

Dr Melanie Spence-Ariemma for International Women's Day – Video Transcript (1 minute 30 seconds)

Time In	Time Out	Audio	Visual
00:00:00:00	00:00:00:03	Music plays softly.	Title Card: What advice would you give your younger self?
00:00:00:03	00:00:37:00	Dr. Melanie Spence-Ariemma: From birth we're surrounded by remarkable women. I think those women are sometimes considered ordinary, but they really are extraordinary and so what I would say to my younger self is pay closer attention to those women. Their kindness, their caring, their compassion, their dedication, their commitment, their perseverance. And what I would do is listen, learn, seek their counsel and their wisdom as I grow. And so, for me I think they are truly inspirational, and they are someone to admire.	A woman speaks to the camera in a well-lit corridor. A lower third graphic reads: Dr. Melanie Spence-Ariemma Vice Provost and Chief Academic Officer, University of Guelph-Humber.
00:00:37:00	00:00:41:00	Music plays softly.	Title Card: What advice would you give women entering post-secondary education?
00:00:41:00	00:00:52:00	Dr. Melanie Spence-Ariemma: So, my advice is believe in yourself, pursue your dreams, make your own choices and have the courage to trust in yourself.	Dr. Melanie Spence-Ariemma speaks to the camera.
00:00:52:00	00:00:56:00	Music plays softly.	Title Card: What does embrace equity mean to you?
00:00:56:00	00:01:21:00	Dr. Melanie Spence-Ariemma: So, what Embrace Equity means to me is that we as women can do anything. I think there's possibilities, potential and opportunities and it's limitless. I think what happens is we often look at societal pressures and we impose those on ourselves and so we limit our opportunities and possibilities and potential and so for us to be who we are we need to celebrate our unique strengths and abilities. Happy International Women's Day.	Dr. Melanie Spence-Ariemma speaks to the camera.
00:01:21:00	00:01:30:00	Music plays softly.	Title Card: Happy International Women's Day #Embrace Equity.