



EAGLES IN KHAKI

Preparing for and succeeding at the National Youth Service Corps scheme

Covenant University Alumni Association

EAGLES IN KHAKI

Preparing for and succeeding at the
National Youth Service Corps scheme

Covenant University Alumni Association

Lagos, Nigeria

Copyright © 2013 by Covenant University Alumni Association
7th edition

All rights Reserved.

No portion of this book may be reproduced, stored in a retrieval system or transmitted in any form or by any means, mechanical, graphic, electronic or otherwise, including photocopying, recording, taping or by any information storage system without the permission of the Publisher, with the exception of brief excerpts.

Design & Layout by
highPEACE Creative Agency
106, House of Worship, Ogidi,
Ilorin, Kwara State, Nigeria.
highpeacecreativeagency@gmail.com
+234 703 397 3302

The entire content of this book is developed and sourced from the National Youth Service Corp website (<http://www.nysc.gov.ng/>) to provide authentic information for chapter one.

Foreword



Life will generally bring storms our way, but our response to them is what defines the strength of our character. Life is in phases, and a successful passage through one phase to the next is dependent on the utilization of one's personal capacity. The period of NYSC is another phase of an individual's life, and it will demand the use of already-harnessed and the acquisition of more abilities. The demand of this phase will test one's strength of character because, most often, corps members are alone to make choices and decisions that would rule their lives.

The period of NYSC is a time where your character is put to the test. A time when your decision-making skills will be weighed. It's a time when the result of your choices comes faster than before. It's a time to learn time management, communication, leadership, and a host of other abilities that make for an influencer of change.

This season of your life is in episodes that begin from the Orientation Camp to your place of primary assignment, to your community development groups, and so on. A reflection of your time spent within the phase must return joy and gladness to you. You must ensure that what others will see as an outcome of this phase of national service is worthy of emulation. The NYSC scheme is a call to leadership, service, and personal development. It is a

National Yearning for Strength and Character. This book is a good and great guide.

I am certain that it will enrich you for better decision-making. I desire that the leader in you will emerge speedily to birth a change on definite spheres of influence.

See you in the skies!

Olumuyiwa Oludayo, Ph.D.
Pioneer Chairman, Board of Trustees,
Covenant University Alumni Association

Acknowledgements

The CUALA would like to acknowledge those whose impact has shaped what we stand for.

We acknowledge Dr. David O. Oyedepo, the Chancellor of Covenant University, for the impartations and support given to us.

We appreciate the efforts and contributions of the Vice-Chancellor of Covenant University, for the passion and expectations exhibited towards Eagles.

We also acknowledge members of the University Development Group of the CUALA, for the coordination of the original book project.

We recognize Tolu Amusan, Wole Adewumi, Kunle Sodipo, Suleiman Usaini, Azubuike Ezenwoke, Kemi Onabanjo, Stephen Oluwatobi, Lamide Olusanmi, Emmanuel Obi, Abisola Onatoye-Olutokun, Victoria Usang Asi, Eburn Reffell, and Wunmi Bethel-Omoniyi for generating the content for this book.

We are grateful for your contributions.

Thank you.

The graphic consists of two stacked squares: a blue square on top and an orange square on the bottom, positioned to the left of the title text.

Table of Contents

Foreword	page 3
Acknowledgements	page 5
Preface	page 7
Section 1	Acing the NYSC experience
Chapter 1	About NYSC page 10
Chapter 2	Preparing for the Orientation Camp page 31
Chapter 3	Life in the Orientation Camp page 40
Chapter 4	Life After Camp page 48
Section 2	Acing Life as A Whole
Chapter 5	Preparing for Life After NYSC page 60
Chapter 6	Taking Charge of your Mental Health page 72
Chapter 7	Resume Writing page 81
Section 3	Opportunities in the Covenant University Alumni Association page 91

Preface

Now that you are ready to take on the rigors of contributing to society as you build a career or enterprise, the National Youth Service Corps (NYSC) provides you with a worthy platform to launch out and test your ideas in the real world. You have been gated and polished by your experiences in Hebron, now you are ready to soar with an eye for solving problems.

Your call to the NYSC program presents a unique opportunity to begin that process of finding your place and space to operate freely through wisdom. You might be posted to a city or a rural area, given a place of primary assignment or not. Irrespective of the nature of your call, you must apply yourself within the duration to optimize your experience and produce tangible results that enhance your worth to society.

The Covenant University Alumni Association has put together lessons drawn from thousands of Eagles who have walked this path before you. These lessons will help you avoid pitfalls, and guide your decision-making by providing you with the tools to replicate their successes, and ultimately improve on them within your context.

It is my hope that during this period, you will establish better records, set up successful platforms in business and social engagements, form worthy alliances, and build the foundation to attain great heights in your life.

I encourage you to read *Eagles in Khaki* before you proceed on your NYSC journey, in order to get acquainted with the demands of this phase and be properly positioned for the opportunities that lie ahead.

Welcome to a new beginning.

Reginald Bassey
Immediate Past President



EAGLES **IN KHAKI**

SECTION 1

ACING THE NYSC EXPERIENCE



Chapter One

ABOUT NYSC

“

“The best way to find yourself is to lose yourself in the service of others.”

-Mahatma Gandhi

”

National Youth Service Corps (NYSC)

Today, the world over, “National Youth Service” is a familiar concept, as it has been discovered to be an integral part of some nation's agenda for its teeming youth population.

National Youth Service refers to non-military (or paramilitary) intensive engagement of young people in organized activity that contributes to the local, national, or world community. It provides opportunities for youth development, empowerment, and growth. This may take the form of a youth program where young people are recruited, offered leadership opportunities, participate in activities that improve the community, and are trained and mentored.

In the 21st century, it can be speculated that an increasing number of young people in Nigeria and overseas are expected to enrol in the compulsory national service, generally referred to as **National Youth Service**. The national youth service scheme in Nigeria, for instance, was instituted for various reasons. These include fostering national unity, making conscription more

equitable, granting experience, improving employability, and achieving certain social objectives (such as assisting the poor, adding value to communities, and facilitating education). It may interest you to know that the national youth service scheme has been established in over 30 countries in every part of the world. In Canada, for instance, there is what is called *Katimavik*, and then we have Costa Rica's *Trabajo Comunal Universitario*, Chile's *Servicio Pais*, China's *Poverty Alleviation Relay Project*, Germany's *Zivildienst*, Indonesia's *Kuliah Kerja Nyata*, Israel's *Sherut Leumi*, New Zealand's *Conservation Corps*, Singapore's *National Cadet Corps*, the Gambia's *National Youth Service Scheme*, the United States' *AmeriCorps* and *Conservation Corps*, *National Youth Service* (Seychelles) and *National Youth Service* (Zimbabwe), and of course, *Nigeria's National Youth Service Corps*, to mention just a few. The duration of the national youth service program depends on the setting or context, and its youth service policies.

How It All Began in Nigeria

The National Youth Service Corps (NYSC) in Nigeria was established June 4, 1973, by the then-military administration of General Yakubu Gowon, with a mandate of national unity and integration. It was designed to restore faith and hope in the nation after the trauma of a thirty-month civil war. The decree that established the scheme stated that it was established with a view to properly encourage and develop common ties among the youths of Nigeria, and the promotion of national unity.

Graduates of Nigerian universities and later polytechnics were required to take part in the compulsory National

Youth Service Corps (NYSC) program for a year. Corps members are deployed to cities other than their own city or state of origin. They are expected to interact with people of other tribes, social and family backgrounds, to learn the culture of the indigenes in the place they are deployed to. This strategy is aimed at bringing unity in the country and helping youths appreciate other ethnic groups.

There is an 'orientation' period of approximately three weeks, spent in a camp away from family and friends. There is also a 'passing out ceremony' at the end of the Orientation Camp, and then postings to Places of Primary Assignment. The program has also helped in creating entry-level jobs for a lot of graduates.

Goals and Objectives of the NYSC

The National Youth Service Corps was set up with some set of clearly defined goals which include the following:

- a) To inculcate discipline in Nigerian youths by instilling in them a tradition of being industrious at work, and of patriotic service to Nigeria in any situation they may find themselves.
- b) To raise the moral tone of the Nigerian youth by giving them the opportunity to learn about higher ideals of national achievements, social and cultural improvement.
- c) To enable Nigerian youths to acquire the spirit of self-reliance by encouraging them to develop skills for self-employment.
- d) To contribute to the accelerated growth of the national economy.
- e) To develop common ties among Nigerian youth,

geared towards the promotion of national unity and integration.

- f) To remove prejudice, eliminate ignorance, and confirm at first hand the many similarities among Nigerians of all ethnic groups.
- g) To develop a sense of corporate existence and common destiny of the people of Nigeria.

The Four Cardinal Programs of the NYSC

The National Youth Service Corps involves a four-phase program comprising the following:

1. Mobilization
2. Orientation/Induction Course
3. Primary Assignment/Community Development Services
4. Winding up/Passing Out.

Mobilisation

The scheme mobilises Nigerians below the age of 30, who are graduates of universities or polytechnics. Qualified Nigerians, as stated above, are given an instrument of mobilization known as a 'Call-Up' letter, which will indicate the State of Deployment and other particulars of the prospective corps member.

Orientation/Induction Course

This involves a 3-week training program, primarily designed to prepare corps members for the one-year national service. The training takes place in venues called Orientation Camps, located in all the 36 states of the

Federal Republic and the Federal Capital Territory. The orientation course provides a platform for interaction among Nigerian graduates of diverse backgrounds and inclinations.

Place of Primary Assignment (PPA)

At the end of the orientation exercise, corps members are posted to work in the public or private sectors, usually referred to as 'Place of Primary Assignment.' The corps members during this period provide valuable support to meet the much-needed manpower demand in both rural and urban communities. The corps members can be found in all the communities making up the 774 Local Government Areas in the 36 States of the Federation, including the FCT.

Community Development Service (CDS)

This is one of the cardinal programs of the NYSC, which is usually carried out by the corps members, along with their Primary Assignment. The CDS is designed to bring development to host communities through the activities of corps members. A day in the week is usually set aside for the corps members to carry out community development initiatives (based on community needs) and provide a platform for sustainable development in active cooperation of host communities.

Winding Up/Passing-Out Parade (POP)

This draws the curtain on the service year. It brings the corps members together, such that discussions are engaged to recount experiences during the service year. It also serves as an opportunity for general evaluation,

which in turn could assist the future planning of a well-articulated program.

During this event, the corps members are given their certificates of participation, and those who executed outstanding individual CDS initiatives are recognized and rewarded with different awards ranging from certificates of merit to cash rewards or job offers by the host states.

NYSC Anthem

STANZA I

Youth obey the clarion call
Let us lift our nation high
Under the sun or in the rain
With dedication, and selflessness
Nigeria is ours, Nigeria we serve.

STANZA II

Members, take the great salute
Put the nation first in all
With service and humanity
NYSC for the noble youths
Make Nigeria a great nation.

STANZA III

Far and near we come to serve
And to build our fatherland
With oneness and loyalty
NYSC for Unity
Hail Nigeria our great Nation.

The Nigerian Anthem

STANZA I

Arise, O compatriots,
Nigeria's call, obey
To serve our fatherland
With love and strength and faith
The labor of our heroes past
Shall never be in vain
To serve with heart and might
One nation bound in freedom
Peace and unity.

STANZA II

O God of creation,
Direct our noble cause
Guide our leaders right
Help our youth, the truth to know
In love and honesty to grow,
And living just and true
Great lofty heights attain
To build a nation where peace
And justice shall reign.

The Six Geopolitical Zones and States in Nigeria

North-Central

- Benue
- Kogi

- Kwara
- Nasarawa
- Niger
- Plateau
- Federal Capital Territory, Abuja

North-East

- Adamawa
- Bauchi
- Borno
- Gombe
- Taraba
- Yobe

North-West

- Kaduna
- Kano
- Katsina
- Kebbi
- Sokoto
- Zamfara

South-East

- Abia
- Anambra
- Ebonyi

- Enugu

- Imo

South-South

- Akwa Ibom

- Bayelsa

- Cross River

- Delta

- Edo

- Rivers

South-West

- Ekiti

- Lagos

- Ogun

- Ondo

- Osun

- Oyo

List of some organizations that partner with NYSC on Community Development Services (CDS)

Here is some information about some community development services of the NYSC:

1. UNICEF: United Nations International Children Education Fund (UNICEF) collaborates with the NYSC in the areas of reproductive health and HIV/AIDS prevention, care and support projects; using corps members as Peer Educators in

secondary schools. Also, Global HIV/AIDS Initiative Nigeria supported by the United States Agency for International Development (USAID) is supporting this initiative by providing counseling, testing, and Anti-Retroviral Drugs.

2. UNESCO: United Nations Education Scientific and Cultural Organization (UNESCO) collaborates towards improving the reading culture of Nigerians, particularly in the rural areas, through the establishment of rural libraries; using corps members.
3. British Council/World Bank: British Council/World Bank Institute (BC/WBI) is in collaboration with the NYSC in the area of creating awareness on the Millennium Development Goals (MDGs) and the National Economic Empowerment and Development Strategy (NEEDS) for application in the Community Development Service (CDS) projects of corps members.
4. WOTCLEF: Woman Trafficking and Child Labour Eradication Foundation (WOTCLEF) is in partnership with NYSC in the area of campaigning against women trafficking, child labor, and HIV/AIDS. It is a project supported by the Department for International Development (DFID) of the British High Commission, and recently, by PATH of the USAID. WOTCLEF works in tandem with the National Agency for Protection against Trafficking in Persons (NAPTIP), an agency established through the influence and success of the WOTCLEF project to enforce the law on trafficking in persons in Nigeria.

