

# Monday Messages to Students from Alumni



**From Jeanette H. Byrd, Class of 1989:** *I am sure you have been feeling many emotions over the past few months. And some of you have likely lost loved ones due to COVID during this period. My words of encouragement are 1. This too shall pass and 2. What lessons can we take from this pandemic? One of the lessons I have learned is that we all need each other. I have found ways to help others outside of my profession and have enhanced some healthy habits such as cooking meals and yoga. I often think about what I will do when the pandemic is over. While I have no solid answer, I am 100% sure I will have a greater appreciation for stopping at the grocery store on my way home from work, dropping by my friend's house to say hello and hugging my staff members and students without the fear of contracting or spreading COVID. Continue to be safe. Continue to mask up. Continue to love others.*

**From David Nickel, Ph.D., '64:** *I was a student at Berea College in the sixties and I loved it there! However, we students did not have a major disruption in our years there, like you are currently experiencing. One thing that I know is that we do not have control over misfortunes like this one from happening, but we do have control over how we react to them. Have you looked for some of the positive things that might be happening during this difficult period? Here is what I suggest: (1) Look hard to see the silver lining in the clouds during this trying period. Perhaps you have more quiet time for yourself and for more reflection in general; or (2) maybe you're learning some new technological skills during this period; or (3) maybe you've learned to adapt and accept this new situation; and (4) perhaps all of this has made you more resilient. You will have many unexpected happenings in your life in the future. Learn to adapt quickly to new, unexpected scenarios. Look at this period as a time to increase your resilience. Looking on the brighter side, you might even be able to look at this period as a laboratory for gaining new skill sets. The more you learn and use these attributes, the more prepared you will be for your future life. Best of luck to one and all.*