

Nora Csiszar
Director, Communications and Public Relations

The term “Millennial” is used in the mainstream media to place anyone born between the early 1980s and the late 2000s into the same category, often trying to compare and contrast the differences between them and the previous generations (known as the Baby Boomers, Gen X), The Millennials and are often criticized as being lazy, flaky, self-obsessed ne’er-dowells. Older generations condemn the Millennials, even though they are a large and diverse group of talented and hard-working individuals not all that different from those who came before them.

As a Millennial myself, I have heard all my life that the world and humanity are constantly in danger because of ongoing environmental, social, economic and political crises. It is clear to me that the old paradigm is no longer functioning well— and in fact, it is no longer needed— and a new and higher consciousness must arise to deal with the challenges we face, ranging from climate change and large-scale industrial pollution to unstable and un-trustworthy companies and institutions causing economic fallouts such as unemployment and bankruptcy—not to mention the common threat of terrorism and a human population that grows while many other species are becoming extinct. Millennials are both idealistic and pragmatic, they know that they will be around long enough to have to deal with such issues. Currently there is a great deal of frustration, anger and fear. The media are only making things worse by spreading anxiety, stress and depression among people. As a trained psychologist, I know that there are many reasons why people feel, think and behave in this way, but we must not forget that there is also a real longing for something better, and a sincere hope that change will come soon. It can be difficult to keep a positive mindset and not let the bad things in the world affect our inner state. We must stay focused, happy, and even grateful. Many times I have been called naïve, idealistic, and opinionated. Well, as a member of a generation that has no problem speaking its mind and questioning the “truths” and expectations of the previous generation, I offer here my message.

We of the Millennial generation are full of passion, excitement, and uniqueness. We are carving our own paths and our own way of doing things. We are fearless, bold, and know that we have amazing opportunities to make a positive difference in the world by having our voice heard and our ideas brought to realization. We also have an incredible access to information. We can become really passionate about something, learn a great deal about it, and then go after it. We don’t just want to hear others talk about how things were always done. We are interested in how things actually work...and how they could work better. Millennials are ready to go out and find their passion; they really want to change the world. They have hope for a better future. And hope is always a good thing.

If I were to pick out negative things about us Millennials, I would say that sometimes we are too concerned by the current state of the world. We set high standards for ourselves, and because of that we get insecure and worry that our own hard work will not be enough to make a difference.

Most of us know that the world is fragile in many ways. War and destruction are the main polarizers, as well as the profit-driven greed of corporations and of oligarchs. We truly care about the environment, and know that climate change is a man-made problem and we need to solve it by holding peaceful protests, choosing environmentally friendly products, recycling

our resources, using public transportation whenever possible, and demanding sustainable practices in local and global business.

Hopefully, we the Millennials who are now living through the turbulence of the latest elections will soon be candidates for political office in the future and will change how things are done, working together for shared goals. We will be able to do so, because we accept people of different races, sexual identities and religions, embracing the differences among them. We are the least judgmental generation. We accept new norms and refuse to live in a segregated, sexist, racist, homophobic and xenophobic world.

We Millennials are a lot more informed than any previous generation has been, thanks to the new media. The Internet has not only connected the world around us as never before, but has also provided us with seemingly unlimited information and the capacity to share it. With the amount of information and data that are now available, we can bring about a real change for the better in the world.

A word in conclusion. We Millennials have been taught by the greatest minds in history. We saw the mistakes made by those who came before us, and we do not intend to repeat them. Fortunately, we have great role models as well, people who are not only amazing, smart, and totally cool themselves, but inspire us to become better persons and help each other. We experience the urge to find and reinvent ourselves and to explore what the world has to offer, but we also want to find out what we can offer to the world. We embrace all of humankind, because we know that everybody's future depends on it, including our own. We are focusing on how we can fix the world by saving it from the mess it is already in. Don't worry, we will fix it, but we need the cooperation of all living generations in order to pull together and do it!

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