

ADORE

motivating youth for positive action

presents

GLOBAL YOUTH



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- Level Up

Learning beyond boundaries

ADORE is a global voluntary network of college students and professionals, who have come forward to motivate the budding youth into taking positive action. We conduct interactive sessions for children in schools, community areas and at various other such centers so that they emerge as aware and responsible citizens and better human beings.



ADORE
inspiring youth for positive action



Time Management

By Chika Ruth

A student and entrepreneur

Time Management is the coordination of tasks and activities to maximize that effectiveness of an individual effort and enabling to do more work in less time.

I wake up early in the morning, pray to God, greet my parents, take my bath, brush my teeth. I sweep and tidy the house and prepare breakfast for the family. I study the Bible for about an hour and move onto read inspiring books and sometimes novels till mid afternoon.

Also, I acquire new skills, learning and knowledge on the internet. I sometimes watch movies in the evening or late at night.

lastly, I have a delicious and sumptuous meal for dinner and go to bed to have a good night sleep.

"They think only students get the back-to-school blues, but we're human too."

- Mr. Henderson, Teacher



Stress Management

By Temitayo Agemo, Nigeria

The rate of depression, suicide and other psychological and mental health crisis is on high increase and the main cause of all these issues remain inability to manage stress. Mind you, before you can manage any concept, understanding the concept in question is key.

Stress is one's body reaction to challenge or demand. It is a feeling of emotional and physical tension which can come from any event or thought. Meanwhile, stress could be positive i.e eustress such as when it helps one to meet a deadline or avoid danger. There are lots of things that can lead to stress, some of which include; having a big project ahead, emotional problems like depression, anxiety, anger, grief, guilt, low self- esteem, etcetera. The symptoms of stress are; Low energy, insomnia, rapid heartbeat, chest pain, headache.

Talking about the big bang "managing stress" what is stress management?

Stress management is a series of techniques and psychotherapies which helps one to control one's level of stress usually for the purpose of and for the motive of improving everyday functioning. It involves preventing stress by practicing self-care, relaxation and "managing" one's response to stressful situations when they occur. Stress affects every part of our body and can lead to many health problems if not properly managed. Understanding how you react to stressful situations can help you to manage stress.

Immediately you notice any traces of stress, one of these tips could be of help"

Take a break from the event causing the stress

- Admit the fact that you are stressed
- Understand that there are situations you can not control
- Set priorities
- Time management is important
- Meditate
- Exercise and eat healthy
- Keep a positive attitude
- Listen to soothing music
- Challenge your thought
- Talk to a friend and spend time with loved ones
- Take deep breaths, smile and laugh

Research has shown that crying helps to relieve stress so it's okay to cry when you're stressed. Fruits like banana and citrus have contents that can help. Always try to understand yourself, what causes you stress and how you react in different situations. Never forget to CONTROL YOU, no event or activity should control you.



My Country, My Pride

By Chika Ruth

A student and young entrepreneur



Nigeria, my country: I will always love and cherish.

A place where culture, languages, norms and ethics are the pride of the nation. Agriculture and natural resources are not left out and a place where people with different talents dwell, peace, harmony and unity resides. A home of beauties and mighty men of valour. We find ways of laughing away our sorrows and sadness. Our trials and hard times can make a good joke.

We mock our leaders, yet, we stand by them. As Nigerians, we are the most resourceful, adaptive and talented set of being in this world. We just don't have been given room to explore our talents. I know we are yet to tap out our brilliance yet we still come out on top.

We have been rundown, envied, hated, bullied, roughed up, tried, discriminated, overworked, neglected, made fun of, discouraged. Yet, we still stand strong, firm and encouraged.

We have wealth in abundance. We export our produce and import the product. We rebuke ourselves and still watch ourselves from the back. We want to love our country. Once more, we want to know no fear, no more quarrel, wax stronger and all we want is peace, unity and progress.

We are survivors in our country and strugglers in other countries. I pray we find our way out.

