



# ASTS



VOL. 25 NO. 2 MAR. 2019

## Leadership for Community Transformation

Simple tips  
to manage your  
stress level

**Invest in things  
that matter**  
- First Lady of Ekiti State

**Ooni of Ife, others  
celebrate 25th Anniversary  
Founder's Day**

**Students host  
party for  
Iloko children**





# School Transport Service

**LAGOS**

**PORT HARCOURT**

**ABUJA**

The school is aware of the efforts Parents and Guardians make to come to school each visiting day, resumption and end of term. We would like to let you know that if you are unable to make each trip personally, parents in Lagos, Port Harcourt and Abuja have come together to arrange group transport system from those cities to school on key dates.

If you are interested in your child or yourself joining the organised transport, please contact the parents listed below.

## Resumption and Closing Days

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Mr. Aderele Ladejobi

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# AUSTIN FRIARS

Austin Friars is built on a strong academic tradition where students excel in their chosen subjects. We have a broad range of A' Level subjects to choose from, or an alternative Austin Friars Internship (AFI) route, which are supported by specialist, high quality teaching. We offer fantastic opportunities to achieve high grades and secure places at top universities. An inspection by the Independent Schools Inspectorate reported that our "success at Advanced level is high in comparison with the national average" and that "pupils of all abilities achieve well and enjoy their success". Personal development is a priority as VI Formers move towards their future goals through academic study and by taking a full part in school life. We offer a stable community which supports and motivates students. In addition, wide-ranging sports and extra-curricular programmes, social activities and leadership responsibilities also form an essential part of our VI Form education. We offer a dedicated VI Form centre which provides the finest facilities including a common room, kitchen, computer cluster and 3 study rooms. The VI Form team work with all students on an individual basis to help them achieve their aims and develop their many skills to ensure they fulfil their potential in all aspects of VI Form life.



"I initially left school at the end of L6th to work in the family business but was given the opportunity to pilot the *Austin Friars Internship* programme which would allow me to finish my A' Levels (giving me the option to go to University) whilst simultaneously working one day a week. I jumped at the prospect as I was missing Friars' Rugby and the School community. My standard week was in School

Monday - Thursday, and working on a Friday. Experience of this real-world working environment helped develop social time-management and teamwork skills that differ to those traits learnt in a school environment. It is by no means an "easier" route, as the work load has different demands to that of the traditional route, however, it opens up more opportunities for those like me, who didn't know what they wanted to do at age 17/18. I now work as a Personal Trainer on Cruise Ships around the world."

**Henry Berry - Former Pupil**



"I left Friars in 2013 after 6 happy years at the school. Taking advantage of the mass of opportunities available to me, I was the 1st XI Hockey captain and Deputy Head Girl which provided my first real 'management' opportunities during my VI Form years. I went on to study Business

Management at Northumbria University which included an industrial placement year at GlaxoSmithKline. I graduated with a first class degree last summer and shortly after, began my permanent role in supply chain management back at GSK. The community spirit and emphasis on things other than just academics at both Friars, and then Northumbria University, has set me up with a wide portfolio of professional skills, which I am excited to apply in my graduate role at a world-renowned organisation!"

**Connie Wainwright - Former Pupil**

To enquire, or for more information, email [admissions@austinfriars.co.uk](mailto:admissions@austinfriars.co.uk)



# Explore...



O lashore International School believes in the dignity and worth of each student and recognises the importance of mutual responsibility in the world community.

The school believes that each youth should have the opportunity for education consistent with their individual capabilities and with their personal and social needs.

The school believes that change is a constant factor in life. Education, therefore,

should encourage in students the development of values and thinking processes which will facilitate their intelligent adaptability in a changing society.

The school believes that learning is an unbroken activity continued throughout an individual's life span. Education, therefore, should foster independent thinking, exploration and experimentation as a lifelong process.



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# From the Editor

Effective leaders are those who are able to effect positive change on behalf of others and society. At Olashore International School, we believe effective leaders make a positive impact amongst their peers, in their immediate local community and wherever they find themselves. This belief led to the setting up of Olashore International School in Iloko; an act by the founder, Oba Oladele Olashore that has brought about development in the community and placed it on the global map.

As a school committed to ensuring that each child achieves their full potential, which includes their leadership potential, we make use of the social change model to focus on the development of student leadership capabilities. This is

to make certain that the students are empowered to create sustainable and transformational leadership for the community. Our cover story titled *Leadership for community transformation* provides an insight into how we do that.

The term has been an exciting one as activities marking the 25th anniversary of the founding of the school reached their climax with the Anniversary Founder's Day. This year's celebration witnessed the launch of the OISA Foundation. It was a pleasure to welcome the Ooni of Ife, Oba Adeyeye Enitan Ogunwusi; the First Lady of Ekiti State, Erelu Bisi Fayemi; Deputy Governor of the State of Osun, Mr Gboyega Alabi; and other dignitaries and alumni

who graced the occasion. You will find details of this event and other activities that took place this term in the magazine.

As always, Oasis Magazine features content that shows the school's commitment to ensuring that graduates are prepared to lead in the 21st century. As you read the magazine, we hope that you are able to gain a glimpse into why we say "*all students deserve an Olashore Education*". Feel free to send in your comments, questions or suggestions to [oasis@olashoreschool.com](mailto:oasis@olashoreschool.com). Don't forget to follow us on all our social media handles @olashoreschool.

We look forward to hearing from you.■



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'I feel very proud of my achievement'



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'I had more to offer Nigeria than the UK'



Welcome to this term's edition of Oasis. This has been an exciting term for students, staff and parents as we celebrated our 25th anniversary in style and also introduced some new initiatives that show the school's commitment to leadership that has an impact for the next twenty-five years.

The high point of the term was the 25th anniversary Founder's Day celebration. During my time at Olashore, we have rarely had such a high-profile event. I am sure that it will impact on the school community for years to come. To be able to welcome key leaders in Nigeria, encompassing both traditional leadership and political leadership, demonstrating leadership crosses all genders, hearing them encouraging Olashore students to take up that baton of leadership and transform Nigeria was an event that I am confident will drive our students forward. Weeks after the event, students continue to talk about the way the Ooni of Ife, while upholding the traditions of Yoruba culture, was able to speak directly to them on how high quality leadership, including traditional leadership, is vital for future development and his belief that each Olashore student will have a part to play in that development. His words reinforced the message by the First Lady of Ekiti state who is a shining example of the vital role women play in leadership and change in society.

Leadership to bring about positive change in the community is the underlying principle of the Olashore Leadership programme and this edition of Oasis celebrates that. All students in the school learn the core values embedded in the Social Change Model of Leadership, not only through classroom-based activities but also by serving the community. This is shown by the many projects that are undertaken by students that positively impact society in Iloko and Oriade Local Government. These projects include support classes for students from Iloko and primary schools across Oriade LGA. I see these students in school each week, improving their core skills with the support of Olashore students. This partnership allows all the children to learn from each other and build a great understanding of the value of collaboration. As part of the 25th anniversary celebrations, a number of children from these local primary schools took part in a debate competition in the school. It was amazing to see the confidence and intelligence shown by



Dr. K. Smith, Principal

these young children. The community education work complements projects in health, like the "Are you Sporty?" event, and the Iloko Water Project which will repair five boreholes, providing safe drinking water for the community.

The OISA Foundation, which was launched during the Founder's Day celebration, will ensure that these projects are able to expand. Students will be able to continue existing projects and develop their creativity and collaboration skills, as they initiate new projects to have a greater impact on the community.

I hope you enjoy reading the magazine which covers these and other activities which have taken place in the school and encourage you to continue to support the students as they develop their leadership by making a positive impact in the community.■

“

**Leadership to bring about positive change in the community is the underlying principle of the Olashore Leadership programme and this edition of Oasis celebrates that.**

”



# OISA Foundation



The OISA Foundation is a philanthropic response to the social needs in Iloko and the neighbouring communities.

The Foundation epitomizes the community development efforts of the Olashore International School Association evidenced by the myriad of interventionist projects conducted by the school in Iloko. These interventions have now been extended to cover areas outside education such as health and public utilities.

With the support of our partners and donors, we will ensure that the scope of our projects is expanded and more scholarship opportunities made available. The Foundation will remain focused on giving back to the community and will coordinate and consolidate all community development projects under one umbrella.

We use this opportunity to invite you to be a part of this move to transform lives and build a sustainable legacy of service for present and future generations.

You can contribute by making payment into the Foundation's account:

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*...and together, let's make a difference.*



Education is the most powerful weapon which you can use to change the world. **Nelson Mandela**

Confidence comes from discipline and training. **Robert Kiyosaki**

Unbundle the myths of your limitation. **Bode Olanipekun (SAN)**

Invest in your idea, be the first to take courage. If you have so much faith in it, you must have enough faith in it to put all your effort in it. It will encourage others to do so. **Tara Durotoye (House of Tara)**

The beautiful thing about learning is that no one can take it away from you. **B.B King**

Life does not make any sense without interdependence. We need each other; the sooner we learn that, the better for us all. **Erik Erikson**

Intelligence is the ability to adapt to change. **Stephen Hawking**

You have two choices: Your commitment versus your fears. **Sammy Davis Jr.**

Life is 10% what happens to you and 90% how you react to it. **Charles R.**

I come from a place where there are opportunities staring you in the eye, but it is looking for the people who have the heart and the courage to do it and do it right. **Ibukun Awosika**

It is not primarily our physical selves that limit us, but rather our mindset about our physical limits. **Ellen Langer**

The most beautiful things in the world cannot be seen or even touched. They must be felt by the heart. **Helen Keller**

Image: Zhuhai Macau Bridge

The 55-kilometre-long China mega-bridge, which was constructed for 9 years, is the longest over-sea bridge in the world. It crosses the Pearl River estuary to connect the Chinese mainland to Hong Kong and Macau.

