

# My MSVU Journey: From Loneliness to Lifelong Memories

When I first arrived at Mount Saint Vincent University, I remember feeling a deep sense of loneliness. It was my first day, and I was in a new country, surrounded by unfamiliar faces. But amidst all that uncertainty, I couldn't help but be amazed by the beauty of the campus — perched quietly by the sea, with the wind whispering through the trees and the water sparkling under the sunlight. I knew I was in a special place.

Those first few days were tough, but I slowly began to find my rhythm — thanks to the incredible support of the MSVU staff and faculty. Every professor, advisor, and even the cafeteria staff had a role in helping me settle in. They didn't just teach me academically — they guided me with kindness, patience, and belief in my potential. Their encouragement made me feel like I truly belonged.

Balancing work and studies wasn't always easy, but MSVU taught me how to manage both with grace. I felt supported every step of the way — whether it was with flexible schedules, understanding professors, or a friend who'd share notes when I couldn't make it to class. Over time, I made some wonderful friends, and today, I feel blessed to call them my second family.

One of my favorite memories is studying in the campus canteen with a coffee in hand, books spread out, and friends around me. We laughed, shared ideas, helped each other revise before exams, and sometimes just sat in silence, enjoying the calmness. And the library — oh, how many hours I spent there, finding peace between pages, and feeling inspired by the quiet determination of everyone around me.

What makes MSVU so special is its breathtaking environment. Every time I needed a break, I would simply step outside and let the ocean breeze clear my mind. The university is truly a gem, surrounded by nature's beauty — it felt like studying in the heart of a postcard.

Another thing I'll always cherish is how much I enjoyed giving presentations in class. Standing up there, nervous but excited, I began to find my voice. With each presentation, I grew more confident — and I now carry that strength with me wherever I go.

And today, as I stand at the end of this beautiful journey, holding the thoughtful gift from MSVU, I feel deeply emotional. This isn't just the end of my degree; it's the beginning of everything that lies ahead, and I'm so honored to have been part of such a warm and empowering community.

To all new students — embrace your journey. You're in for a life-changing experience, and I promise, you will grow in ways you never imagined. MSVU will not only educate you, it will shape you, support you, and stay with you forever.

With love and gratitude,

Jessica Kapoor

**A Proud MSVU Graduate**