

articles  
quizzes  
interviews  
&  
advice!

issue 01  
february 2026

# girlish

*a career & education magazine*



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## career spotlight



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## pointless postponing

Are you a serial procrastinator? Check out our tips on page 9!



girlish  
THE FIRST ISSUE

# editor's note

Dear Readers,

We are very excited to share with you our first issue! This idea came to life when we were on call talking about girly 2000s magazines and how badly we wish we had something like that today.

However, we wanted it to be more about **education and career** focused rather than articles only about beauty. And something that was geared towards girls in middle school and high school. ALAS! *Girlish was born.*

We wished we had something like this growing up, a cute, fun, girly magazine that also helped us try and navigate our future goals and plans. We based our designs off 2000s girl magazines like *TigerBeat* and *TotalGirl*, when pop-culture was colorful and engaging.

We hope this content will help you find **opportunities**, learn more about women in different fields, have fun with puzzles and quizzes, and get mentorship on how to navigate school/life easier. We want this to be a **resource** for young girls, as well as a safe space.

Feel free to reach out to us to let us know what you would like to see in our next issue!

**We hope to hear from you!**

Love,

**The Girlish Team**

Follow us: [@girlishmag](#) on tiktok  
[@girlishzine](#) on insta  
[girlishmagazine@gmail.com](mailto:girlishmagazine@gmail.com)





career spotlight!

meet

haley

We would like to introduce you all to **Haley Pollock** who is the Director of Leadership and Mentorship at Legacy, a nonprofit that works with schools to help students build confidence, find mentors, and lead service projects that actually make an impact. Fueled by her love for working with students, Haley's job is all about helping young people like you use their voice and discover what they're capable of!

### What is your name and what do you do?

I am Haley Pollock, the director of leadership and mentorship at Legacy, a non-profit organization that does mentorship work in low income communities and helps them launch service projects. I work with students and school partners, to bring our mentorship programs in.

### What made you want to get into this field?

I studied Child Family Development in college, and I liked working with the high school population as a result. I would love to give back to students, and I like getting inspired by young motivated people.

### How did you learn about this field?

I learned about legacy youth leadership as an organization by being connected to the Thirst Project Organization. I started pursuing a Masters in Family and Community Services which exposed me to nonprofit organizations serving different communities and populations.

### What do you typically do from day to day?

I work from home, and do a lot of outreach, where I do cold outreach to schools and do video calls with prospective schools and mentors or students. I figure out how to integrate them into our programs. I also conduct data analysis, survey students and build content for our mentorship program such as guides and resources.

pen + paper



handwritten notes



*what's in*  
**haley's**  
*bag?*



laptop + a  
transportable  
monitor

(interview cont'd)

### What is your favorite thing about what you do?

I love when I am in person and running a leadership workshop where I see a student have a lightbulb moment and they realize something about themselves. I love bringing them the space to talk about something they are passionate about. Legacy youth leadership helps students stand up and use their voice.

### What's your advice to younger girls aspiring to do the same or just in general?

I changed my major multiple times, since I did not know what my dream career was. It's okay to take time to figure out who it is that you want to be, what you want your purpose to be, and build a career around that. I felt pressured to choose a specific career title, but ultimately I wanted something that involved interacting with students.

### What's a song on your work playlist?

I like listening to the *"The Summer I Turned Pretty"* soundtrack!

### What are some of your hobbies?

I live in Southern California, so I like getting outside and going to the beach. I also like exploring the food scene in Los Angeles, and trying out different restaurants. I also like playing volleyball and trying out different creative outlets, like doing crafts.



\*\*\*Visit <https://www.legacyyouthleadership.org/get-involved> on ways to get involved with Legacy Youth Leadership including their leadership, mentorship and speaker programs!



## meet ashley

Here we have Ashley Moses, a PhD student from Stanford University studying Neuroscience who gets to ask (and try to answer!) some of the biggest questions about the brain and behavior. From designing her own experiments to working in the lab, Ashley's journey shows how curiosity, confidence, and a love for science can turn big questions into an exciting career.

### What is your name and what do you do?

My name is Ashley Moses, and I am a PhD Candidate in Neurosciences at Stanford University.

### What made you want to get into this field?

For as long as I can remember, I've loved science. In high school, I became interested in the brain and behavior then found out there was a field that would allow me to study both of these things = neuroscience. I also became interested in pursuing the highest level of education = PhD.

