

APRIL NEWSLETTER



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Advice Column - You Ask, We Answer!

Question by Anonymous

I have been applying for jobs for the past year. However, I did not get a reply from even a single job! If I do make it to the interview stage, I do not proceed till the hiring stage or the second interview. It is significantly difficult. I get very demotivated at times.

Advice From Us To You:

There is a saying that goes as such, "Easy come, easy go. The longer the wait, the sweeter the reward." Now, we will not sugarcoat our words. If you've applied to countless jobs and haven't scored a full-time job at any one of the organizations, then you need to change your ways. You are competing against thousands of other individuals in the job market. What do you have that they don't? What quality, work experience, or educational experience will the employers see in you and choose you over someone else? What do you have to offer that they don't? You can focus on your strengths, see what you're good at and work hard on improving those qualities. Also, focus on your weaknesses. Figure out what it is that you lack, and work towards honing that thing, skill, quality, or habit that you lack. And watch your life change for the better. Work as hard as you can, and have faith. You did the best you could, that should be enough! It might not happen right away, but it will definitely happen when the time is right.



Why Intern with Unity for Equality?

Eman Khalid

Unity for Equality has internships open for numerous departments across the organization, such as the business development department, the press department, and the communications and marketing department. The interns at Unity for Equality have given positive feedback regarding their experiences with us. One of the interns who interned with us last semester said, "Unity for Equality has provided me with an invaluable experience. My supervisors have been extensively cooperative with me and they have also provided me with constructive and critical feedback with every work that I submitted. Since it was a remote internship, I could work from the comfort of my home and at my own pace too! The skills learned during my time as an intern with Unity for Equality will be extensively beneficial for me in the job market. It has been a great addition to my Resume!"

We have compiled a list of some of the many reasons why you should intern with Unity for Equality!

1. We Work According to Your Pace

Since we provide an unpaid internship, we respect the time and efforts of our interns. We provide them with the flexibility to work according to their own time zone and convenience. Since most of our internships are remote, our interns do not have to be present at the office to gain valuable real-world experience which they can use to excel in their respective fields of work and add it to their resumes.

2. Supervisors Offer Constructive Feedback

The directors of each department supervise the interns of Unity for Equality throughout their internship period. With each task they submit, they are provided with valuable constructive feedback. Interns get to correct their mistakes and hone their creative crafts under the supervision of their respective department heads.

3. It Encourages Networking

When you intern with Unity for Equality, you get a chance to work with people from different parts of the world. Since Unity for Equality is such a global organization, individuals from different racial and ethnic backgrounds work in the same department under the same supervisors and often times, also collaborate on projects from time to time. When you work with such a diverse group of people, you get a chance to increase your professional network and create friendships that might last for a lifetime!

4. We Offer Equal Opportunities to Everyone

At Unity for Equality, interns are chosen based on their skill sets, passions, and aspirations. We do not choose people based on their looks, race, ethnicity, or nationality. We treat every intern equally without discriminating against any team member. At Unity for Equality, we strongly disagree with any form of discrimination, harassment, or hate-speech against anyone.



4 Reasons to Donate to Unity For Equality

Jennifer Brooks

First of all, we get it. Whenever we log onto social media these days, it feels like there is a plethora of charities and organizations just waiting to ask us for money. Well, to be honest with you, we feel that donating to any organization, when we don't even know how our money will profit them, can be really off-putting. So, we've devised a list of 5 specific ways your donations will help us out.

Keep reading to find out how you can really benefit your community today.

1. Education

At Unity for Equality, we believe that everyone has a right to a high-quality education. Yet we also realize that for countless students there are plenty of financial issues that stand in their way. This is where you come in.

Your donations can help us to invest in the minds of tomorrow, and help us fund everything from basic school costs to job placements for students from low-income families. You never know, you could be helping us to invest in those who have the power to change the world, even if they don't currently have the means to do so.

2. Water and sanitation

Across the world, we believe it is an outrage that 1 in 9 people lack access to clean running water, and 1 in 3 lack access to a toilet. This is a global health crisis, which according to water.org has led to 1 million deaths each year from water and sanitation-related diseases. In fact, the 3rd leading cause of death in children is diarrhea.

Your donations can help us to provide safe drinking water for those who need it, so we can stop as many people as possible from dying from preventable diseases.

3. Housing

Similarly, we also believe that it is aggravating that not everyone has a roof over their heads. Not only does this limit their educational and career prospects, but according to Crisis, people who are homeless are much more likely to go onto develop health issues, which is partly due to the violence they are prone to experience.

More than 1 in 3 rough sleepers have been deliberately physically assaulted, and 1 in 10 have been urinated on. With your help we can invest in companies that supply financing for housing, so we can prevent more people from being subjected to these deeply dehumanizing experiences. After all, everyone deserves to feel safe, in a home they can call their own.

4. Health

And last, but by no means least, we believe it is horrifying that many have to go without life-saving treatments, just on the basis of their incomes.

With your help, we can provide everything from affordable eye care to ambulance services for those who are going through life-threatening emergencies. After all, when we are sick, all we should be focusing on is getting ourselves better, and not facing a mountain's worth of debt.

