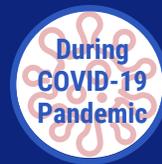




Monday Messages to Students from Alumni



From Holly (Korb) Rabnott, 2012: *College is a crazy stressful time as it is! I can't even imagine how insane things must be now with that AND a pandemic that is completely redefining the definition of "normal". Remember that everyone is trying their best. You are trying your best. Be really, really kind and gentle with yourself: research and studies right now show that we are in a traumatic situation, and our brains and bodies are going haywire trying to deal with that. If you feel overwhelmed while studying or doing homework, remember that it is okay to take a break. Give yourself the freedom, time, and space to do something that you enjoy. Get out of your head and take a walk, go down to BC&T and get a coffee, sit outside, watch something funny on TV, pray, draw, journal. Remember that you are not alone: There are a lot of people around you: faculty, staff, other students, who genuinely, genuinely want you to succeed. Lastly, remember that this is your college journey, and know that you are completely capable and worthy of success. You belong at Berea. You matter. You're important.*

From Wayne Wheeler: *I am not an alumni -- both my father and mother were. When my father walked out of Lawrence County, Kentucky in the 1930's to Berea, the country was in the middle of the great depression. It was a hard time. Using his education from Berea College, he went on to earn a Master's and PhD from Purdue, an MD from the Medical College of Georgia, and after practicing medicine in Berea for ten years, he became the Director of Clinical Evaluation for Abbott Laboratories. His children, three in number have earned a total of 4 doctoral level degrees and as many masters from universities throughout the Midwest. His Grandchildren, four in number hold 4 doctoral level degrees, 1 PhD pending thesis, and three Master's.*

We are now in the throes of the worst pandemic in the past century. We will get through it. Your education from Berea will provide the foundation for post-pandemic success in whatever field you chose and your lineage can rival if not exceed his. Our family feels very indebted to Berea College. In addition to providing world class education opportunities, it instills the value of hard work in its graduates who then pass that on to their children and grandchildren. As my Grandfather used to say "When the flies start biting as you plow, if you want a straight furrow, keep your head down and keep plowing." God speed to all.