5. The United States Embassy employs the assistance of corps members in creating awareness on environmental regeneration. This process includes checking pollution, habitat conservation, waste management and litter collection. This is done in partnership with some selected state governments and the Ecological Fund.
6. NDLEA: Corps members from drug-free clubs and organize public enlightenment campaigns through lectures, debates, seminars, rallies, and so on in schools, motor parks, markets and public squares in their host communities.
7. WHO: Corps members serve as independent monitors during poliomyelitis immunizations in the country. They also participate in public enlightenment campaigns on immunization against deadly diseases such as polio, measles, diphtheria, whooping cough, tuberculosis, as well as in the control of malaria, diarrhoea, and more.
8. ICPC/EFCC: Corps members are organized into various groups to campaign against corruption, fraud and other forms of economic and financial crimes.
9. SERVICOM: Under this platform, corps members form CDS groups in their Places of Primary Assignment to promote effective service delivery at the national, state, and local government levels. They assist in carrying out SERVICOM sensitization in both the public and private sectors of the society.

10. Legal Aid: In collaboration with the Legal Aid Council and other human rights groups, corps members form CDS groups to provide legal aid services for widows, children, and other less privileged groups who fall victim to neglect and human rights violations.
11. FRSC: Corps members also collaborate with the Federal Road Safety Commission (FRSC) in its campaign for road safety usage among motorists in the country. They are corps members volunteer groups who render services such as orientation and education on road signs, road safety regulations, and so on.

Note: The CDS is not limited to the above-mentioned because the list is inexhaustible, and is also contextual; depending on the needs and aspirations of the host communities.

Eligibility for National Youth Service

Participation in the National Youth Service Corps is compulsory for the following categories of Nigerian university graduates:

- I. If at the end of an academic year (e.g., 2011/2012 and above) or, as the case may be, at the end of any subsequent academic year, he/she shall have graduated from any university in Nigeria; or
- II. If at the end of an academic year (e.g., 2011/2012 and above) or, as the case may be, at the end of any subsequent year, he/she shall have graduated from any university outside Nigeria; or

III. If at the end of the academic year (e.g., 2011/2012 and above) or, as the case may be, at the end of any subsequent year, he/she shall have obtained the Higher National Diploma (HND), or such other professional qualifications(s) as may be prescribed.

Notwithstanding, according to the provisions of subsection (1) of the decree that established the NYSC with effect from August 1, 1985, a person shall not be called up to serve in the service corps if, at the date of his or her graduation or obtaining his or her diploma or any other professional qualification:

- (i) He/She is over the age of thirty, or
- (ii) He/She has served in the Armed Forces of the Federation or the Nigeria Police Force for a period of more than nine months, or
- (iii) He/She is member of staff of any of the following:
 - The Nigerian Security Organization
 - The State Security Service
 - The National Intelligence Agency
 - The Defense Intelligence Service
 - He/She has been conferred with any National Honor

A person liable to be called up to serve shall serve for a continuous period of one year from the date specified in the call-up instrument served him/her, or as the case maybe. If a general or special notice to that effect is given in the prescribed manner, and when such is called up, such person shall make himself/herself available for service and shall present himself/herself at such place and time, and to such person or authority as may be specified in the instrument or notice.

As from July 1, 1977, it became mandatory for all Nigerian graduates from institutions of higher learning, both at home and abroad, to participate in the National Youth Service Corps scheme irrespective of their age at graduation; except for those served with exemption certificate on the grounds of age or any other of the above grounds.

Deferment

Medical doctors, lawyers, and pharmacists are allowed to do their one-year professional apprenticeship before enlisting in the scheme. However, if a law graduate decides to serve before going to the Law School, he/she is permitted to do so. The age as at the date of graduation for lawyers and medical students is the date taken into account for mobilization in the NYSC scheme. HND holders and all other graduates as may be prescribed by the law are not allowed to defer their participation in the NYSC scheme in order to pursue professional courses, either first degree course or post graduate studies, until they have completed service and are discharged from the scheme; health reasons can be considered.

Deployment Policy

The ultimate objective of the NYSC scheme is to achieve national unity through mobilization of youths in the country. Corps members are to be exposed to life in other parts of the country, and to learn at first hand, the many similarities and diversities of cultures and tradition of the various ethnic groups in the country; with a view to eliminating any inherent prejudices. Corps members, therefore, have no choice as to where they would like to serve.

Corp members are discouraged from lobbying for choice places or states of deployment.

Some NYSC administrative offices you need to know:

1. Director General
2. State Coordinator
3. Zonal Inspector
4. Regional Inspector
5. Local Government Inspectors/Officers (LGI/O)
6. Chief Liaison Officer (CLO)
7. Camp Director
8. Camp Commandant
9. Platoon Commandant

FAQs

Experience over the years has shown that there are quite a number of questions that are often asked by many Nigerian students. NYSC has, therefore, provided answers to some frequently asked questions. Below are some of them.

Q - How many times does the NYSC mobilize prospective corps members in a year?

Ans - Currently, three times a year: Batch A - March, Batch B - July, and Batch C - November. (This is the normal number of batches, but this was distorted due to the effect of the COVID-19 pandemic)

Q - My name has appeared for National Service, but I do not want to serve. Can I defer my service?

Ans - No. Refusal to report for National Service is a punishable offence.

Q - I am over 30 years old, but I was still mobilized. What do I do?

Ans - Yes, you may be mobilized because at the time of your graduation, you were not yet 30 years old. In addition, medical and pharmacy students are called up for service – even at 30 years – to compensate for the additional one-year housemanship/internship programs. Finally, all foreign-trained students are mobilized irrespective of age. If at the time of graduation, they were below 30 years old.

Q - I was wrongly exempted from National Service. What do I do?

Ans - The Student Affairs Office (SAO) has to submit a copy of your biodata to the NYSC as evidence of your real age. Your exemption certificate must be returned to the NYSC Headquarters, if collected. If your age is authenticated, your name can be re-collated at the next mobilization exercise. Cases with no biodata and evidence of return of already-issued exemption certificate will not be treated.

Q - My name was omitted. What do I do?

Ans - If the omission is from your school, and the NYSC Preliminary List has been delivered to the school, you would need to inform your Student Affairs Office so that your name can be re-collated in the next batch. If the omission is from the NYSC, your Student Affairs Office will effect the correction when retuning the Preliminary List with detailed explanations. Your name must be in the Master List submitted earlier to the NYSC.

Q - I was exempted. When and where do I collect my Exemption Certificate?

Ans - Your Exemption Certificate will be delivered with the Call-Up letters to your school. So, you can collect it as the Call-Up letters to your school. So, you can collect it as the Call-Up letters are being issued.

Q – Is the Certificate of National Service superior to the Exemption Certificate?

Ans – No.

Q – I missed the last orientation, and am still in possession of my Call-Up letter. What do I need to do to be mobilized in the next batch?

Ans – You are to return the Call-Up letter to your institution and ensure that your name is re-collated to serve in the next batch.

Q – I schooled abroad. What documents do I need to provide to be called up for National Service?

Ans – Original and photocopy of all academic credentials including:

- 1. First Degree Certificate BA, B.SC, HND, and so on.*
- 2. Complete transcript of the degree or HND.*
- 3. Marks Sheets (for Indian schools only).*
- 4. O' Levels, i.e., WASC, WAEC, GCE, SSCE, NECO, IGCE, High School Diploma.*
- 5. Registration certificate with Medical Dental Council of the Nigeria (for doctors only).*
- 6. Registration certificate with Pharmacists Council of Nigeria (for Pharmacists only).*
- 7. Nigeria International Passport showing the following:*
 - i) First Departure date from Nigeria*
 - ii) Student Visa*
 - iii) Last arrival date into Nigeria*
- 8. Three (3) Passport size photographs.*

The original credentials and traveling passport will be returned to the owner after verification. You should visit the Mobilization Department at the NYSC headquarters in Abuja

to register. Your Call-Up letter will be issued to you at the NYSC headquarters.

NOTE: REGISTRATION IS NOT DONE BY PROXY.

Q - I studied as a part-time student, and I want to serve. Is that possible?

Ans - As at today, Part-time/Sandwich/Long-distance/Open University Graduates are excluded from participation in the National Service and will be given Letters of Exclusion. It is fraudulent to smuggle your name with the regular fulltime students.

Q - Can I check my posting and do my registration online?

Ans - Yes. You can check your posting online just like when you registered. You may go to your school to check your posting, and then to your state of deployment for your registrations.

1.13 The Covenant University (CU) graduate and NYSC experience

Having spent some time in Covenant University, it is important to be adequately prepared physically, psychologically, and spiritually for NYSC. Please note that NYSC is an entirely different ball game from the life that you experienced in CU. The truth is, a lot of you will be eternally thankful for all your wonderful experiences in CU, as they provide a very solid base to withstand the harsh realities of the world out there.

Furthermore, for you who might serve in a place you have never dreamt of going in your whole life, prepare your mind and body for a very long-distance journey. You will get to understand that even the airplanes have some limitations in landing in certain locations. Your journey may be long and rough, depending on the location and the distance from where you are taking off. There are some journeys that could last close to 24 hours (by road). By the time you reach your final destination and are about to make a heavy sigh of relief, it is advisable that you hold your breath because your journey might just be starting. Journeys within states are the most frustrating because some can last about 3 to 4 hours or even more!

This is not to scare you, however. The whole experience is fun. Those who are *mummy's* or *daddy's pet* will learn to be independent. The NYSC experience will take you to a whole lot of “interesting” places. Persons posted to places like Bayelsa, and other riverine states, should prepare psychologically for lots of canoe travels. You will get to meet new people, experience new cultures, new foods, new ways of life, new ideals, new language(s), and

you will get to know the actual state of your dearly beloved country, which will awaken in you a new passion to be one of the change agents that Nigeria is waiting for.

Dear king or queen, “he-eagles and she-eagles”, please do not forget your core values - the very essence of your alma mater. Write them on the tablet of your heart. Commit them to memory and let them be your daily mantra. Just in case you might have forgotten them, here is a simple way of remembering: SIMCaRDS.

S - Spirituality

I - Integrity

M - Possibility mentality

Ca - Capacity building

R - Responsibility

D - Diligence

S - Sacrifice

The NYSC, according to the CU Alumni, is a time for National Yearning for Strength and Character (NYSC). It is an opportunity to test the fitness level of your character, and ensure that you build it without crashing under the weight of vices.

It is our desire and prayer that God will endow you with sufficient grace for the journey ahead. Our expectation is that you will replicate the dimension of success you have experienced in Covenant University.

Highlights

1. NYSC provides opportunities for youth development, empowerment, and growth.
2. The NYSC was established with some clearly defined goals which include: Inculcating discipline, raising moral tone, acquisition of self-reliance, development of communities, to remove prejudice and ignorance among the youths.
3. The NYSC is geared towards promoting national unity and patriotism among the youths.
4. NYSC has partners of world standard. Some of them include: UNICEF, UNESCO, BRITISH COUNCIL/WORLD BANK, WOTCLEF, The US EMBASSY, NDLEA, WHO, EFCC, SERVICOM, and more.
5. Graduates above the age of 30 are not allowed to partake in the NYSC scheme, except by specific reasons as stated by the governing rules of the NYSC.



Chapter Two

PREPARATION FOR THE ORIENTATION CAMP

“By failing to prepare,
you are preparing to fail.”
-Benjamin Franklin ”

Things to know before camp:

NYSC is a new and different experience for a lot of fresh graduates. Like every new adventure, there are important things to note, to make the most of it. Every adventurer will have to familiarize himself/herself with the terrain, the rules, and the requirements. First, you would have known that the world out there is completely different from the Covenant University context. The dignity you have been accustomed to in Hebron will be lacking in most places where people are treated with disdain and disregard for personal boundaries.

However, you should look forward to the Orientation Camp with much expectation. Before now, you must have heard several stories of what happens in the NYSC Orientation Camp – The good, the bad, and the not-so-good stories, but you must choose your experience. Always note that no one can make you feel inferior without your consent. This chapter contains useful tips for effective preparation for the NYSC Orientation Camp.

Going To Camp

You should find out the distance of your camp location in the State of Deployment from your home or state, i.e., how many hours or days it will take you to get there, either by road or by air, and which one will be more suitable or comfortable for you. You should also try to contact friends, family or relatives residing in the state you have been posted to for more information on how to get to the camp, accommodation provision, or other vital information you will need about the state you are going to – for preparation, security, and other miscellaneous purposes.

It is suggested that you engage the services of transport companies with buses that will take you directly to the campground from your home or state of departure. You should also endeavor to meet with any friends or course mates who have been posted to the same state as you, so that you can all move together in a group and as a family, which makes the journey more fun/interesting, since you will be sharing a happy time of thoughts, gist and experiences with people of like minds on a road or plane trip.

Except you have a more comfortable, private and precise arrangement (either by flight or by road), it is recommended that you take a bus option that will take you directly to the camp location.

