



Legacy Gazette

#4

the problems of poetry

Neuroscience



**why do some
people love,
while others
hate?**

By: Annabelle Lei & Fiona Wang

One may question:

How is it possible that for some, poetry is just a string of words, while for others, it is a source of endless fascination? This very paradox is at the center of the neuroscience of poetry. Poetry is an art form. As with other art forms, it is marking out territory in the brain. It's carving out a special spot in the gray matter. Whether you like poetry or not is down to neural architecture that makes one person fall in love with it and another to simply hate it. Just think about it. The difference between a lover of poetry and a poetry-hater is just a few centimeters of tissue inside the skull.

Neuroscientists unravel mysteries of the human brain every day. But what about the question of why some people are so drawn to poetry and others are repelled? This is a question that remains largely unanswered. So, where do we even start to look for answers? The only way to explain the differences in how we perceive poetry is to delve deep inside the human brain. Dr. Richard Harris is one of the scientists who is trying to map this enigma. He researches the way the brain processes poetry at the Massachusetts Institute of Technology. According to his experiment results, poetry that rhymes and has rhythm activates the left hemisphere more than free verse. Dr. Harris, however, finds it difficult to pinpoint the exact cause of the discrepancy. Further research is needed.

Harris isn't alone in his quest. Dr. Emma Smith is another researcher delving into the poetry enigma. Her research examines the collision of neuroscience, literature, and performance. Smith believes that cognitive theory can help us understand the way our brains react to verses. For her, the study of poetry is a scientific adventure, an exploration of the mind's depth. Although she admits that her research is still in its early stages, she remains convinced of its potential.

In conclusion, the neuroscience of poetry is still a vast untapped field of study. It is one that remains ripe for discovery. By studying different brain activities, we can perhaps unlock the mysteries of the human brain. We can discover why poetry holds such a special place in the hearts and minds of some while leaving others cold.

Poetry is not just words on a page. It is a complex interplay of language, emotion, and thought. It draws us closer to our true selves. Let science and poetry dance together. The beauty of poetry is not just in the words or the ideas. It's in the spaces between the words. It's in the spaces between our thoughts.

The Neuroscience of Poetry: Why Do Some People Love It, While Others Don't?

Poetry, a powerful art form, conjures profound emotions. It also provides a window into human experience. It moves us in ways we can't fully articulate. Why do some of us become swept away by the beauty of verses? Others, however, remain unmoved. Neuroscientists have taken a deep interest in this question. They explore brain reactions to poetry. They want to know why we experience it differently.

Research indicates that poetry stimulates the brain much like music. It engages various regions related to memory and language processing as well. Poetry is known to evoke emotion. When read or heard, poetry prompts hard work in the brain. It has to decode rhythms, sounds, and meanings. This often invokes personal experiences or memories. For those who click with poetry, the brain's reward centers light up. They release dopamine. This is the same chemical linked to pleasure. In some, this connection may not form as strongly. This may explain why poetry does not resonate with everyone.



Why Are Some People Moved by Poetry?

Science is one aspect. Poetry often impacts emotionally. This impact may stem from its ability to express the inexpressible. It plays with language and bends it in challenging ways. This then alters understanding of the world. It unlocks deeper emotional resonance.

Poetry can take complex emotions, emotions such as love, loss, and longing, and condense them into a few lines. These lines hit the heart stronger than a thousand words ever could. This transformative power is why some find themselves so moved by poetry. It is not merely words on a page. It is a deeply profound personal experience.

Works of Rupi Kaur and Maya Angelou might move readers. They see reflections of their own experiences in those words. On the flip side, if they don't relate to a theme, the emotional impact might fall short of its goal.

Is Pursuing Poetry a Realistic Career?

When's the last time you've asked a person their career aspiration and they've responded with "a poet"? Poetry has become a declining form of art in today's time, which is why many have turned away from the job. But what exactly has caused poetry to decline in popularity and could it ever face a resurgence?

Almost everyone agrees, poetry doesn't pay bills. In fact, ZipRecruiter, a common website used for finding jobs, ascertains that poets, on average, make 58,000 dollars per year. A poet simply won't have the means to provide for his or herself, especially during a time where inflation is higher than ever. One poem only makes about \$1.50 to \$300, barely enough for anything.

The passion for writing has dimmed due to the lack of interest from the general public, leading to less opportunity. When poetry was at its peak, there were millions of people across the world reading it, but it has been reduced to a former shell of itself. In order for more people to pursue poetry, interest has to trend upwards. No one wants an unstable job with an uncertain future, so currently, poetry has fallen flat as a career choice.

Should Poetry Be Political?

Could poetry be political, given its prowess in influencing emotions? The answer is in the nature of poetry itself. Poetry has always been an outlet for social critique. It's an art form that speaks truth to power. Political poetry has the potential to stir readers to address injustices. It can ignite collective consciousness, and it can ultimately lead to change.

One should think of Langston Hughes. Think of him during the Harlem Renaissance. Think of Pablo Neruda and his writing about oppression. And finally, think of Amanda Gorman reciting *The Hill We Climb* at a U.S. presidential inauguration. All three examples are poems that serve as a call to action. They show society's flaws, and they act as a catalyst for change.

Poetry should be and can be political. Its power doesn't solely rest on political undertones. Poetry conveys strength in communication. It speaks to the universal human experience. This can manifest through political discourse or personal reflection.



Poems That Changed the World

World history is scattered with several poems that left indelible impressions on it. Some of these works incited changes, while others brought solace to innumerable generations. Quite a few of them set off movements.

