NC STATE UNIVERSITY

Mechanical and Aerospace Dept

Dr. Antonia Arnold-McFarland, BSME, MBA , D Min

Fall Commencement Alumna Speaker

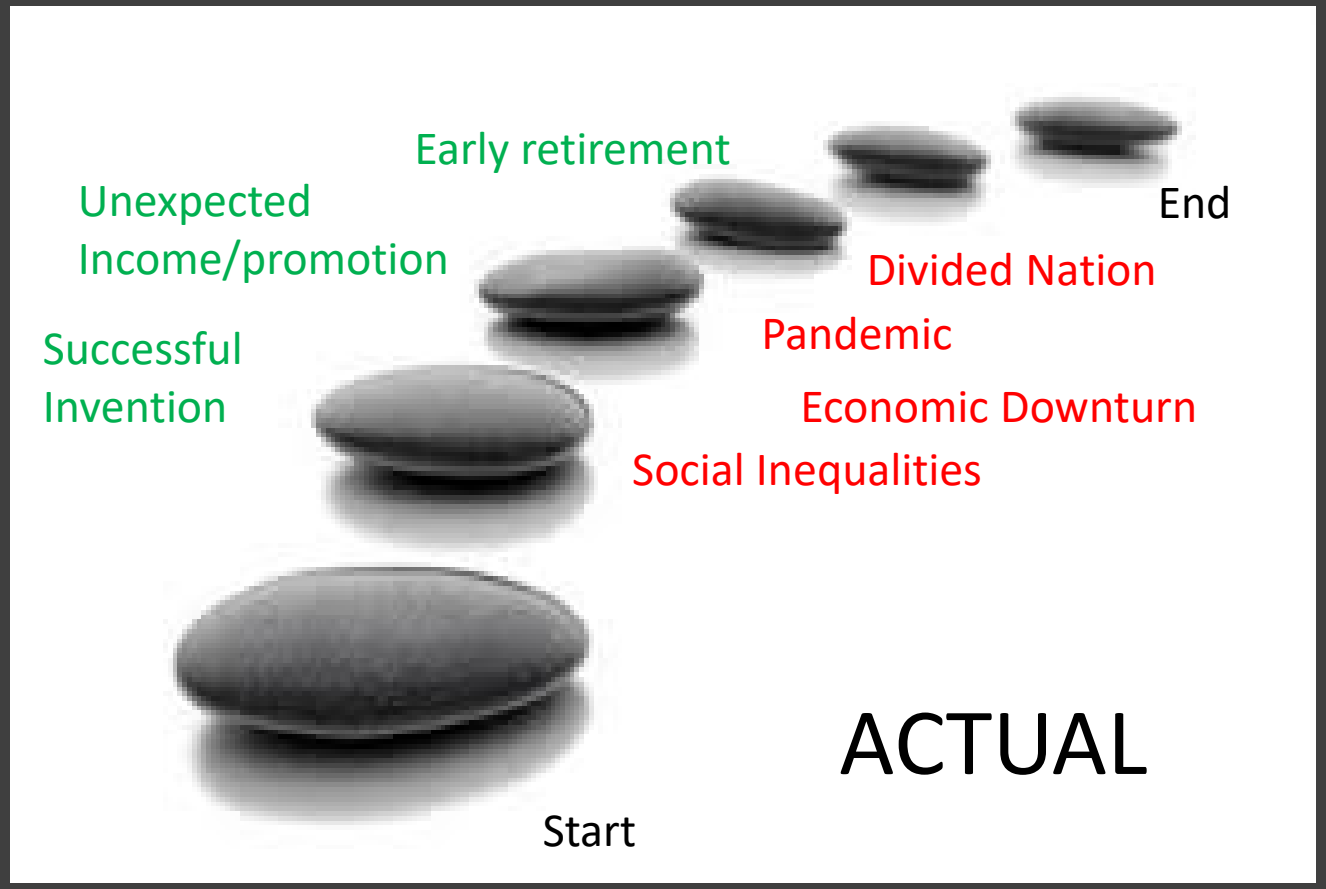
Dec 4, 2020 | 10:00 EST (virtual)