Redeployment

You are allowed to apply for redeployment – if you have valid reason – to your state of residence or any other state of your choice. There is a checklist of tangible reasons that require close monitoring or attention, it could be marriage ther tangible reasons, as situations demands,

will be examined by the NYSC Camp Director or State Coordinator as you tender them in camp. You are also allowed to redeploy based on security reasons; for those who will be posted to the northern parts of Nigeria, especially in period of crises, or areas known to be prone to violence. The new policy of the federal government permits corps members who wish to redeploy from the north based on the security of their lives and property to do so by registering their intention to redeploy with the NYSC Camp Director or other executives.

Place of Primary Assignment Posting

Soldiers cannot influence posting. Be careful not to be defrauded or deceived! Officially, you are not expected to make payments for any service that involves registration or settling in camp. Registration, accommodation, and feeding from the NYSC kitchen is absolutely free. You can decide to be generous towards anyone, which is at your own discretion. Finally, beware of imposters who pretend to be either fellow corps members or NYSC officials, looking for those to steal from. Guard your credentials so that they do not get missing or stolen by such people.

Rejection from Primary Assignment

If there is no agreement for engagement between you and your prospective employer, you may seek to be reposted. This becomes valid when your prospective employer gives you a letter of rejection. Do not be over-demanding or expect a palatial residence or exorbitant financial offer as a condition to serve in any particular place because, the truth is, not all organisations are buoyant enough to afford you the best kind of life or pay you want (or even

deserve) during NYSC. If you get something moderate, average, or manageable but okay, please stick to it. But if it is clear that the organization is up to the task of paying you or providing for your accommodation needs while needing your service but are reluctant to fulfil their responsibilities or are only interested in using you for a meagre sum, then you can report the case to your Local or Zonal Inspector, or immediately seek a better offer.

However, let your discretion and God's leading also be your ultimate guide.

In the case of your initial Place of Primary Assignment not wanting your services (rejection), report back to your Local and Zonal Inspectors so that they can be aware of your situation, and help you to secure a place within their reach, or an organization where your services will be needed.

Furthermore, if your letter of posting has not been signed by your initial place of posting or any other organization, you have the liberty to seek another organization for your service, especially if that organization requested your service, which means you will have to secure a letter from the organization to that effect. In a case where you have to request a letter from an organization before or just after your posting to a Place of Primary Assignment, inform your Local Inspector of this occurrence so that he can officially dispatch you to the organization that has requested for you, and give documents backing you up to the Local Inspector of the new location/area you are going to.

Checklist of Essential Camp Materials

Documents

The following documents are very essential to your

entry into camp, and should be considered as your visa into the Orientation Camp. They include:

1. Call-Up letter, which you should have obtained from the University.
2. Statement or Notification of Result
3. School-leaving credentials (your WAEC/NECO/GCE results and certificates)
4. Birth Certificate
5. Passport photos (24 or more copies). You might need passport photographs even after the Orientation Camp for processing other documents.
6. University ID card or Letter of Introduction (for cases of misplaced ID card)

Most importantly, make more than enough photocopies of all your documents/credentials before leaving home. The stress and exorbitant cost of things on camp can be unbearable. If you can, take along stationery like staplers and staple pins, paper gum, pencil, pens, and so on. Also, be sure to have good folder or file that can help to secure and preserve your documents.

Clothing

It is expected that NYSC will provide all the clothes you will wear at the Orientation Camp. However, you will find it more comfortable to make personal provisions for some important clothing items. NYSC's provision may not be ideal for you due to fitness and usability. So, you can take additional:

1. Comfortable, non-transparent and durable pure white T-shirts

2. Comfortable white tennis or jogging shoes
3. White shorts or three-quarter shorts
4. Pairs of white socks
5. Cardigans, sweaters, blankets, bed sheets and cover cloths

Those posted to the northern part of Nigeria, e.g., Jos, Bauchi, Maiduguri, Sokoto should note that this region experiences extremely cold weather between November until sometime in March of the following year. Therefore, it is expedient that they have head warmers, gloves, and thick socks.

NYSC will provide you with the traditional khaki outfit and boots. You could also amend the oversized khaki, but this should be with caution. The khaki material is known for its shrinking nature when washed even for the first time.

Body care

Bathroom slippers, 2 buckets, clippers/shaving sticks (some camps may prohibit electrical appliances), cosmetics, toiletries, pillows, towels, and so on.

Accessories

Waist pouch/bag (very helpful to keep your money and other valuable items), flashlight, extra battery for your phone, travel (desktop) charger, spoons, plates and coolers, and so on. Knives and forks are usually not allowed. Please note that metal cutlery is not allowed on camp.

Provisions

You might have need of midnight or after-meal snacks. It is helpful to have some beverages at your disposal. Others include sugar, butter, corn flakes, Golden Morn or garri.

Electrical and Electronic Devices

Even though you might need certain devices, it is advisable not to take certain devices with you if you do not want to lose them. Such kinds of devices include laptops, digital cameras, iPods, iPads, PlayBooks, and others. It would not be smart to take smart phones to the Orientation Camp. So, what should one take then? Take feature phones. Go with what you can easily keep. Go with what you will not be sorry to lose. **See detachable shopping list at the back of the book.**

What Not to Take:

The materials prohibited during the 3-week Orientation Camp include: Pressing iron, boiling ring, metal cutlery, knives, syringes, and other dangerous or sharp cutting materials. You will later need these things during your one-year service at your Place of Primary Assignment; you will only be restricted from using them on campgrounds, for those who are planning to move everything they need from home once and for all. At the checkpoint, such materials will be collected from you with your name tags on them and put in a store until the end of the 3 weeks when you will get them back.

Telecom Network Access

As for telecom network access, that is totally dependent on how rural or urban the location of your campground is, and later on, the location of your Place of Primary Assignment. It is advised that you have at least 3 network SIM cards and a double SIM phone (alongside your major phone) that can give you the flexibility of switching between lines in case of poor or no network. Prepare in your mind that you may have to go to some particular locations (either in the camp or in your Place of Primary Assignment) to get sustainable network for calls, and once you are out of that coverage area, the network will be inaccessible. At certain times, you may have to visit the nearest corps members lodge or other specific locations to get network access. It is therefore advisable to possess registered SIM cards from all networks. This will prevent difficulties in making or receiving calls in the event of few SIM registrations centres.

Highlights

1. Youth corps members must understand that experiences differ with environments, hence they ought to be prepared for the journey ahead.
2. Corps members are expected to have vital information about their area of deployment.
3. Redeployment is possible only on specific reasons like marriage and health issues.
4. Know your worth as a corps member. Do not settle for less when it is clear that you could be treated better.
5. Corps members are advised to have all documentation necessary for service. They are also advised to carry the basic things needed for their comfort, like extra clothing, provisions, accessories, toiletries, and so on.



Chapter Three

LIFE IN THE ORIENTATION CAMP

“

“You cannot tell how much you are worth until you succeed in managing yourself effectively.”

-David Oyedepo”

Schedule in Camp

The NYSC Orientation Camp is a three-week-long program where your mind is prepared for the service year. During this program, you meet with persons from different institutions, family backgrounds, and religious beliefs. It can be an exciting time or could turn out to be your worst experience, depending on how you start out. The schedule on camp is very demanding, and so it is advisable to arrive camp early. Camps are usually located in small towns outside of the state capital. To arrive early would mean to get to the camp location a day before camp opens and lodge in a guest inn, or if you have relatives around, you can stay with them.

That said, if you cannot go a day before, do not worry. Just ensure that you get to camp on Day One, as early as you can. This will allow you to get through with registration as early as possible. It will also put your mind in good shape to face the three-week life in the Orientation Camp.

A typical day in camp usually begins at about 5:00 a.m. (timings may differ from state to state) with a bugle (a kind of trumpet) being sounded. Corps members are expected to

proceed to the parade ground on hearing the bugle sound. It is advisable to have your bath and get dressed in your white shorts and white T-shirt before the bugle is sounded. As soon as the bugle sounds, camp personnel (especially soldiers) will begin to raid both male and female hostels, chasing out those who are still in the hostel areas, regardless of whether they are ready or not. These soldiers are no respecters of persons. So, it is wise to never be found around the hostels when they begin to go around.

Prayers are said on the parade ground to commence the day's activities, after which instructions are given by camp officials on how corps members ought to conduct themselves continually while in camo. This then leads to some warmups and drills led by the military camp officials. These activities can include singing and chanting 'barracks' songs. If you release your mind to the spirit of adventure, you might find the drills to be fun. They continue until about 8:30 a.m.

After the second morning drills, you then proceed for breakfast. Food served at breakfast is dependent on which state your Orientation Camp is located. However, the meals range from bread and tea to pap and *akara* balls. For the adventurous individual (*aje pako*), the food served in camp is just okay.

However, for the *aje butter* individuals, you have *mammy* markets to meet your feeding needs. The period allocated for breakfast and wash up is about an hour. By 9:30 a.m., the bugle is sounded again for another assembly which sometimes last about three hours.

The purpose of this assembly varies from time to time and from one state to another. The activities that fill the next three hours include: lectures, seminars, talks, enlightening events, and parade activities. Your dress code all throughout this time remains white shorts and T-shirt. This is why it is advisable to buy your own T-shirts, shorts, and tennis shoes that fit you

properly. The ones you will be given may not be your size or cover you properly.

By 1:00 p.m., it is time for lunch. Again, you can either go for food served from the kitchen or proceed to the *mammy market*. This also leads to a period of rest until about 3:00 p.m. This is usually a good time to wash your personal effects, read, think, or take a good nap.

By 3:00 p.m., the bugle is sounded again, and you are expected to move to the parade ground for additional drills and sporting activities. This will last for another three hours.

Military camp officials will always go round to ensure that no one remains in the hostel areas during this time. It is best never to be found in the hostel at such times. If you fall ill, then make your way to the sick bay. This is the place to be when you are ill.

By 6:00 p.m., the major activities for the day are over. It is now time to proceed to have dinner, attend godly fellowship services, and retire to the hostel.

Involvement in Camp Activities

Camp activities are carried out platoon-by-platoon. As soon as you come into camp, every corps member is placed in a platoon. The platoons are numbered, usually from 1 to 10. The platoon you belong to is dependent on the last digit of the identification number on your ID card. If the last digit on your ID is 3, then you belong to platoon 3. If it is 0, you belong to platoon 10, and so on. So, in all, there usually are ten platoons in an Orientation Camp. Each platoon is headed by military personnel.

There are several activities that take place during one's stay in the Orientation Camp. They include morning devotions (on the parade ground), morning drills (warm up exercises), parade rehearsals, platoon competitions, endurance trek, man

o' war drills, religious fellowships, sanitation exercises, and public lectures. You are expected to participate in most, if not all, of them.

Morning devotions are in place to hand over the days' activities to God and rev up the spirit man. It is the first thing that takes place on the parade ground every morning. Morning drills which come afterwards help to warm up your body for the other activities of the day. From time to time, persons will be invited from all walks of life to orientate you on job placements, opportunities (in the state you are posted to), entrepreneurial ventures, and the culture of your host state. This enlightens your mind.

Parade rehearsals start from Day One of the Orientation Camp. They take place on the platoon basis. They are designed to train persons who would participate in the final parade which comes up at the end of the orientation period, and also at the completion of the service year. At first, everyone is drafted into these parade rehearsals. As the days go by, persons who catch on well are selected to be part of the parade. Also, persons with musical skills – such as being able to play the drums or blow a trumpet – are drafted into the parade band. Parade rehearsals are overseen by military personnel on camp.

Corps members are usually drafted on a voluntarily to take part in cooking for the whole camp on a platoon basis. According to a set of timetables, a platoon will be involved each day in preparing meals for the other camp residents. You may wish to volunteer if cooking is your hobby, or if you want to learn. The platoon that prepares the best meals is often recognized at the end of the orientation period.

Another activity not to be missed on camp is the endurance trek. Depending on your host state, you (and all other corps members) will be required to trek a significant distance to test your endurance. If you love adventure, this will be fun.

Camping with Eagles

The company you keep determines your security. Thus, it is better to camp with Eagles you are already aware of. Be careful who you call your friend, even though they may be Covenant University graduates like yourself. Many only pretend in school and become something else out there on camp. The company you keep on camp goes a long way in determining what people will think about you and the institution you represent. Dare to be different, whether they call you names or not. The truth is that most of the people who criticize Covenant University and her graduates do so out of envy. One way to stay in the right company is to join a Christian Corps Members Fellowship in camp. This cannot be overemphasized.

Disprove Misconceptions About Covenant University Graduates

CU graduates are often looked at as naïve individuals who know next to nothing about life. You may hear things like, “Don't mind those people coming from a glorified secondary school.” This is not new and should never be taken personally.

Do not be tempted to engage in things that are unbecoming, such as smoking, drinking, and flirting around in camp. The advice at this point is that you should never try to prove a point to anyone in camp. You owe no one any explanation for being a graduate of Covenant University. Instead, be the true reflection of what your school stands for. Let them know you by your work—and I mean good work—not just your talk. Exhibit good character, with competence and excellence to represent Jesus Christ.

Religious Affiliations in Camp

Paul admonished that we do not forsake the fellowship of the saints. In camp, you will find various religious organizations

and fellowships that have the mission that will provide a godly environment for freshmen corps members to have productive Christian experiences. Your home church may not be present in the state you have been posted to, so it is advisable to join a fellowship on camp. Christian fellowships such as the Winners Corps Members' Fellowship (WCF), Nigerian Christian Corps Members' Fellowship (NCCF), Redeemers Christian Corps Members' Fellowship (RCCF), Nigerian Association of Catholic Corps Members' Fellowship (NACC). Some of these fellowships hold daily meetings on camp, and usually conduct Sunday worship services. Avail yourself with the schedules and keep your spiritual altar alive.

