

Senior Reflection

Congratulations to the Class of 2010. Many of you know me as the school nurse but this year I also have the distinction of being a fellow graduate who majored in Health Promotions. As an administrator, I'm able to say that I was fortunate enough to share conversations with many students and know the obstacles you had to overcome to reach this point; and I could relate because at times I had to join you in overcoming these same obstacles. Being on both sides, I learned a lot not only from the professors I had but also from the students who walked into my door everyday complaining of aches and pains, mainly around the time of midterms and finals which is when headaches were rampant and my stock of Tylenol was dwindling!

I hope I could speak for all of us when I say I'm proud to have made it through to this point. For many of us, St Francis College is more than just a college, it's a place where Administrators and faculty, students and friends are able to teach and learn from each other in the process of making unforgettable memories. Communication between students and professors did not stop in the classroom. At any time throughout the day, you could see professors and students discussing topics and ideas that were sparked in classroom discussion. Professors and students did not only have a professional relationship, but a personal one. Our professors always wanted to make sure that we were able to perform at our own personal best to achieve everything we wanted to in this school and in our lives.

In the years that I have worked here, I've seen changes throughout this school but, the change I am most proud of, is the transformation of a student from a freshman to a graduate. The day of your graduation is the day you obtain the credit for that personal growth and success within yourselves. Many people will say "You finally reached the top!", but I'm going to request that you use what you learned from this small college in Brooklyn Heights, as a reference to strive for higher heights.

Try and strive for the things you thought you could never do, because you will amaze yourself at what you really can achieve in this world. Finally, don't let anyone stop you from becoming everything you hoped you could be. Good luck and God bless!!!



Deborah Seaton
Class of 2010

A Walk inside 180 Remsen

