

UOP Doctoral Graduate Guest Speaker Karma L McDonald DHA

Video Views: 1

I started the University of Phoenix actually in 2005.

I, um, wanted to get my doctor or get my master's.

I was able to get my master's first.

And then, um, about a year later, I was bored.

I was like, what am I gonna do next? So I did some research and I decided to go back to get my, um, doctorate in healthcare administration.

So that's what I did.

And while I was in the program for getting my doctorate in healthcare administration, um, my, my dad became sick and he went into the hospital.

And my, if my dad is one of the kind of guys that's very, he's very strong, you know, very strong, very adamant, very independent.

And when I was looking at this man, it's like, I don't even know who this person is because this isn't my father.

And, um, one day we was in the hospital.

He was in the hospital. He ended up having a stroke.

So he was in a hospital for maybe like 28 days, which was a long time for him, for us.

And so we would kind of bounce off care between my mother and, and me and my mom.

And so one day a chaplain came in and he said, can I talk to your dad? And I thought I was doing a really good dad, a good job talking to my dad.

And I said, um, sure, of course you can.

And I didn't, I didn't stay in the room.

I kind of just kind of stayed in a doorway and kind of listened to what they said.

And then shortly after that, the guy, he was in there, um, probably like 25 minutes, and after he left, my dad just kind of bounced back.

He became interested and, and involved in his care.

And by him coming interested and involved in his care, I thought, this is something that I really wanna do.

So I end up doing some research myself.

And, um, once I finished my, my, uh, doctorate, I ended up enrolling in a program to get involved in the chaplain program.

So I became a board, uh, a board certified chaplain.

And so, um, it's, it's, uh, it was a journey.

And Dr. Underdog, I don't even know if you remember, you were, you were one of my chairs a long time ago.

And to say, which is a great topic, is that I wasn't on my game in terms of doing what I needed to do.

And she fired me. And she fired me because I wasn't, I wasn't organized the way I should have been at that particular time.

And so I didn't get discouraged.

I took it as a grain of salt and took it that I needed to do better.

And so I, I got my stuff together.

I, I'm a, I prayed about it, I got my stuff together, I got a mentor, and I re got back in line to what my, um, my goal was.

So that, my PowerPoint presentation is, is, um, remember your why.

So, uh, Dr. Ondal, were you able to pull it up? Well, I haven't gotten it yet.

And, um, thank you very much for giving me credit for doing all these wonderful things in terms of catalyzing your progress.

But if you wanna know, um, from what I remember, I remember that you were one of the mentees, but I had thought that it, I had mentioned that it didn't seem that I was being effective with you.

So that's why we have more than one, you know, mentor research, methodologist, panel validator, because sometimes if people, it just doesn't click.

So I, I don't think that it was you, Dr. Karma was me.

It was me Sometimes, you know, everybody has a different style and some things work better with individuals than others.

So rather than just, 'cause I would never think that anybody would not have what it takes.

And you certainly, um, have a lot of dedication.

It's just sometimes individual styles, um, they, they don't, um, mesh.

They don't, it is like those gears, you know, sometimes they work beautifully and sometimes they don't.

And that's why I'm always grateful there are many others who are in the faculty who have something that can offer a different kind of approach.

So, um, who knows what the actual, I mean, I would never challenge you, but it's just, that wasn't my recollection.

But again, um, my memory is always suspicious suspect.

And I, um, understand that sometimes, like what I used to do at, uh, risk management in the hospital, I mean, there was what the patient said, there was what the doctor said, there was what the nurses said, right? And there's somewhere in between it all was what actually happen.

And we're trying to sort through it.

So anyway, um, I, I think it's wonderful that you managed to, um, do so much with, with all of the different challenges that life put in your

path.

And if I was one of them, boy, I, I feel, um, you know, I could do better.

But anyway, thank you. I'm still trying to find the, um, I'm gonna Try to send it again.

Okay. I keep doing the re reload so that it'll, and I even checked the junk mail to see if it somehow went there automatically.

'cause unknown person or something. But no, I don't have it.