*Some want to be patriotic,
Some want to express themselves,
Some are aggressive.*

We do these and lot more to make our country the best. We want to experience joy, happiness and progress with a prosperous country and a strong defense.

In all this, I realise that we were, we are, we would and we will always have hope and we would always love, cherish and adore our country Nigeria.



*Deborah Obehi,
Student, University of Lagos*

Why is Self- Esteem so important?

Low Self-Esteem may hold you back from succeeding at school or work because you don't believe your self to be capable of success. When you have low self esteem you can be easily influenced and pressurized by peers or people around you to do what you don't want to do. Low self-esteem makes you believe everyone is better than you and you are no match for them even though deep down, you know you have the potentials to be the best among your peers. You need to work on how you perceive your self if you exhibit any of these signs of poor self-esteem . Negative Outlook,Lack of confidence,Inability to express your needs,Focus on your weakness, Expressive feelings of shame, depression, or anxiety.

Healthy self esteem can help you achieve because you navigate life with a positive, assertive attitude and believe you can accomplish your goals. You are not been pressurized by your peers or people around you. Even when you don't have the potentials to do something, you still go ahead to do it because you believe in yourself and when it brings bad result, it won't weigh you down because you keep believing you will succeed and because of the confidence you have in your self, the result turns out to be positive. You probably have a good sense of who you are if you exhibit the following signs. Confidence, Ability to say No, Positive outlook, Negative experiences don't impact over all perspective, Ability to express your needs.

There are different factors that can influence Self-esteem. Genetic factors that help shape over all personality can play a role, but it is often our experiences that form the basis for over all self-esteem. Those who receive overly critical of negative assessments from caregivers, family members, and friends, for example will likely experience problems with self esteem.

Conclusively, your inner thinking, age, any potential illness, disabilities, or physical limitations, and your Job can affect your self esteem.

So please, if you discover you have low self esteem you don't have to hate your self or be ashamed, you can speak to a counselor who you trust can help you and not your peers who will lead you astray. Please, always speak out and learn the ability to say a big No to anything that will inconvenience you.





Peer Pressure

By Keran Sarah Jayan, Dubai

Peer pressure is the influence you feel from others telling you to do something you might not otherwise consider doing.

People often show strong tendency to conform to peer pressure because they wish to 'fit in' or to avoid rejection and gain social acceptance. They might try to live up to people's expectations and try to not get left out but it is important to be mindful to not have other people's expectations cloud who you really are. Peer pressure isn't always negative, it can be a positive influence and motivate you to do your best. It can also help you step out of your comfort zone and try new things. However the positive, it has a negative impact on many young teenagers. It can result in people doing something that doesn't fit their sense of right and wrong. It many result in them doing something that they would end up regretting. It may affect them mentally, emotionally and physically.

Being an individual means making decisions based on what is best for you. It means taking ownership and responsibility for what you do and how you think. But being an individual also means that you can be a valuable part of a comfortable and welcoming group.

Don't change who you are to fit in the standards of this world.



Why is believing in yourself so hard yet so important ??

By Iryn Tony

The ability to believe in yourself, for centuries have changed many lives, but only a few have been able to harness this power of the mind to explore themselves.

Our mind is capable of doing soo many things, things that we are still not aware of. It is the mind that controls everything or so it is what the world believes. The mind is however calibrated to doubt every action and every thought of the human mind and so arises one of the lesser known universal truths: It is the illusion of failure and doubt that prevents us from standing up for ourselves, our ideas and thoughts.

It is when we learn to control our mind, we can get much closer to this act of believing in oneself.

What difference would it make in your life if you did everything your heart told you and followed every rainbow and imagination your mind cooked up, believing at all times that you will be able to reach your goal if you close your eyes and believe it will happen.

What would you want and wish and hope for?

What would you dare to dream if you believed in yourself with such deep conviction that you had no fears of failure whatsoever?

If you want to change your life by becoming an author, believe that you can do it. The hardest step in that journey is finding the confidence to learn how to write a book. Once you get a hold of a proven system to plan, produce, and publish your work, the larger goal becomes easier to attain. So believe. But what do we still fear ??

