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## Corporate Education

### No Regrets!

As we approach the holiday season and close the book on 2013, we must remember to take time to love each other and genuinely show appreciation for those who have loved us. What we do on a daily basis should be a foot print of passion, love and an example of how we want our world to be in the future.

Troy E. Wright

I realize that money is important; however, when I look at the top regrets that people say aloud on their deathbed, I have to acknowledge reality and stop whatever I'm doing to re-examine my life.

#### Top 5 Regrets

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I didn't work so hard.
3. I wish I'd had the courage to express my feelings.
4. I wish I had stayed in touch with my friends.
5. I wish that I had let myself be happier.

I am not going to dwell on all of the above; however, I will take a moment to talk about the number one regret. If you are not living or being true to yourself, then now is the time to do an about face. Laugh!, Smile! Sing!, Dance!, Hug someone! Tell someone how much you love them, be adventurist, but most of all, be true to yourself without envy, guilt or malice. Be free to love and be loved. You never know what someone is going through or how much he or she may need you. It brings tears of joy to write this article after recently being notified by someone that years ago because I picked up a phone, called a friend, and took him out for a burger, I stopped him from committing suicide. At the time, I had no idea what he was going through; As a matter of fact, I found this out several weeks ago after more than 15 years that this was the situation. So next time you think, see or feel an urge to visit or call someone without expecting something in return, do it. Speaking of which, what's wrong with right now?

## Become A Corporate Partner

Employee Scholarships Available  
Training & Education at your location  
Financial Aid Available (if qualify)

Contact: Troy E. Wright - [Click](#)

### FNU HOOPS

- Oct 26<sup>th</sup> Edward Waters College (FL)
- Oct 27<sup>th</sup> Thomas University (GA)
- Nov 1<sup>st</sup> & 2<sup>nd</sup> Trinity Baptist College Tip-Off
- Nov 4<sup>th</sup> Trinity College of Florida
- Nov 6<sup>th</sup> Warner University (FL)
- Nov 8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> Puerto Rico Mayaguez Basketball (
- Nov 14<sup>th</sup> Savannah State University (GA)
- Nov 16<sup>th</sup> Webber International University (FL)
- Nov 19<sup>th</sup> Florida Memorial University
- Nov 25<sup>th</sup> Warner University (FL)
- Nov 29<sup>th</sup> Georgia Southwestern State University
- Nov 30<sup>th</sup> Albany State University (GA)
- Dec 3<sup>rd</sup> Southeastern University (FL)



First home game  
Nov 6<sup>th</sup>

"School Spirit Day"

"Come celebrate the first basketball game in Florida National University history."

Meet the FNU Conquistadors Saturday October 19<sup>th</sup>  
12:00pm at FNU Hialeah Campus



Coach Scott Schmidt

## Congratulation FALL Grads <sup>class of</sup> 2013

On Sunday, September 29, 2013, Florida National University (FNU) held its Fall 2013 Commencement Ceremony at the James L. Knight Center in Miami, FL. Over 200 hundred students received their diplomas. During this ceremony, FNU celebrated the graduation



Unbreen Mirza - Valedictorian

of its first Bachelor of Science in Nursing Class. Ms. Dania Gutierrez, Sum Cum Laude and Bachelor of Art in Legal Studies was the Salutatorian. Ms. Unbreen Mirza, Suma Cum Laude and MBA graduate was the Valedictorian. The guest speaker was Dr. Paula Lalinde, Founder and CEO of Nothing Trumps

Hope, LLC. The United States colors were presented by the United States Army Color Guard. Music was provided by the Mater Academy Lion Band. Congratulations to our graduates and their families. [Click here](#) to see pictures of graduates



Florida National University & Town of Medley agree on scholarships & education for the city.

[More info](#)

## FNU "Students" receive special rate



[More info](#)

FNU FACULTY SUPPORTS



Supported by faculty member **Dr. Carlos Cuervo** and family, **Kelly Krenkel** (PD Physical Therapist Assistant Program) will be walking to help reclaim the future for millions. She is also walking in memory of my Great Grandma Elsie, a funny feisty lady who really made an impression on her while she was still here with us. By participating in the Alzheimer's Association Walk to End Alzheimer's on October 26<sup>th</sup>, she is committed to raising awareness and funds for Alzheimer research, care and support. October 26<sup>th</sup> For more information [click](#)

## FNU Featured



## THE BUZZ

Free Community Health Screening [More Info](#)

How can you benefit from an online MBA in Florida [Read More](#)

Meet the FNU Conquistadors on October 19<sup>th</sup> [More Info](#)

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[www.fnu.edu](http://www.fnu.edu)

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