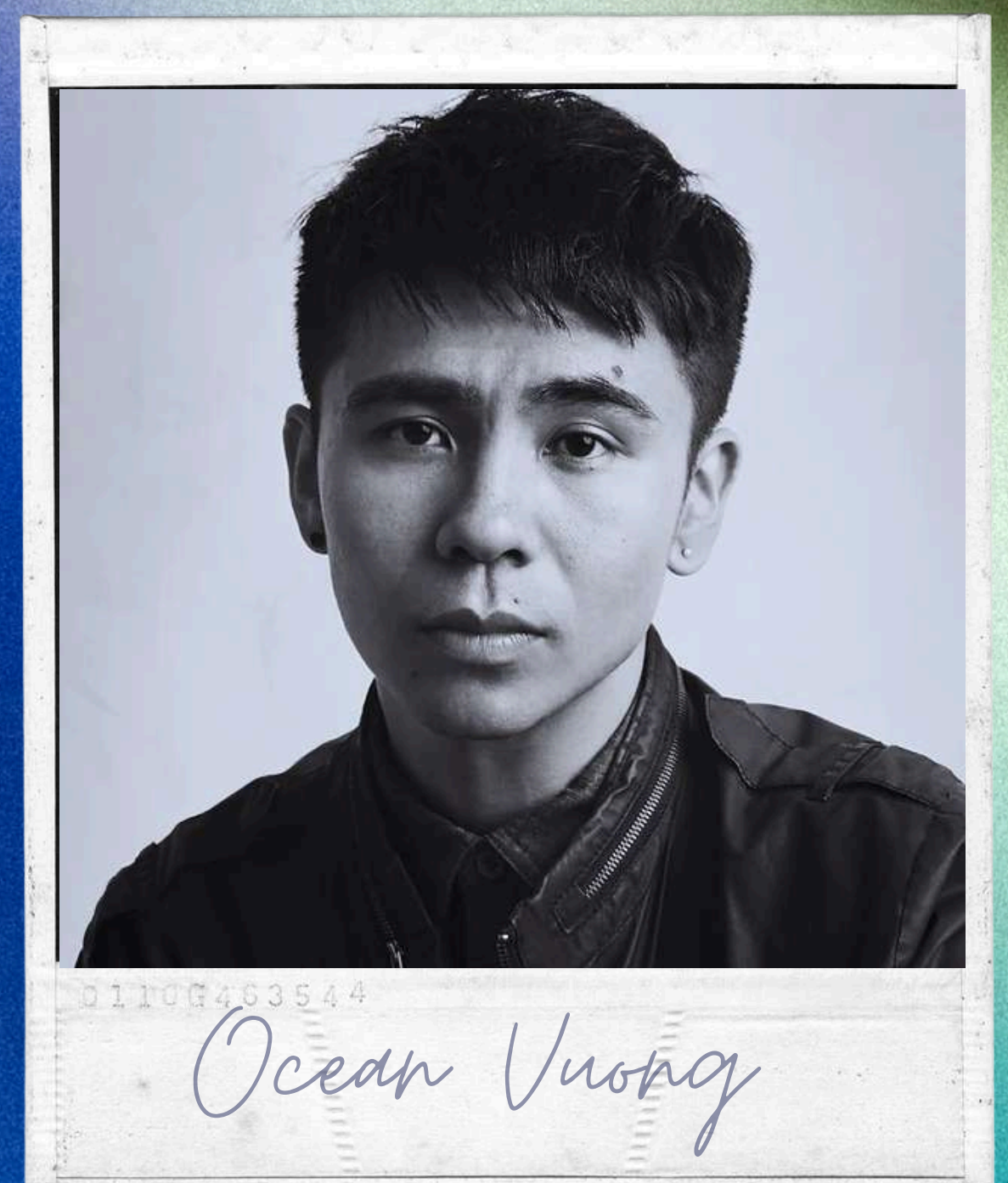
- “The Waste Land” by T.S. Eliot: A modernist masterpiece, this work reflected post-World War I malaise. It altered how poetry was perceived. The fragmented style and deep symbolism of this piece influenced future writers.
- “I Have a Dream” by Martin Luther King Jr.: Technically a speech, King's address was poetic in nature. It intertwined hopes for racial equality and justice. The rhythm of his words moved an entire nation. It also inspired the Civil Rights Movement.
- “Still I Rise” by Maya Angelou: It is a manifesto of resilience and empowerment. Angelou's words ring out as a rallying cry. Those fighting oppression find hope in the face of adversity.
- “If—” by Rudyard Kipling: A classic poem, one that countless leaders, teachers, and mentors recite. It serves as a testament to perseverance and personal strength. This poem often is a guidepost in difficult times.

These poems changed the globe, not because they were technically brilliant, but because they articulated deep shared emotions such as hope, anger, love, and justice. They transcend time and place.



Who is one of the most interesting poets of today?

Ocean Vuong is a 35 year old Vietnamese-American poet who examines many thought-evoking modern issues, including loss and desire. He has won countless awards in his stint as a poet, including the 2019 New England Book Award for Fiction. Vuong continues to write poems and is a role model to many aspiring authors.



Conclusion: Poetry's Place in Our Minds and the World

Students of both art and science stand at the crossroads of these questions. What causes some people to engage with poetry while others don't? Should poetry carry the burden of politics or remain as a personal art form? Can a single poem bring about real change in the world? Poetry is subjective. It touches us in unforeseeable ways. Our experiences and aspirations shape these unique responses.

Poetry is more than nothing. As an enduring form of expression, it leaves a profound impact on society. It can rouse emotions, enkindle movements, and provide comfort. Poetry's influence is undeniable. It persists in its ability to inspire. It also poses a challenge. The audience for poetry varies. Some people adore it, while for others, their interest remains tepid. We must ask: Why is this so?

One explanation is poetry's ability to convey ineffable feelings. It can express what remains unstated. This expressive quality of poetry is what endears it to many.

But the question remains: Should poetry take on political undertones, or must it remain a personal art form? And can a single poem change the world? Poetry is art. It is subjective, and it is personal. Whether one is passionate about poetry or uninterested in it, the truth remains: poetry's impact on society is undeniable. It is an enduring form of expression. This very form of expression will continue to inspire and challenge us.



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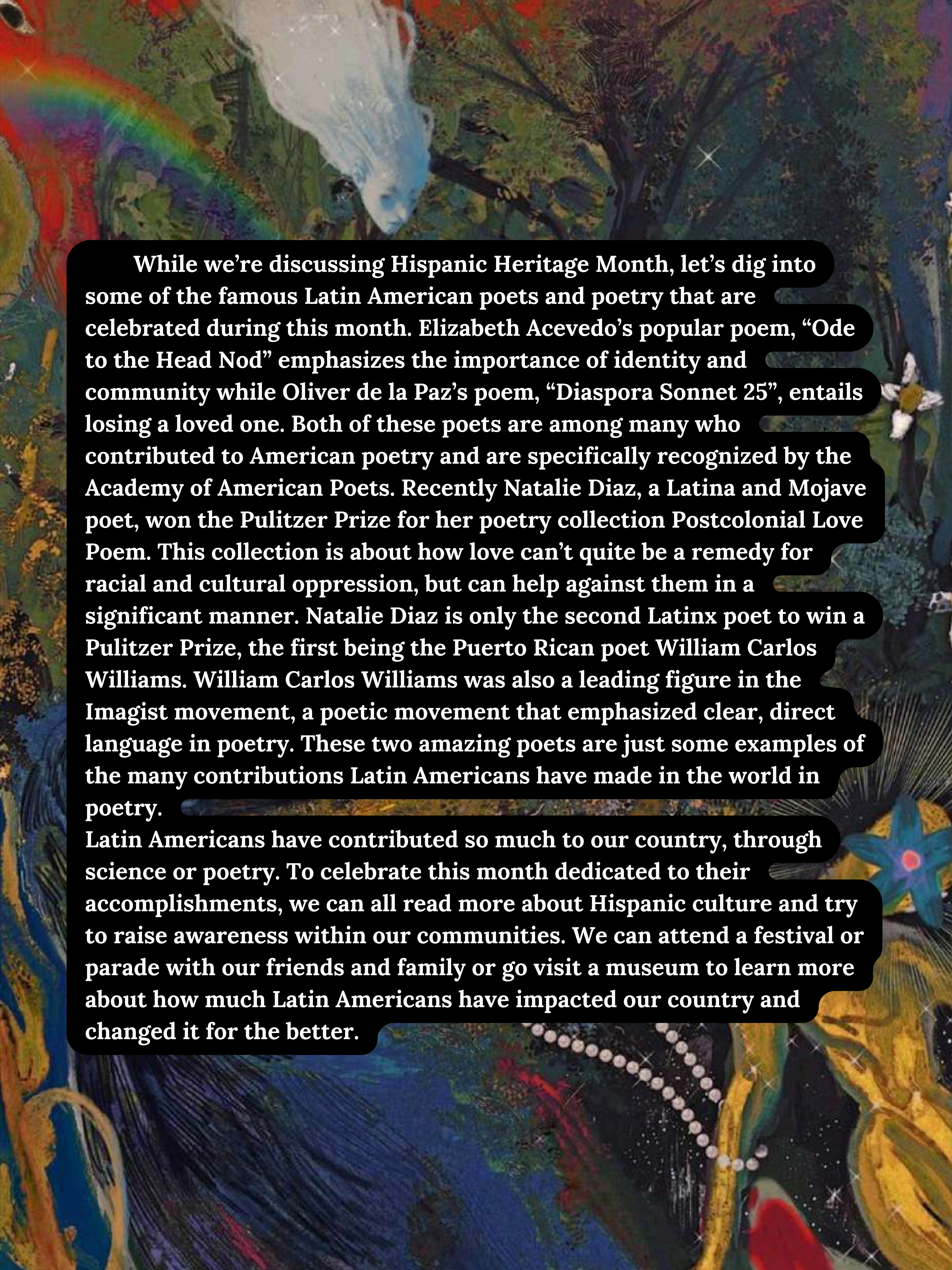
Latin American