In one section, the bridge transitions to an underwater tunnel for 7 kilometres to make way for ships to cross and planes to take off from the nearby Hong Kong International Airport.

About 400,000 tons of steel was used in the project, equivalent to eight times the amount used to build the Sydney Harbour Bridge. The structure is supported by pillars embedded in the seafloor, cables hanging from giant towers, and two artificial islands.

According to its engineers, it should be able to withstand a magnitude-8 earthquake, a super typhoon, or a collision with a 300,000-tonne ship.



# Celebrating women who have broken records



**Dr Ameyo Adadevoh**

She was a Nigerian physician credited with having curbed the spread of the Ebola virus in Nigeria. She did this at the cost of her life.



**Chioma Ajunwa**

She is the first Nigerian and West African female to win an Olympic gold medal.



**Prof. Grace Alele-Williams**

She is the first female vice-chancellor of a Nigerian university. She is also the first Nigerian woman to receive a doctorate degree.



**Ellen Johnson Sirleaf**

She is Africa's first elected female Head of State and the first female president of Liberia.



**Wangari Maathai**

She was the first African woman to receive the Nobel Peace Prize.



**Mary Slessor**

She was a missionary to Nigeria and is known for stopping the killing of twins.



**Margaret Thatcher**

She was U.K.'s first female prime minister and was the only female prime minister until the current prime minister, Theresa May.



**Indira Gandhi**

She was the first female prime minister of India.



**Oprah Winfrey**

She is the first black woman billionaire and one of the most influential women in the world.



# Bolarinwa Elegbede



**B**olarinwa Elegbede played the lead role in the anniversary play, *Etit*: All eyes on you. His character gave life to the play and his delivery was on point. Ebiela Guanah and Ojuoluwa Dabiri spoke to him in this interview.

## Playing the lead role in *Etit* – All Eyes on You

It was one that I would never forget, although, it came with a lot of stress from daily rehearsals to memorising my lines. In the end, it felt unreal and like waking up from a dream. Looking back at the first show in school, where tension filled the air, to the last show in Akure is a celebration and reflection of all our efforts.

## Challenge playing the lead role

I think the commitment to learning all my lines was the

main challenge. It was all new work to me but I later adjusted after all the pressure from the cast and crew who kept saying, "go and learn your lines!"

## Experience at Olashore International School

Olashore has exposed me to various opportunities and unlocked a lot of potential that I never knew I had. Ironically, drama is a part of it because I was never a fan of talking to a crowd. I have been put in the football squad which exposed me to new and different settings. The school trips have also added to my general knowledge of different cultures.

## Joining the drama troupe

It was during a Civic Education lesson when Mr Fatomilola asked that people interested in being a part of

the drama production write down their names. I was on my seat thinking and asking myself if I should be a part of the play. He was leaving the class when I went after him and told him I would love to be a part of the production. After that, I wondered why I did that and hoped for a non-speaking role. Before the drama, I always avoided talking to a crowd, so it was sort of a trip to an unknown land for me.

## Role models

My parents are my role models because they always encourage and expect the best from me. I remember calling my mum in the evenings and all I would talk about is the play then she would say "just focus on your education". After the play was staged in the Lagos, she was so proud of me. Looking at her I knew I had made her

proud. That day was one of the best days of my life so far.

## Hobbies

My hobbies are playing music, soccer, volleyball and sports in general. I spend my free time reading novels and talking to friends.

## Future ambition

I want to be an engineer or an architect. I would always be open to any other sporting or drama opportunities that come my way.

## Motivation

The standard that I set for myself pushes me to always do better. I always believe that a task or project can always be done better than before. I also try not to let down those that believe in me. 🙏



## Alumni honoured on Founder's Day



Busayo Otuyemi (2005 set) receiving her award

**T**hree alumni have been honoured by the school at the 25th anniversary Founder's Day. They are Gbemileke 'Oscar' Oyinsan (2001 Set), Busayo Otuyemi (2005 Set) and Oladoyin Olaosebikan (2008 Set). They received the School's Outstanding Alumni Award for their distinguished service to the school. Other alumni were present during the occasion to show support to the awardees and the school.



## OISA Launches Foundation

**T**he Olashore International School Association, OISA, has launched its Foundation-OISA Foundation at the 25th Anniversary Founder's Day. According to the Chairman, Board of Governors of Olashore International School, Prince Abimbola Olashore who is also a member of the Board of Trustees of the Foundation, the Foundation is a

philanthropic response to the social needs in the school's host community as well as neighbouring communities. He explained that the Foundation will remain focused on giving back to the community.

The OISA Foundation projects will fall under two categories: health and education. Through the health projects, the Foundation will be able to improve the health

care system in Iloko and extend it to other communities in Oriade Local Government Area by providing access to clean water and upgrading the health centres with standard facilities. On the other hand, the education projects will aim at developing the local primary schools in the communities and providing scholarship opportunities.

## Olashore debate team takes part in COBIS World Debate Competition

By Lateefah Mutiu

**O**lashore International School joined 14 other COBIS Member Schools at the 2019 COBIS Student World Debate Competition. The event took place in Bucharest, Romania. The school was represented by the debate team made up of Chidera Olalare, Netochukwu Kalu, Oluwakemi Oni and Lateefah Mutiu.

Prior to the start of the competition, all participants were given a tour of the national village museum, allowed to try Romanian meals, and took a trip to an ice-skating rink. It allowed the



The Olashore debate team at the 2019 COBIS Student World Debate Competition

students to interact with one another and make friends. The competition came to an end with a prize giving

ceremony where participating schools received awards and certificates.

The Olashore debate

team made it to the quarter-final of the competition.



# THE FUTURE OF EDUCATION



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# Science fair on global warming

By Jomiloju Tunde-Oladipo

**T**he school science fair took place at the Science Block. The theme for the fair was "Global warming". The students carried out experiments to show how global warming works and how it affects the environment. The teachers were present to guide the students as they carried out their experiments. Parents got to see firsthand all these activities and even take part in them.

Also on display were farm products produced by the agricultural science students on the school farm.

Parents were treated to a light refreshment of fresh Zobo drinks and popcorn made by the students. ■







# My Trip to Bucharest

By Netochukwu Kalu

On the 4th of February, I travelled to Bucharest in Romania as part of the debate team to take part in the 2019 COBIS (Council of British International Schools) Student World Debate. The trip started with the group heading to the Murtala Muhammed International Airport in Lagos from Osun State. We checked in, went through immigration and had something to eat. Fifteen minutes later, we got on the plane. We took off at ten pm and spent almost seven hours on the plane. We arrived in Amsterdam around five am, and waited for about three hours. We all carried sweaters in case it was cold, and it was really cold. As time went, it became colder. It took another three hours to get to Romania from Amsterdam. At the airport, we met the ambassador's representative who ensured the bus the host school was to have hired came to the airport. We also met the students from Mexico. In Romania, it was so cold that as we spoke, we saw the fog coming out of our mouths.

We spent our first night at the Hotel Ramada. It was there we met with Adebola Olashore. We lunch in the hotel

and it was pretty interesting. The meal was good; it just wasn't as spicy as Nigerian food. After that, we had our first practice with Adebola. She listened

*On the second day, the ambassador's representative picked us from the hotel and took us to the house of the Ambassador of Nigeria. We felt at home, once we got there. We made jokes, laughed, ate and answered questions about our debate and also about our school.*

carefully to everything we said, corrected our grammar and also told us a better way we could put our points. She had a lot to say.

On the second day, the ambassador's representative picked us from the hotel and took us to the house of the Ambassador of Nigeria. We felt at home, once we got there. We made jokes, laughed, ate and answered questions about our debate and also about our school. The Ambassador personally presented gifts to each of us. We left Hotel Ramada that same day, and went to the Sheraton Hotel where the debate was holding. After settling in, we went shopping. We were at the mall for about three hours before heading back to the hotel, where we practised a little more and slept.

On the third day, all the schools in the competition were given a tour of Bucharest. That day was so cold that we all wore two or three layers of clothes. We were so cold that our guide said we didn't have to continue the tour. We then went into a café to get warm. From there, we moved to a restaurant for lunch. The starter was a Romanian meal: bread with three different dips. One was tomatoes and pepper, the other eggplant and the last was beans.






When the main meal came, there was a lot of meat. The food wasn't as spicy as our own meals and as such tasted different. After lunch, we went to the mall again. We had the option to either shop or to go ice skating. I chose to shop, while the others in my group went ice skating. When we got back to the hotel, we had the opening event. Each student and coach was given their own name tag and book of rules and formats of the debate. We practised longer than usual. We corrected everything that needed to be corrected and made sure we knew all the rules.

On the fourth day, the competition started. We had our first debate against Prague British International School, with the motion "This House Believes the

Human Species have a Bright Future to Look Forward To". Our second debate was the motion "This House Believes University Tuition Fees should be Abolished" and our third debate was the motion "This House Believes Voting should be Compulsory". We put in our best in every motion. On the final day, we had the motion "This House Believes Cloning should not be Allowed". We spoke as well as we could and countered as well as we could, but the win was given to our opponents. This meant we were no longer in the competition. We watched the final debate between Dubai College and International British School of Bucharest which Dubai College won.

We left Bucharest the next day. We

waited at the Amsterdam Airport for six hours, before getting on the plane to Lagos.

Even though we didn't do as well as we hoped, it was a great experience, and one I will never forget. We will use what we learned and become better, ready again to win yet another competition. 

*Netochukwu Kalu was part of the debate team that travelled to Bucharest, Romania to represent Olashore International School in the 2019 COBIS Student World Debate.*





## Culture on Display as OIS goes Traditional

By Munachimso Okey-Nzeakor

**T**he rich cultures of Nigeria were on display at the school's OIS Goes Traditional Day. In a

symbolic representation, the students and staff were clad in various traditional attire. Inspiration from different Nigerian cultures birthed the varying colours and styles of the attire. Students were

given a free hand to express themselves as they saw fit in order to fully achieve their look.

