



## **PROFILE OF OTU, MKPOIKANKE SUNDAY**

**Department:** Educational Foundations  
**Faculty:** Education  
**Designation :** Assistant Lecturer  
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### **Biography**

Otu Mkpoikanke Sunday is a distinguished lecturer of the University of Nigeria, Nsukka. Professionally, he is highly motivated and dedicated to every responsibility. He demonstrates excellent interpersonal and communication skills and builds strong capacity in leadership, coaching, educational research, and human resource development. He is always seeking for opportunity of discharging his responsibilities. Mkpoikanke Otu hails from Ikot Akpan 1 in Nsit Ibom Local Government Area of Akwa Ibom State, Nigeria. He is a holder of M.Ed and B.Ed from the University of Nigeria, Nsukka and University of Uyo, Uyo respectively. He was born on 5<sup>th</sup> October, 1986.

### **Area of Specialization**

Guidance and Counselling with interest in Employment and Human Resource Development Counselling.

### **Membership of Professional Bodies**

1. Counselling Association of Nigeria (CASSON).
2. Association of Entrepreneurs and Technologists of Nigeria (ASET. NIG.).
3. American Psychology Association (APA).

## Responsibilities

Teaching of the following courses:

1. ED218 – Behaviour Modification 1.
2. ED219 – Educational and Occupational Information.
3. ED417 – Practicum in Guidance and Counselling 11
4. ED415 – Counselling Techniques
5. ED316 – Organisation and Administration of Guidance and Counselling.

Other Services/Committee Membership include:

1. Member Departmental Examination committee.
2. Member Departmental Consultancy Committee.
3. Member Departmental Curriculum Committee.
4. Secretary Departmental ICT Committee.

## Publications (Articles and Journals)

- 1 **Otu, M. S.**, Ezema, S. V. & Ohabuenyi, A. G. (2018). Gender as Mediator of the Relationship between Computer-Mediated Communication and Risky Sexual Behaviours among Engineering Students in Nigeria. *Journal of Engineering and Applied Sciences*, (In Press).
- 2 [Ogbuanya, T. C., Eseadi, C., Orji, C. T., Anyanwu, J. I., Joachim, O. C., & Otu, M. S. \(2018\). The Effect of Rational Emotive Behavior Therapy on Irrational Career Beliefs of Students of Electrical Electronics and Other Engineering Trades in Technical Colleges in Nigeria. \*Journal of Rational-Emotive & Cognitive-Behavior Therapy\*, 1-19. Thomson Reuters' IF=3.113.](#)
- 3 **Otu, M. S.** (2017). The effect of computer-mediated parental health guidance on risky sexual behaviors of in-school adolescents in Nigeria. *Journal of Consultancy, Training & Service*. 1(1), 1-11.
- 4 [Eseadi, C., Onwuka, G. T., Otu, M. S., Umoke, P. C., Onyechi, K. C., Okere, A. U., & Edeh, N. C. \(2017\). Effects of Rational Emotive Cognitive Behavioral Coaching on Depression Among Type 2 Diabetic Inpatients. \*Journal of Rational-Emotive & Cognitive-Behavior Therapy\*, 35\(4\), 363-382.](#)
- 5 [Ezema, V. S., Otu, M. S., & Ohubuenyi, A. G. \(2017\). Activities of Cultist and Measures for Eradicating Cultism among Secondary School Students in Nigeria: Implication for Child Development and Counselling. \*European Journal of Social Sciences\*, 55\(3\), 254-261.](#)
- 6 [Onyechi, K.C.N., Eseadi, C., Okere, A.U., & Otu, M.S. \(2017\). Understanding Bereavement Counselling: A Panacea for Successful Counselling with Bereaved Clients in Nigerian Setting. \*Research Journal of Medical Sciences\*, ISSN:18159346, 19936095 \(Accepted For Publication\). SNIP=0.25, SJR=0.106.](#)

