

# Australian Chiropractic College Graduation 2025: Valedictorian

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Thomasine Teague

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**Narrative:** Speech as delivered by the class Valedictorian, Dr Thomasine Teague, at the 2025 Graduation Ceremony, Adelaide Australia.

**Indexing terms:** Chiropractic; History; South Australia; Australian Chiropractic College; Graduation.

## Speech

**T**hank you, so much, for the honour of this award. It's been a hell of a ride, and now it's time to pass the torch, so I thought I might pass on a few pieces of advice to the graduating diploma students, in the hope it will serve them as they progress through the bachelor.

Hold yourself to a standard, but CHOOSE what that standard is. You don't have to be good at everything. Grades actually aren't important, they don't determine your ability to be a good Chiropractor.. Focus on the things that really matter, use those as your standard for success, and the rest will follow.

*... Hold yourself to a standard, but CHOOSE what that standard is...*



The grade is simply a snapshot in time, not a prescription for your destiny

Hold ACC to a standard, too. You're in the best place to learn Chiropractic, and it's now part of your role to help shape the profession you're in. That starts with helping the college be the best that it can be. Foster gratitude for the amazing education you're receiving, but don't be afraid to track mud on the carpet if you need to.

Rely on your tribe. Study is hard, and you're going to have tough moments. You're going to have great moments too, and you need people to share both with. Treasure your friends, and lean on them.

I'd like to end on a note of gratitude. To my classmates, we did it together. There's no explaining the bond we have. Thanks for your camaraderie.

Mum and Dad: you showed your support in so many ways, listening to endless stories about adjustments, helping me strategise on hitting my numbers for final year, and saying '*you look tired*' to be followed by '*why don't you come over for dinner an extra night this week?*' I happen to have the best parents in the world.

Thank you to my mentors, who poured time and support into me. You helped shape me and inspire me more than you know.

And lastly, thank you to my husband. He's been there every step of the way. In the early years, lying on the floor for half an hour while I poke around his back, only to come to the conclusion that yep, I think that's a TVP. In the later years, coming into the Chiropractic centre every single week. Not to mention endlessly quizzing me on neuro, in fact I'm pretty sure he could pass an exam or two. Thank you for all of it, but mostly thank you for being my emotional rock and support in every way. This award is as much a testament to you as to me.

And although I'm lucky enough to share my gratitude out loud, I think it's representative of the deep and sincere thanks each of us have to the people in our lives who helped us make it here today.

So, thank you. And thank god its over.

Thomasine Teague

Dip Health Sci, B Chiropr

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