But when I have it, believe me, I will. I'll signal, I'll just put it up again.

Send. Anyway. So, um, yeah, so I can just go from the top of my head, but basically it's like, what, what is your, why? Why are you here? And what do you plan to accomplish? And, um, it's, it is a tough journey.

It's a, it is a tough journey, but I think it's also important to remember what your goals are and what you, what, what do you wanna accomplish? And why did you join the University of Phoenix? And were you excited about it? And if you are excited, are you still excited? So that's a question that I would like to ask you guys.

Now, are you excited about what you're doing and where you are? Can we have an open dialogue? Does it have to be Oh, no, absolutely.

Yes. You can have an open dialogue. And that's so wonderful.

'cause we all know engaging the audience is good to, uh, give people a chance to share thoughts and make it more participative, participative.

So thank you so much for best practices, Dr. Carma.

Thank you. So, yeah, um, we haven't muted.

I mean, a lot of you I see are muted, but, um, I don't think I did not do that.

So please feel free to unmute yourself if you'd like to say anything.

Or you could type in the chat box if you have a comment or something.

And I'd be glad to read it off.

Yes, I'm excited, but it has been a, a long road, not given up yet.

You can't give up. You, and one of the things I have in a slide, if we ever pulls up, and if not, that's fine too, is that, um, but I can forward to slide later, is that if you give up today, you'll never know where you'll end up tomorrow.

So it's important to always push through it.

You know, the one of the things that everyone focuses about is on self-care and establishing boundaries and guardrails.

But what does that really look like for you? What, what is it that you need? And when I left, um, actually I graduated with my master's.

I came back a year later.

And to be honest, it took me, I think 10 years to actually finish my doctorate.

And in between that life happened. My dad got sick again.

My mom got sick. Um, I, I am, I had, I'm a grandmother, so my daughters were having babies.

I got sick. My, one of my, um, chairs passed away.

I mean, it was a lot of stuff that was going on.

And in that, I mean, I just, and, and at one point I was just so frustrated that I took my dissertation, what I had put it in a box, and I just shoved it in under the, under my desk.

And, and I got embarrassed because everyone would say, well, how's it going? What are you doing? What are you doing? And I would always say, oh, I'm in. It's a work in progress.

But it wasn't really a work in progress because it was literally just sitting there.

And at that point, I forgot my why.

And then I kept saying, I gotta do better.

And then one day I got an email, um, from the University of Phoenix, the University of Phoenix.

It was, I think the School of Knowledge or something.

And they were trying to recruit people who were like me, who were in the dissertation phase, but had not completed their dissertation.

So I ended up going to the meeting.

And, um, at that meeting, I, I was so motivated and I was so encouraged because I heard other people who were just like me, who were just stuck and, but had the goal and didn't wanna forget what they were, what they were, um, set up to do.

So I ended up getting a mentor, and that mentor said, I will help, I will help you to get your dissertation done.

And you could be Dr. McDonald by the end of this year.

And that was in January. And, and, um, my, I enrolled, I enrolled in classes.

I ended up, well, I ended up getting a mentor 'cause I didn't have a mentor at that time or a chair.

I, I got a chair had my old committee was still in place.

So I had my committee. Now I had a chair.

I enrolled in classes and I got to work.

And when I got to work, I realized that a lot of it took more work than I expected because a lot of my res, my resources and my references were old.

You know, they were older than the five-year mark.

So at that point, I had to kind of start over, but I was determined and I was focused and I wanted to finish.

And my goal was to finish by the end of the year.

And on November 6th, uh, November 29th, I got word that my, my, um, everything was approved.

And I had had my old defense on December 8th, and I became Dr. McDonald.

So, but it was a journey. It was, I, The, I got the PowerPoint.

I got the PowerPoint. So I'm just downloading it.

Um, I will, um, share it as soon as I can.

Stop waving my arms. Okay. Yeah.

And I told you I'd be a disruptive. Okay. No, It's okay. It's, I appreciate everyone's flexibility.

You know, with technology, the way it is, it happens.

So, uh, like I said, this isn't my normal computer that I use.