- 7 [Onyechi, K. C., Eseadi, C., Umoke, P. C., Ikechukwu-Illomuanya, A. B., Otu, M. S., Obidoa, J. C., ... & Ugwuozor, F. O. \(2017\). Effects of a group-focused cognitive behavioral health education program on cigarette smoking in a sample of Nigerian prisoners. \*Medicine\*, 96\(1\), e5158. Thomson Reuters' IF=2.113](#)
- 8 [Ezema, V. S., Ibiam, J. U., & Otu, M. S. \(2017\). Status and Promotion of Moral Instruction in Nigerian Primary Schools. \*European Journal of Social Sciences\*, 55\(3\), 275-285.](#)
- 9 [Onyechi, K. C. N., Onuigbo, L. N., Eseadi, C., Ikechukwu-Illomuanya, A. B., Nwaubani, O. O., Umoke, P. C. I., Agu, F. U., Otu, M. S., & Utoh-Ofong, A. N. \(2016\). Effects of Rational-Emotive Hospice Care Therapy on Problematic Assumptions, Death Anxiety, and Psychological Distress in a Sample of Cancer Patients and Their Family Caregivers in Nigeria. \*International Journal of Environmental Research and Public Health\*, 13, 929; doi:10.3390/ijerph13090929. Thomson Reuters' IF=2.471.](#)
- 10 [Onyechi, K.C.N., Eseadi, C., Okere, A. U. & Otu, M.S. \(2016\). Effects of Rational-Emotive Health Education Program on HIV risk perceptions among in-school adolescents in Nigeria. \*Medicine\*, 95\(29\):e3967. Thomson Reuters' IF=2.113](#)
- 11 [Onyechi, K.C.N., Eseadi, C., Okere, A.U., Onuigbo, L.N., Umoke, P.C.I., Anyaegbunam, N.J., Otu, M.S. & Ugorji, N.J. \(2016\). Effects of cognitive behavioral coaching on depressive symptoms in a sample of type 2 diabetic inpatients in Nigeria. \*Medicine\*, 95\(31\):e4444. Thomson Reuters' IF=2.113.](#)
- 12 [Onyechi, K. C. N., Eseadi, C., Okere, A. U., & Otu, M. S. \(2016\). Understanding Bereavement Counseling: A Panacea for Successful Counseling with Bereaved Clients in Nigerian Setting. \*Research Journal of Medical Sciences\*, 10\(6\),596-603. DOI: 10.3923/rjmsci.2016.596.603.](#)
- 13 [Onyechi, K. C. N., Okere, A. U., Eseadi, C., & Otu, M. S. \(2016\). A Focus on Hospice Care Issues: A Call to Action of Professional Counselors in Nigeria. \*Research Journal of Medical Sciences\*,10\(6\), 593-595. DOI:10.3923/rjmsci.2016.593.59.URL:http://medwelljournals.com/abstract/?doi=rjmsci.2016.593.595. SNIP=0.25, SJR=0.106](#)
- 14 [Onyechi, K.C.N., Otu, M.S., Eseadi, C., Ofem, E.O. \(2016\). Effects of Group-Focused Counseling on Stealing and Kleptomania in a Sample of Nigerian Subjects. \*The Social Sciences\*,11\(6\),1056-1062. SNIP=0.31, SJR=0.149](#)
- 15 [Onyechi, K.C.N., Eseadi, C., Okere, A.U., & Otu, M.S. \(2016\). Rational living with fishing and fish consumption as predictors of mental wellbeing among recreational fishermen and community-dwelling adults in Nigeria. \*Research Journal of Fisheries and Hydrobiology\*, 11\(1\): 1-7. <http://www.aensiweb.com/JASA/>. Thomson Reuters' ISI Web of Science:<http://ipscience.thomsonreuters.com/cgi-bin/jrnlst/jlresults.cgi?PC=MASTER&ISSN=1816-9112>](#)

- 16 **Otu, M. S.** Udaya, J. C., Ogidi, C. I., Obatta, M. I., Edeh, N. C. & Oton, E. P. (2016). Effect of cognitive-behavioural counselling programme on smoking behaviour in a sample of nigerian community-dwelling youths. *European Journal of Scientific Research* 142(2), 146-152. <http://www.europeanjournalofscientificresearch.com>. SJR IF = 0.13
- 17 Onyechi, K.C.N., Okere, A.U., Eseadi, C., & **Otu, M.S.** (2016). Prison Counselling as Panacea for National Integration of Incarcerated Youths. *International Business Management*, 10(18)ISSN:19935250 (Accepted For Publication). <http://www.medwelljournals.com/journalhome.php?jid=1993-5250>.SNIP=0.32, SJR=0.129
- 18 [Onyechi, K.C.N., Okere, A.U., & Otu, M.S. \(2016\). Relationship between bornagainism and academic pursuit among undergraduate students in South-East Nigeria: Implication for counselling. \*International Business Management\*, 10\(18\)ISSN:19935250.SNIP=0.32, SJR=0.129](#)
- 19 [Onyechi, K.C.N., Eseadi, C., Okere, A.U., & Otu, M.S. \(2016\). Increasing Students' Perceptions, Awareness and Engagement in Erosion Control Tasks: the Relative Efficacy of Cognitive-Behavioral Environmental Health Counseling Program. \*American-Eurasian Journal of Agricultural & Environmental Sciences\*, 16\(2\), 312-319.](#)
- 20 [Ugwuanyi, L. T., Ubah, J. C., Eze, M. U., Obatta, M. I., Otu, M.S., Adaka, T. A. & Ezeugwu, P.I. \(2017\). Using total communication technique in teaching students with hearing impairment in inclusive classrooms in Enugu State - Nigeria: Teachers' perspectives and difficulties. \*Aust. J. Basic & Appl. Sci.\*, 11\(5\): 100-107.](#)
- 21 Kay K. C., **Otu, S. M.**, Eseadi, C. & Ofem, E. O (2016). Effects of Group-Focused Counselling on Stealing and Kleptomania in a Sample of Nigerian subject. *The Social Sciences*, 11(6), 1056-1062.
- 22 Aneke, A. O., Ezeudo, F. O., Uchenna, U. E., Udom, I. E., Otu, M. S. & Nnamonu, E.I. (2016). Effect of Play Way Method on Interest of Primary School Pupils in Basic Science: Implications on School Counselling Practice. *Australian Journal of Basic and Applied Sciences*, 10(14), 58-64. [www.ajbasweb.com](http://www.ajbasweb.com). SJR = 0.12
- 23 [Eseadi, C., Onwuasoanya, P. N., Ikechukwu-Ilomuanya, A. B., Ogbuabor, S. E. Otu, M. S. & Ede, M.O. \(2015\). Religiotherapy: A Panacea for Incorporating Religion and Spirituality in Counselling Relationship. \*IOSR Journal of Research & Method in Education \(IOSR-JRME\)\* 5 \(3\), 64-77.](#)
- 24 Sanni, K. B., Udom, I. E. & **Otu, M. S.** (2014). Counselling the Learning Disabled: Challenge of resource management in school in 21<sup>st</sup> century. *Harvest from the Gown, vol.2 FESTSCHRISFT in honour of Prof. C. M. Ekpo* pg 52.

