

University of Ibadan Medical Students Association
ANNUAL PERSONALITY LECTURE AND HONOURS
DAY

EXCELLENCE

by

Mrs Sarah Olubi-Johnson

At The University of Ibadan Medical Students Association

March 23, 2016

Distinguished ladies and gentlemen,
I count it a real privilege to be asked to give the keynote address at this annual personality lecture in the midst of the doyens of the medical profession and the University of Ibadan Medical Students Association. The choice of the theme – Excellence, excites me and gives me strong security and hope in a bright future ahead for our nation.

The future of a nation rests in the upcoming generation. Therefore the mindsets and thought patterns of that generation will serve as a predictor of the course or direction of the nation. University of Ibadan Medical Students' Association, by choosing the theme Excellence you have demonstrated in clear terms that you are dissatisfied with the status quo and therefore desire to break away from the old mould as it stands.

Intro

→ **Excellence** gives a strong security and hope for a bright future ahead for our nation

→ The **future** of a nation rests in the upcoming generation

→ The **mindsets** and **thought patterns** of that generation serve as the predictor of the course or direction of the nation

The more common definitions of excellence such as fineness, superiority, brilliance leads us into thinking of it as a skill, an add-on or a gift. I am here to tell you today that excellence is first and foremost a choice.

According to Aristotle the great Greek philosopher, 'we are what we repeatedly do; excellence therefore is not an act but a habit. Ralph Marston, an American professional football player in the nineteen twenties defines excellence as an attitude.

Permit me to give you a working definition of excellence – **excellence is the full and continuous comprehension of the highest demands of a role, office, duty, task, occupation or service and the willingness to do all that is required to fully meet those demands no matter the circumstance.**

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We are what we repeatedly do:

-Aristotle

Excellence is an attitude

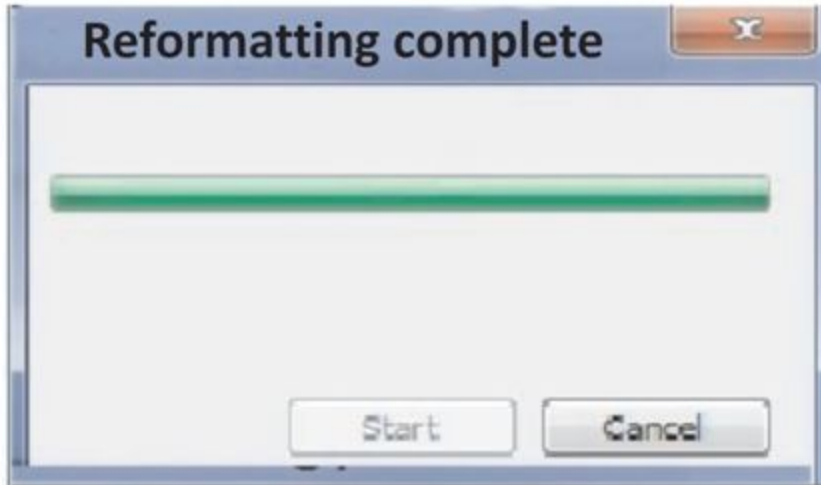
-Ralph Marston

We need a re-orientation, a reformatting so to speak of our minds. Our mind need to undergo a cleansing from the wrong standards, wrong practices, incorrect information, wrong procedures.

We need a clean slate – tabula rasa devoid of the old order to begin on the path of excellence.

This technology based age has no enviable place for mediocrity. Artificial intelligence has proven this.

Mentally, we must switch gears; standards considered acceptable under the old order must give way to the new order – the order of excellence.



✓NEW BEGINNINGS

✓NEW PARADIGM SHIFT

✓NEW ORDER

✓NEW RULES

✓NEW PRINCIPLES

This change must come from within and can be achieved by the application of what I have termed the **5D principle; Desire, Decision, Determination, Diligence and Dedication.**

5d Principle

Desire
Decision
Determination
Diligence
Dedication

We must start with a desire, a fervent aspiration to change the old standard of mediocrity, sloppiness, fulfilling the basics, selfish ambition, greed, blame sharing, apathy, cutting corners, “make we manage am” etc in order to achieve all round excellence. Desire can be likened to the foundation upon which a house is built.

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D₁ Desire

A fervent aspiration to change the old standard of mediocrity, sloppiness, fulfilling the basics, selfish ambition, greed, blame-sharing and apathy in order to achieve all-round excellence

My desire will inform my decision.

I cannot make a decision about that which I have not first desired. Decision concretises my desire and leads me to take proactive steps towards achieving that desire.