It was a colourful day, full of cheer and lifted spirits as staff and students alike

admired one another's outfits. OIS Goes Traditional takes place each term and allows the staff and students to appreciate the diverse and rich cultures of Nigeria. ■





## Fun Time as Students Host Party for Iloko Children

By Gaffar Ajibola, Ebiela Guanah and Olatunji Oyindamola

**F**ollowing the successful hosting of a community party for local children last year, the students decided to host another party for the children this year.

Unlike the previous party which was held in the refurbished community town hall, the year's party took place in the school's stadium. The party, which was held in commemoration of the Founder's birthday, had the theme 'Are You Sporty?'

The theme was a reflection of the activities lined up for the party. The idea was to give the children an avenue to express their passion for sports and have

fun while doing so.

The party featured various athletic events and other fun activities for the local children of Iloko-Ijesa. The activities included the 200 metres race, 100 metres race, 75 metres race, filling the bottle, tug of war, sack race, fashion parade and a dancing competition.

The children all had fun and there was a lot to eat and drink. Gift items were also presented to the children.

The party forms part of the leadership project carried out by the Year 12 students for this academic year. It was a great way for the students to show their leadership and problem-solving skills as they organised and managed the entire event under the supervision of their coordinator.







## Ooni of Ife, others celebrate 25th Anniversary Founder's Day

By Adefisayo Aromolaran

It was an atmosphere of celebration in the school as dignitaries from various walks of life joined members of staff and students at the Oba Okunade Sijuwade School Hall to celebrate the 25th anniversary of Olashore International School.

In her message, the First Lady of Ekiti State, Erelu Bisi Fayemi paid tribute to the founder Oba Oladele Olashore. She described him as a man of many parts; one who successfully straddled several callings yet excelled in all. She also advised the students to set their own standards and write their stories rather than wait for someone to do it for them.

The school cultural troupe and choir thrilled the guests with their spectacular performances. Some of the highlights of the event were the Long Service Staff Awards

given to members of staff who had worked in the school for 10 years and 20 years respectively and the Outstanding Alumni Awards given to three alumni for their service to the school.

The event culminated with the launch of the OISA Foundation, a foundation dedicated to alleviating the social problems in Iloko and its neighbouring communities.

Dignitaries present included the Ooni of Ife-Ife, HRM Oba Adeyeye Enitan Ogunwusi; the Governor of Ekiti State represented by his wife, Erelu Bisi Fayemi; the Governor of the State of Osun represented by his deputy, Mr Adegboyega Alabi; Oba Adedokun Abolarin, Aroyinkeye I; Nigerian Ambassador to Hungary, Amb. (Dr) Eniola Ajayi. ■

*Adefisayo Aromolaran is the Junior Media Prefect*









# Olashore International School embarks on annual outreach programme



Olashore International School is well known for the diversity in culture of staff and students. This affords students the opportunity to associate with individuals of different backgrounds as they pursue their development as global citizens.

Consequently, the Chairman Board of Governors, Prince Abimbola Olashore and the Principal and CEO, Mr D.K. Smith embark on an outreach tour of key cities in Nigeria and to London, UK to host the Olashore Annual Open Event. This event is targeted at prospective parents offering

them an opportunity to meet with the leadership of the school and learn more about what makes Olashore International School stand out as a top boarding secondary school in Nigeria. The event is supported by key stakeholders of the school, that is current and past parents and members of the global alumni network of the school.

The highpoint of the event is the Principal's presentation which offers an insight into educational and non-educational innovative steps the school is taking to ensure that all students reach their potential. The focus of

his presentation this year was "Why learning has to change?" He carried out a #TenYearChallenge on how some individuals have changed over 10 years and then applied the same to technology but using a five year timeline to show how quickly technology evolves. From his presentation and examples cited, it was obvious that there has to be a clear change in the way students learn especially with respect to technology. He also touched on the World Economic Forum and how jobs were changing thereby leading to the need to change how children learn in

preparation for the future.

The events are typically rounded off by the address of the Chairman, Prince Olashore, followed by an interactive session where all guests are encouraged to ask questions and interact with the hosts, current parents and members of the alumni present.

This year, the tour kicked off in Port-Harcourt and moved on to Abuja, Ibadan, Lagos, Delta before meeting with our guests in London at The Hilton London Paddington. The event also took place in Akure and Ado-Ekiti.







# Principal's BBQ: The first of many



By Tonia Spiff

I joined Olashore International School in Year 7 and found that making the top 5 in Continuous Assessment (CA) was near impossible for me. This also meant that I didn't get to attend the Principal's Barbecue for top 5 students. I, finally, overcame that fear and I was among the top 5 students in CA in my year group. Consequently, I was invited to the Principal's Barbecue.

The barbecue took place at the Principal's Lodge. When I arrived, I was very excited. The tables were arranged in a semi-circle and there was a TV in the middle. When everyone was present, we went for our food- chips, salad, and barbecued chicken. We watched a movie and later had a dessert of ice cream and cake. I really enjoyed myself.

I used to think that making the top 5 in CA would be impossible but I was wrong. However, it didn't just happen, I worked hard for it. I started reading during my extra time, I used my prep time wisely and I became less mischievous so I could concentrate in class. I did these things and making top 5 wasn't an impossible task anymore.

I'm going to work extra hard to make sure I maintain my position in the top 5. I'm going to read more, do more tasks in order to earn more marks so I can get to attend the barbecue. My advice to anyone reading this is to never limit yourself.📖

Tonia Spiff is in Year 8



# Staff engage in Continuous Professional Development

By Mr Olayinka Thomas

**A**t the beginning of each term, a staff Continuous Professional Development (OIS-CPDP) programme is organised for staff. This term the focus was on Blending Learning and Technology (BLT) and accreditations. The five-day comprehensive staff development programme featured nineteen training sessions handled by different facilitators.

The Blending Learning and Technology sessions were used to reaffirm the philosophy and objectives of the Technology Enhanced Learning (now called BLT) project of the school. This was followed by eight other sessions over five days that addressed various basic concept and skill sets that are essential for the effective involvement of the project as it spreads through the whole school. The accreditation training sessions were on

COBIS inspection preparations, ISO accreditation and ISA reaccreditation updates. The training session for non-academic staff featured topics such as: 'Managing difficult behaviours in adolescents', and 'Professionalism and time management'.

As a follow up on the training at the beginning of the term, members of the academic staff have participated in several live training webinars by

representatives of Britannica School Online, a resource that the school uses to support teaching and learning. In the same light, members of the BLT team have undergone four weeks training on a learning management system: MOODLE. Although the training ended in February, further training continues in-house on this learning management system. ■





# The place of career guidance in a school



By Folashade Thomas

**C**areer guidance in communities can be considered a social practice theory which advocates shifting perspective from the individual to the collective as the starting point for the development of guidance activities.

Lives are lived in communities: small or large, supportive or antagonistic, personal or professional. For each and every one of us, it is a fact of life that every decision we make in our attempts to shape our futures is entangled in multiple communities. To this end, the focus of career guidance in Olashore International School is geared at supporting individual students in identifying how their innate strength and capabilities can be harnessed in addressing specific issues in their communities of influence.

Guidance is more than giving information. It is a blend of self-development and of the learning and assimilation of career, providing educational and labour market information. The development of self-confidence is often a prerequisite for taking action for one's career. The goals of guidance may be achieved via individual counselling, self-preparation, career development courses, computer-assisted guidance and internet-based guidance systems.

Guidance helps people accomplish the following goals whether they are learners planning their education, training and careers, or adults planning their careers or further training, or preparing to become more employable.

- Identify your talents, strengths and weaknesses, family expectations and national requirements to sort out the personal relevance of the educational and vocational options available;
- Understand the available education and training options and the requirements for admission and success, and select an appropriate field of study;
- Understand the work options that are available, the qualifications required, the means of gaining entry, the life of the worker and the rewards of the jobs;
- Translate information about self, educational opportunities and the world of work into short-range and long-range career goals;
- Learn effective job-search procedures;
- Develop career adaptability to be able to take advantage of opportunities as they occur;
- Overcome self-defeating behaviours, gain self-confidence and learn life skills.

At Olashore International School, career guidance and counselling programmes aim to help students make more informed and better educational and career choices. Among other things, the counselling department offers information on high school course offerings, career options, the type of academic and occupational training needed to succeed in the workplace, and post-secondary opportunities that

*Recognising the importance of career guidance and counselling programmes for student's post-secondary success, the department plays a key role in supporting the academic departments as each student is guided through option choices in the senior school and in university placement plans and procedure.*

are associated with their field of interest.

Recognising the importance of career guidance and counselling programmes for student's post-secondary success, the department plays a key role in supporting the academic departments as each student is guided through option choices in the senior school and in university placement plans and procedure. ■

*Folashade Thomas is the Career and Guidance Counsellor*



ILOKO  
DESERVES  
CLEAN  
WATER



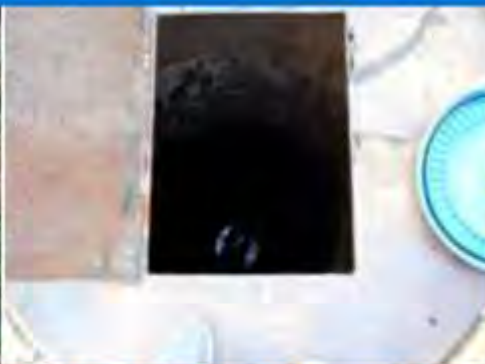
ISA Community Development Project  
SDGs-6: Clean Water and Sanitation.

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TO PROVIDE CLEAN WATER TO ILOKO COMMUNITY

► <https://www.gofundme.com/xy99j-clean-water-and-sanitation>

► First Bank - Olashore International School - 2002119427



Presently, Iloko as a community, has five boreholes. However, only one out of the five is functioning while the remaining four need immediate repair to ensure that adequate supply of water is made available. In line with the Sustainable Development Goals, Olashore International School is partnering with Austin Friars School, Carlisle UK, and YOU, to give this great community a basic means to life. They deserve it!