Security of Life and Property

The only way to secure your belongings in camp is to be hypervigilant. Do not go to camp with huge amounts of money and valuables. It is advisable to go with a feature phone, not a smart phone. Tablet PCs such as iPads should also not be taken. If you insist on taking these with you, it is then at your own risk because the NYSC camp officials will not be held liable.

Communication

In trying to mind your friends, do not isolate yourself. Be free with everyone you come across but set boundaries. You just never know when you may need the other person. Individuals you cannot but communicate with include your bunkmates, platoon members, and fellowship members. Through effective communication, you are able to discern the kind of personalities you are dealing with; their ways of life and how they think. From them also, you may learn invaluable lessons.

What To Know Before You Leave Camp

There are some things you must bear in mind before leaving the Orientation Camp. They are as follows:

- a. Do not seek anyone in camp to influence your posting. This is very important to note. Some soldiers and NYSC officials are in the habit of luring unsuspecting ladies into unholy relations with the promise to influence their postings in return. Do not be deceived, as they are not in the position to help out in any way as regards postings to Places of Primary Assignment. Out there, nothing goes for nothing. Beware not to ask for what you cannot pay for so that you don't endanger your life.
- b. Stick with Christian fellowships and groups. This has a lot of benefits, among which are spiritual development, companionship, safety, security, accommodation, and a feeling of belonging, which guards against being lonely in a strange land.
- c. Ensure that you collect your letter of posting to your Place of Primary Assignment (PPA) and ask questions on how to get there. Resume early and complete your registration at your PPA and the NYSC office on time so that you can begin to settle in.

Highlights

1. Life in the camp might be the best or worst experience of your life. It all depends on how you start.
2. Corps members are expected to arrive the campground early enough to carry out the necessary registration exercises and settle in.
3. Corps members are advised to participate in camp activities that take place in their respective platoons.
4. The company you keep determines your security. Hence, corps members are advised to camp with people they are acquainted with.
5. Corps members are not advised to isolate themselves. Be free with everyone you come across. Keep healthy communication but set your boundaries.



Chapter Four

LIFE AFTER CAMP

“*Responsibility is the price for greatness.
You must rise to take charge of your destiny.*”
-David Oyedepo

Introduction

Life after camp is one of the greatest opportunities to put your life to the test. It is an opportunity to control yourself and become successful. It is your chance to set your own rules to govern yourself because no one else can influence you positively or negatively except those you permit. It is actually the time the race begins. This period defines the beginning of class changing. Even though you graduated at the same time with your colleagues, this time decides the real class. Gradually, it will show who is in a higher class and who is in a lower class. Time will tell those who made successful use of this time, unfortunately most waste it. This is the opportunity to begin to build your track record which will affect your career path tomorrow— whether it is politics, business, or ministry. Hence, you must be smart enough to not develop a track record that will truncate your future. The good news is that this chapter will help you to make the most of this season so that five years from now, you will have no regrets. The content here is

generated from the successes of others. If you would follow these simple but proven guides, you will make the most of your life. This chapter is divided into sections that cover taking advantage of your Place of Primary Assignment, proving yourself at work, familiarizing with culture, making contributions, and maximizing service platforms.

Place of Primary Assignment (PPA)

Your Place of Primary Assignment is the organization where NYSC will post you to for service. This is the place where you are expected to serve throughout your service year. As soon as you get your posting letter, which will be given to you on the day you are passing out from the camp, make sure you go straight to your Place of Primary Assignment. Do not wait for a day, go there as soon as you can. This is relevant for the following reasons:

1. It sends a message of seriousness to your employer.
2. You secure for yourself a place of work before someone else, faster than you, takes it.
3. You save yourself the stress for another organization where you can serve if you are rejected from the initial place you were posted to.
4. You can get accommodation from day one from your employer. Hence, you are not thinking of where to settle and keep your things.

Some people do not even bother about going to their Place of Primary Assignment. They do not want to work. There is still a lot of childishness and unseriousness in them. You will see a good number of them. They have chosen the path of mediocrity but you can define your own path.

Commit everything regarding posting and Place of Primary Assignment to God, and believe that wherever you are posted to will be right for you. Give your best there, in your place of work and in the community. Wherever you are posted to work ensure that you serve faithfully, and God will reward you richly. When you work well in ensuring other's business moves forward, God will give you workers in your own company who will be very loyal to you. It is what you sow that you will reap. Give your future a meaning, therefore. Do not be deceived that there is not much money or opportunity in a village, if you are posted there. Every land has its own good. If you are willing and obedient, you will eat the good of that land. No matter the "manger" you are sent to, gold, frankincense, and myrrh will locate you there.

Accommodation

There are cases where the employer may not provide accommodation for the corps member serving with him. In such cases, the corps member has to find a way. There are things you can do, if you find yourself in such a situation.

Firstly, look for accommodation to rent. If the cost is high, get other corps members to join you and share the cost. But make sure it is a facility that can cater for all. There are Eagles who have rented three-bedroom flats and shared the cost among themselves. It is advisable to live with those you have known before and have proven their character. There have been cases where the innocent have been locked in jail because their housemates were suspects. You do not want to live with someone who will help you waste ten years of your life in jail for doing nothing but just living in the same apartment. When there is trouble, policemen know the kinds of places they

go to and the kinds of people they suspect. Make sure you are not residing in the same apartment with such people. Save your head. There is much more your life can be than getting in trouble for nothing. It is advisable to live in a safe neighbourhood and among Christians.

Prove Yourself at Work

As soon as you start work, prove yourself from day one. Do it when people are watching and even when they are not.. You never know who is taking records, but one thing you should know for sure is that God who sees all things and favours people, is watching. If you are not faithful in another person's business, how will God give you your own?

Many corps members think they can absent themselves from work and get away with it. Little do they know that the person who will employ them next might want to have a reference from their previous employer. You would not want to build a track record that will make your current employer give comments to your next employer that will disqualify you from having your dream job. Besides, you may have extension (ranging from three to six months) or repeat your service year if your employer writes negatively concerning you to NYSC.

Another reason you need to prove yourself at work is that you are cultivating work skills and the right attitude to work. These are assets that make success possible. Your Place of Primary Assignment is your opportunity to define work and set timelines for accomplishments. You can start training yourself on how to meet targets.

Awe your employer and colleagues at work with the way you work. They will market you for free. You know, there

is a way someone works and serves, that makes all kinds of people – the good, the bad, and the not so good – recommend them for a higher reward. You can work in such a way that your enemy recommends you above themselves. There have been cases where certain corps members who worked in top companies were begged to continue working there after service year, with higher pay and benefits. These persons never had to write applications or submit CVs. While their colleagues who lacked good track records kept struggling with writing and submitting CVs and applications for several years.

What we do today has a very strong way of affecting our tomorrow. Therefore, it is wise to do today what will speak well of you tomorrow; escape from doing what will sting you tomorrow. In today's world, nothing speaks for you like your works because the days where certificates and papers used to speak for people are gone. Now, the world wants to see what you have done. Employers want to see what you have done, as well as what you can do, before hiring you. None of them is willing to take on a liability, and very few of them are willing to train you at an additional cost.

Some steps to take to prove yourself at work:

1. Get to work early.
2. Learn.
3. Exceed expectations.
4. Contribute.
5. Leave Footprints.
6. Start something that will never end.

Familiarise with the Culture

You will most likely be posted to an environment that differs in culture from what you are used to. So, try to learn the language if you can, as it is an advantage for you. It will help you communicate effectively with the people around there and serve as a means of security. Language, therefore, is crucial. Also, beware of statements or utterances that may put you in trouble. That is why you must understand, as much as possible, the way of life of the community you are posted to. You will avert a lot of havoc if you understand and culture and behave wisely.

Other things you need to know with respect to culture are dressing, relationship with the opposite sex, business, market days, transportation systems, and so on. There are certain regions where it is not safe for a lady to be outside at specific times. There may be some areas where it is not wise for anyone to be outside at a particular period. Be informed, therefore, and familiarise yourself with the culture and terrain.

Run to Your Stronghold

What we mean by “stronghold” in this context is Winners Chapel. You have been brought up by Covenant University, which is parented by the Winners Chapel International. So, if you have any issue, do not suffer in silence, run to your stronghold. If you have no place to stay while searching for accommodation, after you have tried all else, run to your stronghold. If there is any security threat in your locality or region, run to your stronghold. The Winners' Family is spread across all thirty-six states of the country. Maximise the privilege and refuse to suffer in silence.

Besides taking refuge, your involvement in church activities presents opportunities for you to maintain your spirituality.

Sincerely, there are opportunities to mess up during the service year. There are plenty of avenues to yield yourself to corruption and moral decadence without anyone correcting you. In order to help yourself and reinforce your dignity and stand with God, be associated with God's people. Attend church services as much as you can. Do not spare any free time that the devil can take advantage of. This will save you from making any decision you might regret for the rest of your life.

Make Contributions

How would you like to not be forgotten because of something you did that changed someone's life forever? A man committed himself to investing in the education of a little boy who was not his biological son. Little did he know that the boy would go on to become the great man who would take care of him later on. A young man committed himself to writing policy recommendations that will help move the organisation he worked for forward. Little did he know that he was preparing himself a place. At the end of his tenure, the CEO recommended the young man to the board as the next CEO, presenting all the policy recommendations he had written. He was brought in as the next CEO to implement all that he had documented. A young lady took her NYSC allowance to paint a church and prayed to God saying "Lord, as I paint your church, paint my life. Today, she owns and runs a company in Nigeria with turnover in billions of naira. Wherever you find yourself, make positive contributions.

What you do today is a seed sown that will definitely yield returns tomorrow, either good or bad. Your service year is, therefore, your opportunity to sow the seed you want to reap from. There are needs around which you can take advantage of to boost the lives and welfare of others and enhance your life as well.

It is advisable that you get yourself involved in community service. NYSC will assign you to a Community Development Service (CDS) group. You can refer to Chapter One to have an idea of some of them. Your CDS group could be your opportunity to contribute. However, it is advisable to identify needs around you, and meet them based on your capacity. Cultivate the ability to develop and nurture you can work with to add value to the people around you and the community at large.

If you are serving in a school, you have the opportunity to improve the lives of students far beyond what the curriculum offers. Teach them how to use the computer. Expose them to things you know and can teach. You can also train them and mobilise them for competitions. Grow in your capacity to contribute everywhere you go. The church you worship is another opportunity. A good number of Eagles who have already completed their NYSC year took advantage of their local church to teach members basic skills like computer skills, musical skills, business skills, and more. Ensure that you make contributions and make your life count because this is what true leadership is all about.

If you commit to this, you do not need to announce yourself. The people whose lives you have changed will be the ones to blow your trumpet from the rooftop.

Remember, you do not need to make noise to make news. You will be amazed at the opportunities and favours that

will open up to you because of the comments made by some of them. Someone was given over two acres of land for free because of those whose lives he impacted. That was their way of saying thank you. There are some things you might never be able to buy but you could get them on a platter of gold at this stage of your life just by living to contribute and add value.

Maximise Service Platforms

There are opportunities available to add value. There are several service platforms available in NYSC: Your Community Development Service (CDS) group, your church, your community and Nongovernmental Organisations (NGOs). You can sign up as a volunteer on service platforms that will give you room to utilise your potentials and capabilities. Do not wait until you get paid because you may never get paid, but certain rewards are guaranteed: Experiences gained, track records built, recommendation opportunities, viable networks, and much more.

Your volunteer services will let more people know you and what you do. So, when they need what they know you have, they will send for you. How will people know what you can do if you do not let it shine? Nobody will know you exist, let alone send for you to do a task you will be paid for, if all you do is to sit down at the corner of your apartment, expecting the world to come and find you. You'd better wake up to the reality of life if you do not want to lose.

Applying to a company for a job with just an application or a cover letter is not enough. You need a CV that will help employers see what you have done before and what you can do. Now, as a fresh graduate, what do you think will be on your CV? Your name, address, hobbies and

certificates, mainly? Obviously, you have not worked before because you are fresh from school; you lack experience. But this is what you can do to have experience: Maximise service platforms. When you do that, you can have in your CV, volunteer jobs you did, paid or unpaid. This gives you an edge over any other person who has no track record or work experience.

Be Enterprising

If you can find time, get involved in entrepreneurial activities. Not just to make profits and increase your income, but also to learn. Furthermore, you can start a venture that will earn you so much monthly that you may never need to apply for a job for the rest of your life. A good number of people did this. Today, their businesses have created jobs for their friends and colleagues.

If you are clear that entrepreneurship is your route, it is wise to start on the path before your NYSC year is over. Do not wait until you have all the money you need to start. If you do that, you might never start. So, start from where you are, with what you have. Fela Durotoye puts it this way: “Think big, start small, and grow fast.” Your NYSC year is your opportunity to pull together the team that will help make your business a reality. One person is too small a number to build a successful business that will last.