https://www.mae.ncsu.edu/event/mae-virtual-commencement/

Preparing For The Unknown

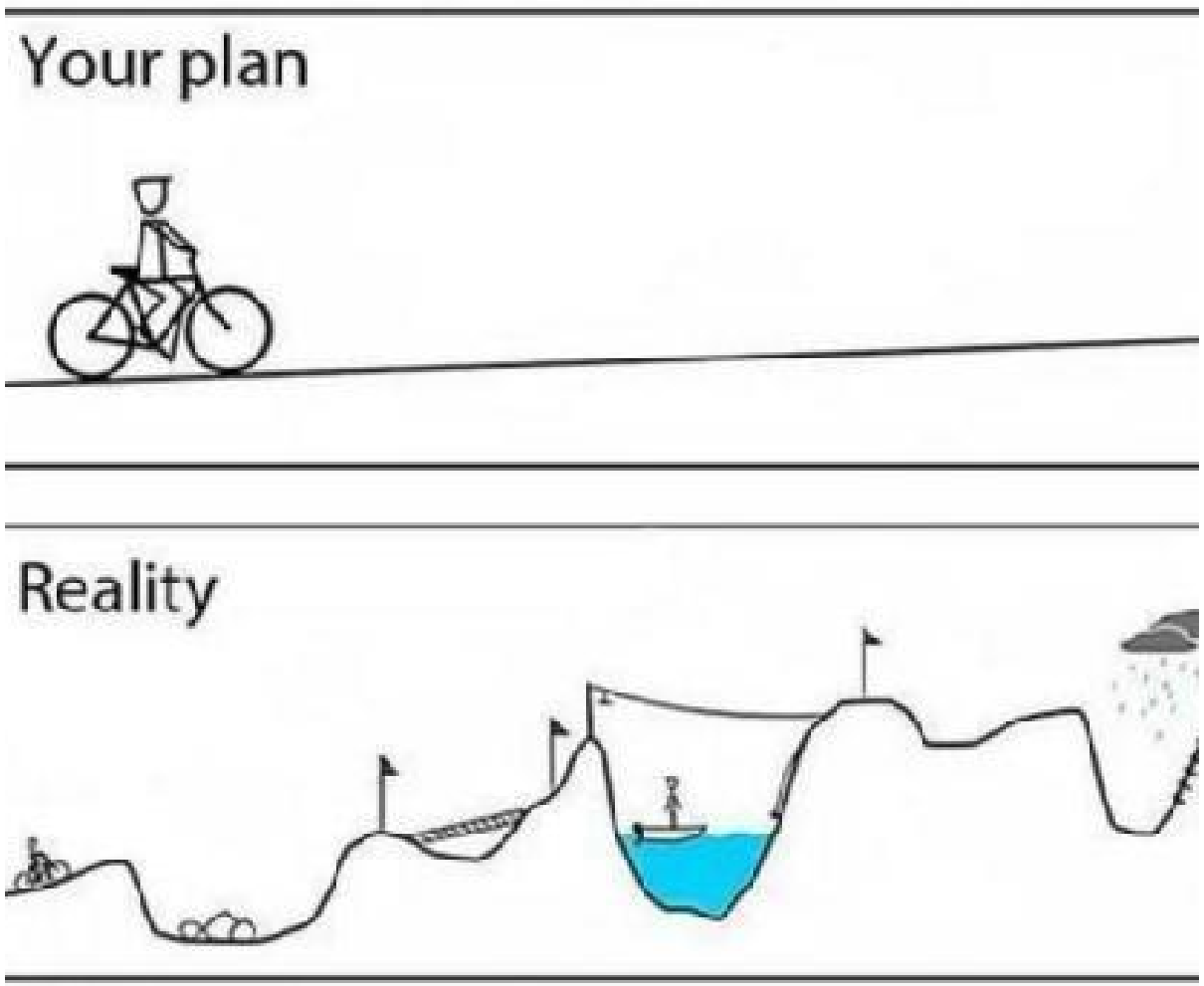
Dr. Antonia (Toni) Arnold-McFarland

Plan vs. Actual | Unknown Factors



- Birth
- Develop and Explore
- Young Adult Identity
- College/Vocation/Military
- Career/Purpose
- Higher Education/Upskill
- Thrive/Marriage/Family
- Midlife Crisis
- Retirement
- Age with grace
- Natural Death

PLAN



Things don’t always go as planned.

Preparing For the Unknown

1) Fuel Yourself with Inspiration and Wisdom

- Seek Faith, Higher Power
- Mentors/ Iron Sharpeners
- Positive Influences
- Motivating Thoughts
- Personal Montra
- Work on your higher purposes
- Admire success and strength in others
- Find your light in darkness

2) Study intensively and be intentional

- Be structured and strategic in your concentration
- Think intentionally and use your time wisely
- Anticipate what could go wrong and mitigate it
- Assess risk, failure modes, impact vs. effort
- Bounce back quickly, adjust, adapt, aim with clarity

3) Compliment intelligence with insight and innovation

Learn

- Learn from those who have gone before you when possible.