It's my work computer. So, but this is great.

But, you know, it's, it's just a matter of knowing what you wanna do and realizing that you have everything in you to do it.

And developing a, having a team and having a support system and never giving up.

Never giving up, you know, and, and being a grandma and a mom, I, I kind of instill that in my kids.

You know, the world is not gonna look the way you want it to look unless you are part of it.

So in order to be successful in what you do, you have to stand up and you have to stand out.

And having those goals and having that, uh, team around you to surround you helps.

So that's my presentation. Remember your why.

Okay. Um, everyone can see it. 'cause I have a hard time.

You can see the presentation.

So should I see it move forward maybe? Yes. Okay.

Let's see if I can figure out how to do that. Okay.

Here. Okay. Yes. Oh, I know how to do it. Yes. Thank you.

I'm gonna get this out of the way.

As long as you can still see it, that's what counts.

I can see it. That's just my bibliography is talking about how I have a, I'm a mother, a grandmother, a mentor educator.

And one of the great things about University of Phoenix is that after you finish your dissertation, you have the opportunity to do a manuscript.

And I actually did a manuscript and my article was published in the international, uh, journal of Healthcare, just this year.

I believe it was March or May, may of this year.

So there are so many avenues, um, for us to explore once we're done.

And, but you have to get there.

And being able to get there means that you, like I said, you just don't give up.

Are you able to advance it or, Yeah.

Okay. There we are. So, um, here it is.

What is meant in your life will be there.

There is no need to worry, to stress or to force it, because I believe that's what's meant for you, is meant for you.

And it's, it's going to happen.

However, you just have to have, um, items in place and in order.

Next, can we make it a little bigger? Let me see.

Okay. I can, uh, yeah.

Okay. I can read it. Let take my glasses off.

So it's like, um, what does it mean to remember your wine? Can anyone put it in the chat? What does it mean to remember your why? Motivation. Motivation.

That's the, that's the first one.

Referring to your motivation or purpose in life.

Your why is your driving force behind your actions, your decisions, and your goal.

And it can help you to stay focused.

Passion to connect to your passion.

It serves also as your point of reference for all your actions and decisions.

And then studies have shown that individuals who are most engaged at work, when their goals are and actions are personally meaningful.

Meaning that if you, if you're working in your passion and you are working with your goals, your work becomes, doesn't become work, it becomes something that you enjoy doing.

You know, as a, as a chaplain, it is tough.

You know, I'm a hospice chaplain.

I'm acute hospice, palliative care chaplain.

So I deal with death almost every day.

I deal with life altering decisions when a person is told that they have cancer.

When someone has a baby and the baby has passed, or, or a loved one who goes in for a, a checkup and comes to find out that they have this life altering disease.

And even though it's difficult, I'm passionate about it because I feel like I can meet people where they are and try to encourage them so

that they don't become discouraged despite their, their circumstances.

So how do you continue to live? How do you continue to thrive? What do you do? How do you stay focused when everything else in your world is turned upside down? So you have to remember what your why is.

My why is because I saw this man who was a complete stranger walk into a room and make a difference in my father's life.

And when I saw that, I was determined to finish my dissertation so that I can make a difference in the lives of other people.

And that's what I, and that's how I chose to move forward.

Next slide.

Hold on me guys. I found this little button up here.

It says slide control, but I don't think it is slide control, so I'm gonna do it the other way.

Okay. I can make this bigger.

It's Okay. And then go back. There we are.

I just wanted to read, someone wrote, another student mentioned, uh, their why is an earlier message.

My why is focused on my daughter, who has just become a senior.

Congratulations to your daughter, uh, and has been invited to three HBCUs.

Perfect. I had two daughters who went.

So what a wonderful experience. I didn't go back in my day.

That wasn't something that we did.

So I, my hat's off to all of those who are, who are pursuing that goal and that dream, you will definitely be changed by it for real.

So I wanna congratulate you and kudos.

Um, I wanna be a positive role model and mentor for her as embark on her journey as well.

Amen. Perfect.

When you know your why and you do what you love, it centers you as an individual enjoying what you do.

