

10 Lessons they do not teach you at school that will keep you happy and safe

Angela Mortimer's Oxford Media and Business School Graduation Day Speech
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1. Choose your partner with care and make sure they will support you in your family and career ambitions whatever they might be and however they might alter. Behind every successful man there are one or two wives and behind most successful women there is a superb backup system.
2. Don't fret over your starting salary – it's not what you are worth, just the market value. If you choose a first job you love and where the culture is supportive, you will grow and progress.
3. Focus on your strengths and draw confidence from them. Very few people are good at everything.
4. Don't worry about making mistakes. You will inevitably make some - it's usual when learning new stuff.
5. Volunteer for responsibilities outside your comfort zone. Learn about the world of others through this route. Put yourself out there!
6. Don't be talked out of your beliefs. Your values are the person you have become and the framework on which you will build.
7. Treasure your friendships and make time for them. Good mates will give you comfort, support or tough advice and a good kick when you need it.
8. Laughing is good for your health so do it each day and if it stops happening, change something quickly.
9. Make each day count, because you will never see it again.
10. Every situation has a positive aspect to it, even bad or sad ones. Address each happening till you find in it that positive.

Good luck to you all and we look forward to helping you find your first job!

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