We are committed to improving the lives of those who need it, but we can only do so with your help. So, what are you waiting for? Go ahead and donate today. You won't regret it, we promise.

In What Ways Can You Give Back to the Community?

Eman Khalid

Martin Luther King Jr. once said, "Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love."

There are many ways in which you can give back to your community. Either through random acts of kindness to a stranger or by volunteering a few of your time to a local orphanage or adult home. We have compiled a list of a few of the many ways in which you can give back to your community.

1. Volunteering

There are many ways in which you can volunteer. You can either volunteer at a non-profit organization in your local community or assist in fundraising for a good cause. Due to the spread of COVID-19, there have been many opportunities for youngsters to assist old adults in purchasing basic groceries or to help fulfill their basic needs since they cannot go outside as much due to the fear of contradicting the deadly virus.

2. Plant a Tree

Trees are crucial for maintaining a healthy environment, especially at present, when air pollution has been growing rapidly. You could give back to your community by either planting trees in relevant areas of your community or by planting a tree in your back garden.

3. Recycle Plastic at the Recycling Centre

Instead of throwing away extra plastic, try reusing it or recycling it at the plastic recycling center. This can be extensively crucial for the environment and reduce the rate of marine pollution which has been prevalent in the world for the past few years.

4. Random Acts of Kindness Towards your Neighbours

You can strengthen your relationship with your neighbors by volunteering your energy and time for them. Some of the generous acts of kindness that might lead a lasting impression on them could be to assist them in picking up their groceries from their car to their home or to help them move a piece of furniture. Remember, a single act of kindness goes a long way!



HOW CAN YOU LOOK AFTER YOUR MENTAL HEALTH AMIDST A DEADLY PANDEMIC?

ZIQING KUANG

Infectious disease outbreaks can cause changes in our daily schedules and personal or professional relationships, thus resulting in loneliness, depression, or anxiety. This is common in today's world due to constant quarantine and lockdowns, forcing people to be separated from their loved ones.

Here are some tips that can help support and manage your well-being and mental health during these unprecedented times.

Keeping in Touch with Your Loved Ones

Because a lot of us are at home and can't see our friends and families physically, keeping in touch with our loved ones through social media and the Internet can be a big help. This could mean Facetiming your buddies and companions, responding to emails and text messages from colleagues, and calling your family back at home. We all need some form of intimacy and love, even if we can't see those we love face-to-face. If needed, check out these free crisis resources to help you connect with a professional counselor in your area.

Create a Routine

Another tip is to create a routine that works for you and prioritizes self-love. You can try reading a novel or a poetry book for at least 30 minutes a day, practicing mindfulness and meditation, or experimenting on different exercise routines and workouts. Making sure your mental health and physical well-being are number one on your list is extremely crucial, especially during these unprecedented times.

Remember that feeling vulnerable and overwhelmed when you read the news on the coronavirus is normal. A recent survey done by Viviana Horigian from the University of Miami states that out of 1,008 people aged 18-35 years old, 80% of participants reported 'significant depressive symptoms during the pandemic.

Stress during the pandemic can cause the following symptoms: differences in appetite, energy, and interests, changes in sleeping schedules, and conditions of fear, anger, frustration, and sadness. Due to the growing COVID-19 cases in the U.S.. It is completely reasonable to stay updated on the effects of the coronavirus and what is going on in the world at the moment. But you also have to acknowledge your feelings and emotions.

Watching the news causes you to feel too anxious, it might be a good idea to avoid it and stray away from it. But this does not mean breaking hygiene and social distancing rules. Remember to continue to social distance, wash your hands, and wear a mask to keep you and the people around you safe. Even though it feels inconvenient and different, it is a lifestyle we must adapt to in order to ensure safety for ourselves and our loved ones.

When you are at home, avoid alcohol, tobacco, and substance use. Try to eat healthy and well-balanced meals that are good for your body and mind. Remember to treat yourself kindly because it is easy to lose focus of yourself during a pandemic. Keep a positive attitude and mindset, and do what you can to take care of yourself during these uncertain times. Because one day, this too shall pass. And we will come out stronger than before.



FEELING

OVERWHELMED

With Online Classes?

ZiQing Kuang

Here's How You Can Make Your Online Learning Experience Easier!

Due to the pandemic, the learning process for students has changed extensively. 98% of institutions moved their courses online, forcing students to experiment with new online learning resources, engagement, and types of technology. According to a statistical data survey done by Education Data, Covid-19 affected international education and students, the performance gap between demographic groups, and financial plans. Even though students can't change the progress and decrease of cases of COVID-19 in the U.S so they can finally return to the campus for on-site learning, they can adapt to new ways of success through advances in technology and online courses.

Here are some tips on taking online classes successfully:

1. Practice Time Management.

Managing your time between lectures, homework, and studying is crucial. It is easy to lose track of time while doing activities on your laptop or phone, so creating your own schedule is the best way to complete tasks. Follow a weekly schedule and write down your assignments and course readings. A daily reflection of your day's work would also be effective, and setting reminders for yourself can help in extensively practicing time management.

