

ADORE YOUTH

motivating youth for *positive* action

APRIL, 2020



Programs

- Young Leaders
- Soaring Wings
- Level Up
- Synergy

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 centres so that they emerge as aware and responsible citizens and better human beings.

SELF DEVELOPMENT A LIFE TIME PROCESS

*By Dada Ifeoluwa
Nigeria*

You cannot live longer than you can live, but you can do better than you can do depending on how you develop yourself, discover your gift and talent, develop it and use it.

There cannot be Self Development, unless there is self discovery, and there cannot be living unless there is self discovery. You start living when you know your purpose of existence.

Self Development is a life time process, which starts from the cradle to the grave. The best of you comes from developing yourself. No one can fuel your development unless you fire it. Pull the trigger to develop yourself.

This product of self development is satisfaction, happiness and a fulfilled life. Do you want to be fulfilled? You want to be influential and be a financier? Then you need to develop yourself.

Every Starter and Changers that you know are product of Self Discovery. You can sit and think you will hit. Changers are self Challengers, self pushers and self encouragers. You don't for people to do for you what you can do for yourself.

The process to Self Development is Self Discover, Setting Destination and Scheduling the Tempo. You discover yourself, set the destination of where you want to get and give it a time frame. That is have a goal and also support it with an objective that will ensure you actualise your goal.

You have to keep developing yourself until you become the best version of yourself and the best version of yourself must be attained each day.

NO ROOM FOR “SLOW LEARNERS” IN THE EDUCATIONAL SYSTEM

By Priscilla Egbo
Nigeria

A slow learner has been described as a person with below average intelligence, whose thinking skills have developed significantly more slowly than the norm of his/her age. Statistics has shown that about 10% of persons in the educational system are slow learners.

The vast and uneven ratio between the fast and slow learners has made the world of education assume that the statistical figure of slow learners is too insignificant an amount to be really catered for. It's no wonder such category of people are termed “dullards” or “not been school materials”.

Majority of such slow learners come into the formal education setting with the hope that the tutors there are employed to be of help and assistance not just to the so called “bright or quick learning” students, but majorly to those who find it really cumbersome to comprehend what is being taught. Unfortunately, they're indirectly left to paddle their own canoe.

Sometime ago, a parent was seen lamenting and expressing her gross displeasure with the way a school tutor left a child to herself and concentrated on teaching other pupils with the excuse that the child wasn't catching up fast and that she couldn't waste her effort on just one child that's “refusing” to learn. In as much as there are ocean of heads in a classroom waiting to be taught by a tutor doesn't mean the life and dream of a single optimistic slow learner should be gambled with by the carefree and unconcerned attitude of the tutor.

Sacrificial dedication of time would be needed perhaps during the break, to see what can be done to help such an one.

It is imperative to note that the more the educational system tries to roll under carpet these special set of people, the more Ben Carson's we must be prepared to lose.

DUMPING AS A SOCIETAL MENACE

Eunice Obidi

*A student and prolific writer
University of Lagos, Ikeja, Nigeria*

It must have started from the careless dropping of a sweet wrapper by a toddler or the nonchalant disposal of a pure water sachet on the highway by a bus conductor. Whatever way it started, it gradually increased. People throwing refuse anywhere without thinking of the consequences of their actions, how it affects individuals, societies, cities that might have known nothing about them. How people have the guts to throw refuse on the road is something I still try to understand. Is our population affecting us adversely in this area?

Is government not creating enough awareness about the dangers of careless refuse dumping? Is the waste disposal system in the country that malfunctioned? Are people being plain disobedient and uncivil? Is ignorance the monster behind it all? Or is it just one of the so many hurdles developing countries have to overcome? Your guess is as good as mine. These factors all contribute.