—

D₂
Decision

**Decision concretizes my
desire and leads me to take
proactive steps towards
achieving that desire.**

The next step in this process is Determination also known as strength of mind.

There is a threshold we must get to in our minds, a point at which retreat is no longer an option.

This ensures we do not quit when the going gets tough. Determination backs decision and gives the impetus to keep on.

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D
3

Determination

Also known as 'strength of mind' , it is a threshold we must get to in our minds, a point at which retreat is no longer an option.

No quitting when the going gets tough.

Dedication is an allegiance to a person or a cause.

Our cause is excellence. Dearly beloved students on the advent of your induction you will be required to take the Hippocratic Oath – (the code of ethics of the medical profession) you must be ready for a lifelong dedication to the dictates of this Oath.

You must accept the standard of excellence as the norm, replacing **the current shoddy practices of overcharging, deliberate and harmful substituting of placebos for medicine, putting pecuniary consideration above patient interest, violation of the patient confidentiality rule.**

Excellence must become the only acceptable way and manner of living, conducting business, rendering a service or discharging the duties of office.

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An allegiance to a person or a cause. Our cause is excellence.

In practice, you must be ready for a lifelong dedication to the dictates of the Hippocratic Oath.

D₄
Dedication

Diligence - the next principle is crucial. In practical terms diligence is the application of constant, concentrated and well directed effort. Physicists define effort as work; there is work to be done to attain excellence. It does not fall like the proverbial ripe cherries.

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D₅

Diligence

Application of constant, concentrated and well-directed effort. Diligence keeps the entire machinery running. Our quest for excellence takes us from one level to another.

Diligence keeps the entire machinery running and takes us from one level to another.

It takes us from stunted growth to large growth and takes us to greatness.

EXCELLENCE

(INTEGRITY)

LACK OF
EXCELLENCE

EXCELLENCE

0

1

2

3

4

5

STUNTED GROWTH

GREAT GROWTH

GREATNESS

EXCELLENCE



The importance of excellence is most keenly felt in the lack of it. Poor infrastructure, inconstant power supply, nonexistent public amenities, poor healthcare delivery system, inadequate security, complex and bureaucratic institutional structures, distrust of government institutions all point to the debilitating effects of the lack of excellence in our society.

The importance of excellence is most keenly appreciated in the lack of it.

Bad Governance and Corruption

Poor infrastructure

Sporadic power supply

Nonexistent public amenities

Poor healthcare delivery system

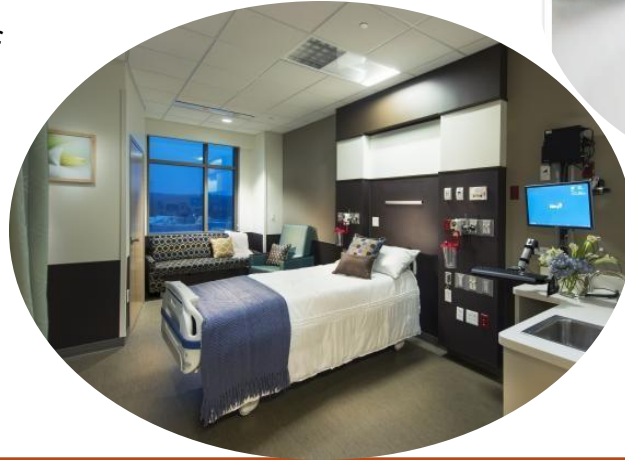
Inadequate security

Complex and bureaucratic

Institutional structures, distrust of

Government institutions

All point to the debilitating
effects of the lack of excellence
in our society



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As medical students we might want to ask ourselves the following questions:
Have I done or am I doing all I possibly can to acquire all the knowledge that is required of me at this stage of my training?

Am I working on ingraining a culture of putting my patient's best interests as priority or am I in this profession primarily because of gain?

Am I proactive? Working towards developing and improving on the skills I would need to effectively attend to patients?

Am I interested in winning my patients' awe and reverence as "DOCTOR, DOCTOR, DOCTOR " or in their total welfare ?

Have I done, or am I doing all I possibly can to **acquire** all the **knowledge** required of me at this stage of my training?

Am I working on ingraining a culture of putting my **patients' best interests as priority** or am I in this profession primarily because of gain?

