Screen shows white background with orange and black OSU-OKC and Diversi-FIVE Portraits logos. Two lines of black text below the logos read, “Student Portrait: Thomas Vickery.” Small video camera view of Emily and Thomas in the upper right-hand corner of the screen with each having their own video camera window stacked vertically on top of each other. White background is present throughout the video.

**EMILY:** Hey everyone this is Emily from the OSU-OKC Disability Services and Diversity Office. Welcome to another of our exciting Diversi-FIVE Portraits series, where we get to talk with super cool people on campus to hear their story and learn what inspires them, in five minutes or less! For accessibility we've got a descriptive transcript of this Diversi-FIVE Portraits posted right above the link to this video. Today we've got one of our incredible students with us, Thomas Vickery. Thanks for being with us today.

**THOMAS:** Hi Emily, thank you.

**EMILY:** So start off by telling us about yourself, Thomas.

**THOMAS:** OK, well I am in recovery right now. I spent most of my life addicted to drugs and alcohol because of mental problems that I was having, and I hit bottom. I was homeless and I had hurt lots of people. And I had enough you know, that's not who I am. I'm better than that, you know. So I got help for myself. I got into the medically assisted treatment program at North Care and I've been clean for two years now. And I got myself into a sober living apartment complex and I still have therapy and take medication and have behavioral classes every week. And I decided I'd been an electrician but I wanted to do more with my life and I had never been to school, I think I may have finished eighth grade or something. So I I wanted to go to school and see what I could do, see how far my potential could take me. And do something for the environment, and maybe do something to help other people so I could pay back some of the hurt that I caused.

**EMILY:** So it sounds like that you decided that you wanted something different for yourself, to take better care of yourself and also take care of those around you.

**THOMAS:** Yes ma'am.

**EMILY:** That's outstanding. So tell us what inspires you.

**THOMAS:** My daughter, she inspires me and nature, anything in nature I love. I love nature and natural things. Anything living you know, and nowadays I get inspired off of anything you know, sunshine inspires me nowadays. So that's what inspires me.

**EMILY:** You have a very caring heart and that came across very strongly to me during our first phone conversation a couple of months ago when you were a new student here. And so I want you to know that your caring and your kindness really comes through in everything that you do.

**THOMAS:** Thank you.

**EMILY:** You're welcome. So tell us about your "champion moment." What does that champion moment look like for you when you're at the top of that hill, you've accomplished a goal that you wanted to do. What are you doing in that moment and what are you feeling in that moment?

**THOMAS:** Well, I'm feeling like I may have done something to help the environment. Use my resources to do something to help the environment, I don't know what yet. And maybe take back some of the hurt or--I'm sorry, not take back but you know, maybe make things better. I hurt a lot of people and I'm really sorry for it. I want to make things better, you know. So the only thing I can do is keep improving myself.

**EMILY:** I like your mission. I like your philosophy and most of all I like your spirit. So we at OSU-OKC feel so fortunate to have you as a part of our campus, to have your brightness and your intelligence as part of our team. And we love having you here with us, Thomas. So thanks for joining us today.

**THOMAS:** Thank you so much.

**EMILY:** All right friends, so here's the power question.

Screen changes and multiple lines of text read,“Want to be one of our Diversi-FIVE Portraits? Let’s Connect! Emily Cheng, Director of Disability Services and Diversity, Student Center, Room 136. (405) 945-3385. [emily.cheng@okstate.edu](mailto:emily.cheng@okstate.edu).” The word “Diversi-FIVE” is displayed as the same orange and black Diversi-FIVE Portraits logo.

**EMILY:** Would you like to be a guest on Diversi-FIVE Portraits and let us hear your voice? We would love to hear from you, so reach out to me and we'll get something set up! Until next time, take care of those around you and don't forget to take care of yourself.