BY
**FATIMAH AL-
SALEEM**

POLTERY

When is Hispanic Heritage Month? Annually, Hispanic Heritage Month is celebrated from September 15th to October 15th in the United States to celebrate the achievements and contributions of Hispanic Americans to our nation as a whole.

Hispanic Heritage Month is usually filled with parades, concerts, festivals, and art exhibits all celebrating the diverse Hispanic culture such as through the National Museum of the American Latino. Hispanic Heritage Month was initially a week-long celebration initiated by President Johnson in 1968. It was expanded to a month by President Reagan in 1988. The time frame of this special month is also very significant, as it is not just the beginning and end of one month but rather spans two consecutive months. This is because many Central American countries celebrate their independence days from September 15th to October 15th each year. Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua begin their celebrations all on exactly September 15th. Including Central American countries' independence days within Hispanic Heritage Month in the United States emphasizes the resilience and determination of the Hispanic community. It also brings to light their very deep-rooted history.



While we're discussing Hispanic Heritage Month, let's dig into some of the famous Latin American poets and poetry that are celebrated during this month. Elizabeth Acevedo's popular poem, "Ode to the Head Nod" emphasizes the importance of identity and community while Oliver de la Paz's poem, "Diaspora Sonnet 25", entails losing a loved one. Both of these poets are among many who contributed to American poetry and are specifically recognized by the Academy of American Poets. Recently Natalie Diaz, a Latina and Mojave poet, won the Pulitzer Prize for her poetry collection *Postcolonial Love Poem*. This collection is about how love can't quite be a remedy for racial and cultural oppression, but can help against them in a significant manner. Natalie Diaz is only the second Latinx poet to win a Pulitzer Prize, the first being the Puerto Rican poet William Carlos Williams. William Carlos Williams was also a leading figure in the Imagist movement, a poetic movement that emphasized clear, direct language in poetry. These two amazing poets are just some examples of the many contributions Latin Americans have made in the world in poetry.

Latin Americans have contributed so much to our country, through science or poetry. To celebrate this month dedicated to their accomplishments, we can all read more about Hispanic culture and try to raise awareness within our communities. We can attend a festival or parade with our friends and family or go visit a museum to learn more about how much Latin Americans have impacted our country and changed it for the better.

MENTAL HEALTH X



BY
**FATIMAH AL-
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A poet has the power to impact how the reader feels through reading their poem. Specific words with positive connotations can make the reader feel uplifted and optimistic, while negative diction can foreshadow a sad event in the future to the reader. Words can affect how we feel about ourselves and the world around us and specifically poetry. We can feel the love, pain, sorrow, and grief of the speaker and maybe even relate that to our own lives. But if poetry can make us feel so many varying emotions, can it impact our mental health too? Let's dig deeper.

Due to the emotions poetry can incite in us, poetry itself can provide us with comfort and boost our moods during times of stress (Kelly, 2023). The combination of words and metaphors can become a channel in which we feel seen and represented, thereby reducing emotional stress ("The Healing Power of Poetry," n.d.). Through reading poetry, you can also feel your emotions being expressed. Individuals can feel more connected to themselves, thus benefiting their mental health.

For example, in Rumi's "The Guest House" he expresses the idea of welcoming all emotions through the metaphor of a guest house. These emotions can include sadness and joy. One can connect with this poem and refer to the "guest house" as the human being – we should be open and accepting to all emotions and we are not alone. Everyone feels all sorts of emotions. ("The Guest House by Jalaluddin Rumi," n.d.)

Additionally, poetry can help cope with isolation or loneliness. A new study by the University of Plymouth and Nottingham Trent University shows that poetry can help reduce feelings of anxiety ("Poetry is good for mental health," n.d.) Throughout the COVID-19 pandemic, those who read and wrote poetry displayed more positive levels of overall well being. Poetry seemed to have helped them identify and express their internal emotions, thus improving their wellbeing through improving their mental health. They were more aware of their own emotions.

Now that we know the benefits of poetry on overall mental health, how can we use it to our benefit? We can listen to a poetry podcast while driving occasionally to help de-stress. For those of us who write, we can journal in a notebook to help express our emotions in a healthy way (kpelland99, 2023). Now, not all of us love poetry in general and that's ok. The main reason why poetry is so efficient for mental health is that it is a mechanism of self-expression in a healthy way. Replacing poetry with daily journaling, connecting with nature, or even listening to music can all be a healthy way to connect with our emotions. We can also talk to others, like our local wellness centers within our school or communities, to express our emotions. If we can identify our emotions and express them in a healthy manner, we can generally improve our mental health.