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**AUSTIN FRIARS**



Sophia Unah, a student of Olashore International School, teaching a class at the Local Authority Primary School in Iloko



# The Olashore Approach

## Leadership for Community Transformation

*"Leadership is about making a better world and a better society for ourselves and others"*

This quote underpins the social change model of leadership and was a firmly held belief of the founder of Olashore International School, Oba Oladele Olashore (CON). Great leaders have an impact on society that resonates beyond their own society and lifetime. In the 20th century, we think of leaders like Nelson Mandela, Mahatma Gandhi and Martin Luther King. These were people who changed the way people thought and made a positive and long-lasting change.

Olashore's mission statement places emphasis on the need to "develop leaders for the 21st century" but also to "nurture each child to their full potential". The social change model provided the arc linking these pillars. In order to ensure that each child reaches their full potential, it is vital that the child truly understands their potential. How then can we ensure that each child achieves their full leadership potential?

The social change model can be considered to focus on the development of student leadership capabilities at three levels: individual development,

group development and community or society impact.

*"I want, by understanding myself, to understand others. I want to be all that I am capable of becoming" - Katherine Mansfield.*

***Olashore's mission statement places emphasis on the need to "develop leaders for the 21st century" but also to "nurture each child to their full potential".***

Students begin their journey through the social change model of leadership by looking at their individual values, attitude and emotions and they study the consistency of their actions with their deeply held beliefs and convictions. Self-awareness is key before embarking on any leadership journey.

*"Leadership involves collaborative relationships that lead to collective action grounded in the shared values of people who work together to effect positive change" (HERI, 1996)*

As they progress on their leadership journey at Olashore, students explore group processes and shared values. This is the area where they begin to discover their leadership talents. At this stage, students focus on projects that can be completed within the school but these projects have an emphasis on creating positive change for the school community or wider society. Since the inception of the programme, groups have worked on projects to improve the environment for junior students within Olashore, increase the quantity of vegetable consumption and they have





Students inspecting the damaged community boreholes



Students renovating the community health centre

also undertaken projects to support students at local schools. This has included developing scholarship preparation classes for children from government primary schools and academic enhancement classes for scholarship students at a local secondary school.

This academic year, the Year 8 students ushered us into the holiday season with their beautiful Christmas decorations while Year 9 students are working with our partner school in the U.K., Austin Friars to provide functioning boreholes that will supply adequate and potable water to members of the Iloko community. The Year 10 students will provide flowers in classrooms in the Junior block in line with the United Nations SDGs goal 13 [Climate Action]. Through these projects, they explore their values and discover new talents. Collaboration is key as different roles are allocated.

The overall objective of the social change model is to develop leadership that has a positive impact on the community or society. Citizenship runs throughout the model. Initially, students consider their individual understanding of citizenship within their personal value system. Membership of a group then brings its own responsibilities alongside responsibility for the wider acts of that group. In senior classes, students explore the importance of people working together to address shared needs in society.

It is difficult to make a positive change in a group if you do not fully identify with the group. The great leaders mentioned earlier, Mandela, Gandhi and Martin Luther King, worked with their communities to bring about change. The social change model of leadership promotes this philosophy. This doesn't mean that you can't impact positively on the life of other

communities, but the key is to work with the community, not for the community. Senior students in the Olashore Leadership Programme take this on board as they look beyond the school gates to the communities around the school to have a positive impact. In Year 10 students have always undertaken a one-week community service programme. On such programmes, they have refurbished the Iloko Community Health Centre, renovated the Iloko Community Town Hall and its annexe, rebuilt the collapsed Iloko Palace fence, and much more. The social change model is reflected in this programme as student representatives meet with community members to identify needs within Iloko before undertaking any project. The students work as a group to develop strategies where they can work with the community to have an impact. Senior students also develop other projects across the year. Recently students began to visit children at a local home for the underprivileged. This relationship allowed them to get to know the children and identify their needs. They then worked together to develop projects to tackle these needs. Switching over to healthy living, the Year 11 class proposed and executed a health campaign against malaria. They enlightened the local community about malaria and how to protect themselves from malaria. To drive this message home, they organised a play on malaria and presented the play at the town hall and the health centre for local residents. Year 12 students on interacting with pupils from a local primary school identified a need for more sporting activities. Their mission was to create an enjoyable sport festival for these ones which they planned and implemented in February.

The social change model of leadership emphasises that leadership is a process, not a position, and that all students have the capacity to lead. In any programme to develop student leadership based on this model, it is important that all students are given the opportunity and support to work through the three stages of individual values, group values and community/societal impact. This cannot be achieved solely by sitting in a classroom or reading books. Leadership development is a practical activity and students develop these skills by putting them into practice at every stage.

Olashore International School is committed to developing leaders through the social change model who will make a positive impact on society in Nigeria and globally in the 21st century.■





Erelu Bisi Fayemi, First Lady, Ekiti State

# Invest in things that matter - First Lady, Ekiti State

**H**er Excellency, Erelu Bisi Fayemi, First Lady of Ekiti State was present at the 25th anniversary Founder's Day. The duo of Ebiela Guanah and Ojuoluwa Dabiri spoke to her in this interview where she gave profound advice to young people.

## Can you please tell us about yourself?

My name is Bisi Fayemi. I am a gender specialist, an entrepreneur, a writer, a public servant and I am married to His Excellency, the Governor of Ekiti State, Dr Kayode Fayemi.

## How do you feel to be part of the 25th anniversary of the school, a very important event in the history of Olashore International School?

I feel really delighted to be here. My husband was meant to be here as the guest speaker but he was not able to make it so he asked me to come instead. I am delighted to be here to speak to young people and to talk to

them about their dreams and hopes for the future.

## As First Lady of Ekiti State, how do you spend your time?

Well, each first lady is different. In my own case, I have spent all my life working in the area of gender and international development. I had to stop what I was doing in 2010, when my husband became the governor of Ekiti State. I had to move back to Nigeria after his first term in office I decided not to leave the country but to stay here in Nigeria. So I run an online community and a consultancy. I use that platform to carry out leadership development training and mentoring with young people especially young women. I have

a lot of tasks that I have to perform because of my background as a gender specialist, for example, I work closely with the minister of women affairs. I also have a keen interest in arts and culture so I also support the state to ensure that we make the best of our arts and culture. I spend a lot of time organizing empowerment programmes for women and making a case for women in leadership because I believe it's important for us to encourage women's rights from when they are young. No nation can achieve any of its development goals if it doesn't invest in women and girls.

## How do you cope with challenges in life?

I cope with challenges in life by staying positive. I don't need anyone to affirm me and I believe that it is important to do the right thing at the right time instead of things that you think are going to please other people. I don't encourage negativity or negative people around



me. I don't surround myself with people who are naysayers who always believe that something can't be done.

**You are a role model. What will you say to anyone who wants to follow in your footsteps?**

First of all, you need to understand that there are no shortcuts in life. If you want to be successful, you have to put in the hard work and make the required sacrifices. Don't waste any opportunity that you have. Second, don't surround yourself with people who make you feel less than you are. Surround yourself with people who add value to your life. I tell young people to invest in the things that matter; most of the things that young people like to talk about such as cars, clothes, jewellery, trips to nice places are 'stuff' and I can tell you as an older person, I have plenty of 'stuff' but it means nothing because that's all it is. Invest in the things that matter, the thing that matters to me is an education—because that's what got me to where I am today. Reading and learning on a daily basis and loving other people, doing the best you can for other people. Invest in relationships, invest in yourself, invest in books, and invest in distinct education. Those are things that stand the test of time. With good relationships you have great networks, networks give you access. With a great education, it opens doors for you. When you read your mind is open and alive.

**You talked about investing in relationships. Do you advise people to cut off toxic friends or to forgive them?**

That's a very smart question! It depends because that's something I've had a lot of experience with. If you have toxic friends who realise that they are toxic and that they are not adding value to your life and they come to apologise, please forgive them. If they realise their mistakes, then you can forgive, it's important to have the spirit of forgiveness. However, if they don't realise that they are toxic, and they keep on with all their nastiness, then you don't need them. Cut them out of your life and move on.

**What motivates you?**

The fact that I believe that I can make a difference, no one is too small or insignificant to make a difference so that's a great motivator for me. I've been blessed to have had the opportunity to do certain things in my life that have



Erelu Bisi Fayemi, fourth from the left, at the 25th anniversary Founder's Day

created a significant impact. One of the things I've done is set up a funding agency for African women's organisations across the continent and it came out to the realisation that there were women working on programmes in different communities who didn't have resources and many of the international donors were not interested in funding

**Character is very important. Learn humility, learn to speak and dress appropriately because you are addressed the way you are dressed. Avoid toxic friends, forgive them if they realise they are toxic but if they don't, then cut them off. Just remember that character building, humility, and the fear of God are very important.**

things that they were not conceptualizing themselves. So we created the African Women's Development Fund in the year 2000. Nineteen years later the African Women's Development Fund has provided financial support to roughly 2000 women's organisations and 42 African countries who were supported with millions of dollars. Those programmes that we have funded have changed the lives of millions of African women significantly. During my husband's first tenure as governor of Ekiti State, I sponsored three bills that became laws so that motivates me, the fact that I have been able to make an impact. You start small, whatever you are able to do that yields results should inspire you to do more.

**What are your hobbies?**

I like to read, dance, play scrabble and watch television. I also collect arts.

**What advice do you have for the youth?**

Well as I said earlier, don't take your parents' sacrifice for granted. There are millions of Nigerian children running around the country without anyone taking care of them.

Character is very important. Learn humility, learn to speak and dress appropriately because you are addressed the way you are dressed. Avoid toxic friends, forgive them if they realise they are toxic but if they don't, then cut them off. Just remember that character building, humility, and the fear of God are very important. ■



This edition features the top three winners in the 2019 OIS writing competition. The theme of the competition was 'promoting sustainable development goals in Nigeria' and was open to only junior students. The top three winners are: Donald Onyewuchi-Ohiri (first place), Toyosi Baruwa (second place) and Tosin Adefiranye (third place).

