Dear future Kevin,

Hopefully this letter finds you well. Hopefully you didn’t forget where you came from, but in case you did, this letter serves as a reminder. In your freshman year Hullabaloo U class, you learned about the eight dimensions of wellness. At the time, you thought you were doing pretty well in the environmental, physical, and intellectual dimensions of wellness. The other dimensions, (spiritual, occupational, financial, mental, and social) could have used some growth in. The occupational and financial dimensions should be quite self-explanatory; you didn’t have a job and were still reliant on parents for financial support. After your time at A&M, you hopefully found several internships to elevate your career and maybe even a full time offer in the field of computer science. In the social dimension, you started out college with nobody that you could truly call “close” the way you could with your friends back at home. In this regard, hopefully you have found several people that you know will be there for you no matter what. In the mental dimension, you were doing ok with some room for improvement; your friends from home were your safety net you could fall back on when times were hard. The dimension in which I hope you found the most growth in is the spiritual dimension. At the start of college, you started exploring the fields of philosophy, psychology, and theology in search of an affirmation of life. Realizing how vast those fields are and how monumental the task was, you faced existential disorientation, but were nevertheless determined to find a way. I don’t expect you to have your life figured out by the end of your time at A&M, but rather genuine growth in the direction of authenticity.

In the midst of all this uncertainty about the future, one thing I am sure of is that you will have become an amazing person.

All the best,

Freshman Kevin