Every human mind has been programmed to doubt. Self-doubt is infact a part and parcel of the human experience, Conquering it aint that easy and that is where the foreplay of believing in oneself comes in. Your trust in yourself, should be greater than your fears. Yet left unchecked, the fear that fuels our doubt can drive us to be over cautious and keep us from taking the very actions that would help us and serve others.

So understand that your doubt and fear of failures stands in the way of perhaps, you being able to help people and create an impact.

Confidence is sometimes worn as a facade to prevent others from thinking we are fools, but the real self-confidence comes when we believe we are capable of bringing change to our surroundings and making a dent in this world.

We often fail to realize that our thoughts and ideas if given the right amount of encouragement can at least help one person grow and that should always remain our goal, the desire to bring a smile on people's faces and be a help to the ones around us, giving hope to the ones who have given up on life. I have always believed that "Kindness is the rent we should pay for occupying a place on earth". Try to help the world in your own way. Well, no one can go about changing the world, if you don't believe in yourself, if you don't support your own opinions, ideas and thoughts.

So, start small, believe first that you need no one's approval to be you. You're great, so what if a bunch of people dont approve your decision or your perspective on life, as long as you trust yourself, you will be able to bring the right change.

There is another side to this coin, that is if you are determined to fail, let your doubts and vulnerability take control, let the others dictate what is best for you, you will be simply ruining the small beautiful time on earth that you have. A lack of belief in yourself will limit you no matter how great the ideas or opportunities are that you are exposed to.

We all deal with vulnerability, uncertainty, and failure. However, some of us thrive on the fact that, if we try to move forward, we will figure it out.

Life is all about figuring it out, if we all had a manual on how to spend time on earth, it would have been easy for us to do our best and make everyone proud.

But what we need to realize is that we receive the manual to life when we start believing and trusting yourself. It's not that hard, believe me I've tried it, you've just gotta let go and let your heart do its thing, but make sure you stand up for its choices.

Never think of yourself as something small, you're huge enough to impact millions of lives, but the disclaimer here is that you need to love yourself and believe that your dreams and aspirations are worth being stood up for, Only then would you truly master the art of believing in oneself.

NEVER compromise your potential to grow due to self-limiting doubts. Instead, embrace your confidence and believe in yourself because you really can do anything if you put your mind into it.



The usual happiness

By Keziah Mariam Jayan

I know most of us in our lives have heard at least once heard a speech on happiness, either on YouTube or a program. While we are listening to the speech we are so motivated to follow our passion and dreams. But unfortunately, all that motivation dies down soon after the speech is over.

We keep postponing our happiness and satisfaction to tomorrow, and that tomorrow do not exist in most of our calendars. Life is a very long journey and we need to find happiness not by postponing it but by living it.

Everything that we do in our life is for the pursuit of happiness. Every job has an element of fun, if you don't enjoy or find happiness in what you are doing today, then that is when you realize you will never be happy even if you reach the end. We postpone our happiness to the extent that we think it's normal. Our elders say that if you cry today, you will be happy years later. But the truth is we don't even know if we are alive tomorrow.

We postponing our happiness is the worst kind of slavery, which we can put ourselves through. We all think we are working for our happiness but in reality we are just working to create a perception to show other that we are happy.

If we don't start working towards our own validation and happiness, but instead busy impressing others by showing our fancy life style, I think it's the greatest epidemic in our society.





RESPONSIBILITY

By Ezuba Racheal

Responsibility is “taking ownership of my thoughts, words, and actions. “Being responsible will help me become a healthy, happy and productive person. I am responsible when I do what I am expected to do at home, in school and in the society. Responsibility begins with taking care of the “little things” like my belongings, working with a good attitude, resolving conflicts peacefully, and owning up to my mistakes.

Taking responsibility in these “little things” prepares me for greater opportunities in the future!

