.

In addition, seven people who were Senior Technical Officers (CONTISS 8) became Principal Technical Officers (CONTISS 9) and two Higher Technical Officers on CONTISS 7 are now Senior Technical Officers on CONTISS 8. Also ten Higher Health Technicians (CONTISS 8) are now Senior Health Technician (CONTISS 9) as two Agric Superintendents I are now Senior Agric Superintendents

In the Secretarial cadre, six Senior Confidential Secretaries are now

Principal Confidential Secretaries II and five Confidential Secretary I are now Senior Confidential Secretaries.

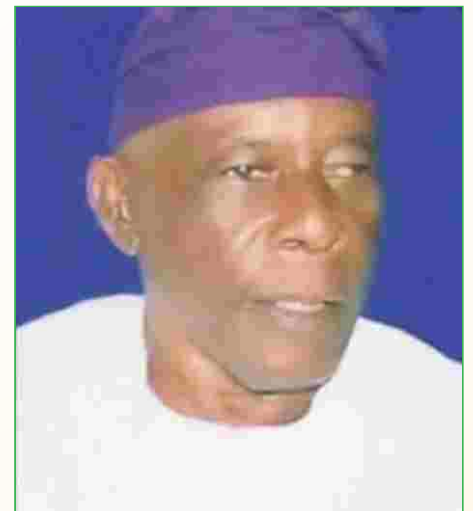
Furthermore, a Higher Catering Officer is now Senior Catering Officer while two Catering Officers I are now Higher Catering Officers.

In separate letters to the beneficiaries of the promotion exercise, The Registrar said, "I have the pleasure of informing you that The Appointments and Promotions Committee (A&PC) at its 7th Statutory Meeting of November 13, 2019, approved that you be promotedwith effect from October 1, 2019"

"On behalf of the Vice-Chancellor, I congratulate you very warmly on this promotion, which is well deserved and I hope that you will be further motivated to give your very best to the development of this university", Ibrahim further stated.

In this edition

- FUOYE to screen JAMB candidates for Law programme on January 8 *Page 2*
- VC greets Students, Staff at Xmas *Page 2*
- Fayemi selects FUOYE don as Commissioner *Page 3*
- Photos from Fasina's daughter wedding *Page 4-5*
- Olumilua extols writers' roles in the society *Page 7*
- Tips on New Year resolutions *Back page*



FUOYE's Pro Chancellor and Chairman of Council, Prof. Tunde Samuel



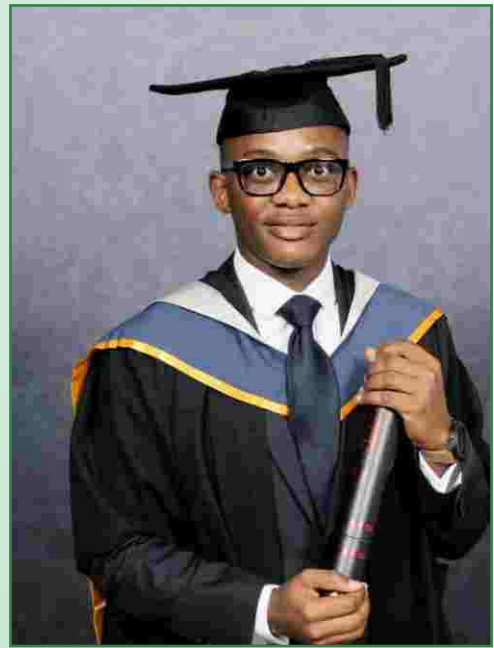
FUOYE graduate shines at UK Varsity

Continue from front page

Christian Fellowship (RCCG), Ikole Campus, FUOYE Chapter.