That is so true. So again, that is, thank you. Thank you.

What is your why and why are you here at UOP Positive Robot? What is your what? I just wanted to, I, I always, you know, I know I'm bad.

I, I shouldn't interrupt, but I just wanna say like my, why I had such a terrible time with my, um, doctorate.

I always thought, um, I'd never make it.

And then the only reason I was able to make it is that I had, my mother was wonderfully wonderful.

She did so much. But then the faculty, um, I had a few who were really, um, they were unusual.

They would stop what they were doing when I came in with my crisis of the moment.

And they would listen and then they came up with a solution.

And if they had not done that, I would've given up and never returned.

Because I always felt, you know, they always say, you won't be given more than you can handle.

And I thought, well, there's always a first mistake and I'm the mistake 'cause I couldn't do it.

So, um, when I was doing that, I thought, I feel very guilty.

'cause I figured, you know, these faculty, they have other students.

I'm not the only one. I'm really not that special.

Why am I getting all these helpful lifelines with a little lifesaver to pull me on board so I wouldn't drown? And I felt guilty. So I thought, gosh, you know, if I ever have a chance, I would like to someday, um, help others way those faculty help me.

And so when Phoenix came along and I was able to, uh, find out about their, you can bring your workplace experience to the classroom, I thought, whoa, that's good.

And, uh, my goal was to try to help others who had made, um, academic decisions.

That they had a goal. If I could do something to smooth their path and lighten their load, it, it helped exudate my guilt.

'cause really, um, I not all faculty, you know, stand out like that, but you get a few that can help you and it makes all the difference between giving up and success.

So I, my why is that I thought if I could ever find a way to sort of help others, the way these people help me, I would be so grateful.

And so that's what, um, what I find very rewarding, um, about, uh, serving at u University of Phoenix.

It, um, is really, it, it gives an opportunity for all of us to feel that we're part of, uh, creating, uh, people who will be able to go out and leverage their credentials to make a better tomorrow and solve those problems that we keep hearing about on the news and the radios and the, the newspapers and the internet.

Everywhere you go, a new problem, well, we have people who can help them.

So that's just me. Okay. Um, maybe you'd like me, Dr.

Karma, to move the slide.

Well said. Well said.

We are, we can, we can definitely make a difference.

And someone wrote, my why as an educator is to enrich and enhance every child's learning. Uh, uh, Excuse me, I went too far. Learning And life experiences. I went too Far. I went too far.

Sorry, I'm getting back to the slide I should be at.

Sorry. There we go.

It does make a difference.

And to break down barriers and learning and participation and see, when you keep that in your forefront, it doesn't become a task.

Even though it, the, some of the things are are, are task oriented.

You just move. You're actually able to move your why is what drives you.

And it's your motivation behind what you do.

And when you can stand on those practices and those principles, you'll always be called and you will always succeed in what you're doing.

And again, when you enrolled at university, seen it, what were you planning to accomplish? What was your excitement then? And are you still excited now about what you're doing? Let's see if I can actually advance the slides correctly.

Fine. The next one, here we go.

Your choice, your life, your choice to live is a choice.

Or to live is to choose.

But you to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there.

Something to always remember.

That was one of the quotes that kind of got me pumped and juiced when I was going through the process.

'cause it was tough trying to write everything in like nine months.

But I was determined to get to the next step and to finish so that I can go out and make a difference and, and, and be that bright light to people in, in the dark times.

Next slide, please.

Some of the ways to identify your why, um, is to ask if you're interested in something, even working on your dissertation right now.

Ask a lot of questions and conduct your own research.

Find out what it is that they actually do.

Don't depend on what you can read on the internet, even though I know the internet now is with AI is phenomenal.

But get to the heart. Get to get the opportunity to sit down and meet with individuals and talk to them about what's, what's what's really happening, the workforce.

And in that area, be kind to yourself and give yourself grace, meaning that if it becomes too much or if it's something that you decide to do differently, it's okay to change your mind.

It's okay to take a step back.

It's okay to take breaks, however you do it.

Just don't lose sight of what your goal is.

