

Education Review/RESEARCH

Those who make the worse use of their time are the first to complain of its brevity -Jean de La Bruyere

RESEARCH & Development

The column that celebrates research scholars and their groundbreaking discoveries

Mopela Olusakin



**Chika
Abanobi**

08034041645

abanobichika@yahoo.co.uk

The name, Prof. Mopelola Ayoka Olusakin shouldn't be a strange one to you if you have been following her education career over the years, if you have read her seminal works like "Stealing Among Students: Causes and Remedies" (in Obe, E.O. (Ed). *Students Indiscipline: Causes and Remedies*, pp. 95-100, Lagos: Premier Press and Publishers, (1996) or "The Perceived Effectiveness of Punishment Administered on Students by Secondary School Teachers in Osun State and the Counselling Implications" (in *New Century Journal of Education* 2(1), 47-56 (2000) or "Effects of Transfer of Teachers' Services on Students' Academic Performances and Career Development in Lagos State: Implication for Counselling" (Bamidele, E.O. & Olusakin, A.M, *The Lagos Counsellor* 1 (1), 141-150, (2008).

In fact, those are works that teachers, school administrators and management and education authorities in public and private schools (primary and secondary) will do well to get a copy and read if they hope to cope with the eccentricities of restive youths in our schools.

When therefore the Vice Chancellor of the University of Lagos, Prof. Adetokunbo Babatunde Sofoluwe picked on this Professor of Counselling Psychology and Head, Department of Educational Foundations, Faculty of Education of the university, to deliver the annual inaugural lecture of the university, there was no doubt that he made a good choice.

For this woman, to whom Guidance and Counselling, has become something of a natural calling, or better still, the second nature, dissecting the topic: *Guidance and Counselling, Yesterday, Today and Tomorrow*, was as easy as reading your ABC as a primary school pupil. The inaugural lecture which she delivered at the main auditorium of the UNILAG on Wednesday, October 12, was one she did with great élan and much depth of knowledge, which is not surprising for Olusakin had always wanted to be a counsellor.

"I love Education with a passion," she stated at the beginning of the Inaugural Lecture. "I made Guidance and Counselling my first choice and was shocked and amused when at the point of registration at the University of Ibadan, Faculty of Education in 1979, the Faculty Officer (F.O.) offered to help me change to any course in the Faculty of Social Sciences.

"According to her, with my nine papers at one sitting, I should not be in the Faculty of Education. However, I held tenaciously to my convictions about Education being the mother of other Faculties and God has helped to sustain my convictions."

Nobody knows where the Faculty Officer is today. Maybe she is reading this, as you do. But she should have been at the Inaugural Lecture to see that Olusakin did not make a bad choice. She is not only a prominent member of the Counselling Association of Nigeria (CASSON) - the umbrella body for professional counselling in Nigeria, today, she

Prof. of Counselling Psychology, reveals How to save time



•Prof. Olusakin

the peak of his or her career).

So, what new revelation did Prof. Olusakin bring along with her to the Inaugural Lecture? She said so many things: on the definitions of 'Guidance' and 'Counselling,' on the 'Relationship between Guidance and Counselling,' on 'Who Needs Guidance and Counselling,' on the 'List of the most frequent concerns clients present when seeking counseling,' on the History and Development of Guidance and Counselling, on the Guidance and Counselling, Yesterday, Today and Tomorrow, on the Hallmarks of a Professional Counsellor and Counselling on the Information Highway. But one of highlights of the lecture is Counselling for Effective Time Management.

"If you are able to control your time," she posited, "you can reasonably control your life. According to Dombeck and Wells-Moran (2006), time is a precious commodity; everyone gets an equal share

1% focus on the past. Our situation and needs influence our time, our orientation, some are usually punctual while others do not keep to time. Successful students and professionals, are future/goal oriented (Mayer, 1991)."

She further noted that "when a time management problem is admitted, scheduling your time may not be as difficult as you might think since several hours are already "filled" with sleeping, eating, talking, working or walking, and other essentials. You only have to schedule the "unfilled," available. If you don't plan how to use the available hours, it is easy to be lulled into not so important activities.

"The idea is to ask "what is the best use of my time?" Make a list of what you need to do each year, then break it down to month by month schedule, divide them into weekly activities and then, based on the time available, make a daily "to-be-done list" for working on your high priority tasks.