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Personal Sources:

- Ms. Rokoszak – helped me with examples of poetry in class
- Wellness center – helped me with resources for sustaining out mental health

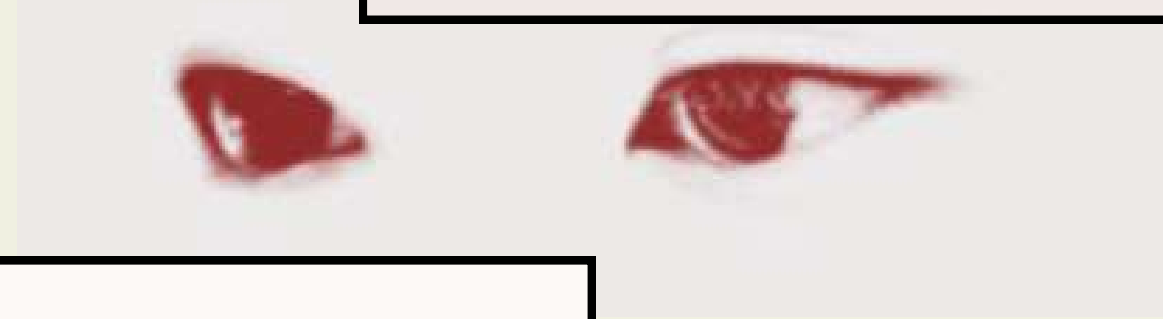
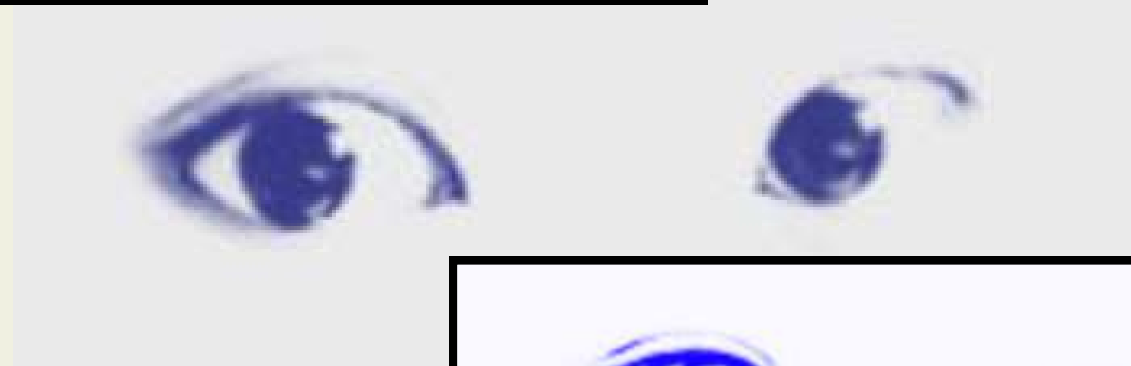
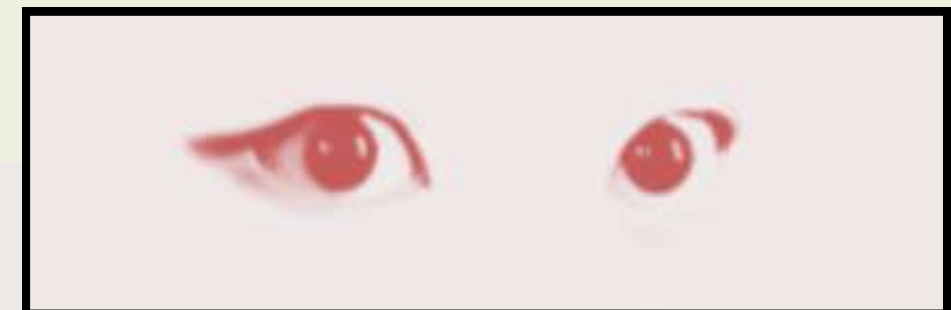


Poetry is an artform that has long been criticized. Its abstract and subjective nature has failed to strike a chord with many, leaving the supposition that poetry is self-indulgent and inaccessible. This has lent itself to two absolute viewpoints—either “I hate poetry” or “I love poetry”—phrases we’ve heard muttered by our classmates countless times as our English teachers introduce a poem by Shakespeare, Robert Frost, Edgar Allen Poe, or another renowned poet whose work has somehow created such a dichotomy in opinions to merit this reaction. To further complicate the discussion surrounding poetry, the rise of “social media” poetry on platforms such as Tiktok and Instagram has brought the integrity of poetry into question. While the recent interest in poetry is facilitated by social media, it is argued the purpose behind poetry has been lost in the void of social media algorithms that deprives poems of all personability. This argument has ultimately raised the question: If times are changing, should poetry change with it?

To provide a nuanced assessment of this topic, poetry itself must first be defined. However, this is made difficult, as the frustrations surrounding poetry and the discourse surrounding its presence on social media are a testament to its unspecificity and ambiguity, which result in varying viewpoints on what poetry is, and what it should be. A 2022 New York Times article titled: “The Shape of the Void: Toward a Definition of Poetry” by Elisa Gilbert confronts exactly this. Initially, she provides a structural, matter-of-fact definition, stating; “If the words have rhyme and meter, it’s poetry.” But it’s clear that the definition goes further deeper than this; poems that are often accused of not being “poetry” often fit this description. She states, “The poetic is not merely beauty in language, but beauty in incoherence, in resistance to common sense.” Gilbert argues that a poem is “incoherent” by nature, that it challenges what is expected, and it is this aspect that angers people. Despite this, it still seems that poetry of all kinds—modern or traditional—can fit into this definition. Ultimately, at the root of the argument between these two competing forms of poetry seems to be its purpose, and if this is acceptable or not.



TIKTOK/NEW MEDIA



The recent interest in poetry is with no doubt a repercussion of the recent success it has found on TikTok and Instagram. Poets are able to garner huge following, providing a new platform for artist to share with work—in fact, the #poetry hashtag has over 48 billion views. Keeping in line with the easily digestible and succinct format that thrives on these platforms, “TikTok” and “Instagram” poetry is generally short and broad, making it easily digestible for the masses. However, the presence of poetry on social media has provided all users with access to a platform to share their work. Poet Blake Auden argues; “Anything that leads people to reading more poetry is a good thing.” Moreover, poetry that is able to gain such a wide reach opens itself up to further assessment—not to disregard how it is often negative. Nonetheless, many argue that increased popularity and discussion around poetry has had poetry on social media nothing but a good thing.

The opposing argument, however, questions the purpose that this idea places on poetry. Is it written to reach the most eyes possible, or to act as a substantial piece of art? The work of poets such as Aliza Grace and Rupi Kaur, among others, fit into the idea of “micro-poetry,” that is, playing on the internet's fascination with aesthetically pleasing typography and relatability to their advantage. Poet Grace Bialecki states, “These poems are particle board are mass-produced, and as I get in close and try to pick the lines apart...there are no fine details to admire.” And it is exactly this that “TikTok” poetry is criticized for, a lack of nuance. Simply scrolling through TikTok, I find such criticisms, stating, “Unpopular opinion but modern day poetry is the worst and completely lacks depth & purpose.” Another example from a random tiktok user: “pov: I’m that one horrible “poet” that you can’t get off of your fyp.” It is made clear that the primary issue that people find with “TikTok” poetry is unspecific and made to appeal to the masses—depriving it of one of the qualities of “poetry”—that of creating something new or shifting the paradigm in some way.

While many people argue that promoting discourse around poetry is undeniably good, regardless of the quality of work, many—often described as “poetry purists”—take issue with the existence of poetry on social media, as it strips its integrity. Ultimately, it’s possible that “social media” poetry and “true” poetry can coexist as two different art forms

ADHD X Poetry

...and School

By: Erwin Wang

Autism

In an education system that often emphasises standardised tests and rigid formats, the arts, especially poetry, can offer a breath of fresh air. However, beyond being just a creative tool, poetry holds surprising benefits for neurodivergent students, especially those with ADHD and autism. As teachers and administrators explore more inclusive ways to engage all learners, the question presents itself: Should we learn poetry in school? The answer may lie in the unique advantages poetry provides for students with different learning needs.

