

I'm very appreciative for the opportunity to be part of AFMIX XI. Xavier University is the first Jesuit institution where I have worked and my understanding of our Jesuit tradition has truly expanded after participating in AFMIX for the previous two years.

Our AFMIX experience has been different from previous cohorts because of COVID-19. Right before Xavier shut down, we were asked to write a daily examen. Through my role as a Success Coach, I was thinking about my students so I wrote the following:

***Working with Students***

*I pause (breathe in and out) and thank you for this day. For the chaos, the interruptions, the emotions. For in all this, I grow closer to you.*

*I pause (breathe in and out) and ask that in the constant change I see your calm and serene presence. I feel your clarity.*

*I pause (breathe in and out) and reflect that you have been with me before and will continue to support me.*

*I pause (breathe in and out) and rest knowing that today my students and I will be okay.*

I returned to this daily examen during the first week of the stay at home orders and realized how timely this assignment had been. COVID-19 truly caused us to shift and to prioritize what is important. As I continue to reflect on the last two years of AFMIX, I want to continue to hold discussions with our first and second year students on the importance of reflection and cura personalis.