



## Statement of Positivity & Hope By Dr. Sharon Joy

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People often ask me how I can remain optimistic in these strange and chaotic times. This fall 2020 semester has had Covid quarantines and social distancing measures, online classes, hurricanes, and a volatile election season. All of this can affect our sense of well-being, health, and hope. So here is what I do:

I know there are certain things I cannot change. But I *can* change the way I personally react to those challenges. I find that if I think of challenges as an opportunity to grow, it always helps. I know most of you are not yet married and have not yet had children. Yet, it's a perfect analogy. I look at the challenges of today as "birthing experiences" that will bring us to a new tomorrow. I look toward a future with great hope. I am convinced that we will learn to communicate with each other in a civil, respectful manner. I am convinced that we are moving to a new era in which *all* people will be valued and respected, regardless of their age, race, religion, sexuality, career, nationality, education, etc. etc. We can learn to treasure our differences as we learn to listen to and understand each other, respecting our commonalities, hopes and fears. I know that this is possible, and I hold that belief and vision, even though it is not yet apparent everywhere.

Therefore, I see this time of tumult as a "birthing experience." And while I am not a physics major, I know that these polarities make a wheel turn. And as the wheel turns, we will move forward. Therefore, I continue to have hope for our nation and for the world – and for our precious NSU community.

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