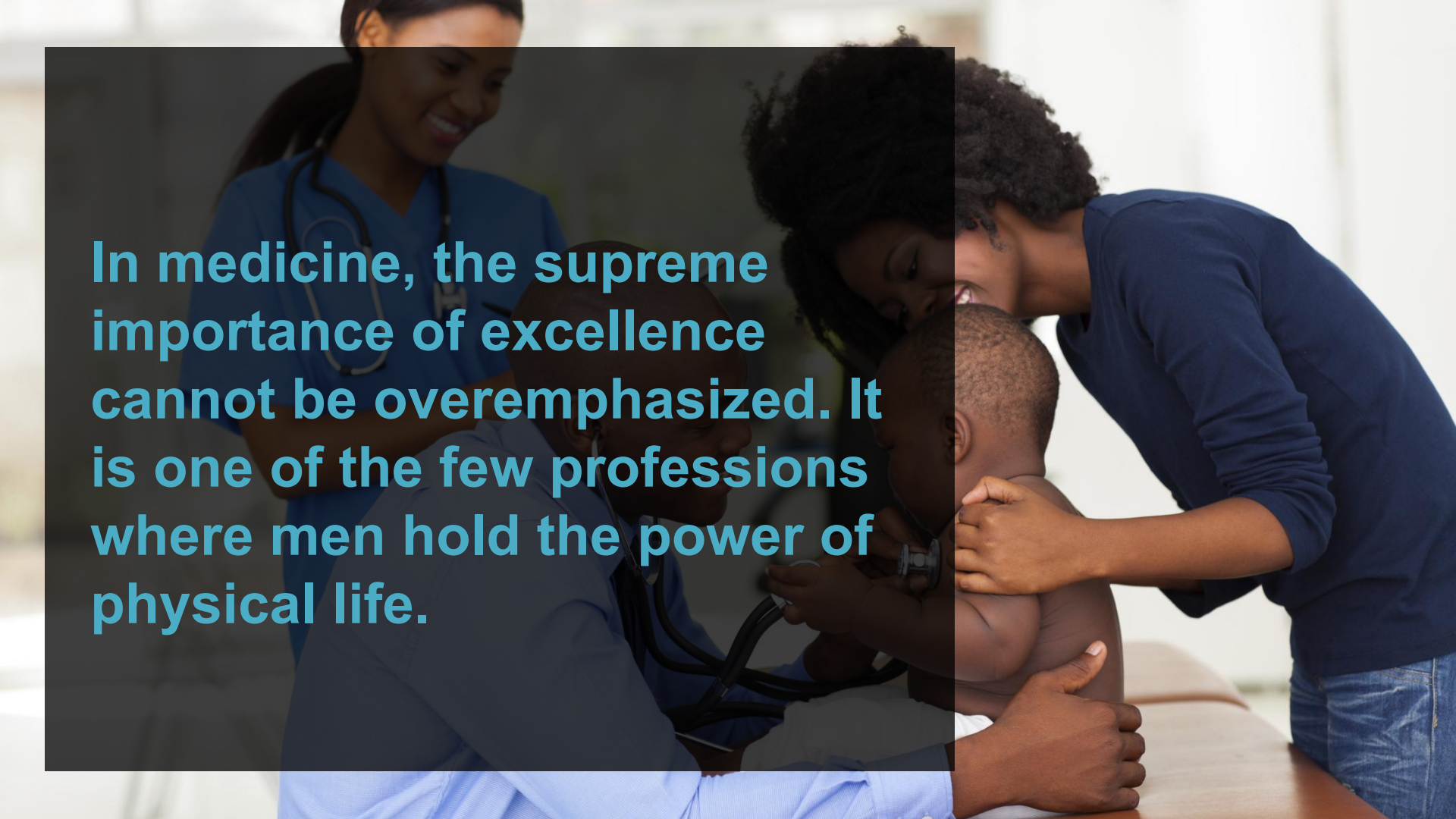
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Questions We need to Ask

Am I **proactive**, working towards **developing and improving on the skills** I will need to effectively attend to patients?

Am I interested in winning my patients' awe and reverence as "DOCTOR, DOCTOR, DOCTOR " **or in their total welfare** ?

In medicine, the supreme importance of excellence cannot be overemphasised. It is one of the few professions where men hold the power of physical life.



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We shall go on now to talk about a man whose life is an example of multi-dimensional excellence - the patriarch Daniel. I request your permission to take you on a brief course of Jewish history.

1. Taken captive from his native land and brought to the land of Babylon as a young man, he passed the king of Babylon's test and was brought to the courts of the king. He had no blemish, was well favoured, skilful in all wisdom, cunning in knowledge, understood science and had ability in him to stand in the king's palace.
Daniel 1:4.