## Gender Equality



By Oluwatosin Adefiranye  
Year 7 (3rd Place)

**G**ender equality, also known as sexual equality, is the state of equal ease of access to resources and opportunities regardless of gender, including economic participation and decision making, and the state of valuing different behaviours, aspirations and needs equally, regardless of gender. Gender equality is the goal while gender equity is the way of thinking that helps to achieve the goal. Gender parity, which is used to measure gender balance in a given situation, can aid in achieving gender equality but is not the goal in itself.

As of 2017, the global movement for gender equality has not incorporated the preposition of genders besides women and men, or gender identities outside of the gender binary. UNICEF says gender equality means that women and men, girls and boys enjoy the same rights, resources and protections. It doesn't require that girls and boys or women and men be the same or that they be treated alike.

On a global scale, achieving gender equality also requires eliminating harmful practices against women and

girls including sex trafficking, femicide, wartime sexual violence and other oppression tactics. UNFPA states that 'despite many international agreements affirming their human rights, women are still much more likely than men to be poor and illiterate.'

Women have less access to property ownership, credit training and employment. They are far less likely than men to be poor, to be politically active and far more likely to be victims of domestic violence.

Historically, Christine de Pizan, an early advocate for gender equality states in her book 'The Book of the City Ladies', written in 1405, that oppression of women is founded on irrational prejudices, pointing out numerous advances in society probably expected by women.



Oluwatosin Adefiranye



## How clean water and sanitation promote sustainable development

By Toyosi Baruwa  
Year 8 (2nd Place)

**I**n 2015, world leaders came to the United Nations General Assembly (UNGA), from different nations, including Nigeria, to unite and agree on 17 goals for a better world by 2030. Those goals have the capacity to eradicate poverty, fight inequality and reduce climate change. We have a collective duty as individuals, government, businesses, civil communities and the general public to think together consciously and interpret the 17 goals of which my chosen topic is 'How clean water and sanitation promote sustainable development in Nigeria'.

Based on the foregoing paragraph, there are 17 life changing goals. Nigeria is very densely populated and this affects water usage and brings about a high production of waste.

In Nigeria, over 70% of the population do not have access to potable water. This leaves us with a question of how clean water can be achieved in Nigeria. Three suggested ways

include conservation of water, government and individual participation and education of people on how to conserve water. Other ways to achieve clean water are the protection of the water bed from pollution, sinking and treatment of boreholes to make water potable. Let us critically examine these points.

The first point is the conservation of water. Humans always need water but have little knowledge of conserving it. Water shouldn't be wasted, taps should be turned off after each use. It is important that the water bed should be not polluted, avoidance of oil spillage and defecation should be encouraged.

Boreholes should be sunk to provide adequate potable water. When humans have potable water, there will be less water-borne diseases and this will produce healthy individuals that can achieve organisational and societal goals.

Clean water is necessary for life sustainability because the human body requires enough water to properly function as dehydration





Toyosi Baruwa

produces weakness and frailty. We need potable water to sustain human life on earth.

Due to the necessity of clean water, some countries have resorted to recycling sewage into clean water. Such countries as Sweden recycle their sewage and separate the hard waste from liquid waste. The hard waste is recycled to form manure and the liquid waste is recycled to potable water. This enables longevity and sustainability of life.

People should be sensitised on the need for a clean environment and how it prevents the spread of diseases and sustains healthy bodies, prevents air and water borne diseases and helps elongate lives.

The government and other civil communities should be committed to providing potable water, provision of basic health care centres and sensitisation of her citizens on the need to keep a healthy and clean environment. ■

*Clean water is necessary for life sustainability because the human body requires enough water to properly function as dehydration produces weakness and frailty. We need potable water to sustain human life on earth.*

## Gender equality

By Donald Onyewuchi – Ohiri  
Year 9 (1st Place)

Looking around in today's world, there is an extremely diverse array of people. Different races, different backgrounds, and also different stories. We are in a world of a diverse collection of individuals. Some would assume co-existing in such a diverse world would create a common ground and possibly unite as a single entity to be "equal". However, that is far from true. No, I am not referring to the difference of individuals based on race or background, the grouping of sex is the concern here. There has always been a separation of men and women and the manner in which they are brought up and trained down to the occupations they choose. Over time, these turned out to be a set of gender boundaries. I believe it is from this that the problem of gender inequality arose.

Firstly, what is gender equality? According to UNICEF, "gender equality means that women and men, and girls and boys, enjoy the same rights, resources, opportunities and protections. It does not require that girls and boys, or women and men, be the same, or that they be treated exactly alike." In this sense, gender equality is not necessarily the equality of men and women, but rather they are given access to equal rights and opportunities. Gender equality is achieved when women and men enjoy the same rights and opportunities across all sectors of society, including economic participation and decision-making, and when the different behaviours, aspirations and needs of women and men are equally valued and favoured. So, gender equality is both, a human rights principle and a precondition for sustainable, people-centred development.

So, why should we support gender equality? Of course, it's fair, it's right and it's just. But more than that, gender equality is also good for everyone. It is not a zero-sum game. It's not a win-lose. It is a win-win for everyone. How? Well, gender



equality is good for countries. It turns out, according to most studies, that countries that are the most gender equal are also countries that score highest on the happiness scale. And that's not just because all countries are in Europe. Even within Europe, those countries that are more gender equal also have the highest levels of happiness. It is also good for companies. Research by Catalyst and others has shown conclusively that the more gender-equal companies are, the better it is for workers, and the happier their labour force is. They have lower job turnover. They have lower levels of attrition. They have an easier time recruiting. They have higher rates of retention, higher job satisfaction and higher rates of productivity. So it is good for business.

Gender equality is also a factor for happy marriages. Now, it turns out that the more egalitarian our relationships, the happier both partners are. Data from psychologists and sociologists are quite persuasive here. I think we have the persuasive numbers, the data, to prove to men that gender equality is not a zero-sum game, but a win-win. Here's what the data show: when men share housework and childcare, their children are happier and healthier, and men want this. When men share housework and childcare, their wives are happier and healthier and men certainly want this as well. When men share housework and childcare, the

men are happier and healthier. And who wouldn't want that?

So, what we found is something really important, that gender equality is in the interest of countries, of companies, and of men, their children and their partners. Women and girls represent half of the world's population and therefore also half of its potential. If we let women reach their full potential, it will leave the world flourishing. All it takes is strangers coming together and supporting one another along their journeys to solve worldwide gender inequality. We are all human and we are all filled and fuelled by empowerment, support, and love. We cannot move forward in society until we work towards gender equality. I would like to finally wrap up with a quote from Ghanaian diplomat Kofi Annan. He said, "Gender equality is more than a goal in itself. It is a precondition for meeting the challenge of reducing poverty, promoting sustainable development and building good governance." ■




Donald Onyewuchi-Ohiri



## Olashore Drama Troupe stages anniversary play in Akure

The anniversary school play, Etiti- All Eyes

on You, was performed by the Olashore Drama Troupe in Akure. The play, which is one of Chief Jimi Solanke's works, was performed to primary school pupils. The turnout for the performance was impressive and as expected the troupe put up a brilliant show.

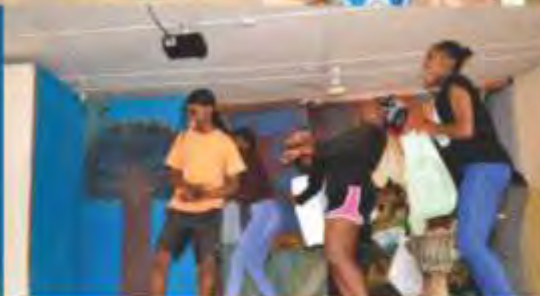
The anniversary play forms part of the activities lined up to celebrate the school's 25th anniversary. It was performed in Lagos, Oyo and Osun States as well as in Abuja. 







## Anniversary play staged at Iloko Model College



As part of the school's commitment to supporting education in the local community, the Olashore Drama Troupe performed the 25th anniversary school play for all students at Iloko Model College. The event was an opportunity to build relationships between the two schools founded by Oba Oladele Olashore. The principal of Iloko Model College, Pastor Kayode Ogunwale thanked the students for their outstanding performance and congratulated Olashore International School on its 25th anniversary. ■



# I feel very proud of my achievement - Best student at IGCSE

**A**s the Head Boy of Olashore International School, he has proven to be an outstanding leader. He had the best results in the school at the Cambridge 2018 IGCSE Examination. In this interview, Taslim talks about himself and how he accomplished this feat.

## Tell us about yourself

I am Taslim Salaudeen, the second born in a family of 3 children. I am from Oyo State and I live in Lagos State.

## How do you feel about your accomplishments?

I feel very proud of myself and achievement. I was overjoyed when I saw my results.

## What study techniques did you use to help you achieve your high academic grades?

I read thoroughly and made sure I understood the topics. I also practised using past questions.

## What were the contributing factors to this feat?

My friends usually motivated me; my teachers believed in me and made me understand all the topics. Also, my parents assured me I could do well and gave me priceless advice. Finally, I prayed to God to help me, which He did.

## What is your favourite subject?

Mathematics is my favourite subject.

## How would you describe yourself?

I am an open, cheerful person who enjoys spending time with friends.



Taslim Salaudeen

## What are some of the activities you engage in aside studying?

I play football, basketball and I participate in the triple jump.

## How do you maintain balance?

I maintain balance by making sure I do the right thing at the right time and using my free time wisely.

## What do you enjoy about studying in OIS?

The environment is very conducive for learning. It is usually quiet and serene. This allows for students to study without distractions.

## What is your advice to other students?

Keep your head up at all times and never give up. As a wise man once said, 'Most people give up when they are on the brink of success.'