In a statement in response to the feat released on Friday December 13, 2019, the brilliant FUOYE Ambassador said, "I am deeply grateful to God for thus far HE's helped me. I would like to seize this moment to appreciate my family, pastors, friends and colleagues, lecturers, PTDF, and everyone who has contributed to my growth and the success of this journey. Thank you very much. Merry Christmas and Happy New Year"

Meanwhile, the Vice-Chancellor of the university, Prof Kayode Soremekun has congratulated the young FUOYE Ambassador urging him to do more and keep focused



Mr Paul Oluwaseyi Okeowo

FUOYE to screen JAMB candidates for Law programme on January 8

By Bunmi Dada

The Federal University Oye Ekiti (Fuoye) is set to screen Joint Admission and Matriculation Board (JAMB) candidates who met required qualifications for its Bachelor of Law programme on Wednesday January 8th 2020.

According to an advertised statement from the website of the university (www.fuoye.edu.ng), JAMB candidates who scored 230 or above and have relevant ordinary level subjects are advised to visit www.e-campus.edu.ng to begin the admission process.

The Post Unified Tertiary

Matriculation Examination, (PUTME) screening will hold at Prometric Center behind United Bank for Africa Plc Oye Ekiti branch by 7:30am.

The release further stated that "applications for admissions will commence from December 18th till December 24th" and the application fees is two thousand (N2,000) naira only.

Candidates must possess five (5) Ordinary Level Credits in English , Literature in English, Mathematics and any two other relevant subjects



Cross Section of Students at the Prometric Centre, Oye-Ekiti

VC greets Students, Staff at Xmas

The Vice Chancellor, Federal University, Oye Ekiti (FUOYE), Prof Kayode Soremekun has sent his felicitations and season's greetings to all students and staff of the university.

In the message, the Vice Chancellor reminded the university community to remember the redemptive works of our Lord Jesus Christ even as we wine and dine at this special occasion.

"As we soak ourselves in the glitz and razzmatazz which characterized the season; let us pause and remember the reason for the season, Jesus Christ, whose redemptive profile continues to give meaning to our respective lives", Prof Soremekun stated, adding that, on this meaningful note, I wish every member of the university community, a merry Christmas and a happy and prosperous New Year.





Fayemi selects FUOYE don as Commissioner

Ekiti State Governor, Dr. Kayode Fayemi, has forwarded the name of the Dean Post-Graduate School of Federal University Oye-Ekiti, (FUOYE), Prof. Rasaki Ojo Bakare to the State House of Assembly for consideration, screening and confirmation as Commissioner in his new Cabinet.

Governor Fayemi, in a letter dated December 17, 2019 and signed by Secretary to the State Government, Mr. Biodun Oyebanji to the Speaker of the House, according to Chief Press Secretary to the Governor, Mr. Yinka Oyebode, requested the for confirmation of the lecturer who hails from Ekiti West Local Government as member of the State Executive Council along with Mr. Owolabi Ayoola Benedict who hails from Oye Local Government.

The renowned performance Director and Dance scholar who is also very deft in Choreography and Performance Aesthetics is of the Department of Theatre and Media Arts of FUOYE.

Prof Bakare who delivered the 2nd Inaugural Lecture of the University and spoke on “The Healing Properties of the Performance Trinity for a Troubled Society” on Wednesday July 17, 2019 was Artiste Scholar in-residence at the University of West Indies, Edna Manley School of Performing Arts and National Dance Theatre Company, Jamaica in 2003.

With grants from University of South Africa (UNISA), the erudite scholar was part of a collaborative research on African Musical Arts Education in 2003, and a member of the Teaching Artists Research Group, Oslo, Norway in 2013. Again, he participated in the Carnival Research Roundtable, Trinidad and Tobago in 2012 and has benefitted from research and



FUOYE's Dean of Post Graduate School, Prof. Rasak Ojo Bakare

and scholarship grants provided by Ford Foundation, MacArthur Foundation, United Nations Funds for Population Activities (UNFPA) and several others.

Prof Bakare has presented works on behalf of Nigeria in several international competitions, winning laurels for the country. Some of these are: Friendship International Festival, North Korea 1977; Afrika-in Tyrol Festival, Austria 1999; African Peace Tour, Mozambique 2002; Gauteng Carnival Soweto South Africa, 2010 and member Nigeria's contingent to the Cervatino Theatre Festival, Mexico in 2001.