### How did you learn about this field?

I had a friend in high school who was interested in neuroscience, and that's how I heard about it.

### What do you typically do from day to day?

Most of my days involve experiments. I work with mice, so that can involve anything from running mouse behavioral testing, doing brain surgery, or analyzing data. Your day is very much up to you.

### What is your favorite thing about what you do?

I love the creativity of it. You are the one who decides on your next experiments and the best way to answer a really hard question, one no one has ever answered before. It can be tough, but very intellectually stimulating.

### What's in your bag when you go to work?

My laptop and some snacks. Always have to have both :)

## What's your advice to younger girls aspiring to do the same or just in general?

I have a few pieces of advice:

Don't be afraid to ask questions and ask for opportunities. For instance, I was able to land a summer internship doing research in Germany just because I emailed someone who I thought was doing cool work in a cool place. You'd be amazed at what is possible when you're curious and just ask.

Be confident in who you are and what you want. This can be tough. I am still working on this, but as a woman in a male-dominated field, it's important to stand up for yourself and be confident in your ideas.

## What's a song on your work or study playlist?

I love working to classical music. Highly recommend checking out Florian Christl. His work is amazing. I love the song "Circle."

## What are some of your hobbies?

I love to run, cook, watch documentaries, and spend time outside. I've also recently got into fiction reading which has been so fun!





## meet kamal

*Last but not least, we would like to highlight Kamal, a Transaction Diligence Associate at EY-Parthenon who found her perfect career match by exploring, experimenting, and staying open to unexpected paths. From diving into Excel-heavy deal work to collaborating with an amazing team, her story shows that growth often comes from trying new things—and learning as you go.*

### What is your name and what do you do?

My name is Kamal and I'm a Transaction Diligence Associate at EY-Parthenon.

### What made you want to get into this field?

Honestly, I kind of fell into this field. I majored in Accounting in school and loved it but my internships were in banking, specifically in sales and trading. After my second internship, I realized I wanted to try something else and after learning more about transaction diligence, it felt like a perfect mix between my major in accounting and my interests in finance!

### How did you learn about this field?

I learned about this field by chance—it is a very niche side of accounting so I hadn't really heard about it while I was in school but after searching for some of those more non-traditional accounting roles and something that would bridge my experience and interests, I discovered transaction diligence.

### What do you typically do from day to day?

My days can vary a lot as it all depends on the specific deal I'm staffed on and where in the process we have reached. I'd say a typical day for me overall involves a lot of Excel, in working through support files from clients and building out analyses for our final deliverables, as well as PowerPoint. My work is very collaborative so most of my days start and end with checking in with people on my team but everything in between changes day by day which is part of the reason I enjoy my job so much!

### What is your favorite thing about what you do?

I'd say my favorite thing about the work I do is as I mentioned, things can vary so much deal by deal but also day by day which helps me stay engaged in my work as it gives me a constant feeling that I am learning and growing. I also really love the people I work with! I think it's undervalued how much impact having a great set of people to work with can have on your enjoyment of your work and I am very thankful that I have a great team.

### What's in your bag when you go to work?

My laptop, headset, and vertical mouse (I swear it's the only reason I don't have any wrist pain despite how much time I spend on my computer!) are always in my bag but I also don't go anywhere without a pack of mint gum (I don't drink coffee so mint gum is always my go to for a pick me up if I feel myself getting tired) and no less than 4 lip balms at any given time!

### What's your advice to younger girls aspiring to do the same or just in general?

I'd say my biggest piece of advice would be to treat everything as a learning experience. I feel like there were so many moments during school, my internships, and now at work that have been so tough and I've spent a lot of time lamenting the circumstances that put me into those difficult moments. However, when I now think back on those times, I achieved the most growth and development in those moments! Even if all you come out of an experience with is the knowledge that you don't want to do it again, that knowledge carries an immense amount of value and framing my mindset around this ideology has really helped me through many of my lowest points.

### What's a song on your work or study playlist?

Lauv's "I met you when I was 18. (the playlist)" is my go to (specifically "Chasing Fire" is on repeat for very difficult tasks which has actually made it the top song in my Spotify Wrapped for the last 2 years in a row — we'll see where it lands this year)!

### What are some of your hobbies?

I've recently picked up golfing as I wanted to take up an active hobby after realizing how much time I spend sitting and inactive for work—I'm definitely far from being even decent at this point but it's been really fun learning and seeing improvement in my swing! I also am very into reading, weightlifting (specifically at Orangetheory), and learning languages (I'm at varying levels of proficiency in 7 languages at this point and looking to keep that number growing).