A Path to Focus for Students with ADHD

One of the defining characteristics of Attention Deficit Hyperactivity Disorder (ADHD) is difficulty maintaining attention, especially in tasks that require sustained focus. Traditional classroom lessons, with long-form readings and complex lectures, can be overwhelming for these students. Poetry, however, offers a solution.

Poetry's compact nature and rhythmic structure allow students to engage with the material in manageable chunks. The rhyme, metre, and repetition found in many poems help keep attention, creating a sense of momentum that prose usually lacks. This can transform poetry into a tool for improving focus and retention. Adding on to this, poetry's vivid imagery and emotional depth provide a more engaging, multisensory learning experience. For students with ADHD, who often respond well to stimulation and change, the dynamic nature of poetry can make learning feel less like a chore and more like an exploration.

To further understand how poetry can support students with ADHD, I spoke with Farrell Chen, my good friend of 6 years and a current high school freshman who was diagnosed with ADHD at a young age. Farrell shared his experiences with how poetry impacted his learning and helped lessen the effects of ADHD on him.



A BRIEF INTERVIEW

Q: How does ADHD affect your ability to focus in school?

Farrell: It's tough because I get distracted really really easily, especially when I have to sit through long lectures or read big chunks of text. Sometimes whenever I try to sit myself down to do anything I just end up scrolling TikTok or playing video games without even realising it. Making myself settle down just seems like a huge chore and paying attention to something I deem boring is like torture.

Q: Has poetry helped you in any way?

Farrell: I mean, poetry is different because it's short and has a rhythm. I don't feel overwhelmed or bored when I look at a poem like I do with a long chapter in a textbook. I like how the words flow together, it's kinda like waves or mountains. It just keeps me interested in whatever I'm reading and because poetry is usually short, I don't get bored!

Q: Can you share an example of how poetry helped you in class?

Farrell: In English class, we had to analyse a poem, and I thought it would be hard at first, but then I started to see how the images and the rhythm made it easier for me to follow along. I also liked that there weren't too many words to remember. I ended up doing better on the assignment than I usually do with essays because I could focus more. My teacher at the time even commented that I was engaging more and was more focused than usual!

Q: Do you believe that Poetry is helpful for students like you?

Farrell: For sure. Poetry is like a break from all the long, boring stuff we usually have to do. It's fun to read out loud because of the rhythm, and I think it's a good way to stay focused, even if you have trouble paying attention like me.

Farrell's insights highlight the unique structure of poetry. Its rhythm, repetition, and vivid imagery and how that can make it an effective tool for students with ADHD. For many students like him, poetry is more than just a creative form, it's a key to improving focus and making learning feel less daunting.



Poetry and Emotional Literacy

Poetry isn't just about words on a page. It's about feeling, and for students with ADHD or autism, who might have difficulty processing or expressing emotions. Poetry can serve as a powerful emotional outlet. Writing or reading poems provides a safe space for students to explore complex feelings without the need for direct or confrontational discussion. Moreover, poetry encourages readers and writers to interpret meaning, developing cognitive flexibility. This practice of thinking beyond the literal meaning and exploring different layers of interpretation can help students become more open to multiple perspectives—an essential skill both inside and outside the classroom.

One of the greatest benefits of teaching poetry in schools is its celebration of creativity. For students who often feel boxed in by traditional formats and expectations, poetry offers a freeing alternative. In poetry, there are no wrong answers, and this creative flexibility allows students with ADHD or autism to express themselves in ways that reflect their individuality. Poetry doesn't demand conformity; in fact, it thrives on unique voices. Neurodivergent students often bring fresh, innovative perspectives to their work, and poetry gives them a platform to showcase these strengths. Whether it's through non-traditional forms, unconventional imagery, or playful word choices, poetry gives students the freedom to communicate in a way that feels authentic to them.

the era flowing in

MIKA ZHENG



DREAMS

One day, I had a dream
In the dream,
a tree endowed me with a challenge:
Borrow a line from a STEM book,
and use it as the title of a poem.

My love of flowing emotions
in the poem
like hot iron crashing into an iceberg.

Then I took a piece of cotton cloth,
to write down
different generation and sleep

On the ceiling
kept a family of squid.
Firework exploded
and blackened the dome
attached with artificial stars.

What was in the dream?

Bubbles are flying all over the sky.
Litchi hanging on the branches,
falling into a bamboo tube.
Dangling from the horse's back
became a thermometer.

The red fringe of the sword danced.
The peony suffuse over the mountains
dyed the day and night red.
Condensed into a crystal ball of divination
chipping away snow and ice.

The pendulum of silence
and the inverted balloon.
It rained golden ears of wheat.
A commendation on a smiley face sticker
cut the quiet sickle.

Crouching cheetah
and a smoking magnifying glass.
Clouds condense the air
greatly
a flowing band of light.

The elevator door closed.
Flowers crowded the street.
Breath of grass was embracing
weightlessness of drift.
It was glittering out of reach.

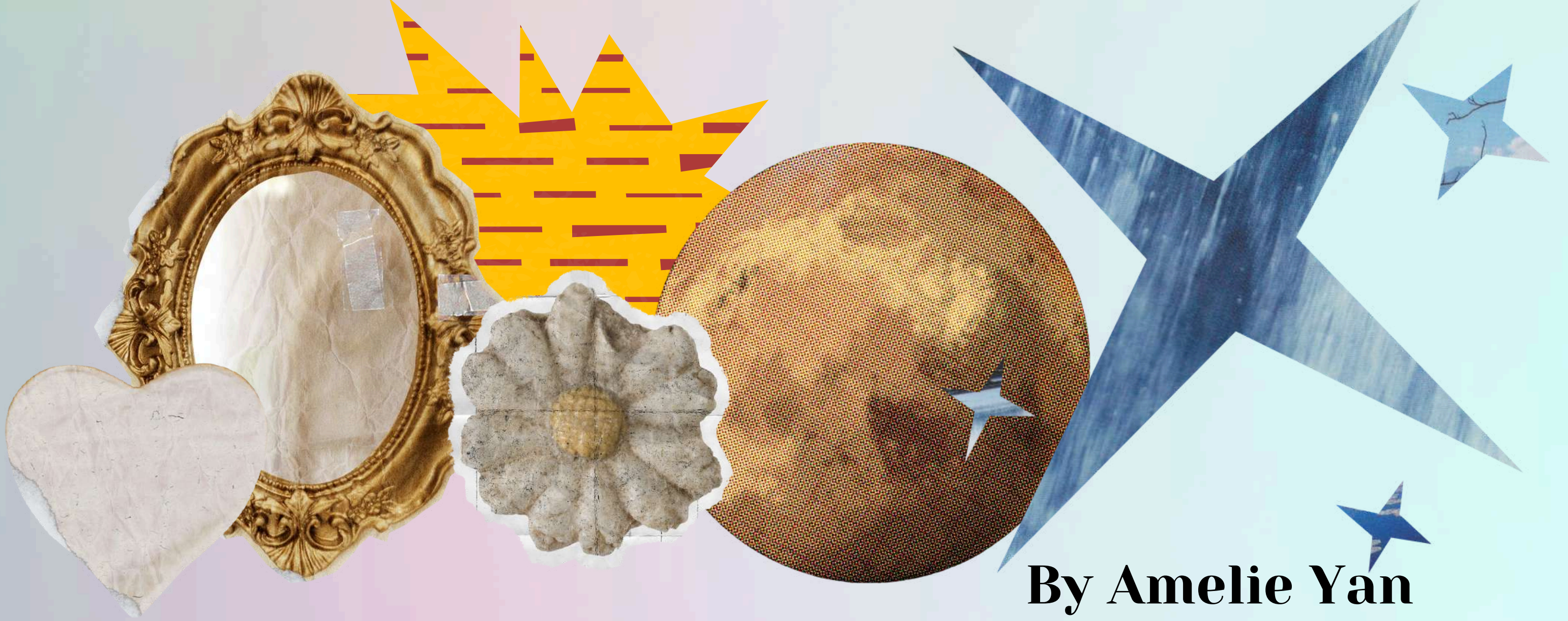
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Sleep is the smallest paradise.
It is the blank
full of absurdity,
happiness,
and fear.

