Adrienne Lotoski (MET’14,’17)

This, I believe.

I believe in journeys. I believe that life is a journey, whether short or long. It is a continuum of time. We are all here for a journey through time. A journey to experience the preciousness of life and the bonds of humankind.

I believe in sharing. I believe that sharing helps others. Sharing your knowledge with someone is to give them a bond to open the door to friendship. Sharing a meal with someone is to give someone substance for being. Sharing your time with someone is to share experiences.

I believe in experiences. I believe with each and every experience comes lessons and learning. Learning should be constant and never-ending, and lessons are necessary for providing boundaries and guidelines to ensure future experiences are meaningful.

Experiences are also to be shared to create eternal bonds of family and friendship. What is life if you don’t have family and friends to share our experiences?

I believe in happiness. I believe the gift of happiness manifests itself in smiles. Smiles can be simply shared with your family, friends, neighbors, and strangers. A smile can change someone’s day and provide a ray of happiness.

I believe in helping others. I believe it is important to help those who cannot help themselves. Help is one way of facilitating another person’s journey through life. Help someone else’s journey, so that they may benefit from your knowledge and your goodness. How difficult is it to open a door for someone, pick up someone’s dropped item, or invite someone to share a cup of coffee?

I believe in the importance of understanding. I believe understanding is necessary to take the journey through life. With understanding comes the ability to accept or reject, to make amends, and to move on. With understanding comes knowledge, and with knowledge comes respect.

I believe in respect. I believe that each and every one of us is to be respected for our beliefs, including those that are religious, political, scientific, or sociological. Respect fosters relationships, which foster knowledge, which fosters good will.

I believe goodness exists in each person. I believe each person is born with goodness, and that it is always there, even if just under the surface. It might not always be easy to find the goodness, but once it is found, it can help others with their journeys.

I believe in our children. I believe it is in our children that we deliver the messages of happiness, experiences, respect, and education. By teaching our children these messages, we’re teaching them how to experience the journey of life and understanding.
I believe in education—a Boston University education. With education comes knowledge, and with knowledge comes the ability to change. The ability to change things for the better, to make your life better, to make your brethren better, to make your community better, and to make the world better.

This, I believe.