

# Keane Komments©

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## What's On The Minds of Millennials?

In the past, I have written about some of the speeches that my undergraduate students deliver at the end of the semester. Over the years, I have heard thousands of speeches – in the real world and in academia. And I have been lucky to hear (in person) some great orators; – Don Thompson, former CEO of McDonald's, the Dalai Lama, spiritual / political leader of Tibet, France Cordova - the former President of Purdue University, Jan Skruggs, Viet Nam War Veteran who inspired the Viet Nam Veteran Wall Memorial, and more.

But some of the best speeches I have heard were delivered on the final day of classes, at the end of the semester by my undergraduate students. Perhaps it is because they got to know and trust each other or because they are young and hopeful. But I would like to share a few of their topics with you here – because it is insightful, interesting and important for us to know what is on the Minds of the Millennials.



### Highlights from: *A Letter To My Future Children*

One my nursing students wrote a letter to her children, and shared this with us as her final speech. This young woman is not married, does not have children and hasn't graduated. But she self-disclosed that she thinks about not only what she will name her two children (FYI: most of my students have chosen their children's names

already!), but also what type of a Mom she hopes to be.

She opened her letter by telling them she will love them unconditionally. She promises to always be by their side, without hovering. They have permission to make mistakes – and to learn from those mistakes. She will teach them right from wrong and strive to instill good morals. She also hopes they will communicate and share with her, but not *everything*. She will never call them names or make them feel badly about themselves.

Advice to them? “Be organized, prioritize and manage your time wisely.” (This young future nurse did all of this!) Also – know that “objects and money are replaceable but people aren't”, and (be sure) to cherish each moment you have with your family and friends.” She ended with; “I will do everything in my control to make sure that you grow up with the love, encouragement, education and morals that you deserve”.

### Highlights from: *Kairos*

Another young man who is in ROTC (Reserve Officer's Training Corps) shared his Kairos speech. (Kairos is a spiritual retreat that many young men and women participate in during high school).

Kairos means, “Time with God”. This young man's brother had special needs and died recently - following a surgery. My student was a great influencer in class – he showed up with a smile on his face every day. He was well liked and respected, and his values were obvious: Family, God, Country, Education, and Positive Attitude. [http://en.wikipedia.org/wiki/Kairos\\_\(retreat\)](http://en.wikipedia.org/wiki/Kairos_(retreat))

### Highlights from: *To Marriage, Love and Your Happiness*

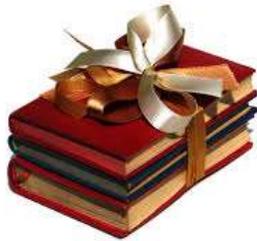
One young woman dressed up in a go-to-a-wedding dress, and delivered a toast to her two best friends who plan to marry. By the way, she brought her two best friends with her to class to hear her speech for the first time. She shared memories and the things that brought and keep all of them together in a friendship. She confirms that their relationship is evidence that love truly does exist.

### Highlights from: *Having a Child Makes You a Father, Not a Dad*

Another young man delivered a from-the-heart speech about growing up without a dad, and how very difficult this was / is. He shared how he missed the companionship, the guidance and the love, and that it made so many aspects of his life more challenging.

### Highlights from: *My Escape – Books!*

- *The more that you read, the more things you will know. The more that you learn, the more places you'll go* – Dr. Seuss
- The brain is like a muscle. It gets stronger with practice, and there are some major intellectual benefits to reading
- Reading improves communication skills, and vocabulary
- Reading develops analytical skills
- It will help you to succeed in your career
- Many highly successful people were avid readers, including Steve Jobs and Phil Knight, the founder of Nike
- As Albert Einstein said, “The only thing that you absolutely have to know is the location of the library”
- Recommended Books; *Magic of Thinking*, *Big*, *Kite Runner*



### Highlights from: *The Germs*

- 80% of all infectious diseases are passed directly or indirectly by human contact
- The most effective way to reduce transmission of germs is proper hand washing
- Less than 50% of people wash their hands after using the facilities!
- There are an estimated 2 to 10 million bacteria between your finger and elbow
- We applied GloGerm for a demonstration
- Top two germ carriers – (shockingly!) cell phones and money
- One in six cell phones have fecal matter on them (omigosh)
- 20 seconds is all it takes to effectively wash your hands and stay well!



### Other Speeches / Topics:

- Be Happy!
- Do's & Don'ts of Effective Presentations
- Many of the Lessons We Learned in Kindergarten Still Hold True Today
- How to Break Your Bad Habits
- How I Was Once in the Seminary
- Anime
- Friendship
- Police Brutality
- Domestic Violence
- Changing Female Mentality, Stop Using the “B” Word
- Media Bias
- Giraffes!
- I'm Getting Married in two days – and My Advice to You is Don't Plan a Wedding During Finals Week

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