**Keep your head up at all times and never give up. As a wise man once said, 'Most people give up when they are on the brink of success.'**

## How do you avoid distractions as a young person?

I avoid distractions by staying focused and abstaining from unproductive activities.

## What is your future ambition?

I aspire to be a design/robotics engineer in future.

## Who is your role model?

Bill Gates is my role model.

## What are your hobbies?

Playing football and basketball are my hobbies.




## Olashore International School celebrates International Women's Day

By Ebiela Guanah

Olashore International School joined the rest of the world to celebrate the International Women's Day. This year's theme, #BalanceforBetter, was a call for gender balance across the world. The school marked this day by hosting a luncheon in the school hall for staff and students alongside some students from Iloko Model College.

The guest speaker of the

day, an alumna, Dr (Mrs) Adeleye Omisore delivered an inspiring speech. The event featured presentations on the achievements of women from across the world. It also featured a drama presentation on gender equality. The play, a pantomime was written by Unuma Michael, a Year 10 student. Other activities were poem recitations and iMovies. The event was an excellent opportunity for students to understand and learn more about gender equality. 





# Three Lessons and a Charge

Excerpts from the speech given by Her Excellency, Erelu Bisi Fayemi, First Lady of Ekiti State on the occasion of the 25th Anniversary Founder's Day of Olashore International School which held at the Oba Sijuwade Okunade Hall in the School.



L-R: The Principal&CEO, Mr D.K. Smith; Head Girl, Faith Unah; First Lady of Ekiti State, Erelu Bisi Fayemi; Nigeria's Ambassador to the Republic of Hungary, Amb. (Dr) Eniola Ajayi; Deputy Head Girl, Tega Ogidi-Gogebaje and the Chairman of the Board of Governors of OIS, Prince Abimbola Olashore during the 25th Anniversary Founder's Day.

**"The things I learnt about early in life formed the basis for things I became involved in my later years and to this day. I grew up learning about happenings in other parts of Nigeria, Africa and the rest of the world. So I would like to ask you, our children, how aware are you of the happenings in other parts of Nigeria? How aware are you of things happening in other parts of the world?"**

**T**he Chairman, Board of Governors, Olashore International School, Prince Abimbola Olashore and Your Excellency, the Deputy Governor of Osun State, other members of the board of governors in the school, Her Excellency, Ambassador Eniola Ajayi and her husband Dr Gboyega Oke, Chairman of the Parents Teachers Association, Mr Ezugworie and all our royal fathers present.

I'm very pleased to be here this morning. I am going to be sharing with you, three lessons and a charge. Distinguished ladies and gentlemen, today's event is as much about the past as it is about the future. Our being here today is the testament of the fact that good men don't die but live on in the ideas they champion and the legacies they leave behind as well as in the hearts and minds of all they touched. This institution is one of the most profound legacies of a man, the legend, Oba Oladele Olashore of blessed memory and this Founder's Day is being held in his honour. It will, therefore, be wrong of me not to pay tribute to one of the greatest Nigerians of his time who successfully straddled several callings

yet excelled in all. Oba Oladele Olashore was a man of many parts. Before his ascension to the throne of his ancestors as the Ajagbusi- Ekun, Owalo of Iloko Ijesa, he was an accomplished banker as well as an entrepreneur who was also in the executive management of the Central Bank of Nigeria. He was called upon to serve as a member of the transition council that administered the affairs of the state during one of the most turbulent periods in Nigeria's history and he was subsequently posted to the ministry of finance as the secretary of finance in 1993. So if you are ever undecided of what you want to be in future, remember that you can be accomplished in more than one area of life as we found an example in the life of Oba Oladele Olashore who was successful as a civil servant, banker, accounting expert, traditional ruler, philanthropist, hotelier and educationist.

I recognise that you as students are at that stage in life where you are impressionable as your goals for life are being formed and I want you to please take these things to heart.



## Lesson one

***There is a universe beyond what you currently see***

Growing up in the mid-1960s, actually 1965 to be precise, my father was a public servant whose responsibilities included information management. This meant that our household was never in short supply of newspapers, radios and media materials for keeping track of happenings in the country and around the world. Thus, long before the advent of social media, I was an information junkie and grew up on a steady diet of newspapers from very early in life and in the process, developed a healthy reading habit that has remained with me to this day. This is something that His Excellency and I have in common. We met in a class at the Obafemi Awolowo University, then the University of Ife. I was doing my Master's degree and I took an elective in international relations. His Excellency at the time was studying for a Master's degree in international relations so we met in the class. The things I learnt about early in life formed the basis for things I became involved in my later years and to this day. I grew up learning about happenings in other parts of Nigeria, Africa and the rest of the world. So I would like to ask you, our children, how aware are you of the happenings in other parts of Nigeria? How aware are you of things happening in other parts of the world? Are you aware and grateful for the privilege? Are you aware that unlike you, 30.2 million children are out of school in Nigeria and are unable to access education? I am sharing this lesson with you in order to get you to the point of curiosity about the deep issues that humanity is facing especially here in Nigeria and hopefully, get you to the point where you start to be a change maker and commit yourself to spend the rest of your life pursuing the course that will make the world a better place for those less privileged than you. I hope you remember this lesson and I hope it influences your career choices, attitudes and behaviours from today. I hope it humbles you to know God has blessed you so much that some other young children cannot dream about and I hope it makes you show more gratitude to God and your parents for all you have and all you are protected from. I hope from this day, you begin to take advantage of the resources available to you to learn more about the world around you. I hope you ask more questions. I hope you spend more time thinking about how to use what you have to be a blessing to others rather



Erelu Bisi Payemi

***“You don't need to look to others for affirmation. You don't need friends on Facebook, Twitter or Instagram to tell you that you are wonderful. Don't judge yourself by the success of others around you. You don't need others to judge you either. Set your own standards, write your own stories and don't wait for someone to do it for you.”***

than complaining about what you don't have or spending so much time on Facebook, Twitter and Instagram.

## Lesson two

***Time and chance favour the prepared***

The second lesson I would like to share with you is the fact that those who succeed in life are those prepared to take advantage of the opportunities that life presents. Again we have the life and legacy of Oba Oladele Olashore to pick this lesson from. This was a man that knew the essence of being adequately prepared to take on the challenges of

life. For example, in 1961, Kabiyesi decided to take advantage of the scholarship to study in the United Kingdom. This however meant sacrificing a very lucrative job at the time and taking up the strain and rigours of further academic pursuit in consideration of long term prospects. Many people advised the Kabiyesi not to take up the scholarship and stay back home and not miss out on a lucrative job. However, his decision to take up the scholarship proved to be one of the best decisions of his life. The lesson here is to delay gratification and take the road less travelled in favour of greater benefits in the future. His sojourn in the U.K formed an integral part of his journey to greatness and that would have been cut short if he had given in to the law of short term gains.

## Lesson three

***Always affirm yourself***

I see that there many young girls here. I know our boys are brilliant and I see future presidents in this room, future governors and senators. But I don't see just the boys accomplishing that. I see more girls here than boys and so I say that the girls too should be able to become governors, ministers, senators, lawyers, doctors and engineers should they choose to. My father brought me up to believe that I could do anything. My father told me from a very early age that I was beautiful. He told me that I was wonderful and so I grew up never having to go to anyone for affirmation. All I needed to do for affirmation was look into the mirror every morning and tell myself, “I am good, I can do it” and so all of you seated here, look to the person next to you and tell him, “I am amazing, I am beautiful, I am wonderful, I'm going to do great things”. You don't need to look to others for affirmation. You don't need friends on Facebook, Twitter or Instagram to tell you that you are wonderful. Don't judge yourself by the success of others around you. You don't need others to judge you either. Set your own standards, write your own stories and don't wait for someone to do it for you. Tell yourself that you are amazing, beautiful and wonderful.

As I conclude I would like to charge you to get involved in the fight to make our country and the world a better place. Don't ever believe you are too young to make a difference. No, you are not; you can make a difference at any age. Distinguished ladies and gentlemen, I thank you all for listening. I hope a fire has been kindled in your hearts and minds. God bless you all. 🙏



# Red House tops medal table at Founder's Day Athletics



By Munachimso Okey-Nzeakor

**R**ed House finished atop the medal table at the 25th Anniversary Founder's Day Athletics. The Founder's Day Athletics took place at the Dr David Burgess stadium. Athletes in the respective houses competed for medals in various events in

the junior, intermediate and senior categories.

These events included: triple jump (open event), 1500m race (open event), discus (open event), high jump (junior and intermediate), shot put (junior, intermediate and senior), long jump (junior, intermediate and senior), 400m race (junior, intermediate and senior),

4x100m race (junior and intermediate), 100m race (junior, intermediate and senior), 200m race (junior, intermediate and senior), 800m race (open) and high jump (senior). There was also a race for staff.

At the end of the events, Red House topped the medal table followed by Blue House in second place, Green House

coming in third and Yellow House in fourth place.

Regardless of the results, everyone present thoroughly enjoyed themselves, including the athletes. The Founder's Day Athletics forms part of activities to celebrate the Founder's Day. ■



# 25th Anniversary Soccer Competition

By Aduragbemi Jojola and  
Eunice Green

**A**n inter-school soccer competition was organised as part of the lineup of activities to mark the school's 25th anniversary. Olashore International School won the competition in the girls' category while Roemichs International School won in the boys' category.

The participating teams displayed skills and good sportsmanship.





# Blue and Yellow Houses win 2019 Inter-House Badminton Competition

By Harrison Igbiele

The annual Inter-House Badminton Competition took place in the school hall. The competition featured both male and female students. The games were played in three different categories- junior, intermediate and senior categories.

In the female games, Yellow House won the intermediate category while Red House won the junior and senior categories to emerge as the overall winner. In the male games, Blue House won the competition after winning all the categories.

