

2019- 05- 30 UBC Graduation

Greetings President Ono, Mr. Chancellor, Members of the Board of Directors, Dean Olson, Director Saewyc, Honorees, Graduates, family and friends.

I am deeply honored by this recognition of the work that I have done on behalf of social justice and the contributions that nursing brings to this important challenge. I am especially touched by this honor because I stand in the company of other nurse scholars here at the University of British Columbia whose scholarship and activism is unparalleled in addressing social justice as a major determinant of health and healthcare equity.

In the “About us” statement on the UBC website, I found this:

- Since 1915, our motto, *Tuum Est* (It is Yours), has been a declaration of our commitment to attracting and supporting those who have the drive to shape a better world. As a result, UBC students, faculty and staff continue to embrace innovation and challenge the status quo, placing us at the forefront of discovery, learning and engagement. UBC encourages bold thinking, curiosity and initiative, so you can realize your greatest potential. (<https://www.ubc.ca/about/>)

UBC Nursing has been at the forefront of innovation and bold thinking - anchored in a foundational commitment shaping a better world. For those here today receiving your academic degree in nursing, you are embarking on a career that opens the doors to directly create better health for all you serve. You have acquired skills, knowledge and underlying values that shape your practice to assure the best healthcare for all you serve. Regardless of your field of study, you have spent long hours preparing for your future with a foundation focused on creating a better world, and you are now embarking on a path to realize your full potential in the world. You now face the challenge of making the hard decisions and coming out on the other side with a story to tell - a story that shows the heart of who you are.

Here is my nursing advise as you go forward:

- Do not be afraid of the hard decisions - look for them, welcome them, and learn from them - they make you a better person.
- Make a commitment to sustain the ideal of creating a better world, and bring your guiding principles, your values into action.
- Take care of yourself in order to have the strength, clarity of purpose, and stamina to continue a life- long quest for the greater good. Here are my ABC's
 - A - Active in mind, body and spirit
 - B - Balance - find your center and balance everything else around your center

- C - Connectedness - stay connected to all that surrounds you, practice genuine generosity of spirit and love for all, honor the human-ness of all people

You will have hard decisions - start now on a path to shape your capacity to respond. Your actions in response to each challenge will build the stories you will tell.