Refuse does not belong just anywhere. People hate traffic but they are not seeing the poor waste disposal that cause blocked drainages and ultimately builds up to terrible traffic jams on rainy and unrainy days. When people pinch their noses in a bus stop, I hope they look around for the cause. It is the refuse carelessly disposed of that is bringing the stench. Cities will be a lot more welcoming without the terrible eyesores that refuse create on our roads. Have people not wondered why there are lots of sick people in our hospitals today? Bad waste disposal, indiscriminate refuse dumping contaminates our water, our air, our soils. The health hazards they pose to human and animal life can be very devastating, wiping out villages, towns, cities and large water bodies.

As a country, we also lose a lot from the thousands of refuse strewn across our roads and cities in unsightly places instead of creating wealth by recycling them. According to research, Nigeria produces thirty two million tons of solid waste annually and only about twenty to thirty percent of that is collected, not to talk of recycled. In Lagos alone, ten thousand tons of solid waste is produced on a daily basis. Imagine the wealth

that could come out from that if it is properly explored. When refuse is not recycled, it is a menace, something that has to be dealt with. And not just by recruiting more road cleaners, but by inculcating discipline in the citizens, by educating them about the dangers that arise from careless refuse dumping, by developing the waste disposal system across the country, by enlisting the support of private organizations and volunteer services to fight the menace and by sanctioning whoever dares to throw refuse carelessly.

TIME UTILIZATION

By Badru Hamid
PRY 2, Jomach School,
Nigeria

My name is Badru Hamid. I am 10 years old.

My best food is rice and egg.

When I wake up in the morning-

- I mop the floor
- I wash my clothes

I brush my teeth

- In the night I pray and go to sleep
- I wash my plates and assist my sweet mother in cleaning the bathroom
- I pass my mom phone and my brother.
- After that I take my bath and have a good night sleep



By Adedayo Joy
JSS 2, Joviland School
Nigeria

Time Utilization can be defined as a judicious way one spends his/her time. Firstly, when I wake up in the morning I spend quality time to pray and read the Bible so as to be a powerful Christian.

Not only that, I will also outline all that I want to do for the day and schedule time for each of the activities and make sure I follow it up without procrastination. For example: washing, reading, visitation, church activities, etc.

In addition I will also make sure I evaluate myself and see that all the plans for the day are been realised because time is money and time waits for no one.



TIME UTILIZATION

*By Precious Nwadinume
Nigeria*

My name is Precious Nwadinume. I am in Primary 2 Crown.

I engaged myself during a lot of activities in the house during this lockdown period due to the deadly disease coronavirus. I didn't use all my time just to play, I read my storybooks, helping in the house and during this lockdown period. I played game on my daddy's phone.

However staying at home is not really fun when pupils are supposed to be in schools. But the government has instructed. however, one of my activities in the house is sweeping, moping, washing pants and socks and also my parents had time to play with my siblings and I watched my church programme on the television. I also watch educative programmes on the television such as Maths, English and Science.

In addition, I make sure I pray for those who are infected or struggling in the isolation centres so they can get well soon and be with their family and for those who lost their lives. I always make sure I wash my hands and watch news. May GOD ALMIGHTY help us fight this disease so that people will resume their work and school should resume immediately.



MY EXPERIENCE DURING THIS PANDEMIC

*Shokunbi, A student,
Ogun state, Nigeria*

A pandemic which led to a curfew, most people see this as an opportunity to rest ,others see it as an opportunity to build and acquire more skills. To me, it's an opportunity to blend both. I spent the first few days lazing about. The realization hit me and I decided to be serious.

The first thing I did was to plan the break. After planning and all that ,I came up with something tangible. I enrolled in some online classes. Since I have a drawing talent, I should definitely develop myself. The class kicked off and it only lasted for few hours. What would I do during the remaining hours? Another idea came. This time around,I got myself books to read, novels and motivational books of course. This would help to improve my vocabulary as well as my communication skills. In order not to run out of books,I got an app "Ficool Books" and also got PDFs.

When I'm not reading nor drawing,I played games to calm my nerves. Along the line,I decided to learn web designing and programming. I actually picked up this interest while reading a novel. I also developed interest in coding. It was worth investing in. My spiritual life is something I wouldn't forget to mention. I decided to use this period to also study my Bible and build intimacy with God.