*Harrison Igbiele is the Sports Coordinator*





# Red House Wins 7-A-Side Competition

**R**ed House scored another win as the house won the 2019 edition of the Olashore International School Girls Inter-House 7-A-Side Soccer Competition. The event took place at the Dr Burgess Stadium. Red House was declared the winner after winning three out of five matches played.







## Red and Green Houses win OIS '8' Race

**R**ed and Green Houses have emerged as the winners of the annual Olashore International School '8' Road Race. Red House won the girls' category with 151 points while Green House won the boys' category with 149 points. The boys and girls races were held separately and a distance of 800 metres was covered.

Only students certified fit by the school doctor were allowed to take part. The race started with the Year 7 boys followed immediately by the Year 7 girls. It continued this way until Year 11 students. At the end of the race, the winning house was declared based on the house with the highest points.





# Ruby FC and Real Madrid win Principal's Cup

By Harrison Igbiere

**R**uby FC and Real Madrid have emerged as the winners in the 2019 edition of the Olashore International School Principal's Cup.

Ruby FC emerged as the winner in the girls' category while Real Madrid emerged as the winner in the boys' category. Four teams competed for the cup in the boys' category. They were

Barcelona, Juventus, PSG and Real Madrid. In the girls' category, only two teams competed for the cup and they were Ruby FC and Diamond FC.

Monfus Olanipekun received the MVP Award for boys while Jennifer Ogidi-Gbgbaje received the MVP Award for girls. ■

*Harrison Igbiere is the Sports Coordinator*





# Dealing with Stress: Simple tips to manage your stress level



By Dr A. Adeyemi

**T**he word, "stress" stems from the Latin word *stringere* or *strictus*, meaning "to draw tight". In medical or biological terms, a stressor is a physical, mental, or emotional factor that causes bodily or mental tension. Stress can be external or internal. It can cause or influence the course of many medical conditions including:

- Psychological conditions such as depression, anxiety, sleep disorders
- Cardiovascular problems such as high blood pressure
- Gastrointestinal problems such as ulcers, gastritis, irritable bowel syndrome
- Skin conditions such as eczema and acne
- Weight problems; this could be excessive weight gain or weight loss
- Reproductive issues; infertility in males and females have been linked to chronic stress
- Accelerated ageing

Stress isn't always bad. In small doses, it provides the necessary pressure and motivation to achieve optimally. Chronic or excessive stress, however, is detrimental to the overall wellbeing as it can disrupt nearly every

system in the body. Common warning signs of stress overload include the inability to concentrate, anxiety, feeling overwhelmed, frequent aches and pains, using alcohol, cigarettes, or drugs to relax.

Here are some tips on managing stress:

1. **Know your stressors-** Take note of situations or relationships that stress you. Knowing what makes you feel stressed is helpful as you can either avoid those situations or actively work out better ways to deal with them.
2. **Exercise-** Physical activity is a huge stress reliever. Engaging in at least 30 minutes of exercise daily releases endorphins that make you feel better. Exercise also provides a beneficial distraction from a stressful situation. Simple ways of getting some daily exercise could be parking your car in the farthest spot in the lot and walking the rest of the way; brisk walking rather than a slow stroll or dancing to energetic music.
3. **Good diet-** Be mindful of having a balanced and healthy diet. Simple dietary changes, such as reducing alcohol, caffeine and sugar intake are a proven way of reducing anxiety. Aim for meals rich in vegetables and fruits with low carbohydrates and moderate protein content.
4. **Relax-** Make time for fun and relaxation. Nurturing yourself is a necessity, not a luxury. Take time to engage in activities you enjoy and which help you relax.
5. **Maintain a good support system-** A strong network of supportive friends and family members is an enormous buffer against stress. Do not keep things bottled up within. Have people you can talk to and who build you up. Be sure to spend quality time with them frequently.
6. **Focus on the things you can control.** Strive to retain confidence in yourself at all times and in your ability to persevere through challenges. Make the necessary changes to make life less stressful. For instance, if getting in late to work is causing problems with your boss, look at reorganising your

activities the night before and how to finish up earlier the following morning before work.

7. **Get good sleep-** Plan towards about 8 hours of quality sleep daily. This will involve avoiding late meals, going to bed on time, switching off all distractions such as electronic gadgets and mentally tuning off worrisome thoughts!
8. **Have a positive outlook and attitude-** Take a cue from nature. The sun sets each day signalling an end to the day and rises with such brilliance the following morning, not minding the gloominess of the night. Strive to rise each day with a positive attitude irrespective of what happened the previous day. Step into each day ready to embrace your challenges and accept change as an inevitable part of life. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favourite radio station, or enjoy some alone time. Don't forget to laugh too!
9. **Be informed and be prepared-** Seek to know more about a stressful situation- how it happened, how long it is likely to last for, what to expect, etc. If it is a situation that will pass, the knowledge gained will be useful in avoiding it in future or preparing better for it. For a situation that will not pass, you are better equipped to cope with it.
10. **Be realistic about your capabilities and expectations-** Don't set unrealistic targets. Refuse to take on more than you can handle. Don't spend more than you can afford to. It's ok to say 'no' occasionally. Avoid over committing yourself. Delegate responsibility when you can. Do not attempt to fit in too much in a day. When you are stretched too thin and running behind, it's hard to stay calm and focused. Plus, you will be tempted to avoid or cut back on all the healthy things you should be doing to keep stress in check, like socialising and getting enough sleep.

Finally, constantly seek to improve your capacity so that present challenges become stepping stones in the future. Stress is a part of life but it doesn't have to end your life or your enjoyment of it.



# You don't have to be the most brilliant student to become a doctor

**D**r Adeleye Omisore was a pioneer student of Olashore International School. She returned to her alma mater to celebrate International Women's Day. Ojuoluwa Dabiri and Ebiela Guanah had this chat with her.



## Please tell us about yourself

Ok, I'm Adeleye. I'm married with two children. I was a pioneer student of Olashore International School and I graduated in 1999. I studied medicine at OAU. I'm currently a lecturer working at OAU and also a consultant working in the university.

## How does it feel coming back to your alma mater, and what changes do you notice?

I'm nostalgic already. When I came in and I saw the little ones I asked a staff "was I this little?" It honestly feels good to be back. Of course, there are more buildings now; back then, the prefects didn't wear blue, we just had a badge. I think it's more of the buildings, the environment is still serene. I remember the quadrangle and the "LEAD" classes, I don't know if you still do that anyway.

## Can you share with us some of the memories you had at OIS?

Well, we were the first set of students in the school, so we never had seniors. I still say today that the strongest bond I have is with the Olashore students that I graduated with. When I go on the street and I hear someone say Adeleye, then that person must have been in Olashore, because after I left Olashore, people call me Leye. So we grew together, we came in at nine or ten years old and were together for six years, moving forward, we kept in touch. The teachers were fantastic, for instance, the Fanimokuns, when we

came in, they weren't married yet and we knew them as singles. Our principal then Dr Burgess, was a good man. I really feel nostalgic honestly.

## Can you tell us about the Olashore education as it pertains to your success?

I always say this is my foundation. Building a child generally is not at the primary school level, because at that point, you don't get long memories; the memories come in secondary school. The education was awesome. It was not just about going to the classroom to read. I remember going to represent the school in various sports. We had a lot of social activities and there was a lot of exposure.

## Would you recommend Olashore to other parents?

Yes! Number one is the fact that I can put my child here and go to sleep, I can be sure that my child is not starving, that he is good with the teaching style and the teachers as well. I would recommend Olashore to any parent. Even in my father's house, I wouldn't find it different. I also like the fact that it is a serene environment. I would rather put my child here than in Lagos for instance. I would recommend Olashore to any parent.

## What is your recipe for success?

Hard work and don't give in to pressure, just do your thing. The truth of the matter is that if you have something in you, people will look for you, no matter your gender. If you have that thing to

give, they will look for you. I always say the best thing a woman can wear is her confidence. Hard work is very important because it is only when you're hardworking that you stand out.

## What are the challenges of being a doctor and how do you overcome them?

Well, you don't have a life, sometimes I get to close my eyes at 2 am. When I came here this morning, I was still telling them what to do at work. Despite the fact that I told them I wasn't going to be available. I delegated some people to them, but I still had to be on standby. My children tell me they can't do medicine because mummy is never available, so you basically don't have a life and you're for everybody. It's challenging because I'm still a mother, an aunt and a sister. Being the first child, your siblings call you on different occasions. Most times, you don't get to wear makeup, that's why I am on a low cut because it's not possible to keep up in that area. Imagine sitting in front of a patient with my nails all made up and all. You also have a lot of confidential things bottled in you that you can't tell unless you are told to. So you're as good as a pastor or an imam.

## What advice would you give to young people who are aspiring to be doctors?

Well, like I always say, you don't have to be the most brilliant student to become a doctor. You need to be persistent, diligent and hardworking. You need to have a role model and never give in to pressure.



# I had more to offer Nigeria than the UK

- MD, Anchoria Investment and Securities Limited

**B**abatunde Dada is an alumnus of Olashore International School. He is currently the Managing Director and CEO of Anchoria Investment and Securities Limited. In this interview, he takes us down memory lane as he talks about his days at Olashore and the journey to his current position.

## Tell us about yourself

I run a financial services company in Lagos as the Managing Director providing Portfolio Management, Advisory, Securities Trading and Asset Management services. I am a graduate of Industrial Economics with Insurance from Nottingham University, UK. I also have an MSc in International Business Management from the University of Surrey. Outside of work, I love to travel, play squash, swim and read a lot of non-fiction books. I am married with 2 kids.

## Can you share with us your journey to your current position as the Managing Director of Anchoria Investment and Securities Limited?

My father had a major influence on my career choice. He had a contagious passion for his job and was very disciplined and dedicated. He was principled, intelligent and he had a view on everything. I admired him and so took a keen interest in his career. My choice to study economics in any form was because he studied economics too. In my early years, however, it was the dark suit and polished shoes that caught my attention. I couldn't wait to grow up so I could dress smartly on a daily basis. As I grew older, in my late teens and early twenties, I was certain I wanted a career in financial services and to ultimately run a business of my own.

