



NORTHPOINT

Health & Wellness Center

Dear Mobile Food Shelf Customer,

We have asked our NorthPoint Volunteers if they would like to send you a note of encouragement to you during this hard time with the COVID-19 coronavirus in our community. Here is a note for you!

As a student I've always lived in a bubble focusing on academics rather than reality. However, as I moved on to becoming a college student who's going into the real world without much knowledge, I had a lot of things to learn.

Some of the biggest things to learn was other perspectives on life and their experiences. This is one of the biggest things someone can learn. That knowledge cannot only help you, but others too.

Understanding other perspectives is important in life to feel empathy.

I'm saying this to you because educating and understanding others is one of the things I'm currently learning and many of my fellow students are trying to do.

In our world we should understand each other and listen to one another rather than argue and fight.

Next time you come across someone who may have a different view than you, I strongly encourage you to sit down, chat, and understand each other. Maybe even educate them on your perspectives!

Listening and understanding can be one of the most educating things in our world right now.

Sincerely,
NorthPoint Volunteer