Analyze

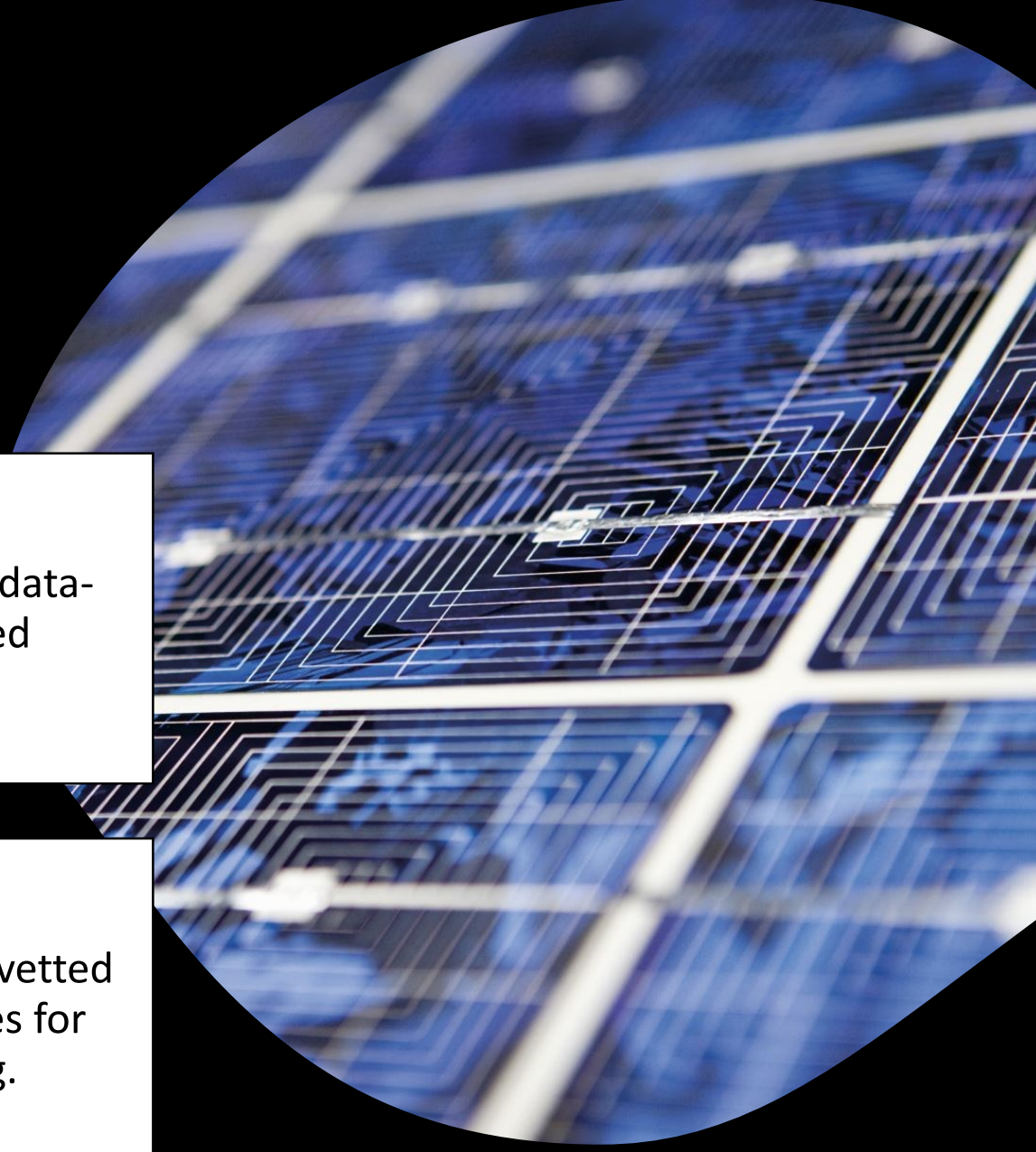
- Analyze and make data-driven and informed decisions.

Document

- Document your own steps for retrospective thinking.

Be Current

- Stay relevant. Use vetted and reliable sources for innovative thinking.



Summary: How do I prepare for the unknown?

Stay Inspired

Possess Intensive and Intentional Focus

Be Intelligent, Insightful and Innovative

Inspirational Thoughts and Wisdom

- Finish the race – Raymond Arnold, Jr
- Homework is never done – Mary Arnold
- Never ever give up – Jim Valvano
- Don’t count the days, make the days count – Mohammad Ali
- Be the change you want to see – Mahatma Gandhi
- Judge me by the content of my character, not the color of my skin – MLK Jr
- Don’t be afraid to explore the unknown – Dr. Ronald McNair
- Be quick to listen, slow to speak and slow to anger- Bible- James 1:19
- To him/her who is given much, much is required – Bible – Luke 12:48
- Genius awaits you and brilliance beckons – Jeronicus Jangle (☺)

Life is calling. Accept it!

Don’t be Afraid to Explore the Unknown – Dr. Ronald McNair

Don’t live to work,
work to live!
– Dr. Toni

Keep track with your pack!

Antonia(Toni) Arnold-McFarland