**15056, Betzy Rose**

Good Afternoon Ladies and Gentlemen,

Welcome to all our graduates today, as well as our faculty, staff, other students, family and friends. Today is a momentous day for each of our graduates. You have each worked very hard to meet the requirements of your degree programs and earn the right to stand here today and receive your diplomas. But, just as this season of your life is coming to a close, a new season is immediately opening before you. Now it’s time to take all that you have learned and put it to real life use.

One lesson I’ve learned that I will pass on to you is to guard your attitude to everything you experience. Your attitude is the key to your success. If you are to succeed in life you must have a positive attitude” Your attitude is even more important than knowledge and skills, because your attitude is what will be tested over and over again in our life. If you radiate positivity it will lead to a positive outcome. So develop a mindset that is loaded with positive attitude. This will train your mind to see the good in every situation and turn situations into opportunities. No matter what, seize every opportunity with confidence, make it your goal, and take action.

Stephen Hawking said, “However difficult life may seem, there is always something you can do and succeed at.” Make sure you raise your bar high. Then you won’t be bored. There will be stress, but it is ok to have stress. Researchers say that it’s only when stress becomes chronic, or when we feel we’re no longer in control of a situation, that it negatively affects our health and wellbeing. A little stress can actually benefit your brain and body. It helps boost brainpower, make you more resilient, motivates you to succeed, and you rest easier when it comes to everyday stress.

My 12 year old daughter tells me, “When life gets stressful, put your feet in hot water and read a book” (not required). Even after tremendous hard work and dedication, if you fail, (believe me it is going to happen at some point of your life, expect it, and accept it), when it happens, don’t worry, don’t be disappointed, do not play victim. Accept your failure, but don’t be content with it, make changes as needed, get better and try again. Remember, one who fails and gets up is much stronger than one who never fails. Failure is not final; it is not fatal. Just don’t make it a habit!

James M. Barrie said, “Always be a little kinder than necessary.” Along with that J. Palacio said, “If every person in this room made it a rule that wherever you are, whenever you can, you will try to act a little kinder than is necessary - the world really would be a better place. And if you do this, if you act just a little kinder than is necessary, someone else, somewhere, someday, may recognize in you, in every single one of you, the face of God.” I can’t think of a better way to face life than this.

We hope you use your education, knowledge, and wisdom gained from this institution, for the betterment of you, your family and your community. We encourage you to engage in lifelong learning and be good citizens. Always have the courage to say “No” to injustice, hatred, and violence, “No” to irresponsibility, selfishness, and hopelessness. Always have the courage to say “Yes” to hope, love and peace”, “Yes to freedom, justice and human rights, and “Yes” to your duties to construct a better you, and a better society.

Congratulations and Good Luck to you all.