Welcome address delivered by Prof. (Mrs) Mopeola Olusakin, the Chairperson of the Counselling Association of Nigeria (CASSON), Lagos State Chapter at the Association’s annual Youth Jamboree held at the University of Lagos Sport Center on the 10th of March, 2010

Theme: Re-Branding Nigeria: The Role of Youths

We give thanks to the Almighty God as we welcome to this year’s CASSON Lagos State Chapter the wife of the Lagos state Governor, Chief (Mrs) Abimbola Fashola, the Lagos state Deputy Governor/Commissioner for Education, Princess Sarah Sosan, the Vice Chancellor University of Lagos, Prof. Tokunbo Sofoluwe, the Deputy Vice Chancellor (Academics & Research) Prof. (Mrs) Modupe Ogunlesi, The Special Assistant to the Lagos state Governor on Youth and Development, Dr.Dolapo Badru, The Dean of Students, University of Lagos, Prof. H.O.D.Longe, the Dean of School of Postgraduate Studies, University of Lagos, Prof. Oluwatoyin Ogundipe, the Dean of Postgraduate School, Lagos State University, Prof. Emmanuel Akinade (who is also our Chief Editor, CASSON National and Lagos State Chapter, all other Deans, Professors and Heads of Departments and Lecturers here present, the immediate Chairperson of CASSON Lagos State Chapter, various Directors and Lagos state Officials, fellow Counsellors, Gentlemen of the Press, Beloved Students/Leaders of tomorrow, Ladies and Gentlemen.

Professional Counselling has as its goal the alleviation of human problems often manifested as behaviour disorders, crime, delinquency, educational deficiencies, cognitive deficits, developmental issues, academic underachievement and various forms of maladjustive behaviour problems. The clinical – practicum services
include the assessment and management of educational, vocational, social and behavioural problems in individuals, groups and communities.

To re-brand Nigeria, every Nigerian should make conscious effort to be good citizens of this nation and be diligent in every good work.

The following are some of the things each person need to pay special attention to in order to maximize his/her potentials.

- **Know and Clarify Your Values**
  
  Your values are what you believe in, what you think is right or wrong, and what is most important to you. Decisions that you make are usually based on your values, which draw from a variety of sources, such as parents, family and religion.

- **Draw Up A Plan For Your Life**
  
  Many successful people set targets for themselves and are goal-oriented. Have a plan of what you want and how to go about it. Never wait till you get to the bridge before looking for ways to cross it. Decide ahead what you want to achieve by the time you are 15, 20, 25, 30, 40, 50 and above that.

- **Develop Yourself**
  
  Your goals will remain dreams unless you develop yourself. Read books on diverse topics. Gather facts about successful people and how they dealt with difficult situations they faced. Read Biographies and autobiographies of people. And broaden your horizon.

- **Have A Role Model**
  
  A role model is someone you admire and respect- someone you look up to and want to be like. Choose a role model and deal with problems the way your role model would if he/she were faced with your problem.
• Make Informed Decisions
Decisions about career, sex, drugs and alcohol are usually some of the toughest decisions you will make as an adolescent. Before you make decisions, get facts about each choice, think properly about them, i.e., weigh the pros and cons, and discuss available options with your parents, trusted friend or an adult.

• Believe You Can
Many successful people are where they are today, because of the confidence they had in God and in their abilities. Talking and thinking positively about yourself will help you achieve your goals faster. Believe you can rise above every difficult situation and make a success out of it. Do not let negative comments from people set you back. Growing up is all about making decisions.

• Be Honest
Being honest requires saying the truth at all times and supporting the truth.

• Learn A Skill
Learning a skill can make you feel good about yourself and build your self-esteem. The feeling that you have a skill is a positive one. The various skills that you can learn include: computer knowledge, teaching, writing, drawing, acting, craft, baking and cooking, etc. These skills could in turn earn you some money and give you some measure of independence. However, you must be ready to meet and overcome disappointments. You must be prepared to work as long as the situation demands because ‘WINNERS DO NOT QUIT, QUITTERS DO NOT WIN’.

• Do not Procrastinate
"Procrastination is the thief of time". Make your goals SMART (Specific, Moderate, Achievable, Recordable, Time-specific).

When each person is doing what is right, then the nation would be re-branded Above all fear God and be prayerful.

Once again you are all welcome, thanks for your attention and God bless.