

ALUMNI FRIDAY

Reflection

"Reflection is a continuous process of self-awareness and personal alignment. While both time consuming and challenging, reflection leads to immense returns."

p.59

Passion

"A significant amount of our drive and motivation may come from immersing ourselves in our passion...We become our best resource to our individualized alumni experience."

p.107



Curiosity

"To identify, build, and sustain our career, we need a curious mind. We recognize that healthy choices lead to peak physical fitness. For the mind, this exercise is curiosity...We can seek this nourishment through our alumni capital."

p. 66

Generosity

"Our small efforts sharing information or network contacts can yield incredible personal and professional transformation for others."

p. 163.

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