

# MEET NAKIAH KNELL

**MSJC Umoja Student**

Coming from a big university I had my struggles. My whole life I've struggled with my mental health and social anxiety. Going to a predominantly white institution and dealing with my mental health issues was extremely isolating for me.

I dealt with extreme anxiety and identity issues and felt like I was always going to struggle with being embraced properly. Two years ago I moved to California and had to start all over. I knew no one but a couple of family members.

Today I have pushed myself to reignite the spark that I thought I had lost. I became more involved with Umoja and have made some of my first friends in California. I have decided that pursuing a degree in law and prioritizing my passion is bigger than any anxiety or fear I possess. I find my success in choosing to fight against my inner doubts and know that as long as I do that every day I will get to where I want to be.

**umoja**<sup>tm</sup>  
community

The logo for Umoja Community features the word "umoja" in a stylized font where the letter "o" is replaced by a black silhouette of the African continent. The letters are colored: "u" is yellow, "m" is red, "o" is black with the continent, "j" is green, and "a" is orange. Below "umoja" is the word "community" in a dark grey, lowercase sans-serif font.