

AFMIX has been a great way for me to really dig into the values of the university by learning the history, examples of how offices embody the values, and reflect on how I incorporate the values in my work and how I live these values each day. I've enjoyed interacting with colleagues across the campus and building relationships. Being involved in this program has allowed me to authentically reflect on my faith through dedicated time each week. I believe it has made me a better employee and person that is mindful in many different ways. As an example, in the work that I do with the Career Development Office, I have honed in the idea of vocation and how to challenge students and employers to look at this idea as a way to develop students and future employees.

Thank you for this opportunity.

