

SHSU's motto is "The measure of a Life is its service". As a new Bearkat, I've tried to learn and live up to our motto. The hardest part was trying to understand what those words meant. Society views a measure of an individual as the materialistic items they have obtained or the value of their assets. Oppositional, I believe it's the little moments throughout your day that you extend yourself to impact another life. Whether it's 2 minutes of your time or a smile. Picking up random litter you see on the sidewalk. Words of encouragement, helping with homework. Participating in big community projects such as the many SHSU clubs. Moments such as these can have an enormous impact on others. I try to do 3 small things to make someone's day or something better. If one cannot do 3 small actions to better the world around them, how can we expect to grow and change and become better ourselves?

I'm an artist and my mission is to better the world with my art. A girl in class once saw me doodle and asked me to draw her. I did and she had the biggest smile and carried that picture with her in her phone case. I noticed she uses adult coloring books to calm herself when she is overwhelmed. I flooded her with all these coloring books I never got the chance to use to support her positive approach. My roommate and I always do small gestures to remind each other we care or just to simply make the other smile. She notices when I'm having a hard week and always surprises me with little gifts, such as cards of wholesome encouragement.

Some acts of service in the life of a bearkat can be emotional. I've worked every day to be out of my comfort zone and make an impact on my roommates. We are all different books on a shelf and we all have different stories and have our successes and demons. A few months ago, my suitemate was in the bathroom getting sick. I was worried so I got up from bed to check on her. Normally I'm not one to overstep boundaries but I'm glad I decided to that night. I realized something was wrong and had my roommate call 9-1-1 while I was keeping our suitemate cool and awake. Thankfully we were lucky enough to get her the help she needed and she made a recovery. That night forever changed me.

From the big to the small, Bearkats around our beautiful campus continue to be an example of SHSU's motto and make the world around them better. Whether it's our professors allowing us to grow, tutors in the academic success center helping us through school, or just a friend buying you a coffee to help you get through the day, SHSU Bearkats know what the measure of a life is. We live our motto without even trying. That's the beauty of being a Bearkat.