Connect with your career and schedule and speak with someone in your area.

Again, speak with someone in your area of interest.

Volunteer or shadow someone.

When I was interested in becoming a chaplain, um, in the hospital, I was able to sit down and meet with individuals.

And then I was able to shadow them before I even took the role because it was, it was a lot and I didn't know that I was gonna be able to do it.

But, um, being able to sit down and to talk to people and get their, their perspective and what they experience, as well as being able to walk next to them and side by side with them and just be that silent partner and watch how they did things.

It's like, I can do this right out your goals.

We know we probably, some of these are just a review, but sometimes we can get so caught up in the daily lives of doing that.

We forget the simple things.

So write out your goals and post them where they're visible and don't be re afraid to review them and revi revise them as needed.

Because as life happens, so will our goals, they will change.

But as long as we keep them again in our forefront and we adjust them with what's going on in our lives, we can still be successful.

Seek out new per um, perspectives and envision yourself in that role.

By me being able to shadow others in the roles that I was interested in, I was able to, um, look at their achievements and move forward in my achievements and my goals and celebrate those small victories.

You got an A on a paper, you turned it in on time.

No big deal. But it is a big deal because you could have been doing something totally different.

So don't give up. Next slide.

We're getting there. Don't worry.

I'm just sliding down the, Okay.

There we go. Yeah.

Knowing your why helps you with clarity.

Understanding your purpose helps you to set goals and to make decisions.

It can also help you to stay on the course when you're faced with challenge challenges as life happens.

Um, knowing your why helps you to stay focused on why you made the decision and why you choose to make the decisions that you make.

You know, you have a choice every day to continue.

You can either go out and party with your friends or go out and have dinner or, or do something, or you can buckle down and write that paper and, and do what you need to do.

Helps you to stay focused.

It shows that you have willpower and it helps you to drive forward, to assist you in make life changing, um, life changing decisions.

Because when you are focused and you have the willpower, then you have the stamina and the strength you need to move forward.

It also provides you with a sense of courageousness because you're not afraid anymore.

Whatever fears or doubts or insecurities that you have that you don't think you're smart enough, that you can't get this done, you can, because like I said, you have everything.

Everything that you need to be successful is already in you.

You just have to believe it.

Set goals, write, write 'em out, and move forward in it.

And developing your why is creating your own personal mission statement.

I am so and so, and I will do this.

I am, I am a student. I am a phoenix.

And that was so funny because at one point in my dissertation, I was going through so much, I put, I am a phoenix, and then I looked up where the phoenix was and I would put up there I am a phoenix and I rise.

And that was on my wall. I wish I still had that picture.

I took a picture of it and I put it above my desk and I, and I would look at it every time I sat down to write, I would tell myself, I am a phoenix and I rise.

And that was so motivating to me because it was a reminder when I got discouraged or when, you know, it was taken longer than I wanted.

Or I got feedback from a, a chapter or something that I wrote that I didn't agree with.

But my mentor always told me, you, your goal is to get the initials behind your name and to make a difference.

Don't focus on what that says.

Focus on what you need to do next.

And so I humbled myself and I did it.

Next slide, please.

Yes. Your why is not about what you do. Oh, Sorry, sorry, sorry, sorry.

It's okay. Um, nope, nope, nope. That's not the one.

It's okay. I don't know. There, it's, It's all right. Your why is not about what you do, but about how you do it and the impact you have on

others.

I'm sure that you joined, um, UOP because, um, several reasons.

One, it might've been convenience.

It worked with your schedule.

It gave you the flexibility that you needed to be a mother or a father or husband or a wife, or, you know, to be able to work and, and have that sense of balance.

And you can do that. And that's one thing I loved about the University of Phoenix.

It, because it provided me with the balance that I need.

And I know that when my kids were in school the first time when I was getting my master's, I took my homework with me.

Everywhere I went, I was a printer, I was, I, so I, I printed everything and I would write my notes out and then I would go home and type it up.

But I was still able to do that and still be present at my, my daughter's functions.

Um, and then the beauty of it is when I was working on my dissertation and even, um, even my master's, we would all sit around the table and we would all do our homework together.

