

## AFMIX Cohort XI Capstone Reflection

I've always been very proud to be a Xavier Alum and a staff member. My experience as a student at Xavier had such a monumental impact on me that I was thrilled to be able to be a part of the community once again.

Prior to joining AFMIX, I thought I had a good understanding of our mission and our Jesuit values.

Within the first few weeks of the program, it became quickly apparent that there was so much to learn. AFMIX has shown me not only the importance of taking the time to discern when making decisions, but also the great benefits of discernment. Each and every decision that we make, either personal or professional, has a ripple effect. Our discussions in AFMIX, the examples of our speakers, and learning from each other has highlighted the importance of considering how each choice I made can impact others. It is easy to want to move quickly from one task to the next, but AFMIX has allowed me to slow down and consider the following questions:

How does my decision benefit those around me?

Will I have consolation with my decision?

Who should I consult before making this choice?

How am I working towards Magis in this choice?

Through actually stopping and considering every ripple effect of my choices and my actions, I can become a better supporter of our students and continue to develop the Xavier community I love.

## My Roles at Xavier & AFMIX

As the Associate Director of COVID Support and the Assistant Director of Aquatics, I plan to implement the past two years in AFMIX within my training programs. Each month, the aquatics staff has a meeting where I plan to theme the meeting with a Jesuit value.

As the Associate Director of COVID Support, I plan to provide more education surrounding the "why" of our department. COVID Support embodies our value of Cura Personalis through our overall mission of caring for the student during all areas of their quarantine experience. Through spending more time on the "why", our team will understand our purpose more and that will positively impact the work we do.

## Personal Growth & AFMIX

Participating in AFMIX has also been a phenomenal experience in growing my own relationship with God. Specifically through our third semester, going through the spiritual experiences, the discussions surrounding love and forgiveness impacted me the most: specifically God's unconditional love for us as well and his ability to forgive all. This has challenging me to show myself grace, forgiveness, and love as God shows us.



Jillian Dolciato

AFMIX XI

March 2020