The acclaimed scholar was Choreographer, Gambia National Troupe, 1994-1996; Acting Head of Drama, National Troupe of Nigeria 2001 and Artistic Director/CEO Nigeria National Carnival, Abuja 2009-2013.

The Aramoko Ekiti born scholar has been privileged to direct over 200 performances including three Presidential Inauguration

command performances: Jagunmolu 1999, Voyage, 2007 and Langbodo, 2011.

He also directed the culture content of the Heart of Africa project with performances in London, Paris and other cities of the world. This is apart from directing the opening and closing ceremonies of National Sports Festivals 2004, Nigerian Universities Games (NUGA) 2009 and Nigeria Police Games 2016. He also supervised the performances of the opening and closing ceremonies of FIFA U-17 World Cup in 2007.

The Dean is a member of International Dance Council (CID) an organ of United Nations Educational Scientific Cultural Organisation (UNESCO), Member, National Academy of Letters, Fellow Society of Nigeria Theatre Artists; Fellow, Dance Guild of Nigeria, and National Adviser, Theatre and Motion Pictures Practitioners Association of Nigeria. He has over fifty Publications in peer reviewed Journals and books across the world.

Photos from recent event..... Fashina's da



Daughter weds..... NifeLola..... LolaNife.....



**NEW APPOINTMENTS**

	NAME	DEPARTMENT	POSITION	NATURE OF APPOINTMENT	TENURE	EFFECTIVE DATE
1	Mrs UCHECHUKWU Rita Ez ea	Mass Communication	Studio Engineer	Adjunct	2 Semesters (2018/2019 and 2019/2020)	Beginning of Second Semester of 2018/2019
2	Dr ARAMOYE Toyin Olanike	Educational Foundation	Lecturer II	Adjunct	2 Semesters (2018/2019 and 2019/2020)	Beginning of Second Semester of 2018/2019
3	Dr IKUOMOLA Adeniran Daniel	Sociology, Criminology and Security Studies	Reader	Adjunct	2 Semesters (2018/2019 and 2019/2020)	Beginning of Second Semester of 2018/2019
4	Dr OMOLEKE Muslim Olujide	Law	Lecturer I	Adjunct	One session 2019/2020	Beginning of 2019/2020
5	Dr OYERINDE DAVID OLUSEYI	Educational Management and Business Studies	Lecturer I	Adjunct	One session 2019/2020	Beginning of 2019/2020
6	Dr UTOWARE Jude Daniel Amakaimo	Business Education	Lecturer II	Adjunct	2 Semesters (2018/2019 and 2019/2020)	Beginning of Second Semester of 2018/2019
7	Dr JIMOH Taibat Bolanle	Educational Management	Lecturer II	Adjunct	2 Semesters (2018/2019 and 2019/2020)	Beginning of Second Semester of 2018/2019
8	Prof OSAZUWA Isaac B abatunde	Geophysics	Professor	Contract	1 year	December 4, 2019
9	Mr OJIEZELE Oriabure Monday	Criminology and Security Studies	Assistant Lecturer	Temporary	Full time	December 2, 2019
10	Mr JOHN Ibukun	Maintenance	Driver	Temporary	Full time	Immediately
11	Mr ALADEJEBI Christopher Sunday	Maintenance	Craftsman	Temporary	Full time	Immediately
12	Prof NWANNA Lawrence Chukwueike	Fisheries and Aquaculture	Professor	Visiting	1 session	Beginning of 2019/2020
13	Mr ISOLA Olaoluwa David	Maintenance	Motor Driver II	Temporary	Full time	Immediately
14	Mr OLADIPUPO Ilemobayo	Maintenance	Motor Driver II	Temporary	Full time	Immediately
15	Mr Adewumi Damilola Olanireti	Maintenance	Motor Driver II	Temporary	Full time	Immediately



Olumilua extols writers` roles in the society

The Honourable Commissioner for Information, Tourism and Value Orientation in Ekiti State, Aare Muyiwa Olumilua has extolled writers contributions in Nigerian society saying, “writers roles transcend simple entertainment value of a good story”.