# how to beat



by  
Prathana  
Nath

# procrastination

*Are you a serial procrastinator?*

Procrastination is a universal experience.


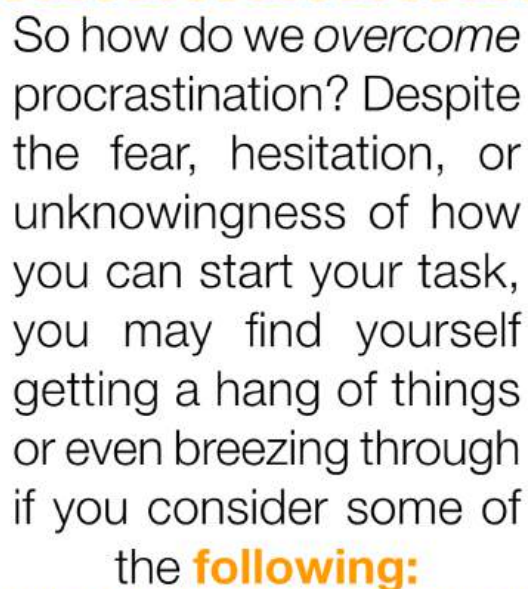
The act of postponing a task can be caused by many factors such as:

**perfectionism:** you fear that you cannot conduct the task properly or to its best extent

**difficulty level:** if it is a task from a class you struggle with, you are apprehensive on starting it

**poor time management:** you are not exactly sure when your task should be completed by or you overestimate the amount of time you have allotted for the task

**hesitation:** sometimes you want to start a task but find that you cannot find the momentum to



So how do we *overcome* procrastination? Despite the fear, hesitation, or unknowingness of how you can start your task, you may find yourself getting a hang of things or even breezing through if you consider some of the **following**:

**Commit to just 5 minutes:** Start your task for a minimum of 5 minutes. If you're not breezing through those 5 minutes, you can choose to stop and continue it later.

**Try the Pomodoro method!** 25 minutes of focused work and then a 5 minute break. Breaks can be customized once the Pomodoro method has been implemented for a while. The Pomodoro method not only helps with time management, it also keeps you focused for a set amount of time and helps you section your task out (Gupta 2025).

**Reminders:** Reminding yourself with a calendar or planner about your task can help you allot time to start your task as soon as possible. Setting multiple reminders with days in between, for example, helps keep the task on your mind.

**Taking action as soon as possible:** Do you ever overestimate how much time you have left, causing yourself to procrastinate? As soon as you receive a task, do some or the whole task right away! There is a smaller chance of forgetting about the task and it develops more efficient habits. If there's something you're struggling with or having questions about, you can keep it noted and can ask your teacher. The sooner the task is handled, the sooner you know of any possible questions you have.

