



## **FTPD - Issue 21 | 5th March 2021**

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*Change is an inevitable part of life. Seasons change, leaders change, fashion changes and so does musical taste. At UB, we start the academic year in fall, welcoming first-year students, and say goodbye to graduates at the end of spring. It is all necessary change. Our students must leave us in order to continue their growth as young adults and nation builders. In fact, they must leave so that UB too, can grow – accepting new students with different perspectives and attitudes.*

*Admittedly, change can be difficult. We often get stuck in familiar routines that feel safe and comforting to us. Even when change is necessary and life-saving, we resist. The COVID-19 pandemic has taught us this. Many of us simply could not stay home without being under curfew. We resist wearing masks, but mostly we embrace the need to congregate with our friends and family members, despite the risks involved.*

*However, we can only make progress if we embrace change. We can only beat COVID-19 if we embrace the protocols put in place, and educate ourselves in preparation for the vaccines. We must remember, in the wise words of Arnold Bennett, that “Any change, even a change for the better, is always accompanied by drawbacks and discomforts.” In order to plan for a better future, we must work through those growth pains and lean in to change.*

*Please continue to spread joy and send inspiring quotes or scriptures to [presidentsoffice@ub.edu.bs](mailto:presidentsoffice@ub.edu.bs).  
Please stay safe and be encouraged.*

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