To be responsible, you have to always keep on trying things that are not so easy but worth your time and energy used To be responsible you have to stop procrastinating, you just have to do what you can, while you can, when you can.

To be responsible you have to be humble, bee ready for correction Too be responsible you have to care for yourself and others around you in Love.



The value in perseverance

By Destiny Nwebe

Student, University of Lagos



I got my first job when I was 16, I was fresh out of high school with only basic computer skills I have just learnt few months before (desktop diploma), my high school diploma and a seal for something new. I was to be the front desk officer at a Travel agency. My duties were quite basic; to resume early before others to open up the office for the day's work, to do a little bit of cleaning, to run little errands for my boss etc. At first these proved to be a lot to handle as it was new to me but I held on and persevered and a few months later the routine didn't seem strenuous anymore. Eight months on, I was promoted from front desk officer to the data entry officer/travel consultant, here I gained experience of how Visa processing is done, how flight tickets are booked, how hotel reservation is done etc. I also gained soft skills such as; ability to work under pressure, patience, team work with my colleagues, accountability, taking responsibility for my mistakes and even for anyone on my team. I dare say that these times has fashioned me to who I am today. In the words of Albert Einstein, he says; "it's not that I'm so smart, it's just that I stay with problems longer. Hence I conclude, that it's very important to be patient and preserve. In the early days of my job I wanted to quit but I held on to than tiny thread of hope that it'll get better and it did.

A TEACHER AND NOT A CHEATER

By Ogunlaja Janet Tomisin
University Of Lagos, Nigeria

A teacher teaches, and this involves the imparting of "knowledge". Knowledge of the world is always tentative at best, and sometimes downright wrong. At various point in history, children were taught by teachers that the Earth was flat, and that the Earth was the centre of the Universe. Generations were cheated of cosmological truth. Even in the physical sciences and in mathematics, which are supposed to be exact, there are many misleading things taught to young children. Gross simplifications abound.

First example: Newtonian Physics is taught to all school children like it is gospel truth, only to later be demolished by the revelations of Relativity and Quantum Mechanics, which can lead to a feeling of disillusionment amongst some students.

Second example: teaching younger students that you can't take the square root of a negative number, only to cheat them of this early assumption with the introduction of complex numbers. "Simplification" is a euphemism - it's basically

tantamount to cheating the students of a deeper truth. It's even worse when you consider humanities subjects like History, which necessarily involve subjective interpretations of events in the past.

It's quite safe to say that the many students who end up rejecting "accepted" historical narratives to embrace "alternative" ones feel thoroughly cheated by their original mainstream teachers.

There are several reasons why teachers might (and sometimes do) cheat. One is funding. With standardized testing came the practice of linking test results to money for the school. The reason is that if a teacher is a good teacher, more of their students should pass the tests, and so the school should get more money. Bad teachers will have poor students, and so

schools with bad teachers should get less money.

This has lead to cheating in several ways:

Teaching to the test: This is a minor cheat; teaching the students what is on the test, and sometimes ignoring other equally important things that aren't on the test. This is bad for the students, since it causes them to pass the testing without getting a full education.

Changing grades: There are teachers that have been caught changing their students grades from failing to passing. This mostly is because enough students failed the test that it would have put the teacher below a certain threshold. By changing a few answers of a few students, or maybe filling in answers that students left blank, a teacher can very subtly go from a failing teacher to a passing teacher, all while "helping" a few kids.

THE EFFECT OF CHEATING ON THE STUDENT

Cheating deprive children from getting full education, ie, cheating cause children to pass through school without thorough education, this children tend to become a problem to the society in future.

Cheating does more harm to our student than the failure you are trying to prevent them from and makes you a **CHEATER** rather than a **TEACHER**.





From the Editor:

Thank you everyone for giving such a good response. We are constantly trying to make the newsletter better every month. We would like to thank all volunteers who sent their write-ups.

Our readers are very important to us and your suggestions and criticism are warmly welcomed! Please write to us at contact@adoreearth.org

Thank You!

- Simran & Keziah