Sleep is a small death,
while living
is the game of chronic insomnia.

Then I woke up from the dream of
time
And still in a dream.





By Amelie Yan

Spirituality VS Religion

There is a fine line between spirituality and religion; while they do overlap in some areas, there are also many differences. Religion usually refers to a common set of beliefs and practices shared by a group of people, whereas spirituality pertains more to individual beliefs and practices, though many people may share similar ones. Spirituality often focuses on self-improvement and finding peace, while religion—though some promote such beliefs—generally focuses on serving a greater good and dedicating oneself to a goal related to eternity or a manifestation of the divine. Religion and spirituality are like squares and rectangles: all squares are rectangles, but not all rectangles are squares. Similarly, spirituality can be part of religion, but religion is not always spiritual. Most religious people consider themselves spiritual, but a strictly spiritual person may not identify as religious.

The differences between religion and spirituality may seem subtle at first glance, but their respective traits run deeper than one might expect. According to Bowling Green State University (BGSU), “[f]or much of the 20th century, religion was seen by psychologists and other social scientists as a broad term that covered both the individual and institutional, both the good and the bad, and both the traditional and nontraditional forms of spirituality” (“Defining Religion and Spirituality”). This reveals that there was a time when there was no distinction between spirituality and religion, to the extent that the term “spirituality” did not even exist yet. However, later in the century, “the term spirituality was introduced and began to take on some of the meanings of religiousness. In the process, broad-based views of religion gave way to narrower perspectives, and the terms religion and spirituality became increasingly polarized from each other” (“Defining Religion and Spirituality”). This indicates that spirituality essentially stems from religiousness but diverges to become “polarized from [religion]” (“Defining Religion and Spirituality”). Thus, spirituality and religion agree in some areas but mostly oppose each other.



Religion is more institutional than spirituality, usually involving a fixed set of doctrines or rules that are often non-negotiable. In contrast, spirituality is more flexible and less structured. Since spirituality focuses more on one's inner self, there is no fixed set of rules or beliefs that everyone must follow. Religion implies rituals, common practices, and fixed beliefs. The overall idea of a religion is generally consistent among its followers, but spirituality is more personalized and varies from person to person. Another difference lies in how religion and spirituality are expressed. Religion is usually expressed through outward actions such as worship, prayer, offerings, and other specific rituals. Spirituality is more internal, expressed through meditation, self-reflection, contemplation, and similar practices. While many religions emphasize internal changes of heart and mindset, these are often achieved through physical acts. For example, Buddhism teaches that the elimination of suffering can lead to salvation by following the Eightfold Path, which includes ethical conduct, mental discipline, and wisdom (Lopez). However, some religions like Christianity focus on a change of heart through belief in Jesus Christ, where salvation is not achieved through works but through trust in God, and good works are seen as the result of being saved. Nevertheless, most religions focus mainly on works to achieve a final goal like salvation.

In modern times, the distinction between religion and spirituality has significant implications for personal and societal well-being. Many people find that spirituality offers a more flexible and personal approach to faith and well-being, which can be particularly important in diverse, multicultural societies. Understanding these differences also helps in appreciating how individuals navigate their own beliefs and practices, integrating elements of both religion and spirituality to foster personal growth and community connection.

In conclusion, religion and spirituality are often confused and thought to be the same, but there are subtle differences that, once acknowledged, become more apparent. Religion generally refers to institutionalized groups that aim to earn salvation or serve a divine manifestation. At the same time, spirituality focuses more on self-improvement rather than serving a greater good.

CLASSIFIEDS

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- Help with marketing strategy



02

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- Make sure tax paperwork is filed



03

Secretary

- Record keeping of meetings
- Hold votes
- Meeting coordination
- Help with meeting preparation



04

Fundraising Director

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- Planning fundraisers
- Help with fundraising strategy
- Recruit volunteers



05

Program Director

- Executes the programs
- Helps with event planning
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CLASSIFIEDS

Rethink Consumption!

Tired of wondering what important **climate data** is being **ignored, overlooked, or locked away in confusing corporate and government reports?**

I am launching a project to reveal the true cost of what we consume in Singapore, from carbon footprints to water use, and we need a dream team to make it happen.

Here's who this project needs:

Social Media Content Creator

Transform complex data into stunning, shareable infographics that capture attention and spark change. Your creativity will turn facts into visuals that everyone can understand.

Two (2) Website Creators

Design an interactive platform to display our research in a dynamic, easy-to-digest way. Help us build the go-to site for real, impactful data on daily consumption.

Researcher

Dive deep to gather crucial stats on carbon footprints, water use, and product origins. Your research will provide the backbone of our initiative and fuel the movement.

Data Analyst

Crunch the numbers, uncover insights, and use analytics tools to turn raw data into stories that everyone can understand.

Gmail:
kaylynn.yrx@gmail.com
Telegram: @kaylynn_yrx

CLASSIFIEDS



Miracle Steps Foundation is dedicated to providing urgent care and support to **NICU babies and their families**. Members will be able to create kits for parents of NICU children, memory boxes, art supplies, and donate baby clothes for preemies for volunteer hours. Your help can create a meaningful impact and bring positive change to those in need.

Join the executive leadership board!

Treasurer:

- Manage the nonprofit's finances, including budgeting, tracking expenses, and overseeing financial records.
- Ensure transparency and accuracy in financial reporting.
- Handle donations, grants, and other revenue streams, ensuring funds are allocated properly.
- Provide regular financial updates to the leadership team and assist in financial planning for future projects.