- 25 Udom, I. E. & **Otu, M.S.** (2014). Adolescents' sexual challenges and academic underachievement amongst female adolescents in Uyo Metropolitan city. *African Journal of Education and Information Management*, 15 (1 & 2), 11-23.
- 26 Udom, I. E. & **Otu, M. S.** (2014). Counsellors' Perception of Effective Emergency Management as a Panacea for the Survival of Persons with Special Needs: Implication for Special Education in Nigeria. *Global Journal of Academic Research Forum*, 2(1), 129-156.
- 27 [Udom, I. E. & Otu, M. S. \(2014\). Empirical Analysis of the Impact of Career Counselling on Job Findings amongst Young Graduates in States in Nigeria. \*Asia Pacific Journal of Education, Arts and Sciences\*, 1\(4\), 46-51. P-ISSN 2362 – 8022 | E-ISSN 2362 – 8030](#)

### 1. Research archive

- Uwah, C., Udom, I. E. & Otu, M.S. (2014). *Counselling for gainful youth empowerment: implications for skill acquisition, entrepreneurship and business management in Nigeria*. A Paper presented at the 4<sup>th</sup> Annual National conference of Counselling Association of Nigeria (CASSON) 2014, Akwa Ibom State Chapter, held at Community Centre University of Uyo (Town campus) Uyo. November 10-12, 2014.
2. Sanni, K. B., Udom, I. U. & Otu, M. S. (2014). *Sex And Reproductive Health Counselling For Youths: Implication For Physical, Social And Mental Wellbeing*. A paper presented at the 39<sup>th</sup> Annual International Conference of Counselling Association of Nigeria (CASSON) on the theme "Counselling for Social and Psychological Reconstruction" held at University of Benin Auditorium from 18<sup>th</sup> – 22<sup>nd</sup> August, 2014.
3. Sanni, K. B.; Udom, I. E. & Otu, M. S. (2013). *Counselling the Learning Disabled Children for Future Life Sustenance: Educational, Vocational and Personal-Social Perspectives*. Paper presented at the 38<sup>th</sup> Annual Conference of Counselling Association of Nigeria (CASSON) 2013, held at Ibom Hall Uyo, Akwa Ibom State. 19<sup>th</sup> – 22<sup>nd</sup> August, 2013.
4. Udom, I. E. & Otu, M. S. (2012). *Adolescents' Sexual Challenges and Academic Underachievement amongst Female Adolescents in Uyo Metropolitan City*. Paper presented during Annual International Conference of Counselling Association of Nigeria (CASSON), held at Obafemi Awolowo University Ile-ife, Osun State. August 27<sup>th</sup> – 31<sup>st</sup>, 2012.
5. **Otu, M. S.** (2012). *Students' Perception of Guidance and Counselling Services in Curbing Examination malpractice in Secondary Schools in Nsit Ibom Local Government Area of Akwa Ibom State*. A seminar paper submitted to department of Education Foundations, Guidance and Counselling, University of Uyo.

### Book/ Book Chapter

1. Onyechi, K. C., & **Otu, S. M.** (2017). Conflicts in marriage. In J. Anyanwu & C. Ofordile, (Eds). *Marriage & Family: Issues, Problems and counselling strategies*. Nsukka, Kevin-Godson Global Ventures.

## Research Interest

Otu, M.S. (in progress). *Effect of rational emotive career coaching on career beliefs, employability skills acquisition and entrepreneurial intention among fresh graduates in South-South, Nigeria*. Proposed Doctoral Dissertation, Department of Educational Foundations, University of Nigeria, Nsukka.

Otu, M. S. (2016). *Computer-mediated communication as correlate of risky sexual behaviour among in-school adolescents in Uyo Education Zone of Akwa Ibom State, Nigeria*. Masters' Thesis, Department of Educational Foundations, University of Nigeria, Nsukka.

Otu, M. S. (2012). *Students' Perception of Incidence and Effect of Teenage Pregnancy on Self-Concept in Secondary Schools*. Bachelors' Degree Project, Department of Educational Foundations, University of Uyo, Akwa Ibom State.

## Key Competencies

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Teaching

Counselling

Research

Computer applications

Data analysis

Mentoring

Coaching

Writing

Organizing

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## References

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