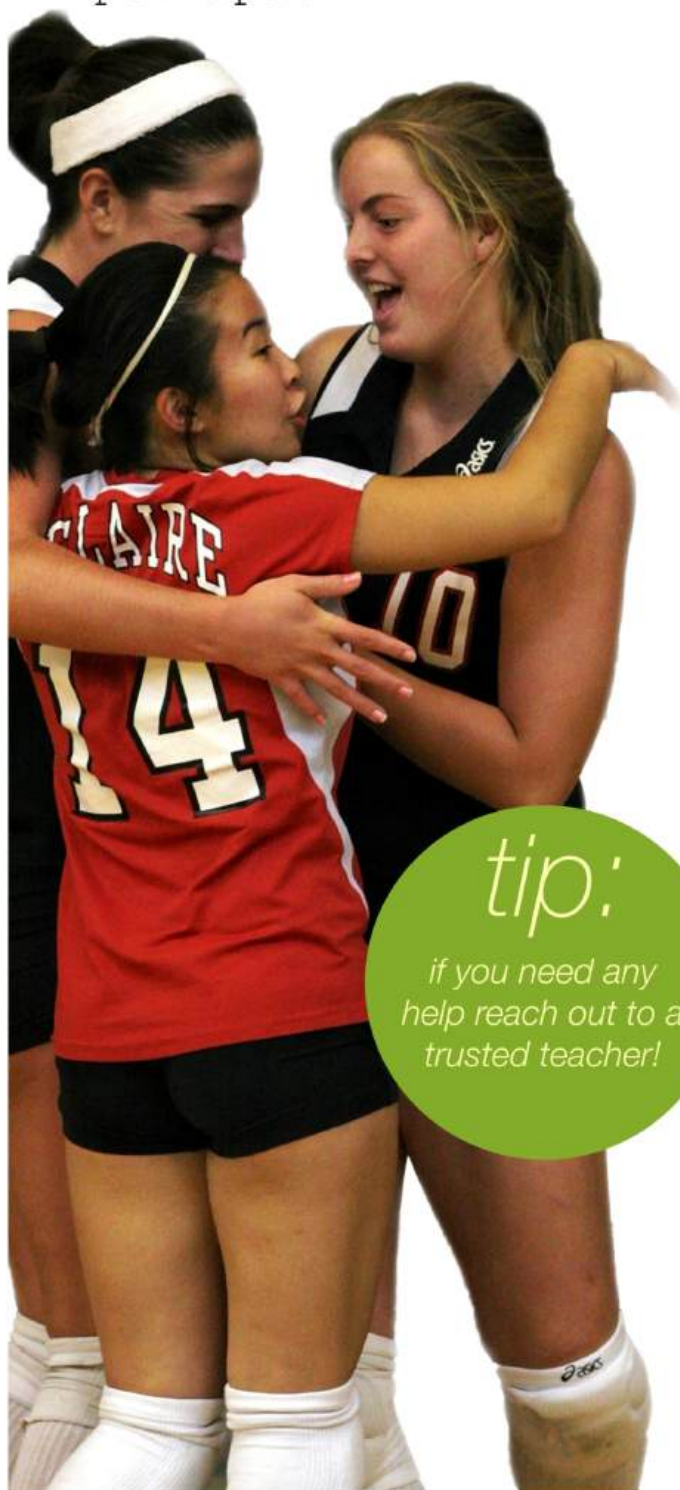
**Brainstorm:** Have you ever procrastinated something because you don't know how to start it? Maybe it's a math assignment with a topic you just can't understand or maybe it's an essay due for your literature class. Brainstorm any ideas you have. Underline/highlight/circle any details provided to you regarding the task and try to work from there. Whether it be equations or phrases you find pertinent to your task, write it down. Even if it is not coherent in your mind, write it down and see where developing that thought takes you. It could very much help you complete your task as you have been asked.

a quick guide on

# how to start a club

by Theresa Antony

so you want to  
**start a club** at  
your school  
perhaps?



*tip:*

*if you need any  
help reach out to a  
trusted teacher!*

## 1

what are you  
*passionate about?*

Is there something you are passionate about that you would like to share and enjoy doing with other students? This could range from hobbies such as **crafts** (i.e., crocheting, painting, making sculptures) to supporting a **non-profit organisation** (i.e., hosting charity events to raise money).

## 2

does it  
*already exist?*

Check to see if this club already exists at your school. If it doesn't, **register your club**. There is typically a process to do so, but it depends on your school.



### 3 gather people who would be *interested*

Now it's time to get people to **join your club!** Advertise and market your club at club fairs, through **flyers**, and **word of mouth**.

### 4 assign roles and create bylaws

After people have been gathered, work to **assign** roles and **responsibilities** to keep the club structured and in place. These roles would typically be the *president, vice president, treasurer, and secretary*. **Create bylaws**, which is a document that explains the responsibilities for each of the roles. For instance, the president would be responsible for overseeing the

(cont'd) activities the club runs, making sure **resources** for the club are acquired, setting goals for the club, running the meetings, and ultimately being the **representative** for the club.

### 5 have fun and prepare for meetings!

It's time to get the ball rolling! **Schedule** weekly or biweekly meetings where club members can meet, typically at the same time and place. Be sure to **prepare** for each of your meetings, and there are goals you plan to generally reach at the end. Now go have fun!



If you have any questions about starting a club, please feel free to reach out to us through our email:

[girlishmagazine@gmail.com](mailto:girlishmagazine@gmail.com)





# What kind of student are you?

Take this quiz to find out what type of student you are!