If you do not start now, the chances that you will start after your NYSC year are low. In fact, that likelihood diminishes with time. The need for survival may drive you to take up a job that can trap you with golden cuffs. You may not want to drop such kind of job. But, if career and paid employment is your path, stick to it. If entrepreneurship is your path, *learn fast, start fast, and grow fast.*

Some things to note

1. Do not travel without your ZI's (Zonal Inspector) approval.
2. Ensure you get cleared every month for allowance.
3. Beware of cohabiting (living in the same house with the opposite sex who is not your spouse or blood relative).
4. Do not miss NYSC CDS group meetings.
5. Beware of lust.

Take advantage of every leadership opportunity to learn and inculcate the right values.

Highlights

1. This is where you are put to the test. It defines the beginning of life class change. This is where you define your path.
2. Youth corps members should report at their Primary Place of Assignment (PPA) early because it will send a good signal to the organisation. Hence, open them up to benefits.
3. Secure for yourself a good accommodation in the area you've been posted to. In the case of residing with someone, know who you stay with.
4. Prove yourself at work by portraying good qualities like getting to work early, being open to learning, exceeding the set expectations, contributing to the growth, etc.
5. Familiarise yourself with the culture of the place. Be part of Community Development Services (CDS). Make your impact felt.
6. Never stay quiet if you're being troubled with anything. Run to your stronghold, which is the Winners family.
7. Be enterprising. Try something new, not just to make money, but also to learn.



EAGLES **IN KHAKI**

SECTION 2

ACING LIFE AS A WHOLE



Chapter Five

PREPARING FOR LIFE AFTER NYSC

“

*“Life will not give you what you deserve,
but what you demand.”*

-Bishop David Oyedepo

”

One of the best ways to make the most of service year is to prepare for life after NYSC. NYSC is the last phase of your life that will be time-bound, except for those who have plans to pursue a full-time master's degree. By now, you are classified as an adult who is saddled with the responsibility of making his/her own decisions. Abraham Lincoln said, “Give me six hours to chop down a tree and I will spend the first four sharpening the axe.” Planning gives you the opportunity to think through the in-betweens from point A to point B.

One essential life skills you must have acquired at this stage of life is the ability to define the various departments of your life, and how to make adequate preparation towards success in those areas. An Eagle (CU graduate) had to settle this, just before he graduated. He highlighted six areas of his life which simplified his life into Spiritual-Ethical, Marriage-Family, Physical-Health, Career-Finance, Socio-Cultural, and Mental-Educational. You should think through the departments of your life, so as to plan adequately towards their

fulfilment. In the next section, we have identified various areas of preparation, and provided tips on how to maximise the NYSC experience to plan your life.

Maximise Learning Opportunities

Professional Learning Opportunities

There are many learning opportunities during service year that could really add to your preparedness for career life after NYSC. Some people may have first degrees in professional courses like Accounting, Computer science, Marketing, Estate Management, and so on. The NYSC period affords you the opportunity to enhance your skills and qualifications by obtaining professional certifications from professional bodies such as the National Institute of Management (NIM), Institute of Chartered Accountants of Nigeria (ICAN), Chartered Institute of Personal Management (CIPM), to mention a few. It is wise to maximise the NYSC period to either obtain full professional status or advance your current status. Chidi had his primary assignment as a teacher and hoped to continue teaching as a full career in the long run. He enrolled into a teacher training college to acquire more skills and qualifications to become a world class teacher. Ada graduated from a science and technology-related discipline and was privileged to work with an ICT training facility during her service year. She utilised the opportunity it afforded her to build on her skill, and also obtained a certified status in Cisco Certified Network Assistant (CCNA). Those serving in the northern part of Nigeria can take advantage of free or subsidised tuition for many professional examinations. Some of these tutors could be fellow corps members.

Financial Management and Intelligence

Financial management and intelligence are important skills to possess, for a life free of financial stress and pressure. The federal government pays a certain amount as stipend (as of 2021, it's over N33,000), and if you are fortunate you, might get extra stipend from your Place of Primary Assignment. Collectively, the total amount may be meagre, but it is a beautiful way to begin to learn how to save, have a budget, and live within your means. Some persons may have their parents send in some money once a while, but as a grown up going to start your own life, try as much as possible to do without “relief bonuses” from parents and relatives. It is a good time to learn how to live by not borrowing. Many corps members attempt to live beyond their means and end up buying on credit and borrowing to make ends meet. Domestic debts put a lot of pressure on you, avoid it.

As much as possible, be financially responsible by committing to your family's wealth. Send a token occasionally. You do not have to always depend on your parents, let them see that you are now mature and can fend for yourself and others.

Preparation For Work-Life

For fresh graduates, one important thing to note is that the average “shelf-life” for first class degrees is two years. First, when your friends and family congratulated you during the convocation ceremony, then during NYSC – just to show off to other people, and finally, when you are about to apply for your first job. After then, whatever you will get is as a result of the value you can add. Having a first class or any “good” degree is not a guarantee for a job, but might be an added advantage. However, the real advantage is the extra skills and qualifications you have been able to gather.

Not everybody will get engaged immediately after NYSC, so you can decide to start by getting certified in different things like coding, data analysis, digital skills (like Google Digital Garage), graphics design, and several others. Some of these certifications are free, and with them, you can get to earn before you get a 9-5 job (if you still want one.) These certifications can help get jobs such as social media management, content creation, digital strategy, and data analysis. Some of these jobs can even be remote.

You can also start by following your dad or mum to their places of work, if it is allowed, to keep yourself in touch with the world of work. Staying at home and wishing that a job will come does not help matters.

Tony narrated how he had thought he would get a job in the first week of NYSC. Reality hit him after he had stayed at home for about 3 months. An encounter with someone made him realise that “looking for a job is actually a job.” He devoted the next five weeks of his life, learning what it took to land him his dream job. This fellow graduated with a good result and had a lot of practical skills to match, which was validated by the number of certifications added to his laurels. He sought, learnt, and applied his discoveries. And after submitting his new and improved CV, he had four interview appointments in top ICT firms, got the job offers, and was saddled with the responsibility of choice. You need not wait until after NYSC to learn what this fellow learnt, you can invest time in polishing your CV and skills for succeeding at job interviews. Relating with those who have gone ahead can provide practical insights into these processes.

Adesuwa prepared herself for her choice organisation. She followed up with the organisation so closely, made

several trips to Lagos to submit CVs, made deep enquiries, and prepared for her dream job. She was not distracted by sending her CV just anywhere. The result, she resumed there just immediately after NYSC. She later said, "I don't think there are no jobs, people are not just focused and are definitely lazy."

Kelvin, a graduate, having neither father nor mother and had no other relative to help him, knew he had to accept personal responsibility. He was vicious with life after service; he made job applications to organisations in his field, and had to travel to Lagos several times from the Middle Belt (North Central) for written tests and interviews. He often travelled at impossible times, even when everyone advised against it. On one occasion, shuttling to catch up with an NIM examination from an interview in Lagos, he passed the night on the express. The vehicle he boarded had a fault in the middle of the night and could only be fixed in the morning. He also applied for full time master's during one of his Lagos visits. He got the job, pursued a full-time master's program at the University of Lagos, together with a full-time job. Today, he is chartered, happily married and making tremendous advancements in his career.

Many organisations use aptitude tests as the first stage of their screening applicants. The following statement has not been confirmed yet: "Graduates from other universities perform better at aptitude tests than Eagles." We can argue all we want, but a closer observation showed that the graduates from those places know that their job hunt and job-catch depend on passing GMAT and other aptitude tests. They are well aware of that, they probably did not have hands-on training at school but are determined to learn on the job when they get it. It is not uncommon to find them "devouring" GMAT and other

aptitude test-related materials. At the Orientation Camp, these materials are bestsellers. Therefore, also “devour” these materials – study, pour yourself into them, master the craft, and prepare for the best.

Improving Your Human Relations Skills

Like it is said, “No one is an island.” Even though this aspect of learning will continue all through your life, during service year, you will meet a lot of people. So, you must be strategic with your relationships. No contact is useless! You must present yourself so that the people you relate with can tell what you are about. Someone you meet could be employed in a certain company and could feed you with information on a particular opening that matches your CV, and vice versa.

Spiritual Preparation

The Chancellor, Bishop David Oyedepo, has often said that “Spirituality is the security of any destiny.” One cannot be over spiritual. In preparing for life, one must put in adequate spiritual investment. Getting engaged during or immediately after service may just be a product of obedience to certain instructions from God, during and after service year. A lady desired to work in a certain organisation, and tried everything humanly possible to gain entry, to no avail. She decided to wait on God and knew that her desires could only be granted if she could do whatever God asked her to do. Her word came, as she got a leading to apply to that organisation to work free for three months; without any plot or scheme to be retained, just in obedience to God. After the three months elapsed, she carried her bags to go, but the company considered her too valuable to be let go like that and retained her.

Someone else used her meagre stipend to paint the local church in the community where she was serving. According to her testimony, she asked God to beautify her life. After service year, she started a business, which today has its turnover in billions in less than four years. The NYSC period will be a great time to activate all the spiritual principles (prayers, fasting, praise, sacrificial offering, etc) you have learnt, towards the realisation of your life aspirations. You might also consider being very active in a local assembly. Involve yourself in kingdom service at whatever platform you find yourself. You can also prepare spiritually by deepening your knowledge of God's word and his ways through Christian conferences, spiritual development programs, bible schools, and so on.

Other areas that you could maximise the learning opportunities during NYSC include learning coding, graphic design, social media management courses, video editing, data analysis, photography, how to drive, how to cook special delicacies, and other domestic skills. Some Eagles will have the first full time opportunity to plan their living during NYSC, so it would be a great time to perfect your lifestyle.

Start a Business Enterprise

Corps members have served in places, discovered problems, and provided solutions to those problems. This process of solving problems has inspired a lot to start business enterprises. If people are willing to pay whatever you charge for their problems that you solve, you already have a business.

Somewhere in the Middle Belt region of Nigeria, a popular business chain that includes an eatery and food

processing/production was born because a corps member discovered a need and decided to meet it. This business chain became a major competitor to a well-known restaurant, which was the only official eatery in the whole state as at then. Today, the owner is widely recognised both in the professional and political scenes in the state. You do not have to start a business that necessitates you staying back in a particular state, but you could learn one or two lessons from starting and running a business. You could start a micro version of your intended business and learn the ropes in a controlled environment.

Two Eagles were posted to a secondary school to discover that there was no adequate accounting tutelage for senior students preparing for WAEC and NECO. They offered accounting lessons for a fee, after normal school hours. This small venture helped them to meet their financial needs during service year and helped shaped their business destinies afterwards. One of them is both an academic and a businessman today. Also, another graduate had knowledge of programming micro-controllers. He builds LED display boards for restaurants and banks. He continued his business during service year, by training other interested corps members for a fee. Another lady from the East, serving in the North, discovered that she could get good groundnut from the North and make them available in the East. And in turn, get quality palm oil from the East and transport them to the North. That became her business. An Eagle, even though he had four job offers during his service year, by his determination and presentation, started his business by leveraging on his brother's contact.

Plan Your Life

Planning your life does not have to start after NYSC. You must enter NYSC with an idea of what the rest of your life will look like. Service year has a way of altering and distracting what you have discovered as your life's purpose. Service year will prove your passion. An Eagle turned down a bank job, which was then the most lucrative offer for a corps member, to teach in a school. According to him, he preferred to impact lives and add value. This had been his heart cry even before entry into the university. What is the vision for your life? This one-year space gives you time to think about your choices, design your career paths, and to plan. You must pay whatever price to get access to information and effective communication (Internet modems and smart devices will be a plus). Do not forget your vision and passion. You must keep it on the front burner, test the waters, spend substantial time planning, source for funds, partner and train yourself for exploits. Answer very crucial questions such as: Would you be returning home to your parents' house after NYSC? Will you remain in the state where you served? Who will you marry? When? All of this depends on your plan.

It is also very important to let your parents know your plans and also know their own plans for you. You must always ensure alignment to avoid disappointment and crises later on. Your parents think going for master's is important after NYSC, but you might think it is work first. They might even think marriage is the next thing. It is always good to accord them the honour of releasing you to pursue your plans. For those who have plans to pursue postgraduate (PG) programs, it is advisable to start processing your PG applications

during the service year. Some schools have specific calendars, and you must be able to meet the timelines. Official transcript services are available through the CUALA secretariat, via this email address: services.alumni@covenantuniversity.edu.ng. you can also call the CU Alumni secretariat for prompt and further information. Contact details can be found in Chapter Six of this book.

In conclusion, failing to plan is planning to fail. When all is said and done, it is the plan that will prevail. Many people choose to live their lives one day at a time, taking things as they come. This might work when shopping for groceries or changing one's wardrobe, but it does not work for someone going somewhere to happen. The service year is a temporary buffer, a space to think and look ahead towards the future with great hope and faith. Knowing what to do reduces the chances of failure by at least 50%. Planning gives you the opportunity to think through the steps required to achieve a goal, and makes you the boss of the situation. A plan arms one with the responsibility of owning the outcome of any situation.

Highlights

1. Youth corps members ought to think of life after NYSC. Hence, start to make necessary plans towards actualising their dreams.
2. Corps members ought to maximise learning opportunities as touching all areas of life, ranging from professional, financial, work life, human relation skills, spiritual life.
3. Finding a problem in your area of placement and proffering solution that people are willing to pay for, is a good way to start an enterprise.
4. Have a working plan for your life after NYSC. If you fail to plan, you plan to fail.
5. Make good use of your time.