Upon the completion of my MSc, I started my career working in a UK bank which exposed me to the banking operations in the western world. While in the UK, I also worked for a financial services company who is the world's no.1 firm for Contract for Differences (CFDs). It was there that I was introduced into stockbroking, forex trading, and trading CFDs. My interest in the financial services industry also led me to work at the Financial Times, which is one of the world's major financial newspapers and at Thomson Reuters, one of the world's leading companies who provide the right information and technology for decision making. I also



Babatunde Dada, MD & CEO, Anchoria Investment and Securities Limited

worked in an advertising company and one of the UK's biggest e-fashion houses but I always steered my career back to a role in a financial services company because I was focused on my goal. I also continued to develop myself in this area by gaining relevant qualifications. To this end, I enrolled with the Chartered Institute of Securities & Investment (CISI, UK) and took the professional exams.

After a number of years working in the UK, I decided to move back to Nigeria in 2013 because I believed I had more to offer Nigeria than the UK. Upon my relocation, I joined Anchoria Investment & Securities Ltd which is the company I am currently managing. I enrolled to become a member of the Chartered Institute of Stock Brokers and passed all my exams over a 2-year period and became an Associate Member of the institute. I also attended short courses at the Lagos Business School and took directorship courses with the Institute of Directors (IOD), all in a bid to increase my knowledge and also to deepen my network along the way.

## How did you know the time was right to return back home?

Firstly, I must state that when I went to the United Kingdom in the year 2000, it was always at the back of mind that I would return to Nigeria one day. I knew that my journey to the UK was to further my education, gain some exposure and have a different view of the world. As much as Nigerians in the UK and even places like the USA were making giant strides and breaking boundaries, I always felt there was nowhere like home and our impact would probably be felt more at home. Therefore, for me, it made sense that home is where my contribution would be appreciated more. In terms of the timing, this was majorly influenced by global events that shaped the times. There was a major shift in global tides in favour of Africa. Around 2010, there was a constant spew about 'Africa's Rising'. We were reading reports about how the Nigerian Stock Market was breaking new records following the 2009 recovery - the market cap reached its highest level; in addition, Foreign Direct Investments were flowing into the country, oil price was hovering around \$100 per barrel and there was a general all round feel-good factor. There seemed no better time as the future of the country seemed on the upward trajectory. In addition, my wife got a



great job at PricewaterhouseCoopers. The stars had all aligned for perfect timing.

Furthermore, bringing up my children in Nigeria at an early age was very important to me. I felt and still feel that it is important that my children know their identity before they go out into the world. Being strongly grounded in the history and culture of their heritage is very key and I think so far this has validated that decision that my wife and I made to move back home.

### What challenges did you face setting up the firm and how did you deal with it?

Fortunately for me, my challenges were not the challenges of a start-up because Anchoria Investment & Securities Ltd was incorporated in 1994 and commenced full operations in 1996. On the contrary, what I faced were legacy issues, trying to transform Anchoria into a competitive and modern company. Naturally, I met a lot of archaic systems in place while the industry was changing at a very fast pace. Technology was changing everything and there was and still is a lot of innovation around what we offer and how we offer it.

My immediate task was to improve our customer service and operations/back office leveraging on technology. We started to engage with our customers more by sending out newsletters, bulk SMS etc. We digitized some of our internal processes and also implemented a much improved Order Management System (OMS) that allows our customers to view their statements and where possible execute their trades directly themselves. These are some of the changes and improvements that we have made over the last 5 years since I have been around.

### Having worked in the UK and now in Nigeria, how will you compare the two climates?

Operating in the UK is very different from Nigeria. The UK is more developed and the system works better - there are no surprises generally. On the contrary, in Nigeria, we face many challenges ranging from lack of power, poor infrastructure, high cost of capital, dearth of competent human resources and many other challenges. But overall these challenges present opportunities. It's a high-risk, high reward situation. I would not really say there are many similarities as we are very culturally different societies. In Nigeria, there is more warmth amongst colleagues in the

workplace, whereas the UK is a very individualistic society where people tend to mind their business. So a lot of times you do not even know much about your colleagues - it is a strictly professional work relationship.

### What in your opinion are the challenges of a startup business?

The major challenge facing startup businesses is access to funding, a pool of quality human resource and other support systems.

### What advice will you give to someone who wants to start up his/ her business?

Drawing up a business plan is very important. It helps you think of a lot of things you might not have ordinarily thought about. Consequently, research is also very important even if you have to pay for it. Validate your assumptions through research, it will be foolhardy to go into any business simply assuming without testing the numbers.

### What is your plan for the future?

I intend to be more active in my community and position Anchoria as the number one Financial Services provider in Nigeria.

### Can you share with us some of your fond memories at Olashore International School?

I have a lot of fond memories from my time at Olashore, ranging from the 2 pieces of chicken and fried rice we ate

on Wednesday nights, to the love-hate relationship we had with some of our teachers. I remember one, in particular, that would tell us then 'hate me now - you will love me later'. A particularly fond memory I have is an event that happened earlier on when we were still in JSS 1, we were mistakenly served salt instead of sugar in our afternoon tea. It was indeed an experience to drink salted tea with puff puff. I also fondly remember Dr David Burgess, our Principal throughout the time I was there. He knew every single one of us by name; I thought that was pretty remarkable especially as the school population got bigger. When we were in JSS 3 he selected a few of us boys who were athletic and muscularly built to form a rugby team. He taught us how to play and we had the girls cheering us on when we played competitive games.

### How does it feel coming back to your alma mater and what changes do you notice?

It was a feeling of nostalgia, walking around the campus and seeing the places we walked, slept and studied, some still as we left it while a lot of changes in others. My set had the honour of laying the foundation for a lot of flowers and trees you see around the campus. Now I notice the school has gone completely digitalized, the students all have their computers, iPads etc. The curriculum is also more robust; this is in line with global standards, and students also take part in international debate competitions. This is all very encouraging and shows the school is keeping up with the times.👍



Babatunde (l) chatting with other alumni during an event in the school



# Questions students should ask at a university fair



*Continued from the last edition.*

## **What is the amount of the average financial aid package awarded to students at the university?**

This is an important question not just for you as an applicant but for your family, who may be thinking about how they are going to afford to send you to college in a few years.

You can use this question to decide whether attending a certain college is financially feasible, and you can also use the representative's answer as a guideline for how you should be budgeting your money and saving for college during these next few years. In general, you'll probably find that private universities while more expensive to attend, offer more financial aid, whereas public universities are cheaper but don't always offer the same level of financial aid.

## **Are there separate deadlines for admission and scholarship applications?**

Sometimes, colleges include their financial aid applications within the college application itself. In other instances, there's a separate application, or even multiple applications, for financial aid awarded from the university. You should check with the college representative to make sure you won't be missing any deadlines or have due dates for financial aid/scholarship applications sneak up on you. The college representative may even mention a financial aid resource or website that you didn't know about.

## **What other fees and costs are expected to be made in addition to tuition?**

Tuition is definitely not the only fee that universities charge, and it does not even remotely take into account the everyday costs of living in college. There are room and board fees, textbook fees, meal plan costs, etc. These costs tend to vary per university. It's worth asking this question to see how expensive it is to attend a particular college in comparison to other colleges you are considering. You can also use this question to see if the college representative mentions any college costs that you hadn't thought of before.

## **4. Campus Life/Activities**

### **What do students at the university usually do during their free time?**

This question invites the college representative to tell you about the different on-campus and off-campus amenities along with various places to hang out. It's an insider's perspective that you may not be able to get by looking at an admissions website. While the college representative is describing what students do in their free time, imagine yourself doing those same things. Do you see yourself doing the things a typical student at that university does? Use that answer to assess whether you think the college would be a good fit for you.

### **Do many students live off campus?**

The housing situation on campus can define the campus culture. For instance, if most students live in on-campus housing, you are likely to see more late-night activities on campus than if the school is mostly a commuter school. This question will also give you a brief idea of how you would be living for if you were to attend the university.

### **Is there a sports complex or fitness centre?**

This question is important for your physical health more than anything else. Whilst in college, many students start to neglect basic healthy practices like a proper diet and exercise, making them stressed, unhygienic, and sometimes overweight. You should make sure there are ways for you to comfortably and safely exercise on the college campus you attend so that you can maintain your good health and be able to perform to the best of your ability, and a campus fitness centre is a great way to do that. If

the college representative says that there are campus resources for exercise, feel free to ask whether the college charges a fee for using those facilities.

## **5. Post-College**

### **Is there job placement help for graduates?**

At the end of the day, you are going to college so that you can eventually get a job and begin your career. However, in a competitive job market, a college education won't always guarantee you a great first job. Sometimes, you need some resources and assistance from your university like a career centre, information sessions from companies, resume help, interview prep, etc to set you apart from other job applicants. You ought to make sure that the college you are attending has at least some of these career resources so that you'll be set up for good job placement in the future.

### **What do most graduates from the university go on to do?**

Perhaps the college in question is great at getting students into graduate programmes or med school, or perhaps their graduates are highly sought after by the Fortune 500 companies. You ought to attend a school whose alumni go on to do things that align with your post-college goals. If you do that, you'll probably have an alumni network that can give you tips and potential job opportunities when it comes time for you to pursue your career.

### **How big/helpful is the alumni network on campus?**

Colleges who stay in touch with their alumni are often able to get those alumni to provide tips and resources to current students such as connections with grad schools and companies, interview and resume tips, and even just a friendly face to chat with. The bigger and more extensive the alumni network, the more resources you'll have while attending the university.

If you already know what career you want to pursue after college, feel free to bring it up! Perhaps the college representative will be able to tell you about some resources, clubs, organisations, or courses that could help you pursue your passion. Bringing up specific career goals show that you are a thoughtful, motivated, and passionate student who is serious about a college education and a successful career. ■





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