How do you choose a single word to describe yourself, to capture your personal essence?

Finding that word is at the heart of Pacific’s One Word Project. Launched in fall 2008 by the Division of Student Life to provide first-year students a common point of personal reflection, it aims to develop the social and emotional competencies of Pacific students. A talented group of graphic design and photography students was recruited to undertake the development of an artistic process that would capture these honest statements of self-expression. The word chosen may reflect the individual’s personality, cultural heritage, attitude or aspirations. They are at times provocative, thoughtful, edgy, quirky, and profound.

Since its debut, the One Word Project has expanded to encompass participation of students from all class years, faculty, staff and alumni. Here is a glimpse of some of the images of One Word. To see more, visit PacificOneWord.org.

With Only ONE Word

RAMBUNCTIOUS

“I am crazy. I have a ton of energy, and I love to make people smile. I’m on crew, and I’m the one who pumps the team up with random songs and dances. I adore being out there and exuberant. Rambunctious just seems to work perfectly for me. People usually shake their heads in disbelief when I do what I do.”

— Cassie Winkel ’13, International Relations

HERO

“We need heroes in today’s world. Not many are present throughout society. I was blessed to be crowned with this word. Our youth, society and family need a hero.”

— Christopher Hernandez ’13, English
**Mosaic**

“Mosaics are made of a lot of broken pieces that have been smoothed and placed together to form a beautiful and magnificent piece of art. That is me; I am a multifaceted, unique person. In my hobbies, my interests, my self-identification, in most aspects of my life, I tend to be a mosaic — made up of a wide variety of thoughts, ideas and beliefs.”

— Treva Steward ’09, Business Administration

**Balance**

“I believe that balance is key to living a fulfilled life. Whether it is balance between friends and family, work and play, or the literal balance of self, one needs to be balanced to lead a happy, healthy life.”

— Raquel Ravaglioli ’13, Music Therapy

**We**

“It’s not about me or you. It’s about the community and the responsibility everyone has to take care of our planet and each other. If people come together, there is nothing we can’t do.”

— Robert Costisevschi ’12, Pre-Dentistry

**Fluidity**

“For me, fluidity represents the ability to adapt to new things in my life; some things easy and others more complex. While I may face various growing pains in whatever I pursue, eventually I settle on a content level. Fluidity also reminds me to take things easy and go with the flow.”

— Tyler Stetson ’11, Business Administration
MOMENTAL
“'I chose this word because I love getting lost in moments and memories. This is how I like to live, experience and be. If I was to explain myself... I would be momental.’”
— Christine Fluter '11, Education Administration and Leadership–Student Affairs

STRONG
“I am not physically strong, but I never let anything put me down. I never give up, no matter the circumstance. I am not afraid to fail multiple times and get up and try again. I take all criticisms and make my inner self a better person. I know that deep down I am strong.”
— Mena Her '13
Business Administration

ENTERTAINING
“I am always wanting to make people laugh. I do crazy things. If someone is having a bad day, I will make it my personal goal to make them feel better.”
— Christian Ahlin '13
Environmental Science

FOCUS
“I feel focus fits me best because I have a clear, distinct vision as to where I want to go and who I want to be. It also means that I stay focused on any task that I pursue, no matter the obstacles before me. I am in focus.”
— Gerald Jones Jr. '13, Sociology
UNIQUE

“I don’t let others affect my choices and desires in life’s journey. I march to the beat of my own drum. I take pride in always being myself, no matter who I’m with or what the situation. Being my own person has gotten me through some of the hardest challenges in life. I never want to compromise the things that make me the person I am.”
— Lexi Martinez ’13, Sport Sciences

CRITICAL

“I don’t like to take anything for granted. I love to analyze and just criticize much of what I see.”
— Patrick Cheng ’13, Pre-Pharmacy

COMMUNITY

“No individual can influence the world, it is a community of people committed to one another and to their shared values that brings power to a common purpose. At University of the Pacific, we have an exceptional community of faculty, staff, alumni and friends committed to our students, and to helping them prepare for lasting achievement and responsible leadership in their careers and communities. Our Pacific community is transforming the world, one student at a time.”
— President Pamela A. Eibeck

SOLUTION

“Solution has two meanings for me. First, I consider myself a problem solver. I enjoy solving complex problems and discovering the complexities they contain. Second, I consider myself a solution of many particles or interests that come together to form why I am.”
— Tyler Van Hensbergen ’12, Bioengineering