Volunteer Coordinator:

- Recruit, train, and manage volunteers for various nonprofit activities.
- Organize volunteer schedules and ensure adequate staffing for events, outreach programs, and other initiatives.
- Serve as the primary point of contact for volunteers, addressing their questions and concerns.
- Foster a positive and engaging environment for volunteers to feel motivated and connected to the nonprofit's mission.

Email: **miraclestepsfoundation@gmail.com** for more information!

CLASSIFIEDS

We are dedicated to promoting ethical AI development with **AI Vanguard**. We've impacted the AI community by fostering critical discussions and innovative brainstorming sessions through our program. To continue, we seek support from like-minded individuals. Your contribution can help us expand our reach, organize more events, and develop educational resources. Are you interested in joining our mission? Email averyupdike@gmail.com for more info.

Food Bridge aims to connect users who have food for donation with those who are in need of food assistance. Food Bridge empowers users to easily donate or receive food. Through Food Bridge, surplus food finds its way to those who need it most, effectively addressing both food waste and food insecurity issues.

Food Bridge is looking for a social media director; relevant skills include (1) tech-savviness, (2) an eye for design, (3) organization, & (4) AT LEAST 5 hours of time per week to devote to Food Bridge work.

foodbridge.app

FutureVoice is developing an application to help singers who are transitioning from one voice to another. In just the first few weeks, we've already developed a foundational plan and have gathered connections with professionals in voice to aid with our design. Our vision is to create a guiding light for the many LGBTQ+ singers, especially youth. With a passionate team, we're poised to have a large impact on singers. Email ericxiyin@gmail.com for more info.

CLASSIFIEDS

Join Animal Welfare Alliance (AWA) - Make a Difference for Animals!

Are you passionate about animal welfare? Do you want to be part of a dynamic team dedicated to raising awareness and making a real impact? Animal Welfare Alliance (AWA) is looking for passionate individuals to join our mission!

Our Mission:

At AWA, we are committed to raising awareness about crucial animal issues, including welfare, animal testing, abuse, the plight of homeless pet owners, stray animals, and promoting animal knowledge. We strive to educate the public and advocate for the rights and well-being of all animals.

Open Positions: We are currently seeking dedicated individuals for various positions, including:

- Website/Media Designer: Help us create engaging and informative online content.
- Recruitment: Bring passionate volunteers and team members to AWA.
- Outreach: Connect with the community and spread our message far and wide.
- Communications: Craft compelling messages and manage our public relations.

Please feel free to reach out about any other possible positions you are interested in!

Why Join AWA?

- Impact: Be a part of meaningful work that makes a difference in the lives of animals.
- Community: Join a supportive and passionate team of like-minded individuals.
- Growth: Gain valuable experience and develop new skills in various areas.

How to Apply: If you're ready to make a difference, we want to hear from you! Please fill out the form to apply for positions and join our mission! Email sophiazhang0088@gmail.com for any questions or concerns. Together, we can create a better world for animals.

Animal Welfare Alliance - Advocate, Educate, Protect

https://docs.google.com/forms/d/e/1FAIpQLSeGfoiV3-KRUVhPqNi_OptcVXYc0GB_NQhD7L2GIB9ulhm8Hg/viewform

CLASSIFIEDS

Youth of Letters's mission is to uplift teenage voices through written expression. We celebrate the transcending of convention and steadfast rules. By teens and for teens, we embrace all styles and genres of writing, and hold firm to the belief that every voice deserves to be heard. Our stories are our lifelines, our souls, our loaded guns, as George Orwell phrases. We welcome you. To new writers, let's stretch our wings. To existing writers, let's continue to soar.

We're looking for people who would enjoy and succeed at:

- Filtering through submissions
- Putting the issue together
- Marketing/PR (though I can probably do this myself if needed as well)
- Someone to expand our reach to the global scale
- Editors for that specialize in various submission types (prose, poetry, essay, etc.)

Email rachelyin11@gmail.com for more info.

CLASSIFIEDS

StarMind is a nonprofit dedicated to supporting individuals recovering from eating disorders. We've developed a mental health app that integrates astronomy-themed therapeutic elements to provide a unique and effective support tool. In just six months, we've conducted extensive research and collaborated with mental health professionals to create this comprehensive resource. We have already impacted numerous lives by providing an accessible, astronomy-themed mental health app and support through our nonprofit initiatives. Our vision is to revolutionize the approach to eating disorder recovery by combining the awe of the universe with effective therapeutic practices. With a passionate team and the support of our community, we can definitely make a significant impact in the mental health field. Your contribution can help us expand our reach, develop more features, and support more individuals on their recovery journey. Interested in joining our mission?

We need people who can help with:

- **App Development:** Expertise in mobile app development, particularly in building and maintaining apps that require user engagement and data security
- **Nonprofit Management:** Knowledge of running a nonprofit organization, including fundraising and legal requirements.
- **Fundraising and Development:** Experience in organizing fundraising campaigns and securing grants and sponsorships
- **Marketing and Outreach:** Skills in digital marketing, social media management, and public relations to effectively promote the app and the nonprofit's mission.
- **(Maybe) Mental Health Professionals:** Psychologists, therapists, and counselors with experience in eating disorder treatment to ensure the app's content and tools are effective

We offer:

- **Meaningful Work:** An opportunity to make a significant impact on the lives of individuals recovering from eating disorders
- **Professional Growth:** Opportunities for professional development and growth within a dynamic and supportive team environment
- **Flexible Work Environment:** Options for remote work and flexible hours to accommodate different lifestyles and commitments
- **Collaborative Culture:** A collaborative and inclusive culture that values input from all team members and fosters innovation
- **Recognition and Impact:** A chance to be recognized for their contributions to an important project in the mental health field

Email sophie.duan888@gmail.com for more info.

CLASSIFIEDS

"Unboxed" - Startup and Mental Health App

Unboxed provides services and products to track and improve people's mental health through our gamified wellness tracker as well as customized "boxes," or toolkits, for users looking to achieve their wellness goals. Customers access our tracker by downloading the app (coding still in progress) from the app store to monitor their emotional, mental, and physical activities. Our services and products can be purchased from the app as well as our website. The business has attracted 500 followers and around \$1000 in revenue within the last 6 weeks.

We are looking for interested students to join our startup team, including the following positions:

- R&D Managers
- Research Engineers
- Operations Managers
- Marketing Managers
- Financial Manager
- Accounting Managers
-

Interested students should fill out this Google Form or contact unboxed.org@gmail.com with any questions.

- <https://docs.google.com/forms/d/e/1FAIpQLSfutu0hbzoW4RrSqs1XeVOZHqB8ihgHwutD3VlgJE0osnv9iQ/viewform>

CLASSIFIEDS

AndOneSports.org is a youth-run initiative that advocates for equity in sports because all kids regardless of their background have the right to play. We hold equipment drives, offer volunteer coaching, and run impactful fundraisers all with the goal of reaching kids with the greatest needs and fewest resources. So far, we've put free gear in the hands of over 100 kids and donated to four after-school programs in Southern California. With team leads in Southern California and Colorado, we're now focused on expanding our impact by launching a youth-to-youth coaching program in after-school programs and Title 1 schools, where play takes priority.