And even though it seems like, ah, that's no big deal, but it was because I was modeling for my daughters the importance of education and the importance of being intentional about getting what you need to have done.

So, next slide. It was an impact.

Let's see here. So I, as I said earlier, if you give up, um, if you give up, you will never know where you might end up.

So really simple, set clear goals, identify what they are, create a schedule for yourself, um, and reward yourself on the, the assignments that you do.

And show up and participate.

You know, don't, don't give up if you have questions.

If you have, uh, if you need support, get the support and stuff that you need.

Because when you speak up and you speak out and you're naming it, then you can work towards what it is you're struggling with.

Your voice matters. So use your voice to make a difference and ask those difficult questions and seek the help that you need moving forward.

Next slide, please.

We're getting there. I don't know my little, It's okay. There It is. Okay. I Appreciate your help.

Seek help when you need it. Consider obtaining a counselor.

I mean a, a coach or a mentor.

I know the University of Phoenix has several programs that are out there that are available for you.

Use them. Use them.

If I wouldn't have, I don't know where I would be if I didn't attend that meeting and connect with that person who became my coach, I don't know where I would be.

Use the resources that are there.

Humble yourself and use them because you have a goal to get you where you want.

Do it. Stay encouraged. Take care of yourself. Simple.

Ask for help. If you need help, ask for help. Take it again.

Take advantage of all the resources.

And most importantly, go into the self-care thing.

Get rest, exercise, eat right.

And more importantly than all of that is to hydrate.

I had a friend of mine who was going through, um, her dissertation, going through the process of doing everything.

And she exercised, but she didn't eat and she didn't drink water, which I thought was, how can you exercise as much as you do and not drink water? Well, she end up collapsing going into the hospital and come to find out that she was dehydrated.

Something so simple that we just overlook.

So it's just the simple things. You know, it's self-care.

Self-care is more than you know, going for a walk and getting a haircut and having a manicure and pedicure.

It's being mindful of your entire body.

And all of that speaks to your mind, your body, and your soul.

Next slide. Please stay motivated.

Find a study buddy, a support group.

Celebrate your small victories and reward yourself to help you maintain the momentum.

This is a tough journey. It's not easy.

It's not meant to be easy, but it's something that you can manage if you don't forget your why.

Next slide.

We're getting there. Don't worry. That's Me. That was me 2018.

But I actually walked in 2000, uh, 19.

And my chair, what a, what a wonderful, um, surprise was when I finished and I became, um, when I received the notification, my chair at the time, um, said to me, would you like me to come? 'cause the graduation at that time was in Vegas to come to Vegas to hood, you.

And I immediately cried. And I said, yes.

So she came to hood me.

Um, which was, which was something.

'cause at one, at one point, I didn't even wanna go.

I'm like, okay, I got it. I'm done.

And I, I ended up going and it was a beautiful ceremony, even though it was hot in Vegas, but it was well worth it.

And I just wanna say that no matter what it is, you can do it.

Remember, everyone's path is simple and is unique to them.

So experiment with what, find out and find out what works best for you.

Be brave enough to live the life of your dreams according to your vision and purpose.

Instead of the expectations and the opinions of others.

There's gonna always be someone that tells you, oh, you don't need to do this.

Why are you doing that? That's too much work.

You're not as fun as you used to be anymore.

But if you have a goal and you have a dream and you have a vision, press forward.

Real life is finding your life.

Work in the work that you love.

And remember that when you're sitting down and you're contemplating what to put on paper or to put in the computer and having to read those thousands of articles and citations and a PA and all those things, just remember real success is finding your life.

Work in the work that you love and love what you do.

I believe in all of you. I know that you can do it.

The journey is not meant to be easy, but what's worth having is worth working for.

So just remember that.

Any questions, any thoughts, anything you wanna share? I'm just finding my way back to zoom the meeting, so thank you.

I think we, did I advance all the slides well enough? Yeah. I only have 15. Okay. I've gotta stop sharing.

So I'm looking at some of the comments Good there with everybody. That's good. Okay. Yeah. Thank you Dr. Karma.

