

NOW.

CABARRUS
COLLEGE
of
HEALTH SCIENCES

Words of Encouragement

As we all make this transition to online and isolated learning, I have some words of encouragement on how we can all move forward during this difficult time.

Focus on the things you can control. We cannot control the events happening around us, but we can always control two things: our attitude and effort. Online classes aren't ideal, but we can make the most of it if we commit to staying positive and working hard. You've put SO much of yourself into this semester and school year, don't stop now!

Embrace those around you (from a considerable distance, of course). We are not alone. This is affecting everyone we know in a multitude of different ways. Lean on those around you for support and let them know that you're there for them as well. If you appreciate someone, let them know the impact they've made on your life, especially during this time of fear and uncertainty.

Find what drives you. This is geared to everyone and anyone who needs to hear it. It is easy for us to say our "passion" is our chosen field; field of study, our jobs, career, etc. But eventually, we have to find what else we are passionate about. Since we will be at home for a while, this could be a good chance for some self-reflection. We all have so much more going for us, and this could be a time to figure out what else we are called to do.

Live each day like it's your last. Such a cliché saying that we've all heard a thousand times and never think much about its meaning. Turns out we had a lot of "lasts" that we didn't see coming. The last class, the last group study session, the last coffee break in the Pavilion, the last time being with the friends we have spent almost every day. When moving forward in all of this, treat every conversation, every event, every day like it's your last. Don't hold anything back, you never know how fast things can change.

Good luck everyone! We will get through this!

Action for Today: Spend some time thinking, writing or talking with a friend about what else drives you. What are your passions?