## 5 After a long school day, you want to...

- A. Relax—you earned it
- B. Talk it out with friends
- C. Get ahead on tomorrow's work
- D. Zone out and recharge
- E. Do literally anything else

## 1 Your ideal study environment is...

- A. Quiet and organized
- B. Somewhere with people around
- C. Desk, planner, and supplies ready
- D. Bed, couch, or comfy spot
- E. Wherever you end up studying

## 3 Your favorite kind of assignment is...

- A. Clear instructions and structure
- B. Creative and open-ended
- C. Challenging and meaningful
- D. Short and manageable
- E. Optional :)

## 2 At the end of the semester, you usually feel...

- A. Proud of your effort
- B. Glad you survived
- C. Focused on what's next
- D. Balanced and relieved
- E. Ready for a break

## 4 Group discussions make you feel...

- A. Comfortable contributing
- B. Excited to share
- C. Ready to lead
- D. Happy to listen
- E. Quiet but observant

## your score

### Mostly A's: The Steady Student

You're reliable, responsible, and quietly impressive. You may not always get loud credit, but people count on you—and it shows.

### Mostly B's: The Social Student

School is as much about people as grades for you. You thrive on connection, creativity, and energy.

### Mostly C's: The Driven Student

You like knowing what's going on and doing your best. Goals motivate you, and your confidence grows when you see results.

### Mostly D's: The Balanced Student

You've figured out how to juggle school, life, and yourself. You adapt easily and know when to push—and when to pause.

### Mostly E's: The Chill Student

You don't let school define you—and that's not a bad thing. You work at your own pace and value peace, even when things get busy.

# budget-friendly school skincare



*...that we've personally tried and liked!*

# cleansers.



b.



- a. *Inkey List* Oat Cleansing Balm
- b. *Inkey List* Fulvic Acid Brightening Cleanser

a.

\$14

# moisturizers.

c.



\$19

- c. *e.l.f* Hydrating Cream
- d. *Naturium* Gel Cream

\$14

d.



# sunscreens.



\$18

f.



\$11

e.

- e. *innisfree* UV Daily Defense
- f. *Holika Holika* sunscreen

# lip care.

h.



\$12.50

g.