You, you are so, um, earnest and the things that you talked about, um, resonate with me.

'cause again, you know, it's all about me.

But still, when you say, uh, true success is finding something that you love and doing that for your life work.

Um, when I was trying to get my dissertation, I had to choose a topic.

And so I chose, um, something that I believed in.

I know that they always say, you shouldn't choose something that you have a passion for and all.

But I, I don't know. I had a passion.

I just felt that it was true.

'cause everywhere around me, there were people, my parents, my like, people I knew.

Anyway, the bottom line was I was studying why some people just feel that they can't stand their work and why others feel that it is, uh, something that they are, um, it, they go into flow.

Like they forget where they are.

They don't, they lose track of time.

They just get lost in their work, something bigger than they are.

And they seem to enjoy it.

So why is that so, so, um, when you say if you can find the work that you love, that is success.

Truly it is, because that was my dissertation hypothesis.

But also just think, if you're always one of these people who says, oh, I can't wait till it's five o'clock and I can go home, home.

I can't wait till Friday. I can't wait till my vacation.

I can't wait till I retire.

I mean, basically you're, the, the quality of life is very low and you're wishing your life away.

You know, you're always looking forward to something that is around the corner.

And, um, if you can, if we can find something that we enjoy doing, it makes it much more, every moment becomes precious because you feel that you're, you're living in the moment.

So you're so right, Dr. Karma. Absolutely.

Theoretically, experientially. I completely agree.

So thank you for articulating it so eloquently.

Thank you. And my dissertation actually was on spirituality and healthcare.

Um, um, my first, my master's was in business administration and healthcare, which I used in the hospital.

I was, um, surgery center administrator.

So that actually came in handy.

Um, but then again, when my dad got sick and I, I wanted to do the chaplain work, I, I did that.

But I say that my, my dissertation was, was, um, spirituality in healthcare because I felt it was important that when a person goes into the emergency room or go into a hospital, that they're seen as a

whole person and not just for their symptoms and not just for the illness.

And so, um, as we know the body, you know, our our being is made of our, our mind body and our soul and our spirit.

And that's something that's all often overlooked.

And, and in terms of spirituality, it's not necessarily referring to religion, but is what, what is it that makes that person feel complete and whole? What is it that brings them joy? What is it that helps to sustain their life? And one of the things that I think that, um, sometimes it's missed is that we don't, they don't see that, you know, I as a, a, a, um, a hospice chaplain, it seems like the goal is to make individuals remain comfortable.

But how do we do that when we're focusing on the fact that they're dying? So what brings them hope and, and peace of mind and joy while they're dying? You know, they're still alive, so why are we rushing it? So I was glad to know that the mandate came out, um, I think it was in 2006 originally, that, uh, spiritual care wasn't component.

And now was one of the, it is a discipline as long as a, along with all the other disciplines, nursing, social work, um, chaplaincy or spiritual care, they have it.

Um, the pharmacist, nutritionist, all of that kind of lines together to view as, as a whole being because we are body and soul.

So my dissertation was actually on that.

And I, and it was challenging because, um, a lot of people told me, oh, there, people don't wanna hear that.

They don't wanna hear about that.

And, and so I, I did face that, but I didn't stop because I felt it was important.

I was passionate about it.

And I felt that we need to be viewed as other than just a medical record number.

So You are so too, because I spent 25 years at UCLA, uh, health, um, in the risk management department, trying to find ways to improve patient care.

So there'd be fewer, um, problems and enhance patient satisfaction and, and, and clinical outcomes.

And what you're saying about the holistic approach to patients is so true.

Because, you know, the, the sickness is just one small part.

I mean, of course, if it's consuming your body and you can't function, it's a big part.

But still, the mind and the spirit are important to reach so that people have a certain sense of buoyancy.

And everyone, it, it's not like a formula that will work with everyone.

There's no one size fits all.

But the work that you are doing and the perspective that you suggest, I think it helps remind clinicians who sometimes get lost up in their numbers and their lab tests and they can't figure it out.