2. Stay Organized

Setting up a dedicated space for work during classes can boost your productivity. Before choosing an environment for studying, make sure the location has a high-speed internet connection, space for required books and software, and headphones for listening to your professor's lectures. This location should also eliminate distractions. You could download a website blocker like Cold Turkey and Freedom to block distractions that could pop up during your class.

3. Actively Participate in Class

Speaking and commenting during your online course can help you engage in conversations with your classmates and further expand your learning of the instructional material. Remember to speak up during the meeting and ask questions if you need help. Emailing your professor also counts as participation if you are actively learning the material through those interactions.

Good luck to all students and workers taking classes and doing their jobs through a screen in front of them. We appreciate those who continue to work hard even during a difficult phase in the pandemic!

An Exclusive Interview with Best-Selling Author and Speaker - Ruby Dhal

Eman Khalid

Ruby's books teach that a person's softness is their biggest strength and that having a big heart is not always a bad thing, and a glimmer of light can be found even in the darkest places. This week, we had the opportunity to interview Ruby Dhal about her experiences as a person of color working in the publishing industry and the goals she has for herself personally and professionally in the near future.



Interviewer: At what age did you start writing? And when you first started sharing your work on Instagram, did you expect you'd end up having thousands of followers appreciating and relating to your work?

Ruby: I started writing as young as 10. I really enjoyed reading books by authors such as Cathy Cassidy, Jacqueline Wilson, Karen McComble, and so on. The first piece of writing that I did as an alternative the last chapter to one of the 'Ally's World' books by McComble. When I first started sharing my writing on Instagram, all I intended to do was heal from my experiences. The intention was never to 'get big' or establish me as a prose/self-help author. All I wanted to do was stop hurting. The fact that the page blew up and so many readers resonated with my words was a bonus and it allowed me to finally understand my purpose.

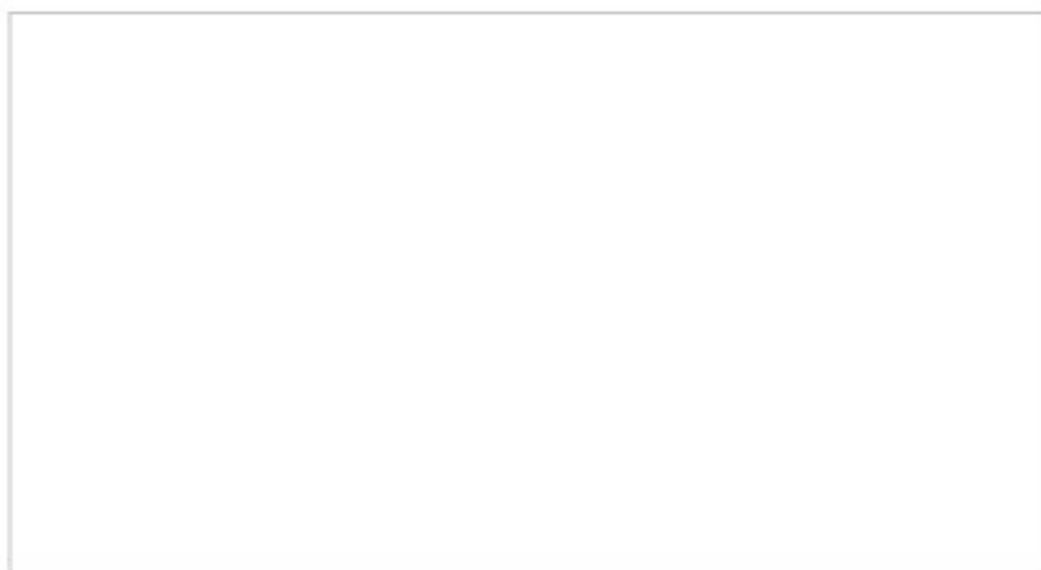
Interviewer: Being a person of color and an author of 4 books, did you have to face any obstacles or discriminations in the publishing world? If yes, how did you overcome them? Were you hesitant before publishing your first book?

Ruby: There aren't as many POC authors in poetry, fiction, or nonfiction in comparison to white authors but in recent years I believe the publishing world is making room for writers such as myself who want to establish themselves in their art and use their skin care as a reason for having a story to tell and a meaningful one at that. In the realm of poetry and Instagram, incredible authors such as Rupi Kaur, Nikita Gill, and Najwa Zebian are making it a lot easier for people like myself to be creative and have faith that this creativity will be heard. I'd always wanted to publish traditionally, and I wanted to publish a novel. That's my biggest dream. So, when I decided to self-publish 'Memories Unwound', I was not only uncertain but also quite scared because I was taking the first step in my journey to become an author and it wasn't how I'd originally envisioned it - it was even better.

Interviewer: What is the best piece of advice you've ever received? As a writer and as a person.

Ruby: I'm not going to lie, I'm normally the advice-giver amongst my family and friends so I can't remember any particular life-changing advice I was given but I can remember a really great quote I read somewhere which impacted my mindset greatly: *"The people who are crazy enough to think they can change the world are the ones who do."* - Steve Jobs

Ask us questions!



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If you want to help, check out our merch website at:

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