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Mein Chapel Talk - May 15, 2026

Good morning,

As us seniors prepare to graduate I have heard phrases like “I hope things won’t change” used quite a bit among my peers. While I share this sentiment in many aspects, today I invite you to reframe this idea.

Over the past few weeks I have found myself often scrolling through old photos and memories on snapchat from the first months of my freshman year. I’d like to think I’ve changed a lot since then, I no longer have braces and stopped wearing that ridiculous nike headband that was way too big for my head while playing volleyball. But, more importantly, when I look back on these photos I recognize how completely different I was then in regards to my personality. Most of you may associate me with a single aspect of myself that you are most familiar with. Some of you may see me as competitive, or loud, or blunt, probably too blunt at times, but I digress. The unique thing about this is I also viewed myself in this one dimensional way as a freshman. I spent a lot of time believing that I had to be one thing, fit into one category, excel in one aspect of my life and that was all I had to offer. I avoided reaching out in the classroom, trying things outside of my comfort zone in sports, and getting involved on dorm. In short, I didn’t want what I believed my identity to be to change at all. When I look back at these photos of myself I can see that shallow sense of identity directly. I look like a shell of the person I am now, and while I still recognize the same smiling face on the screen, I also see a person who didn’t think herself capable of being more than one thing.

Now when I look at myself I see a person who has been able to thrive in multiple different facets of life. As I have gone through my time here at SAS I have been able to find my passions in a variety of different disciplines. I have been able to not only compete and lead on the

field, but also in the classroom, and on dorm. I have found my identity through my successes and failures, and learned from the variety of experiences I have lived through being here. While I still recognize pieces of the person I was freshman year, I no longer resonate with the one dimensional nature of my identity and sense of self worth that I had back then. That is the beauty of this place. St. Andrew's pushes us to embrace all aspects of ourselves and find identity in multiple different disciplines. To me, that is what makes this place so great: Being able to look back and feel like I was truly able to find meaning and identity in all sorts of places.

So to my fellow seniors: Think of how far we've come since freshman year, and how far you have left to go in college and beyond. Change is exciting, and I hope you all embrace it because it's a part of life whether we want it to be or not. Welcome the discomfort of change instead of fighting it because that discomfort is often where you can find the most meaning and fulfillment. None of us were the same people we were when we first came here and that's the beauty of highschool, and St Andrew's specifically. We have all grown and changed individually and as a class, so as we close out our time here I encourage you all to recognize this and celebrate the identity you have found here and the person you have become because of it.

To the underclassmen, know this: You are allowed to grow beyond the version of yourself you, and other people, are used to. Give yourself grace as you begin to understand yourself better and never be afraid to stretch yourself and try new things, because you have a community full of support behind you. Cultivate your passions and don't limit yourself to simply existing and doing the things you are comfortable with. There is so much here for you to learn about yourself and others, so enjoy it because as cliché as it sounds: the time really flies by in the blink of an eye.

Thank you.