

## The Student Files

**Name:** Angela R. Smith  
**School:** Spelman College  
**Major:** Human services  
**City:** Atlanta

I am currently trying to fulfill my core requirements. I am taking Women of the Bible, African Diaspora and the World and doing my fieldwork for human services.

My practice helps me focus on my studies. I sometimes become overwhelmed by school, work and activities and begin to “think” my way through. But when I realize my mental plans are not working, I return to the Gohonzon.

Students ask me why I am so calm and organized. I usually respond that through my Buddhist practice I have learned discipline and patience. (This opens up dialogue.)

Being a student is the best training in life for life. You quickly discover your strengths and weaknesses. You learn better communication skills, experience short-term poverty, develop a great sense of humor and become a world-class citizen.

**WT**