- g. *Naturium* Phyto-Glow Lip Balm
- h. *Vaseline* Lip Therapy



\$3

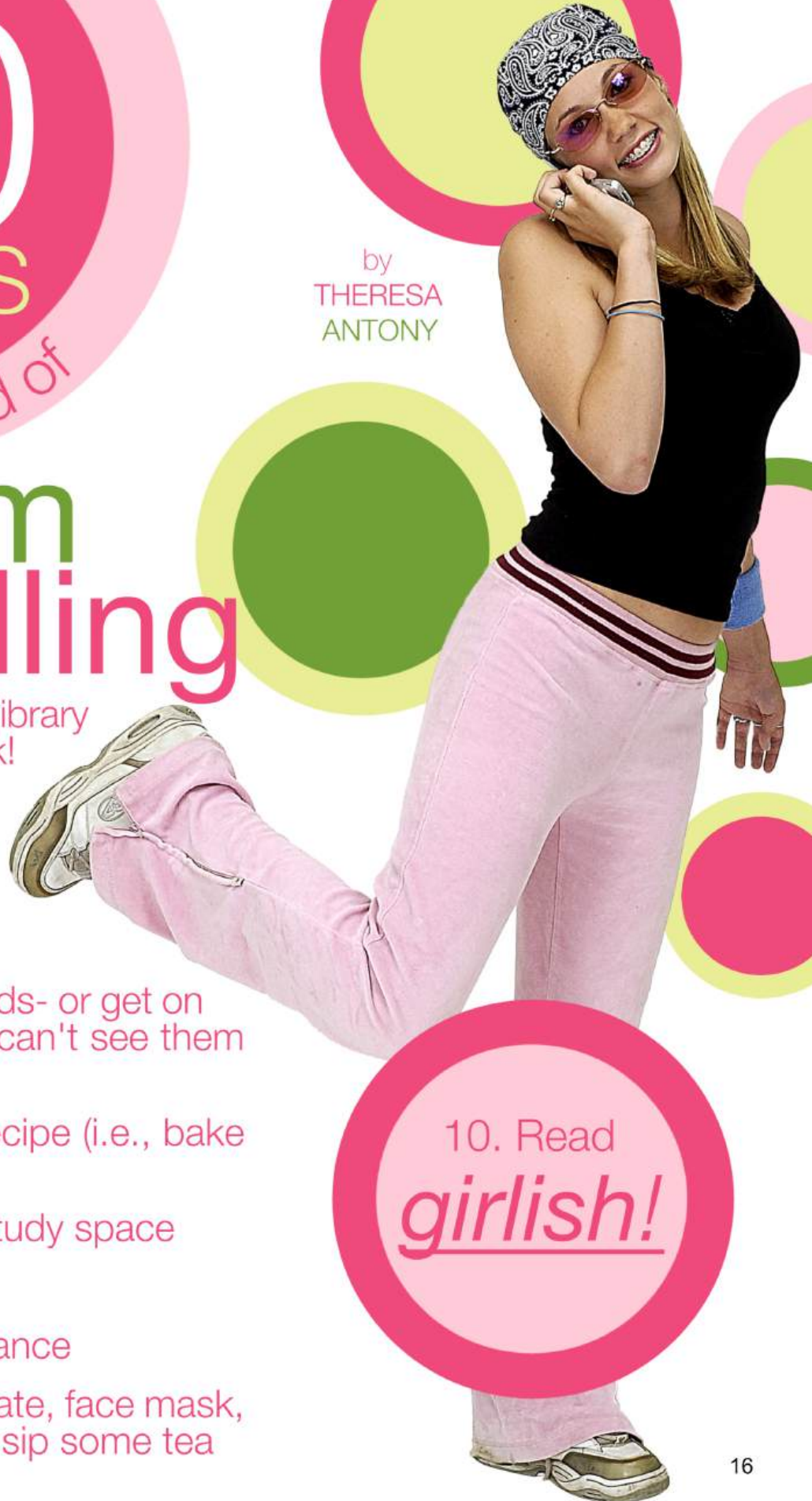
# 10 THINGS

to do instead of

## doom scrolling

1. Go to your local library and grab a book!
2. Journal
3. Do some arts & crafts: Draw, paint, crochet
4. Talk to your friends- or get on Facetime if you can't see them in person
5. Try out a new recipe (i.e., bake some cookies)
6. Organize your study space
7. Go for a walk
8. Blast music + dance
9. Self Care: Meditate, face mask, paint your nails, sip some tea

by  
THERESA  
ANTONY



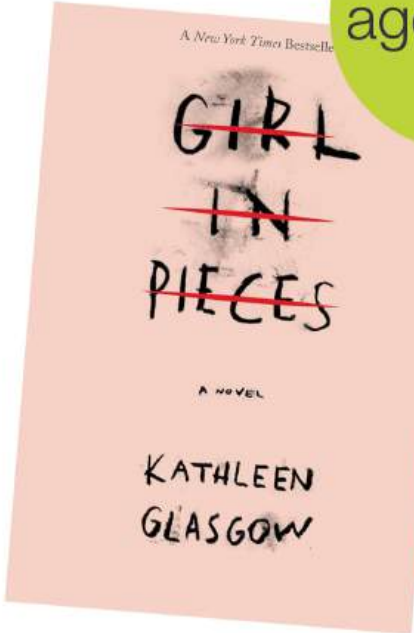
10. Read  
*girlish!*

ages 13+



"The #1 New York Times bestseller and feel-good YA of the year—about Willowdean Dixon, the fearless, funny, and totally unforgettable heroine who takes on her small town's beauty pageant."

ages 14+



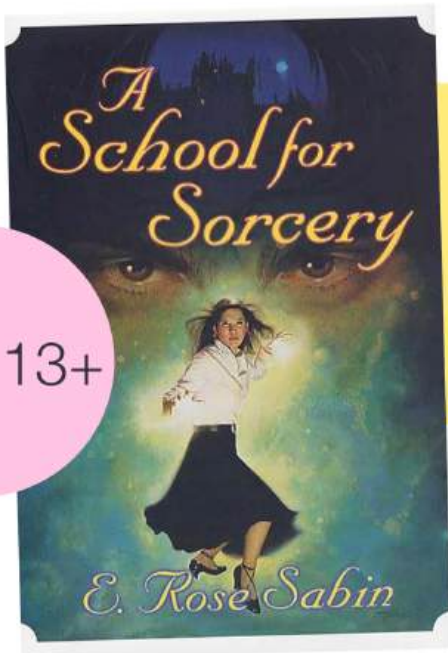
"A deeply moving portrait of a girl in a world that owes her nothing, and has taken so much, and the journey she undergoes to put herself back together."

girlish picks

# books to read

here are some great books written by women authors that might interest you! Remember to first check your local libraries to see if they have these books available!

ages 13+



"Welcome to the Leslie Simonton School for the Magically Gifted. A school where students can expect the unexpected. But be careful. At this school the final exam could be a real...killer."

have a book recommendation?  
email us: [girlishmagazine@gmail.com](mailto:girlishmagazine@gmail.com)



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