Chapter Six

MENTAL WELLNESS

“*Mental health is not a destination, but a process. It's about how you drive, not where you're going.*”
- Noam Shpancer, PhD”

According to the World Health Organisation, health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. The WHO goes on to explain the concept of *mental health* as 'a state of well-being whereby an individual is in touch with his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to contribute to his or her community.'

Several environmental, psychological, and biological factors can contribute to altering the state of mental health of an individual at every point in time. These factors can consist of, but are not limited to the following: violence, rapid change in environment, unhealthy work conditions, social discriminations, and exclusions, to mention a few.

Since all these factors are competing to alter one's mental health, how then can an individual ascertain if they are mentally healthy or if they need to seek for help? This is very important because even the most mentally healthy of us will face disappointments, changes, and uncertainties which could cause them to be stressed out and anxious. The difference, however, is that this feeling of anxiety and stress is just related

to the specific issue that was faced, and not a constant feeling or a lifelong trauma. Mentally healthy people can overcome these temporary feelings and are ready to face the world again.

Some of the tips below can provide a background basis for measuring mental stability at a given time. As explained, we might not be able to tick all these boxes every time, nevertheless, we should be able to tick of most of these boxes very often, especially when we are in a relaxed mood.

- A sense of knowing oneself
- Feeling contented
- Adaptability to change
- Positive attitude towards stress, and bouncing back after a stressful situation
- Feeling of gratitude
- Building and fostering meaningful relationships
- Enthusiasm about living and having fun

As young adults, going on to unfamiliar territories to serve our 'fatherland' can be very overwhelming for two reasons. First, hitting this phase of adulthood comes with its own peculiar psychological challenges, more like the puberty stage, and this leaves a whole number of young adults confused and uncertain about life, even though most of us vehemently refuse to publicly admit our confusion. Secondly, leaving a familiar world and going into unfamiliar territories can be very scary, especially with the news we have heard of some of these places from friends or family members, or the general bias to some parts of the country. This means that an average corps member will have to deal with environmental and psychological factors trying to alter their mental health.

Whichever it is, it might be comforting to know that your fears are valid, and more than 70% of the adults you know also faced

these fears while they were on their NYSC journey. Research also shows that every new phase of life we transition to holds the potential for uncertainty, danger, and ultimately growth. This goes to show that a healthy level of fear is needed for us as individuals, to grow. Fear however becomes unhealthy when an individual becomes incapacitated by the feeling of nervousness or anxiety. Unhealthy fear would usually manifest in some of the following ways:

- Consistent feeling of nervousness, restlessness or tension
- Constant expectation of danger or disaster
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Persistent weakness and tiredness
- Trouble concentrating or thinking about anything other than the present worry
- Sleep deprivation
- Experiencing digestive problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety
- Suicidal thoughts

Most young adults and adults generally tend to ignore their mental and emotional health needs, seeing them as inferior to physical health or something they can 'snap out of' with time. This is very dangerous, as studies show that when psychological issues are not resolved fully at a given stage in life, it affects an individual's ability to deal with issues to arise at future stages in their lives. Often, trying to bottle up these issues leads individuals to picking up social vices as coping mechanisms, and in more extreme cases, leads to depression

and maybe eventual death. In recent studies, extreme cases of fear and anxiety are now being seen to cause some physical ailments, as they weaken the immune system. Some of these ailments may include cardiovascular damage, gastrointestinal problems such as ulcers and irritable bowel syndrome, and decreased fertility.

If you exhibit any of the above symptoms or a combination of the above symptoms, please seek medical help as soon as possible. One out of every five adult would experience one form of mental disorder, so do not feel ashamed about it. These issues can also be treated, and the earlier you treat them and are ready to face the world again, the better.

It is, therefore, important that you are aware of your mental health before you proceed to camp, as this gives you a good start on dealing with whatever issues you might be experiencing before diving into unfamiliar waters. If you are experiencing a funny feeling or are not enthusiastic about going to camp or about the entire NYSC experience, please speak up. Communication is one of the first responses to the fears that we feel, as some of our fears might just have been based on our perceptions or wrong information. Communication in this case is a deliberate one, with someone who is more experienced on these matters. Intentionally seek out anyone who can help, and specifically ask them the things you need clarification on. Don't just drop hints on social media, hoping that someone will catch them. You can reach out to the alumni secretariat to ask specific NYSC-related questions. You can also share your fears with your close friends, and you will be surprised that you are not the only one on this journey. However, it is imperative that you seek clarification from someone who obviously knows better and can offer useful advice.

Hopefully, your fears are alleviated after you have sought useful counsel on NYSC specifics and the location you will be

serving in. Another step to take is to get to know yourself. Firstly, establish yourself on the premise of the Word of God. Be deeply grounded in Scripture and memorise some of your favourites. This is very important, as the Word of God is a sword, and we are not wrestling against flesh and blood. Secondly, find out what makes you act the way you do. A good place to start is taking on personality tests; there are a couple of free online ones. These tests help you to identify your personal strengths, weaknesses, how you make friends, how you handle stress, etc. Thirdly, find out what your values are; those things that are very important to you as a Christian and as a human being. The importance of being armed with these weapons is that you will be meeting with new people on this new journey, and knowing who you are will help in choosing the right friends.

While at camp, remember to regularly check in with friends and family members from home. This gives a feeling of being loved and grounded, which every adult needs, even if we are shy to admit it. Making eye contact and smiling often with new acquaintances also helps to take the stress off. Join the Christian fellowship to stay grounded in God's Word and daily meditate on them. These activities give some feeling of still being in a familiar environment.

Being an active member of your platoon activities also helps to feel involved and needed. This is in accordance with the third level of human need for 'Love and Social Belonging' as stated by Abraham Maslow in his 1943 paper "A Theory of Human Motivation" in the journal, *Psychological Review*. Your involvement also doubles as allowing you to get a daily dose of physical exercise. Physical activities release endorphins, which are powerful neurochemicals that lift your mood and provide added energy and a sense of fulfillment. These activities also have a major impact on your mental and emotional health problems, relieve stress, improve memory, and improve your sleeping patterns.

Our diet has been found to play a major role in boosting physical wellness, as well as our mental wellness. Most of us might, however, come to realise that it is almost impossible to eat a balanced diet while out in camp, or for some time during the service year. To combat this, below are a list of foods to avoid as much as you can:

- Caffeine
- Alcohol
- Foods with high levels of chemical preservatives
- Sugary snacks
- Fried food

Try to incorporate the below foods in your diet as much and as often as you can:

- Fatty fish rich in Omega-3, such as salmon, herring (*shawa*), mackerel (*Titus* fish), anchovies, sardines, tuna
- Nuts such as walnuts, almonds, cashews, peanuts
- Avocados
- Beans
- Leafy greens such as spinach, waterleaf, *ugu*
- Fresh fruit

While we have been taught that sleep is overrated, medically, that is not quite the case. Some of the health benefits associated with good sleep are:

- ✓ Reduces the rate of heart disease
- ✓ Reduces stress
- ✓ Improves alertness
- ✓ Boosts memory performance
- ✓ Fosters a good mood

- ✓ Reduces the risk of depression
- ✓ Helps with weight control (surprisingly)

If you find it difficult to sleep, try not looking at your phone or any screen for at least an hour before bedtime (two hours is more recommended). Taking a warm bath might also help to increase the quality and ease of sleeping. It would also be of great advantage to maintain a specific sleep routine. This way, your brain associates the routine with winding down, and with time, the brain learns that routine is an indicator for sleep.

Volunteering more in interested activities at camp and during the service period generally helps to build your self-esteem and self-worth, which is crucial to your mental well-being, especially in unfamiliar grounds. By volunteering, you gain the respect from others who start to see the good in you, and also more self-respect for yourself as we begin to attain mastery and competence at these volunteering tasks. The good part to this is that you are also building a robust resume in this time. We see that life is intertwined and this provides more context to the WHO's definition of health which is " a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

Gratitude, meditation, and mindfulness will help to keep you grounded and help combat stress in an unfamiliar territory. Spend time alone, taking up any posture you find comfortable, and recount your blessings. Sometimes, it would help to write them down, ponder on them, and thank God for them. Take time to be conscious of your environment, take in the sounds, and just bask in the euphoria.

An exercise that might help is below. This exercise makes use of all five senses and is expected to distract you from whatever is currently stressing you and give your brain enough time to access the situation to make informed decisions. This can be practiced either as a situational technique (in the moment you

are facing a stressful situation) or when you just need to shut out the noise around you during meditation.

- See five things around you
- Touch four things around you
- Hear three things around you
- Smell two things around you
- Taste one thing around you

Highlights

1. Your output is a result of your input, take care of your mind.
2. Gratitude is one sure way of being positive
3. Try not to sleep in the same room with your phone, it encourages sound sleep.
4. Never forget to be mindful of your environment.
5. Diet also plays an important role in your mental wellness, watch what you eat.



Chapter Seven

RESUME WRITING

“The definition of insanity is doing the same thing over and over again but expecting different results.”
- Albert Einstein

A resume is the first contact an employer has with you. Just like a first impression, you must consciously ensure it is a good impression, especially if the relationship is one you want to build. So, more than anything, you need to ensure your resume is in order, and compliant with acceptable standards of your home country. Let's take a look at two resumes and pick out any differences.

Adegbenga Afolabi

**ADDRESS: BLOCK X, FLAT X
ABESAN ESTATE,
IPAJA, LAGOS STATE
PHONE: 0802 XXX XXXX, 0702 XXX XXXX**

OBJECTIVE

To join your organisation and meet the need of customers and attract better opportunities for the company.

PERSONAL PROFILE

I am an entire lady with good leadership quality, I have several managerial skills like speaking, communication, decision making and organizational ability.

BIO DATA

SEX: FEMALE

DATE OF BIRTH: 15 AUGUST 1981

MARITAL STATUS: SINGLE

NATIONALITY: NIGERIA

RELIGION: CHRISTIANITY

WORK HISTORY

5J Farms

Cashier

May 2008 - 2012

Jomiloju Varieties Store

Sales Representative

April 2012-2014

EDUCATION

Covenant University

B.Sc. Finance

2010-2015

Adeyimika Community Grammar School

Secondary School Leaving Certificate

2004- 2010

AWARD

Best in Mathematics

Adeyimika Community Grammar School

2008

EXTRACURRICULAR ACTIVITIES

Swimming, Long jump, skipping, board games, debating

SAFUN HUNDIXXX

XXXXXXXXX@,AOL.COM | 412 XXX XXXX

www.linkedin.com/in/aBIXXXXXX |

RECEPTIONIST

HIGHLIGHTS OF QUALIFICATIONS

- 3+ years' experience in administration and public speaking
- Very comfortable with Microsoft Office Suite, email and internet research
- Great organizational skills with ability to multitask
- Excellent communication, interpersonal and customer service skills
- Strong social media management, data entry and filing skills
- Ability to manage and organize multiple databases
- Strong relationship builder and team player, capable of resolving conflicts
- Public speaking, WHMIS, CPR and Crisis Intervention certified
- Ability to work with diverse clients at all levels
- Energetic and vision-driven individual

WORK EXPERIENCE

Program Facilitator Assistant The Youth Shall Grow Institute Montreal 2018-2019

- Responded to calls and emails promptly and scheduled meetings
- Facilitated employment programs for over 250 youths resulting in 84% successful outcome
- Cheerfully responded to client enquiries resulting in better client satisfaction
- Provided coverage for other programs in the organization to ensure they operate effectively to meet funders expectations and contract renewals
- Assisted in job development, resume writing and assisted with case notes filing
- Transcribed daily reports on classes, resulting in better class organization
- Organized client data for easier access and follow-up

Cashier Household Wares Toronto 2018-2019

- Ensured that all customers got a warm greeting at the register
- Exceeded item per hour scanning goals, processing hundreds of transactions daily
- Responded to customer inquiries in a friendly manner, resulting in customer satisfaction
- Organized merchandise in an easily accessible manner

Administrative Assistant The Eventual Harvest House Lagos 2015-2016

- Responded to calls and emails promptly and booked appointments
- Utilized trend awareness to assist customers in their shopping experience, leading to an increase in sales revenue of over \$35,700

- Provided professional, courteous service to customers, colleagues and suppliers, maintaining excellent relations with all parties
- Facilitated product demonstrations to small and large groups and answered a multitude of questions utilizing solid product knowledge
- Represented company at promotional events
- Opened and closed store operations and maintained cash flow consistently
- Introduced more efficient coding for customers to purchase our products, leading to an increase in sales

OTHER WORK HISTORY

Camp Counsellor	Mao Group of Schools	Lagos	2015-2016
-----------------	----------------------	-------	-----------

EDUCATION AND TRAININGS

Bachelor of Science	Covenant University	Ogun	2011-2015
Public Speaking	Covenant University	Ogun	2014-2015

Now, let's point out some of the differences together.