Olumilua made this remark on Thursday December 19, 2019 while delivering a lecture entitled, “Writers and the Developing Society” to mark the December Monthly Reading of the Association of Nigerian Authors (ANA), Ekiti State Chapter at the Nigerian Union of Journalist (NUJ) Press Centre in Ekiti State.

“I am not unaware that writers have a huge influence on the society and we are indeed a developing society that any progressive minded person would not only love to see develop but would also contribute to the development”, he stated adding that the role of writers goes beyond the symbiotic relationship between a writer and his/her readers.

several authors, the Honourable Commissioner said, “By writing a novel, the writer acts to keep their era alive for future generations, so that our children and grandchildren can understand who we really were, and we stood for”.

He lamented that, “unfortunately, the prevailing society has been eroded by the waning interest in reading. Most youths do not know how we get to where we are and to compound the problem, History was sometimes ago removed from school curriculum”.

“The advent of digital age contributed in no small measure to the doldrums in the reading habits of the people as most people are now influenced by the use of Social Media acronyms and abbreviations. They prefer short messages services and WhatsApp to old fashioned writings in proper grammar”.

Speaking further, the Commissioner stressed that an average youth in Ekiti, for example, does not know why the State was known as the fountain of knowledge or why Ekiti people have a reputation of being honest, forthright and highly principled set of people, because of dearth of reading materials, as well as lack of interest by youths in reading.

The occasion was witnessed by the Deputy Director, Corporate Services, Mr Adeyinka Ademuyiwa; Dr Sola Balogun of the Theatre and Arts Department; his younger brother, Mr wole Balogun of the same department; the Senior Special Adviser to Governor Kayode Fayemi on Public Communications, Mr Segun Dipe; ekiti State Chairman of Nigerian Union of Journalists (NUJ), Mr Rotimi Omoyela; Ekiti State Chairman of Association of Nigerian authors (ANA) who is also the Special Adviser to Ekiti State Speaker on Media and Publicity, Mr Tai Oguntayo and several others



Hon. Commissioner for Information, Aare Muyiwa Olumilua (left) with Ekiti State NUJ Chairman, Mr Rotimi Omoyela (middle) and Deputy Director Corporate Services, Mr Adeyinka Ademuyiwa (right) after the event on Thursday Dec. 19, 2019



Aare Olumilua (middle), Chairman Ekiti State ANA, Mr Tai Oguntoyinbo (right) and another dignitary showcasing FUOYENews to authors at the event



Dr Sola Balogun and other attendees at the event

SHARED THOUGHTS: 7 Tips to keep your New Year resolutions

By Jelena Kecmanovic

It's that time of year when people make their New Year's resolutions – indeed, 93 percent of people set them, according to the American Psychological Association. The most common resolutions are related to losing weight, eating healthier, exercising regularly and saving money.

However, research shows that 45 percent of people fail to keep their resolutions by February, and only 19 percent keep them for two years. Lack of willpower or self-control is the top cited reason for not following through.

Can you increase your willpower and fulfill your New Year's promise to yourself? These seven strategies are based on behavioral science and my clinical work with hundreds of people trying to achieve their long-term goals.

1. Clarify and honor your values

Ask yourself why this goal matters to you. Do you want to lose weight because you value getting in shape to return to a favorite pastime of hiking, or because of societal expectations and pressures?

People who are guided by their authentic values are better at achieving their goals. They also don't run out of willpower, because they perceive it as a limitless resource. Figure out what makes you tick, and choose goals consistent with those values.

2. Frame goals and your life in positive terms

Focus on what you want to accomplish, not what you don't. Instead of planning not to drink alcohol on workdays during the new year, commit to drinking your favorite sparkling water with Sunday to Thursday evening meals.

Struggling to suppress thoughts takes a lot of energy, and they have a way of returning to your mind with a vengeance.

It also helps to reflect on the aspects of yourself and your life that you are already happy with. Although you might fear that this will spur complacency and inaction, studies show that gratitude and other positive emotions lead to better self-control in the long run.

