



STEVENS
INSTITUTE of TECHNOLOGY
THE INNOVATION UNIVERSITY

**President Nariman Farvardin
143rd Commencement Address
May 20, 2015**

Class of 2015: As President, it is my honor and my duty to share with you some final words of wisdom as you go forth from Stevens to launch this new phase of your life. You have heard the inspiring words of Dr. Kevin Mandia, and his advice is to be heeded. Dr. Mandia's exceptional career and his contributions to society are a model for all.

More than 30 years ago, I was in a situation similar to yours today: nervous, as you may be, about making the "right" decisions in my life; anxious, as you may be, to get off to a good start in my career, and a bit sad, as you may be, to be leaving one part of my life behind.

And while you have received some great advice, from our speaker today and from your families and friends, about making the most of the years ahead, I want to add my own to the wishes and thoughts you will take with you from this day.

You can think of these principles of advice as "The Farvardin Five."

Number One: Time really does fly. Make the most of it and savor it. Don't be so focused on the next thing that you don't enjoy the precious moments you will undoubtedly experience: the sense of accomplishment you feel when you've worked very hard and done a stellar job...the bright idea you get in the middle of the night that helps you solve a thorny problem...the sleepless night you'll spend comforting your child who has had a bad dream...and the end of each day that you accomplished most of the big and small things you had to do to keep yourself, your family, and your career moving forward. These moments are fleeting and pass by if you don't make an effort to notice and appreciate them.

Number Two: Sleep is overrated. I know of few happy people, few successful people, who get enough sleep. It is a blessing to have too many things in your life to do, and a curse to have too few. Enjoy the challenge. Sleep when you can, and stock up on Five Hour Energy drinks.

Number Three: Whining is unattractive. And so is bragging. No one really wants to hear how hard you are working or how much credit you deserve. Work hard, collaborate, do great things and the rest will take care of itself.

Number Four: A sense of humor is nearly as good for you as regular exercise. Being able to see the humor and the positives in just about any situation helps keep you young, and is an essential ingredient for a healthy life.

And Farvardin's Number Five: Measure your success, not by what you get, but what you give back. Make a difference to those people and those causes you care deeply about. Get involved.

Influence others. Be a leader. Leave your community and your world a better place than you found it.

And, from me, from all your classmates, from the faculty and staff, the Board of Trustees, and your fellow alumni...stay in touch with us and help your alma mater achieve her ambitious goals. Come back to alumni weekend—coming on June 5th! Help our Admissions Office recruit the next generation of Stevens students, join an alumni committee, network with your fellow alumni. Your involvement will make us very happy.

I look forward to a world that will be—in ways great and small—transformed by each of you. You are our hope and our glory.

My heartiest congratulations to each and every one of you!