In the first resume, the name is not in bold, which it should be. On the first resume, too much personal information was shared. There is a need to consider what country you intend to use the resume in. If this is intended for Canada, for instance, it won't be ideal. For a country like Nigeria, it is common knowledge that your sex, age, and even state of origin might be included because some employers may be biased. But a country like Canada encourages workplace inclusiveness; meaning, no bias. You don't have to put your sex, age, nationality, or religious beliefs on your resume. Even your address is not necessary, except in special conditions; like if the office is close to your home and you want to reflect that as an advantage. The objective section works for most countries until early last year when recruiters and HR professionals analysed that what is usually written in an objective in a resume is also present in highlight of qualifications. You would want your resume to reflect what you did at your previous jobs, and the results you got. By that, I mean start

each experience with adjectives like organised, scheduled, created, initiated, constructed, and such. You should make use of numbers where available; it speaks volumes. For example, you have here that sold goods at the store to customers. That can be broken down into:

Organized daily merchandise in orderly manner for easier access to customer resulting in a better shopping experience for worker

Created a coding system that make item identification easier leading to a \$3,000 sales increase.

Cheerfully cashed out over 60 customers with speed of 5 customers per minute daily.

The objectives should also be captured in bullet points and straight to the point. There are too many words in your resume, having a plain white space on your resume and limited words, makes it more appealing to the eye. Employers have tons of resume to pick from, so why not just go straight to the point and make your points clear. Depending on your desire and further discussion, we might need to create more than one resume, to increase your chances. Your resume should contain each job title you are applying to at the top. After this meeting, I am going to hand you a list of strengths that can reveal your skills and also a list of adjectives that can be incorporated in your resume.

What job title are you looking at? What kind of organization do you desire to work with? There are different sectors and positions within each organization. There's the health sector, financial sector, educational sector, political, hospitality, to mention a few."

It's okay to be confused at the start of your journey, the truth is nobody has it all figured out. We are all still figuring out our path. I would like you to give it a thought because that would help your job search and give you a sense of direction.

You can start off with an entry-level position in the field that

you desire. You can choose to go to school and get a post-graduate degree.

Another option is to consider getting a certification to practice in your field. For example, there are short courses that enable you work as a digital marketing professional, project manager, and you can make a decent pay from that. There are also certifications and courses to help people that plan to be administrative assistants to get experience in the field and learn to use various software that would make their work easier. There are also trainings available to develop trade skills like cooking, fashion design, bus drivers, and the like. You can choose to attend a trade school if you desire to be an artisan and work with your hands.

Below are materials that can help you revamp your current resume or to create a new one.

LIST OF ADJECTIVES TO START SENTENCES

- | | | |
|----------------|----------------|----------------|
| ✓ Accomplished | ✓ Composed | ✓ Explored |
| ✓ Achieved | ✓ Consulted | ✓ Fielded |
| ✓ Acquired | ✓ Conveyed | ✓ Finished |
| ✓ Acted As | ✓ Convinced | ✓ Forged |
| ✓ Advanced | ✓ Corresponded | ✓ Generated |
| ✓ Advocated | ✓ Created | ✓ Identified |
| ✓ Amplified | ✓ Created | ✓ Illustrated |
| ✓ Analysed | ✓ Defined | ✓ Improved |
| ✓ Assessed | ✓ Delivered | ✓ Influenced |
| ✓ Audited | ✓ Discovered | ✓ Informed |
| ✓ Authored | ✓ Enacted | ✓ Inspected |
| ✓ Boosted | ✓ Enhanced | ✓ Investigated |
| ✓ Calculated | ✓ Examined | ✓ Lifted |
| ✓ Checked | ✓ Executed | ✓ Made |
| ✓ Clarified | ✓ Expanded | ✓ Managed |
| ✓ Completed | ✓ Expedited | ✓ Mapped |
| ✓ Completed | ✓ Explained | ✓ Maximised |

✓ Measured	✓ Performed	✓ Quantified
✓ Mediated	✓ Persuaded	✓ Secured
✓ Moderated	✓ Prepared	✓ Stimulated
✓ Navigated	✓ Probed	✓ Studied
✓ Negotiated	✓ Produced	✓ Succeeded In
✓ Negotiated	✓ Produced	✓ Surveyed
✓ Operated	✓ Promoted	✓ Tested
✓ Outpaced	✓ Proved	✓ Tracked
✓ Partnered	✓ Publicized	✓ Undertook

LIST OF STRENGTHS FOR RESUME WRITING

1. Accuracy
2. Analytical skills
3. Attentiveness
4. Budgeting
5. Business ethics
6. Communication skills
7. Competitiveness
8. Confidence
9. Conflict resolution
10. Cooperation
11. Courteous
12. Data Analysis
13. Decision making
14. Dedication
15. Dependability
16. Detail-oriented
17. Diplomacy skills
18. Energetic
19. Enthusiastic
20. Flexibility
21. Focused
22. Friendliness
23. Goal-Oriented
24. Honesty
25. Humorous
26. Independence
27. Listening skills
28. Motivated
29. Microsoft Office Suite
30. Multitasking skills
31. Organisation skills
32. Patience
33. Presentation Skills
34. Proactive
35. Professional
36. Public speaking
37. Punctuality
38. Reliability
39. Research skills
40. Resilience
41. Resourceful
42. Respectful
43. Responsible
44. Result-oriented
45. Strategic planning
46. Strong work ethic
47. Success-driven
48. Teamwork
49. Time management
50. Vision Driven

VISUAL GUIDE TO JOB SEARCH

Write out your desired job title and the organisation you want to work with, in order of interest.

NAME:

HIGHEST LEVEL OF EDUCATION:

S/N	Job title	Education required	Skills required	Prospective Organisations
1.				
2.				
3.				
4.				

Highlights

1. Resume writing is not as hard as you think, practice definitely makes perfect.
2. To have an excellent resume, watch out for grammatical and punctuation errors.
3. In resume writing, it is important to know the role you are applying for, and craft your resume to suit the role. It's okay to have various resumes for various job titles.
4. Ask for a second eye to view your resume. It can be family, a friend, or someone you believe knows their onions. It can be a way to catch any errors you might have missed.
5. Write your roles as action words, expressing what you really did on the job.
6. Don't leave out the numbers, they are good ways to engage the attention of the reader. For example: *Responded to over 80 calls daily, and maintained absolute professionalism, resulting in excellent client satisfaction.*



EAGLES **IN KHAKI**

SECTION 3

**OPPORTUNITIES IN THE
COVENANT UNIVERSITY
ALUMNI ASSOCIATION**



Chapter Eight

OPPORTUNITIES IN COVENANT UNIVERSITY ALUMNI ASSOCIATION (CUALA)

“ *“Opportunity is missed by most people because it is dressed in overalls and looks like work.”* ”
- Thomas Edison

This chapter is to bring to the fore the diverse programs and groups that can give the alumni members opportunities to benefit from and render service to humanity. After graduation, it is important that everyone does not lose touch with the Covenant University base. Therefore, you are expected to explore these and many more opportunities available in the Covenant University Alumni Association (CUALA), both for your benefit and that of the association.

Business Directorate: Quite a number of budding and fast-growing business enterprises owned by Covenant University Alumni members started from the University, and the number is still on the increase. CUALA, through the Business Directorate, offers a community for budding and established Eagle businesses. The services are offered through the following programs:

- i. **Business Seminars and Workshops:** The Business Directorate organises business seminars and workshops as a way of empowering the budding entrepreneurs with information and skills that give them an edge in the business

adventure. Entrepreneurs who can benefit from these seminars and workshops have to be members of CUALA.

- ii. **Business Affiliate Programs:** As part of giving value back to the community, CUALA partners with organisations to offer exclusive value-adding services and products at discounted rates.
- iii. **Business Networking and Mentoring:** One of the pillars of the Association is building networks of change. This presupposes that there is enormous power in a viable network. Also, there is a huge opportunity for business breakthrough for members of CUALA when they become part of the business network. To this end, mentoring opportunities are available for those who desire to network with leading Eagles in their business areas.
- iv. **Careers Directorate (Career Development Team-CDT):** Notwithstanding the enormous number of entrepreneurs who have built businesses from the ground up, individuals who choose to learn and master strategies, processes and principles in various careers paths within a business are also important. The Career Development Team (CDT) of CUALA offers programs and initiatives to interested Eagles, by helping them identify career potentials, and equipping them with relevant resources to excel in their chosen careers.

Job Board: CUALA is committed to ensuring that its members are productively engaged in meaningful jobs. A job board has been developed solely for this purpose; to advertise exclusive job opportunities. The recruitment process might include written aptitude tests and oral

interviews. The job board is promoted via CUALA's social media platforms.

Employment (Career Development Group - CDG): One fact is that not everyone is cut out to start a business. Hence, there are some who may have to work for individuals and organisations. Therefore, there is need to get employed or start and develop a career. The Career Development Group (CDG) of CUALA offers opportunities to members who are interested in identifying career potentials and building on them. The services they offer include:

- i. **Career workshops and seminars:** Like the business workshops and seminars, members are offered skills and information in their chosen career and taught how they can improve themselves to maintain a competitive edge.
- ii. **Postgraduate study consulting:** It is important that we never become satisfied with the status quo, but continue to improve ourselves, and this includes our certificates. Going for postgraduate studies (M.SC, M.BA, Ph.D., etc) is one viable way of embarking on lifelong learning, and the CDG offers useful information and contacts on schools abroad that offer choice programs for further studies.
- iii. **Career fair:** The CDG also organises a platform for individuals and organisations to meet with members, in order to educate on different career opportunities and placements in Nigeria and abroad. Also, during the career fair, organisations are invited and may recruit members of CUALA.
- iv. **Recruitment:** CUALA is committed to ensuring that its members are engaged productively, in terms of having jobs. This is done by inviting

interested organisations in engaging the services of members of the association during the career fair to recruit them. The recruiting process might include written aptitude tests and oral interviews. Furthermore, CUALA uses its Facebook page to post information on diverse job opportunities or placements. Also, the Association works in collaboration with *Jobberman.com* to get job placements, and such information is sent to members through bulk SMS.

Eagles HOPE Charity Foundation (H.O.P.E): H.O.P.E (Helping Other People Excel) is also called the Eagles HOPE Foundation, and it is a non-profit organisation of the Covenant University Alumni Association (CUALA). The establishment of this NGO and its foundational scripture, Romans 15:1-3, elucidates “We, who are strong, have to be a support to the feeble, and not give pleasure to ourselves.” This is why the organisation is set to bear the infirmities of the weak, and like Jesus Christ, give pleasure to our neighbours for good. It is an organisation with a network of leaders who have accepted responsibility for community development and social change. The core is to be encouragers and inspirers to people who the organisation is set to influence. Therefore, the key words that define its activities are support, give edifying pleasure, and to make strong. This forms the mission of the organisation.

Its vision to become a global humanitarian organisation committed to influencing social change, and its core values are captured as I-SEIL: **I**-Impact, **S**-Service, **E**-Excellence, **I**-Integrity, and **L**-Love. Every organisation has pillars on which its operations hinge, and HOPE's pillars are:

- a. **Prayer:** Prayer is an inevitable task because one of the organisation's goals is to change lives with a passion to help other people excel. The results that must be obtained in the natural must first be settled in the spiritual, through prayers. Prayers not only change things but also people.
- b. **The Word:** The Word of God is an effective tool of transformation. It is the seed for change. God's Word has been present from the beginning of beginnings, and is the ultimate tool for transforming any life, because the light of His Word shatters every darkness it gives life and changes lives.
- c. **The labour of love:** This is summarised as A.R.K – Acts of Random Kindness. True lover never falls short on the scale of changing lives. Therefore, all that is done in H.O.P.E is done in love. And without love, HOPE does not exist.

The Wings of H.O.P.E

These are the core outreach groups of H.O.P.E, and each member is expected to be identified with at least one:

- I. **The School Support Group (SSG):** This is the outreach arm responsible for developing leaders in the secondary school system. The following are some of the activities embarked on by this group: Career fairs, life skills training, leadership trainings, mentorship programs, entrepreneurship trainings, establishing leadership/self-development libraries, scholarships, inter- and intra-school competitions, community development/civic leadership award programs.

- II. Prisoner Support Group (PSG): The aim of this group is to serve the inmates in the prison. To support them spiritually, give them edifying pleasures, and make them strong by engaging them in several life transforming programs.
- III. Support Team for the Young (STY): This group accommodates our outreaches to the orphanage homes, remand homes, and to inner city youths. The group will also be supporting orphanages and remand homes with relief materials and other support needed.

Other Programs of H.O.P.E

- I. HOPE seminars: This project is targeted at the youth in the society. Whether as an undergraduate, a graduate, or a young professional, there would be something for everyone to cater to all. Young people in the society need to be inspired, motivated, instructed, guided, and taught to excel. The seminar will hold quarterly in a location around Lagos and other major cities in the country. Experienced facilitators and speakers will be carefully sought to do justice to the sessions involved. These sessions will incorporate trainings, music, comedy, poem and video presentations.
- II. HOPE concerts: This is an avenue to engage in community development CU alumni who are established or soon to be established music artists and entertainers, while helping them to excel in their arts. It is also going to be a charity concert to raise funds for future projects, and a forum to appreciate and recognise HOPE's partners.

- III. HOPE Connect: HOPE partners with other indigenous and international organisations to achieve worthwhile community impact goals. Some of these organisations include UNICEF, The British Council, and a host of others.
- IV. Catch and Inspire Them Young (CITY): This is a unique program that emanates from the School Support Group (SSG). It is uniquely designed to improve the mindset of teenagers and inspire them to greatness.

How Can You Be a Part of H.O.P.E?

