on a date or out with a large group of friends, “how ought we to live?” is now at the heart of my life.

Regis has inspired me with its commitment to Christian moral values and ethical behaviors. My education, grounded in the Jesuit tradition and its emphasis on critical thinking and creativity, has presented me with a new mantra: it’s not about me; it’s about a global society. This may sound cliché, but Regis promotes the Jesuit philosophy of *cura personalis*, or caring for the whole person. These past four years at Regis University and in the Rueckert-Hartman College for Health Professions, the instructors and staff have cared for me mentally, physically, academically and spiritually. Through their actions, I have learned that I ought to live by adopting the values of *cura personalis*: caring for the whole person by being a leader in society; being responsible for the sick, hungry, and dying; treating people with dignity and respect; and being a good steward and sharing my time, talents, compassion, love of Christ, and finances with those less fortunate.

So when someone asks me what Regis University has meant to me, I know it has obviously meant a major shift from a selfish paradigm to a newer foundation based on how I ought to live by caring for the whole person in a global society.

*A reflection by Aaron Georgas, RHCHP ’12.*