I also started reading in preparation for the resumption and exam after the pandemic break. I wouldn't want to be caught off guard. The pandemic might have a lot of disadvantages but it has some advantages too. I will and always pray for the country. I am confident that we'll scale through this.



TIME UTILIZATION

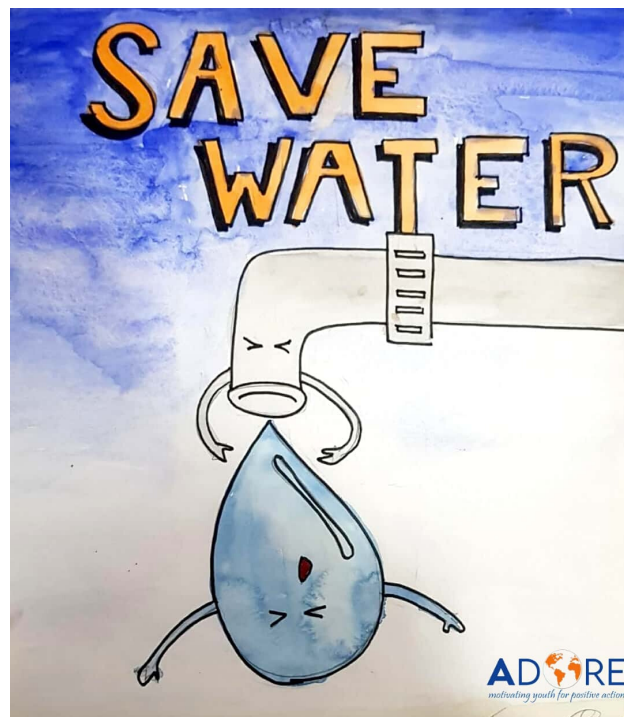
*By Owolabi Mubaraq
SSS 1, Philbeth School
Nigeria*

My name is Owolabi Mubaraq and I am writing this to explain how I utilize my time.

Firstly, i wake up around 7 AM in the morning and go to the bathroom to brush my teeth. After that I go to my parents room and greet them a good morning. Then I go to the kitchen and wash the dishes. After washing the dishes, my mum prepares breakfast and we all go to the dining table to eat.

After eating I take my mum's phone and start doing one or two things on the phone then till the afternoon. We pray exactly at 2 pm and then I go to my room to sleep till the evening.

When I wake up in the evening I pray and I go outside to play football with my friends in my compound. We play football till sunset and we all go to our various houses. Then we pray. after praying, we go inside and my dad start the generator and keep ourselves entertained till 11 PM till we all fall asleep.



CURBING THE ACT OF BULLYING IN OUR SCHOOL

*By Chika Ruth
A student and young entrepreneur
Lagos ,Nigeria*

It is seen in most of the students in schools that bullying is one of the most practiced form of indiscipline and it is not a new thing to us all. It is common in both primary,secondary and tertiary institutions. And most unfortunate part of it is that nobody had deemed it fit to check the ugly trend.

Therefore , indiscipline means inability to control or train yourself or somebody.while bullying is the act of intimidating somebody to do something with act of coercion(force).this act must be stopped in the school and any student should be punished for bullying his/her fellow student.

Can you imagine two senior prefect in the name of assecting authority inflicted multiple intucits on an innocent girl in a lower class,rich kids bullying poor ones.This uncivilized act if not checkmated may result in serious muting in the school. I am, therefore of the opinion that the school authority can do the following to curb the situation.

- First, invite all students and give them fresh orientation. Let them know that bullying is more animalistic than human.
- Also,let there be a standing disciplinary committee that will look into cases of bullying and all such condemnable acts .
- Proirities should be set against bullying in our school,emphasis on excellence should be encouraged in our schools at any level.

I fervently belief that sanity will return to the system and bullying will be totally get rid off, if the above suggestion are considered.