Physical, Mental and Social Excellence (remember this was the starting point required by the Babylonians). There are heights in life to which only excellence can get you.

2. He purposed in his heart not to defile himself contrary to Jewish custom with the king of Babylon's meat or drink in obedience to the laws of God – Excellence in Spirit

Daniel, a stellar example...

Physical,
Mental, Social
Excellence

Excellence in
spirit

Excellence in
his work

3. During the reign of Nebuchadnezzar, he ruled over the whole province of Babylon and was chief of the governors over all the wise men of Babylon. He had an independent testimony that light, understanding, wisdom and an excellent spirit was in him. Excellence cannot be hid, if it is truly excellence it can and will be discerned by others and set you apart on a path to greatness.

GREATNESS

EXCELLENCE



4. Daniel displayed **Excellence in his work** – Like the holy writ says – *“Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him; and the king thought to set him over the whole realm – Daniel 6:3 (KJV)*

Excellence attracts favour but we must be ready for opposition. Be ready to hear the all too familiar Nigerian ‘na you only sabi, you too know’. Daniel stood in jeopardy of losing his life because of the conspiracy of his enemies. Enemies who acknowledged that he was faithful, neither was there any error nor fault in him.

5. Excellence endures and brings prosperity – Daniel prospered in the reign of Darius and in the reign of Cyrus who succeeded Darius. He endured through the reign of 4 kings and 2 empires.

Excellence attracts favor but...

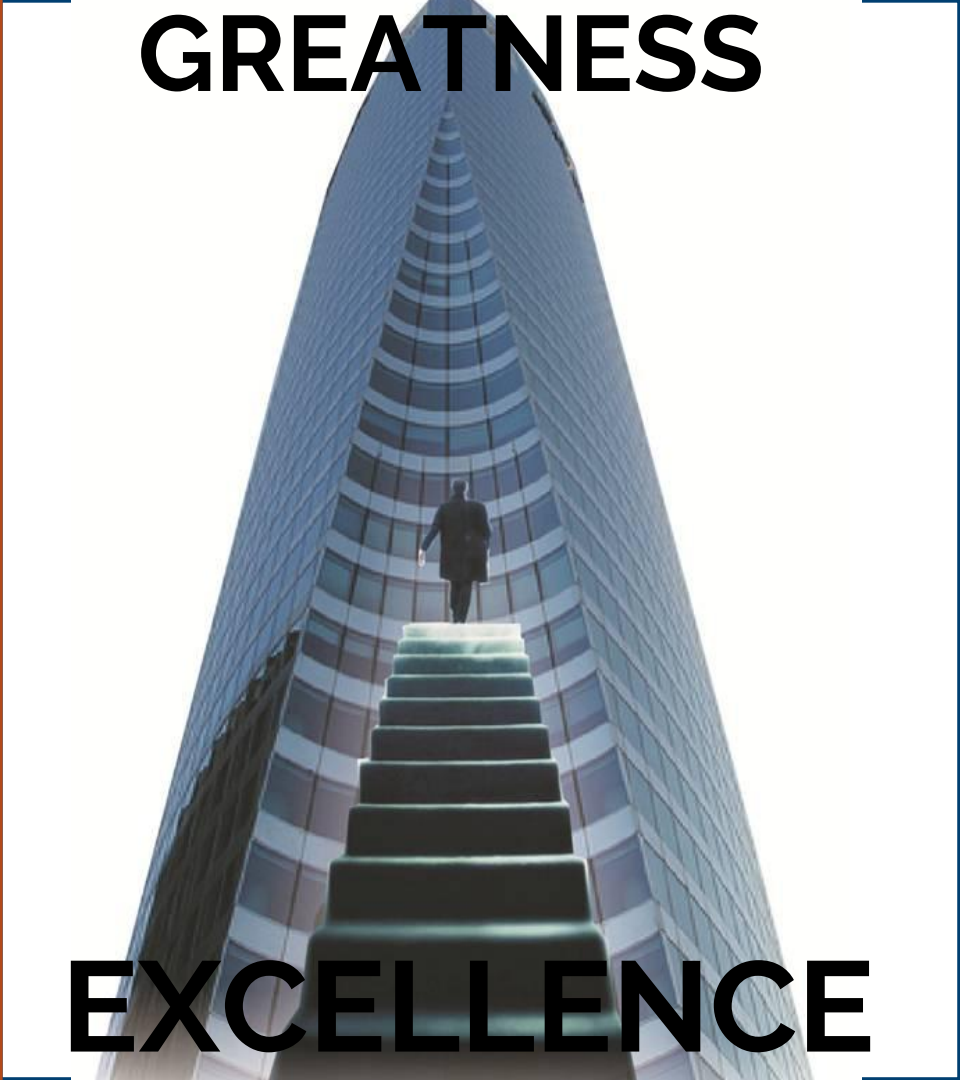
**WE MUST BE READY FOR
OPPOSITION**

Excellence endures and brings

PROSPERITY

GREATNESS

EXCELLENCE



Excellence is not hindered by location. Lifeforte ® International School is a testimony of the infallibility of the end results of the application of the 5D principle.