3. Change your environment to make it easier

Research suggests that people with high willpower are exceptionally good at arranging their environment to avoid temptations. So, banish all credit

cards from your wallet if your goal is to save money. And don't keep a bowl of M&M's at your work desk if you intend to eat healthy.

If your coworkers regularly bring sweets to work, ask them to help you with your goals (they might get inspired to join in!) and bring cookies only for special occasions.

Supportive friends and family can dramatically increase your chances of achieving your resolutions. Joining a group whose members practice behaviors you'd like to adopt is another great way to bolster your willpower, because having role models improves self-control.

4. Be prepared with 'if-then' strategies

Even the best resolution falls apart when your busy schedule and exhaustion take over. Formulate a series of plans for what to do when obstacles present themselves. These "if-then" plans are shown to improve self-control and goal attainment.

Each time you wake up in the middle of the night craving candies or chips, you can plan instead to read a guilty-pleasure magazine, or log into your online community of healthy eaters for inspiration, or eat an apple slowly and mindfully, savoring each bit.

When you're tired and about to skip that gym class you signed up for, call your supportive sister who is on standby. Anticipate as many situations as possible and make specific plans, vividly imagining the situations and what you will do in the moment.

5. Use a gradual approach

When you embark on a new goal, start small and build on early successes. Use one less spoonful of sugar in your coffee. Eventually, you might be able to forgo any sweeteners at all. If resisting that muffin initially proves to be too hard, try waiting 10 minutes. By the end of it, your urge will likely subside.

You might be surprised to realize that change in one domain of life – like abstaining from sweet processed foods – tends to spread to other areas. You might find you are able to bike longer distances, or moderate your caffeine intake more easily.

6. Imagine rewards and then enjoy them

Picture the feeling of endorphins circulating through your body after a run, or the sun on your skin as you approach a mountain summit.

Pay attention to all your senses: smell, sight, hearing, touch and taste. Visualizing rewards improves your chances of engaging in the activity that results in them.

If it's hard to imagine or experience these rewards in the beginning, decide on small, meaningful gifts you can give yourself until the positive effects of the new behaviors kick in.

For example, imagine yourself taking a half-day off work each month after you pay down your credit card debt: visualize exactly what you would do and how you would feel. And then do it.

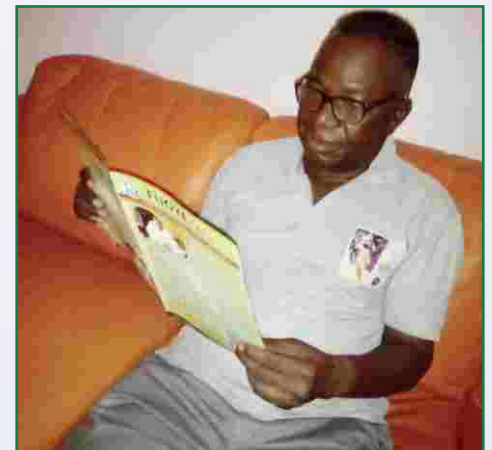
7. Be kind to yourself, even during setbacks

Most people believe the way to increase willpower is to "whip oneself into shape," because being kind to oneself is indulgent and lacks self discipline. But the exact opposite is true – people who harshly blame themselves for even small willpower failures tend to do worse in accomplishing their goals in the long run.

Try self-compassion instead. Cut yourself some slack and remember that being human means being imperfect. When you fall for that doughnut, don't despair, and don't throw in the towel. Treat yourself with care and understanding and then recommit to your goal the following day.

Remember, you aren't likely to achieve your New Year's resolutions by being self-critical and hard on yourself. Instead, boost your willpower through a series of small and strategic steps that will help you succeed.

Culled from December 20, 2019 edition of *Science Alert*. Jelena Kecmanovic, Adjunct Professor of Psychology is of Georgetown University, Washington DC, United States of America.



Senator Ayodele Arise, (Ekiti North, 2007-2011) reading a copy of FUOYE News in his house on Monday December 2, 2019