LETTER TO PAST AND FUTURE

*By Milkessa Nigeri
Ethiopia*

PAST LIFE REGRESSION

Dear Milky,

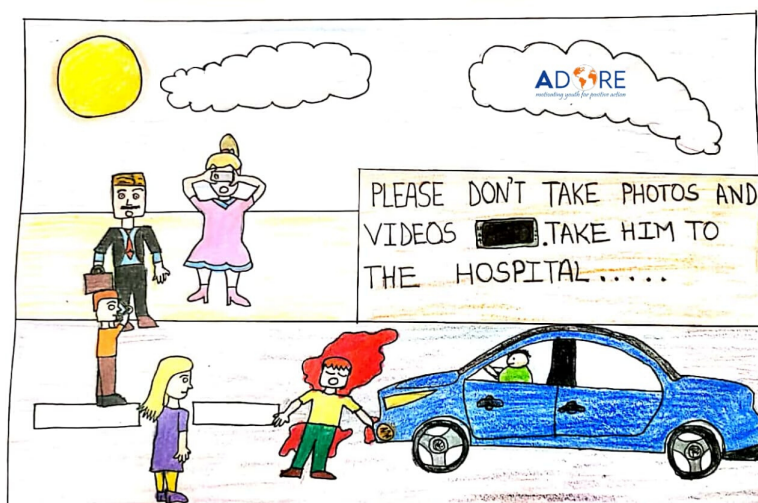
You wasted a lot of time and energy to get approval of people who don't approve you. You cannot change people's perception about you! Do only what your vision requires. Let your results be for you. Let your results bring for you the approval, the respect, love and understanding of people. Let them be (your results be) your advertising mouth piece! Life is short! Don't waste a single minute proving yourself or your goodness to anybody. At the end of the day, this life is yours and no one walks your journey for you.

TO THE FUTURE ME

Dear Milky,

Focus on Love! Let everything you do come out of the vibrational centre of love, that is, unconditional. Have vision! Work from the place of enlistment and spirit of pure innocence. Dear Milky, focus on meditation, physical exercise and eating a good diet! Help as many people as you can on your journey of love and career. Love unconditionally but guard your heart because everyone is not like you!

Love you so much Milky!



BENEFITS OF EMPHASIS ON NUTRITION IN NIGERIAN SCHOOLS

*By Nweke Mary
University of Lagos
Early Childhood Education, Nigeria*

Trying to argue or discuss the benefits of showing interests in nutrition by parents, care givers and teachers especially in school children is like trying to talk about the obvious. This cuts across all levels of education viz a viz the primary, secondary and the tertiary. Copious benefits about in providing school students good nutrition especially, their in primary level and below. These benefits are discussed in the subsequent paragraphs.

Chief on benefits according to good nutrition is physical growth and fitness of school children. This becomes possible in the sense that there would be appropriate development of physical strength, improved well being and increased self confidence. Sport and other activities should not be neglected as well as to help students and maintain physical fitness. By doing so, the mental and physiological well being of an average child (student) is granted.

Another note worthy benefits is improved educational attachment. Emphasising on nutrition makes it possible for students to fully focus on there academics,thereby meeting high targets. It makes it possible for students to participate in class quizzes, debates, inter school competitions and foreign competitions to mention on few, thereby improving their intellectual skills.

Another more, if parents and care givers show interest in nutrition of students, the students will maintain good health and the rate of illness will be remarkably reduced.

To round off, it becomes pertinent to re iterate the fact that these benefits drivable from showing interest in nutrition such as encouraging balanced diet, adequate physical exercises amongst other things stimulate students and prepare them for a brighter future.

BE CREATIVE TO CREATE YOUR OWN SOLUTIONS

*By Anwar Yawale
Nigeria*

"When great minds work towards a noble cause, we can achieve great things".
Helping improve your community or bolster a cause you believe in is probably the most satisfying way.

Doing something for your society, would not only take you to a higher level but also ensure long term growth and success."

Life's biggest problem is thinking and hoping for someone to get you out of a problem and they don't.

This is why you must learn that, the solution to every life problems lies within you. The best way out of a difficult situation, is right through it, to go through it, you need to set a goals and make a plans.