We currently have team leads in the Southern California region and are looking to expand to different states and countries. As an AndOneSports Team Leader, you will collect new/usable sports equipment from your community to distribute to under-resourced communities.

The responsibilities of this role will include:

- Lead/ help plan equipment drive at schools, community, etc.
- Share a commitment to sports and making an impact on children
- Market AndOneSports on social media
- Recruit team members in your area

If you are passionate about sports and want to take action in your own community, please email me, Niam Taylor at niam.taylor@gmail.com

CLASSIFIEDS

My name is Tianle Liang, a current high schooler infatuated with chess, and I am creating the platform inCHESSive to connect people through in-person chess, with partnerships with local schools and libraries to stimulate community engagement. My website will offer useful resources/templates that I used to start my own chess club at the library and discussion forums to facilitate chess meet-ups, as well as volunteering opportunities at chess events.

My mission is to bring chess players together, promote the in-person culture of the game, and strengthen local communities through shared interest.

Head of Finance

- Manage organization funds
- Will plan and direct fundraisers in the future
 - Would like this person to have some sort of experience with organizing fundraisers, though not required

President of Marketing

- Handles advertising and marketing the organization
- Instagram/social media page
 - To put it simply, somebody who knows how to chase the clout
- It would be good if this person has good graphic designing skills

President of Networking

- Will find potential partnerships and events and connect them with CEO
- Will handle gathering volunteers for events in the future
 - Sending a lot of emails, talking with libraries/schools
 - Will work closely with CEO (me)

Note: I am looking for people that are creative and innovative; I don't want people who just follow my instructions and can't contribute substance to any ideas. I like bouncing ideas off others and having nice discussions.

Contact: contact me at tianle.liang16@gmail.com. I will try to schedule interviews/pitches within two weeks of your expression of interest.

CLASSIFIEDS

The U.S. National Science Foundation **Game Maker Awards** is an exciting opportunity for students in grades K-12 to showcase their creativity, technical skills and passion for game design. Entries for the NSF Game Maker Awards are due by Jan. 31, 2025, at 5 p.m. EST.

Coming of Age in 2024: Explore Your Political Identity and Values

What can you show or tell the New York Times to help explain what it's like to grow up in this political moment? Submit in words, images, audio or video, from Oct. 2 to Nov. 4.

What story from your life can you tell in just 100 words? Based on the storytelling form popularized by **Modern Love's Tiny Love Stories**, the New York Times invites you to write a **miniature personal narrative** about a meaningful life experience. Contest dates: Nov. 6 to Dec. 4, 2024

CLASSIFIEDS

Live in a Healthy Space Design Competition

- Ages 12-18 (Grades 7-12)
- Submission Deadline: November 31, 2024
- Students design an agricultural module or area for a space settlement that focuses on a specific component such as infrastructure, food production and resident nutrition.
- Info: <https://nss.org/healthy-space/>

The **NFPW High School Communications Contest**, one of only a few nationwide communications competitions for high school students. It inspires students to do outstanding work in their quest for excellence. In this highly acclaimed competition, entries are judged at three levels.

DEADLINES:

November 1, 2024: High School Communications Contest opens

February 19, 2025: Entry deadline, at noon in the entrant's time zone

CLASSIFIEDS

The High School Fed Challenge is an academic competition where teams of students act as future economists. Registration is now open.

Regeneron STS is the nation's oldest and most prestigious science research competition for high school students. Started in 1942 as the Westinghouse Science Talent Search, Regeneron STS recognizes and empowers our nation's most promising young scientists who are developing ideas that could solve society's most urgent challenges.

Each year, around 2,000 students enter the Regeneron STS, submitting original research in critically important scientific fields of study and full application for holistic review. Unique among high school competitions, the Regeneron STS focuses on identifying, inspiring, and engaging the nation's most promising future leaders in STEM.

Application Deadline is November 7, 2024 at 8pm ET.
Open Your Application Today!

CLASSIFIEDS

StudentCam is C-SPAN's annual national video documentary competition that encourages students to think critically about issues that affect our communities and our nation. In this presidential election year, we're asking students in grades 6-12 to create a short (5-6 minute) video documentary on a topic that relates to the competition theme, "Your Message to the President."

The submission deadline for all entries is Inauguration Day on Monday, January 20, 2025.

C-SPAN awards cash prizes totaling \$100,000 to the student filmmakers of the top 150 student documentaries.

The Creative Writing Ink Short Story Competition

2024 is open for entries from August 1st, 2024.

The deadline for receipt of all entries is
November 15 at 4pm (GMT).

The Leonard L. Milberg '53 High School Poetry Prize

recognizes outstanding work by student writers in the 11th grade in the U.S. or abroad. Contest judges are poets on the Princeton University creative writing faculty, which includes Michael Dickman, Katie Farris, Ilya Kaminsky, Lynn Melnick, Paul Muldoon, Kathleen Ossip, and Patricia Smith. Submissions for the 2024-25 contest will be accepted from October 21 through the deadline of November 10, 2024, at 11:59 p.m. (ET). No late entries will be accepted after the deadline.

CLASSIFIEDS

In *Profiles in Courage*, John F. Kennedy recounted the stories of eight U.S. senators who risked their careers to do what was right for the nation. These leaders demonstrated political courage by taking a stand for the public good in spite of pressure by interest groups, their political party, or even their constituents. **The Profile in Courage Essay Contest** challenges students to write an original and creative essay that demonstrates an understanding of political courage as described by John F. Kennedy in *Profiles in Courage*.

The maximum word count is 1,000 with a minimum of 700, not including citations and bibliography. Use at least five varied sources such as government documents, letters, newspaper articles, books, and/or personal interviews.

All submissions must adhere to contest requirements.

The contest deadline is January 17, 2025.

CLASSIFIEDS

The Patricia Grodd Poetry Prize for Young Writers, created in 2007 to recognize outstanding young poets, is an annual contest for poets who are sophomores and juniors in high school. The contest is named in honor of Patricia Grodd in recognition of her generous support of The Kenyon Review and its programs, as well as her passionate commitment to education and deep love for poetry.

The poems by the winner and runners-up will be published in The Kenyon Review, and the winner receives a full scholarship to a Kenyon Review Young Writers workshop. Submissions for the contest are open every year November 1 through November 30.

If you are not a high school sophomore or junior, you do not qualify for this contest. Please submit to the Kenyon Review Poetry Contest.

The background is a dense collage of various vintage book covers, mostly in shades of blue, brown, and cream. Some covers feature titles like 'MIA TRI', 'MEDICAL', 'MAGNETIC', 'SCHAFFNER', and 'SCHAFFNER'. Interspersed among the books are several ornate, gold-colored oval frames. Each frame contains a title and a name in a serif font. The overall aesthetic is that of a classic library or a collection of antique books.

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