You know, why is this not working? Sometimes there are other elements that may be intangible, but are very real, and you help to remind people of that and help everyone with it.

So honestly, I, I've seen these, uh, principles in action, and you're very, very on target in terms of an accurate picture of what healthcare should be, Right? That's right.

And someone wrote in a comment, the faculty makes a huge difference.

That is absolutely correct.

I, I can say that I, from my master's to my, to, to the dissertation, part of the doctorate part, I loved every teacher that I had.

I didn't have any qualms or, or run-ins.

Everyone was very supportive.

They were available when I needed them.

They provided me with feedback, even though, I'm gonna be honest, I didn't always agree with it.

But as you grow older, you mature and you realize that everything, I don't want people to tell me what I wanna hear.

I want people to tell me what I need to move forward and to be successful.

So the faculty is there and they care.

They're there and they care, and they want to help you to succeed.

So, take advantage again, I cannot express that enough to take advantage of, um, what you're trying to do.

And someone wrote here, why, why here at uni here to complete a DHA program? I have my doctorate in dh, uh, DHA I started 27 patient with to get triple IRB.

Oh, great. A long pro. That's wonderful. Congratulations.

Don't give up. It's a long process.

But while you're waiting, focus, start looking for your pictures for your dissertation or for your PowerPoint when you finish.

And start looking for quotes to add and work on your mission statement in terms of what you're doing and why you're doing it.

To keep you focused so you don't get distracted during the waiting process.

Well, thank you again, uh, Dr.

Karma, for taking the time to be here with us and all participants.

If you have any other comments that you'd like to feel, please feel free to come off mute and, um, because we, your thoughts count as Dr.

Karma had mentioned, I saw that on many slides.

Your thoughts counts. Your voice counts. It does.

And, um, we're here to all learn together.

So, um, without alumni and students who are interested in learning, we wouldn't be able to have these webinars without gracious individuals like Dr.

Karma, who constantly looks ahead and thinks, oh, I've done this, but what's next? I think that's so admirable. 'cause you know, I am not me.

You know, I look and I think, oh, I'm so glad I survived that doctorate.

Um, I'm gonna find a way to, and I did for 10 years.

I was very careful never to read anything, even in the grocery stores.

I didn't wanna read the, you know, inquire and all those things when I'm standing in line.

No, I didn't want anything written.

I looked at the moon or the sun, depending on what was outside the grocery store.

I was ha I had it with the written word. But Dr.

Karma, you're so good. You just keep going.

And I, I don't know where you get that kind of, um, resilience, but, um, it's an inspiration.

And, um, you know, we all have opportunities to improve ourselves, and I've got a lot of them.

And you help with the inspiration.

Like this can, you know, I could be that.

I could be more, um, like, you know, reaching for stretch opportunities instead of just saying, I do.

I can't stand one more thing.

So anyway, this very good to have a positive role model. Thank You. Thank you. It was my pleasure.

And like I said, I believe in all of you. Keep pushing.

Don't give up. Remember your why.

Write it down, put it somewhere so that you can see it every day.

I can't help but ask, what is that little tree behind you? It looks, you know, like Tree of Life or the tree of knowledge.

What is that? It's just a little, it's a little, just a tree of growth. You know, just a Tree of growth. Okay. Mm-hmm.

Very good. Very apropro. Wonderful.

Thank you. Dr. Amal, can I just add one thing? Oh, absolutely. In the chat, the, the, uh, uh, survey.

So please give us your feedback on this webinar, what you enjoy, um, other ideas for other webinars that you might want so that we can continue to bring new webinars that are helpful for your journey as you're going forward in your programs.

And with the University of Phoenix. That's all.

And this was really inspirational.

Thank you so much. Thank you.

Thank you. Thank You all for being here and making tonight possible.

What an exciting way to have an August 13th.

Sometimes people say 13th. Ooh.

But here we had a sparkling event made possible by all of you.
Thank you so much.

Thank you. And thank you for your help with the PowerPoint and your Patience. Thank you. You're gracious. Thank you all.

All right, byebye, now. Bye.

Thank you. Bye.