

CORE 405-T7
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Student: SK

Reflective Essay

A liberal arts education was the type of education that I desired upon looking for colleges and universities to obtain my Bachelor's Degree. I was looking for something to give me a well-rounded education, while also providing me with the tools and skills necessary for my future career path. Little did I know that the education I received from Mount St. Joseph University would not only do that, but also allow me to change and develop as a person, to look at the world in a different light, and learn the responsibilities that I have as a human being on this Earth. This experience over the past three years has helped me develop and answer the question: How can I leave this world better than when I found it?

One of my first experiences within the Mount's liberal arts curriculum, is the Common Good course every incoming freshman enrolls in. This was a unique and eye-opening course that allowed me to think deeper about my purpose on this Earth and the importance of striving for the Common Good. This gave me the first taste of what I was going to experience and learn as I dove more in depth to what will eventually be my big question and how I now strive to live life.

Another course that I took at Mount St. Joe that I found to have informed my perspective on my big question was Healthcare Ethics. This course opened my eyes to the world I will be entering. I knew I was going in to Healthcare Administration as a career and this course allowed me to understand the ethical concerns and ideas to keep front of mind. I learned immensely from this course, and it is an important course that enhanced my liberal arts education. Since my career will be in healthcare and will consume a large portion of my life, it was important for me to understand the issues and ideas that will help me play a better role in the healthcare industry.

As my college career moved on from year to year, another liberal arts course that had an impact on my life was Justice and the Common Good. Learning about immigration and environmental issues, to human trafficking and the lack of inequality throughout the world was life changing. You may hear these things on the news, but to actively listen, discuss the challenges this world faces, and hear from the people who were directly impacted brings the issues to life. It wasn't just an abstract thought anymore, it was real and happening around us. This course grew my perspective and to actually see what was occurring around the world. However, it isn't just learning about what was going on, there needed to be a call to action. That is another reason why I found this course important and impactful on my life. There were practical things that an everyday individual could do, to change inequality and increase justice, one little action at a time.

Combining everything I learned from the Common Good Course, Healthcare Ethics, Justice and the Common Good and among the other courses that I took at the Mount all led up to my Capstone, that truly tied everything together. My Capstone, with a primary focus on social injustice, took what I learned from my various courses and applied them in a different light. From understanding the domino effect on various issues and the impacts that it has on individuals around the world gave a unique perspective. I was forced to think beyond just the direct issue at hand, and expand it to the variety of effects just one issue can have on an individual, the community and the world. Then, being able to take matters in our own hands with a topic that we

were passionate about, has prepared us to take these injustices around the world, analyze them, and help find a solution and call to action.

My knowledge has grown from not only my major courses, but a more well-rounded informed knowledge from the liberal arts core. Knowledge is power, and knowing what to do with that powerful knowledge is even better. So, how can I leave this world better than I found it? The courses that I was able to experience in Mount St. Joseph's core curriculum first gave me the knowledge of what is wrong with the world today. What are the injustices being done to the people and creatures of today? As I learned to see the world differently, I am now more aware of changes that could be made. But, now the question is how? From what I learned, we aren't here to solve every world's problems and inequalities. That just isn't practical or feasible. However, it is the little actions every day that can cause a ripple effect in this large world we live in. Those little actions can accumulate. At the end of my life, I want to look back and see these actions and see how those actions have left the world better. From recognizing a human trafficking situation and taking action or to cleaning up at a local park, if each person wanted to leave the world better than they found it, how different would the world be in 10, 50, 100 years from now?

How can I leave the world better than I found it? This idea that I want to live by now makes me a responsible citizen of not just the city of Cincinnati, the state of Ohio, or the U.S., but the global community. Each individual that lives on this Earth has a responsibility to the global community that the Earth sustains. Especially in this Modern Era, people across the globe are closer now than ever before. We are more aware of the needs of others around us. However, it is important to take care of ourselves too. If we don't take care of our own health, physical, spiritual, and emotional, how can we help those in need? A balance of caring for our personal needs and of those around us can create a healthier, better world. It is also important to keep a focus, not one person can solve the world's problems. By focusing on the issues in your industry, for example mine is healthcare, our knowledge and our passion can be put to good use and make an impactful difference.

As one individual, we are only capable of so much as a responsible citizen of the global world. Groups and institutions have the capability and resources to make changes more effectively and efficiently around the world. This is much easier said than done. As individuals, we could donate time or resources to organizations that assist those in need globally, volunteer, and use our own strength and skills to make a difference. For example, someone in marketing could utilize their skills to create a campaign to bring awareness to the inequalities around the world and a scientist could develop ways to administer healthcare more effectively in faraway countries. Groups and institutions can take action as well, from governments changing policies and giving aid and to nonprofits and philanthropies going out in the field. Knowing that each individual and group has a responsibility to care for their global neighbor, it is important that they know how to do so and how great of an impact they can make.

The world is not becoming more distant, it is only growing closer together and therefore our lives are more interconnected. The responsibility that we have to the global community will only grow as well.

My education from Mount St. Joseph has allowed me to gain perspective on my responsibility as a global citizen and the impacts I can make, even as just one small person. My responsibility that I now know I have ties in well with my big question. I want to make a difference and leave the world better than I found it. The courses from the Mount opened my eyes and mind to the possibilities, as well as the knowledge and skills to succeed in my own individual life and career.