A consistent application of the 5D principle has put the name Awotan (the school's location) in the global recognition.

Yearly, the school attracts clientele from the different parts of the world. You may be in a small and remote hospital if you make excellence your habit you cannot be hid for long.

EXCELLENCE IS A SIGN POST, IT WILL LOCATE YOU!!!

It is a rare commodity much sought after.

Distinguished ladies and gentlemen I end this key note speech with this injunction – **CHOOSE EVERY MOMENT TO LOVE EXCELLENCE AND HATE MEDIOCRITY WITH A PASSION.** Thank you very much.



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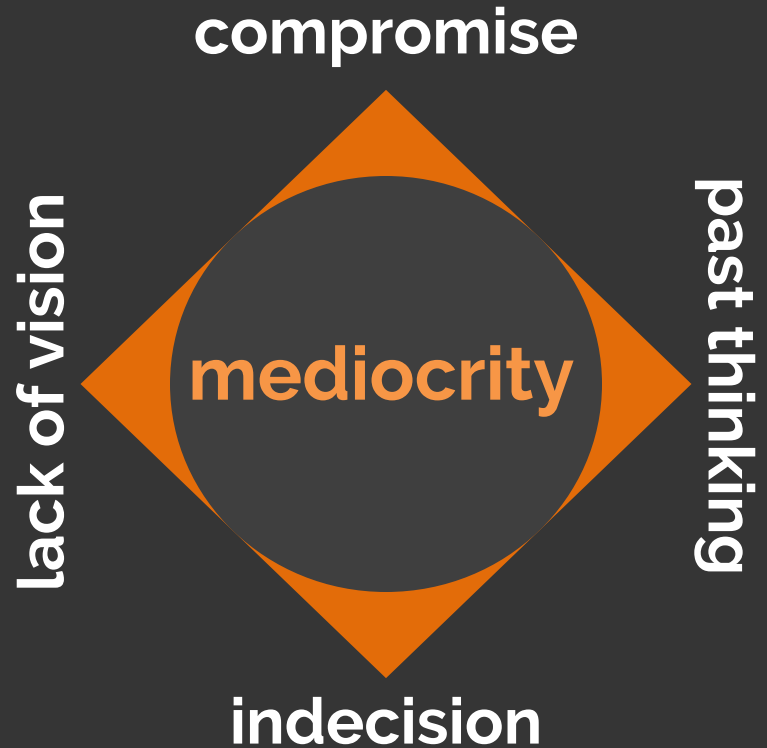
**EXCELLENCE
IS A SIGN POST,
IT WILL
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“**Mediocrity** is a region bounded on the north by **compromise**, on the south by **indecision**, on the east by **past thinking**, on the west by **lack of vision**”

--**John L Mason**

(from the book “An Enemy called Average)”

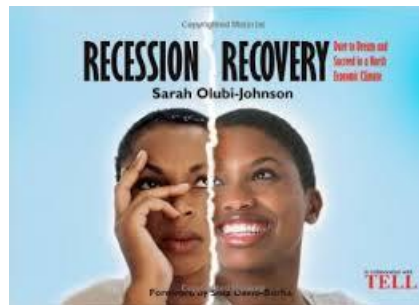


The image is a composite of two photographs. On the left, a close-up of a Black male doctor in a white lab coat, blue shirt, and red tie, smiling and using a stethoscope. On the right, a young child with blonde hair looking intently at a stethoscope held in their hands. A semi-transparent dark grey rectangle is centered over the image, containing the text in a light blue, bold, sans-serif font.

**Choose to love excellence and
always hate mediocrity with a
passion.**

Sarah Olubi-Johnson is at the heart of the divine success story that is Lifeforte® International Schools. She is a woman called to serve; with excellence as her watchword and a passion for education and the future of Nigeria.

She is also the author of best-selling book - ***Dare To Dream***



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(page6) and the 5D Principle (page11)
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Mrs Sarah Olubi Johnson.

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