HOPE membership is open to the entire Covenant University Alumni community. You must be an alumnus or the spouse of an alumnus of Covenant University, and be willing to subscribe fully to the code of conduct binding all members. Many opportunities are available for members to serve with their time, talents, financial and material resources. The help and services of graphic artists, website and social media managers, media content creators, training module developers, facilitators, those who love children, music artists, project managers, caterers, and others too numerous to mention are needed to join HOPE in actualising its mission and goals.

In terms of partnership, you can decide to become a committed financial partner of HOPE as an individual or corporate organisation. Your financial resources will bring joy to many, clothes to the naked, food to the hungry orphans, hope and light to the prisoners, and do the entire world great good. Whether as an individual or corporate partner, you can subscribe to any of the following monthly partnership packages: H.O.P.E Silver (minimum of N2,000), H.O.P.E Gold (N5,000), and H.O.P.E Platinum (N10,000).

Promoting Your Business

CUALA strongly desires that the business of its members will become household names in Nigeria and the world at large. This is why it provides platforms for its members to promote their business enterprises. Through the Association's Facebook page, its members can advertise their products and services. Also, during seminars, workshops and fairs (career and business), members are given opportunities to talk about their businesses and showcase their products and services. Lastly, during major events like the Eagle's Family Meeting, members are encouraged to place the logos of their companies on the backdrop for the red carpet. These opportunities aptly give them publicity and some leverage on advertising.

Highlights

1. Graduates of CU are advised to not lose touch with the university as there may be opportunities given to alumni members to render services to humanity.
2. Alumni members may receive business funding and support by attending business forums and seminars.
3. CUALA members who are not interested in business may get employment opportunities.
4. CUALA also offers the hope to the society through school support services, prison support services and other services to humanity.
5. CUALA helps in promoting your business through recommendation and advertisement.

Testimonials

**THOSE WHO HAVE GONE AHEAD
HAVE SHARED THOUGHTS WITH YOU HERE.**



KELECHI EMEME'S CAF STORY



There was a windstorm at Yabo Local Government in Sokoto, (Kelechi Ememe's Place of Primary Assignment) which blew the roof and ceiling of an entire classroom block at the school where he was serving, leaving 23 students with various injuries. Worse still, after the incident, was the lack of first-aid or a health bay that could tend to the injured students. Responding to this, Kelechi decided to embark on a mini health bay project.

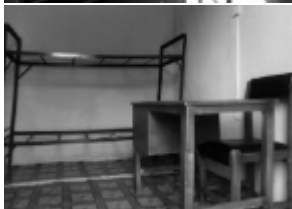
He reached out to the school administrators to request an unused space, and with the help of H.O.P.E, built a health bay with the help of the N50,000 grants he received from H.O.P.E. The commissioning of the project was well-attended by representatives of the NYSC and the Yabo L.G office.

TESTIMONIALS

BEFORE



AFTER



ABRAHAM OWOSENI SELF DEVELOPMENT CLUB

Abraham Owoseni came up with an ingenious idea to create a well-furnished self-development club room at VETLAND SENIOR.

WORK DONE:

- ✓ 30 metal single fabricated seats
- ✓ 2 shelves stocked with personal development books and texts
- ✓ 2 computer/ reading tables
- ✓ 6 wall frames of influential leaders
- ✓ 1 white board
- ✓ 1 mounted projector screen, and lots more



BEFORE



AFTER



OLUMESE EIGBE

THE CORPS MEMBER WHO SOLVED THE WATER PROBLEM



Olumese Eigbe set out to install a portable water supply system in his Place of Primary Assignment. In the course of examining the project's feasibility, it was discovered that the water in the well was not sufficient due to some debris blocking the water flow at the bottom of the well.

Materials purchased for the project were one 1000L water tank - N1400 /0.5, horsepower pumping machine - N23000, PVC pipes - N5260, Rope (one roll) - N1500., Fittings - N3810, PVC - Gum - 1000

TESTIMONIALS



AYODELE ADURAFBEMI TOYOSI

RECEIVED PRESIDENT'S NYSC HONOURS AWARD



Ayodele Adurafbemi Toyosi received the president's NYSC Honours Award

Engr. Ayodele Aduragnemi Toyosi is an indigene of Ekiti State. He attended Covenant University, Ota in Ogun State where he acquired a

B.Sc (Hons.) degree in Chemical Engineering.

Engr. Toyosi was deployed to Benue State for National Youth Service in 2014. He distinguished himself by participating in all camp activities. At the end of the



orientation course, Toyosi was posted to Wantor Model College, Adikpo for his Primary Assignment, to teach Chemistry and Further Mathematics. Reputed for his hard work, honesty, humility, discipline and commitment to duty, he was appointed as the Games Master, Assistant Labour



Master and coordinator of morning assembly. Aside from his official teaching responsibility, he organized extramural classes in Further Mathematics for students at the college and was indeed an inspiration to them.

Galvanised by the passion to positively impact society, Engr. Toyosi executed several personal community development projects to address some critical social amenity needs of his host community. There projects include:

1. Rehabilitation of boreholes at the General Hospital, Adikpo, to alleviate their water problem.
2. Conduct of skills acquisition and entrepreneurship training on baking for women within Kwande LGA, to contribute to women empowerment and combat poverty in the society.
3. Conduct of extramural classes in Further Mathematics for students in the study of Science.
4. Donation of treated mosquito nets to Adikpo community to fight against malaria.
5. Conduct of Millennium Development Goals sensitisation in selected secondary schools in Kwande LGA.
6. Conduct of de-worming exercise to primary school pupils in Adikpo, Kwande Local Government Area, to improve their health status.
7. Conduct of HIV/AIDS counselling and testing at General Hospital, Adikpo, Kwande Local Government Area.

ODESOLA KASOPOFOLUWA

My name is **Odesola Kasopofoluwa**, a graduate of Sociology from Covenant University, Class of 2014. I have always loved to be of help to the immediate need within my environment and community service is the best way to express this. After my orientation course in Lagos Camp, I was posted to my Place of Primary Assignment (PPA) a public primary school, African Church Nursery and Primary School, Alagbado, Lagos. I worked as an elementary school teacher which gave me the opportunity to have direct contact with the children. I witnessed the lack of adequate care and proper hygiene, lack of functional toilet and lack of understanding on sex education. This motivated me to embark on the project titled *An Ideal Environment*. This included rehabilitating a block of toilets, total overhauling of the borehole, a talk on sensitisation on personal hygiene, and enlightenment on sex education; teaching them about health relationships and decision making.

The project started on the 8th of May 2015 and was completed on the 24th of June 2015 at African Church Nursery and Primary School 1 and 2.

Activities carried out included the clearing of bushes, provision of the soak away (10 feet in length, depth, and width) and the septic tank (4 feet deep) which was never in place, setting of blocks and plastering of the soak away and the septic tank.



Health talk on personal hygiene and sex education held on two consecutive days. Handouts were given to help facilitate the pupils understanding.

They were taught personal hygiene, how it is being practiced, its benefits and consequences. A little demonstration was carried out by the pharmacist which the children also participated in. They were able to understand change as it relates to the area of cleanliness, orderliness, and fear of God, love, self-esteem/confidence, humility, integrity/consistency, patience, diligence, contentment, and self-control. On sex education, the discussion centred around what sex is, and the consequences of engaging in premarital sex.

The plumbing (interior and exterior) work such as laying of pipes and the fixing of the pumping machine was done. Fixing of broken pipes and replacement of taps, painting, and cleaning of the environment.



In all, the project was a success because of the change the stakeholders experienced based on the testimonies from the members of staff, SBMC, PTA, and pupils. The headmistress from both schools testified to the fact that they want the school to continue with the trend on the health talk and all of this might have not been achievable without H.O.P.E being a part of the major contributions to this project.



PRAYER NWAGBOSO



My name is **Prayer Nwagboso**, a graduate of **M a s s** Communication from Covenant University, Class of 2018, and founder Naza Agape Foundation.

Before I got mobilised for NYSC, I had a passion for community service. After reading *Eagles in Khaki*, I was motivated to make the best of my NYSC year. The National Youth Service is a scheme designed to mobilise and groom graduate youths for the promotion of national unity; sustainable development, self-reliance, and to prepare them for the challenge of leadership.

My NYSC story began with a three-week orientation course in Jos, Plateau State, to give the corps members a better understanding of objectives of the NYSC scheme. The activities in the orientation course include morning devotion, physical exercises, skill acquisition programs, community development service, and more.

After the orientation course, I was posted to my Place of Primary Assignment, a community school, COCIN Secondary School, Rankyeng. Out of my zeal to impact lives, I collaborated with my NGO to organize free career day, where I



invited professionals in the various fields of life to share their work experiences, to also guide the students on the subject combination and other academic related issues. During the second month of my NYSC, I was assigned to a community development group named *Peer Education Trainer*. This CDS group is an action group for reproductive health and against the spread of HIV/AIDS. My CDS group located a community school and donated tables and chairs to the school. I was made the Vice President of my CDS group because of my contribution to educational growth and development. During my regime, I led various campaign to schools in Plateau State on health, education, and leadership-related issues. My CDS group organised an awareness program on HIV/AIDS, malaria, and Hepatitis B at the Geoscience IDO camp. Free testing and counselling was done for the IDP victims and the community at large. Presently, some corps members and I are teaching free extramural classes for the less privileged in our community. Most of the attendees are students who can't afford school fees and tutorial class for WAEC, NECO, JAMB and other external examinations.

In conclusion, I am proud of the scheme because it has exposed me to other cultures, to pursue vigorously the path of self-reliance, morality, discipline, patriotism, and true nationalism. I have been able to touch and impact lives positively through educational, career and leadership training, and entrepreneurship.



Conclusion

Now that you are equipped with what to do, go and do rightly what you have learnt. It would be foolishness to know what to do and not do it. So, instead of wasting a whole year, invest it. Learn from the experiences of those who have gone ahead. Duplicate their testimonies and escape their errors. Make this season count by embracing wisdom.

Now that you know it, just do it.

Vision - To become a global humanitarian organization committed to influencing social change.

Mission - To help other people excel



an initiative of the Covenant University
Alumni Association

You are the salt of the earth
Our society will not taste good without you

What we do

The Schools Support Group (SSG)

We develop leaders; promote character development and academic excellence within our schools systems through our city programmes. We have successfully adopted Lagos State Model College Meiran through the Lagos State Government's Support Our Schools Initiative



The Support Group for the Young (SGY):

We implement life changing programs in orphanage homes and remand/correctional centers. We adopted the Girls Corectional Centre in Idi-araba, where we run programs weekly and have successfully launched a functional library.

The Prison Support Group (PSG):

We have gotten approvals to implement several developmental programs in the Ikoyi and Badagry Prisons.

HELPING OTHER
PEOPLE EXCEL

Corpers Action Fund

An Eagles H.O.P.E Foundation & Covenant University Alumni Initiative.



Shopping List

of Essential Camp Materials

1. Multiple passport photographs – at least 20 copies (compulsorily white background). You might need passport photographs even after the Orientation Camp for processing other documents.
2. Original copy and at least 4 photocopies of the following documents:
 - WAEC Result
 - JAMB Admission Letter
 - NYSC Call Up Letter
 - NYSC Green Slip (to be printed after online registration)
 - University ID Card or letter of introduction (for cases of misplaced ID card)
 - Birth certificate
 - Notification or statement of result
 - Certificate or statement of health to be issued by a medical doctor in a federal or state-recognised hospital (not private), and must include the NMA (Nigerian Medical Association) stamp.
3. Two pairs of white shorts, white plain T-shirts, white rubber sneakers, and a waist pouch.
4. An ID card holder
5. Nylon file / nylon folder
6. Bedsheet, pillow and pillowcase
7. Sanitary towels (for ladies)

EXTRAS

8. All forms of toiletries – toothpaste, towel, toothbrush, disinfectant (Dettol/Septol/Purit) tissue paper, bathing soap, detergent (big pack), soap dish and sponge, hand sanitiser.
9. A permanent marker and biro (minimum of 2)
10. Prepare to buy a potty on camp, the toilets are not palatable.
11. Buy snacks (sweets, gum, biscuits, etc) so that you do not get hungry quickly. Hide them well in your box, to avoid soldiers' embarrassment at checkpoint.
12. 2 buckets, bowls, and padlocks.
13. Cereal, Garri (or both), bread and butter/sardine, milk and milo, etc. You do not have to spend all your money at the mammy market.
14. Mosquito net.
15. Blanket.
16. A few extra clothes for Sundays and Saturdays.
17. Cup, spoon/fork, food flask (this is in case you want to eat camp food).
18. Sunglasses (no dark shades).
19. Hand fan or the electronic fan (if you can find a place to charge it).
20. Extra-long NYSC printed socks.
21. Cardigan.
22. Power bank.
23. Hangers and pegs.
24. Disposable panties (for ladies).
25. Get paracetamol or Panadol, rub, or *aboniki* balm and flagyl.



Preparation Is Vital For Excellent Performance.

To accomplish anything meaningful in life, preparation is inevitable. On the Covenant University Alumni Platform, this is the belief; and this is why we have come up with this book – to equip yourself for what lies ahead during national service year. Embarking on National Service is like the first flight of an eaglet flung out of its mother's nest. This is why you need to learn the ropes before takeoff.

Eagles in Khaki will help you:

- Prepare adequately for success at National Service
- Maximize National Youth Service period
- Leave a legacy in your place of assignment and;
- Reflect royalty

The content of this book is made of lessons and counsels from those have gone ahead. Learning from their successes and failures will help you reproduce the successes and escape the failures.