The Carolina Crier

Carolina Strong

We may be small but we are mighty. We continue to fight to the end. Our armor is stronger when we ban together, and our warriors are even mightier.
Messages to the Carolinas from the RO Team

RO TEAM UNITES!!!!
We know many of you are displaced, scrambling to get back into a routine with school, work, and your personal lives. We have been hit and thrown off our axis a bit, but we want to say to the Region THANK YOU!! Each of you have taken time, resources, and supplies to different areas in need. Phi Theta Kappa is all about using our pillars, and during this crisis it has shown how those pillars have and continue to been implemented. If you are in need of anything please contact any of the Regional Team members - we are here to help you! We are working with other regions who are hosting donation drives to bring aid to the Carolinas. Remember forever and always to be Carolinas Strong! #WEAREPTK #NOTHINGCOULDBEFINER #CROSS18

Jason Hanson
As many of you know I have experienced my fair share of heartache from Hurricanes Florence and Matthew, so how do I continue to persevere? Knowing that the region has my back as much as I have theirs. A big thank you to my Phi Theta Kappa family for reaching out from AZ to OH back to the Carolinas. During all the misfortune a bright light was at the end of the tunnel. I had the amazing privilege to be invited, along with Stephanie Hable, to speak at an induction ceremony. While I may have been nervous during my performance, it’s an experience I would continue to place myself in at any given chance. #WEAREPTK #IAMPTK #CROSS18

Haile Murray
Thank you to my Phi Theta Kappa family everywhere. I can't thank you enough for all the thoughts, prayers, and open arms I have received. While I am just as displaced as Jason is I know we both continue to smile through the trials. The reason I continue to smile is I know the situation is something I can conquer with added effort. The challenge allows me to learn more about myself. During a recent experience of camping like Hayley Mills, I learned that I can adapt to any surprise situation as long as I believe in myself, and when I feel as if it's getting too much, to rely on my team, fellow Phi Theta Kappans. Each of you have been by my side, and I want each of you to know that during this time I am by your side, and I am in your corner cheering you on. #WEAREPTK #IAMPTK #CROSS18
States United Together Through Thick and Thin

#CARRYON
Hurricane Cleanup Crew at Work

Thanks to Chapter president Shelley Freeman and NC Vice President George Cherry for joining a work group at very short notice to assist a PTK alum in need in New Bern. They removed soaked items, furniture, and carpet from the home of Michelle Clark. Water from the Neuse River rose two feet in Michelle’s house, destroying everything at ground level. The whole neighborhood is devastated. Florence was definitely a catastrophe in New Bern—starting at Vanceboro heading south there was water on both sides of Route 43 nearly to the roadway, until water gave way to piles of furniture and carpets and soaked household items rising like the walls of a tunnel as we got closer.

There was a police blockade near the development entrance to keep out looters (but I guess PTK is allowed!). Water from the Neuse River had risen two feet into the house we worked, and everything inside smelled of raw sewage. We removed soaked items and furniture piling them by the curb, then pulled up waterlogged carpets and padding. We were only there about two hours because we left after classes and we wanted to be back north of Vanceboro by dark—the Neuse was still rising toward its second peak—but we actually got quite a bit done. There was some urgency to it all because insurance won’t pay if houses are allowed to sit wet and grow molds. Best wishes to Craven Community College Phi Theta Kappa Alum Michelle Clark in the recovery process.

-Pitt Community College
- Beta Nu Upsilon Chapter
The Stepping Stones of Helping Communities
The Gift of Giving Continues…

Alpha Eta Kappa has had an exciting year so far! We just wrapped up our service project and it was a huge success! We found an opportunity to take a group of 25 homeless and displaced teenagers on a trip to Carowinds amusement park. The shelter where they reside had been hoping to find a sponsor and when we found out no one had shown any interest, and the date was quickly approaching, we knew we had to act. This was their one and only wish and we were determined to make it happen. The price of the trip was hefty, but we weren’t going to be discouraged. We decided to raise funds by holding a yard sale and selling our chapter t-shirts. We started by asking friends and family to donate items for our yard sale and it took off from there, our community went above and beyond to support our efforts. People donated loads of items, including furniture, TV’s, appliances, clothing and even money. Our team worked hard collecting, cleaning, and sorting items for weeks before the sale.
The day of the sale was exciting, and we had a great turnout. When it was all said and done, we raised more than $1400.00. With the extra money, we were able to provide lunch for each child and their chaperones as well and the remaining items were donated to a center where they would directly benefit local families in need. We met a lot of great people during this process and learned so much about what it means to serve others. The best part of working on this project was seeing how it brought together so many people from different walks of life for a common cause! We are already thinking of ways to serve our community again and can’t wait!

~ Midlands Technical College
As we all know, Phi Theta Kappa recognizes four outstanding hallmarks, one of those being Service. The Alpha Phi Nu chapter members at Craven Community College have been hard at work serving their community in the best way that they can.

On September 8, 2018, five members of the Alpha Phi Nu chapter participated in a Zumbathon that was designed to raise money for the Coastal Women’s Shelter. The shelter serves over 550 individuals/families in the Craven, Pamlico, and Jones county areas in North Carolina that have been directly affected by domestic violence.

The event took place from 10:00 AM to 2:00 PM. During this time there were raffle drawings, silent auctions, vendors selling items, and tons of dancing and fun! All the proceeds collected at the event will directly benefit the individuals and families that the shelter serves.

The chapter members who were in attendance were afforded this opportunity due to the generosity of the Dean of Liberal Arts & University Transfer at Craven Community College, Dr. Betty Hatcher. Dr. Hatcher is a big supporter of the Alpha Phi Nu chapter and supports the chapter in so many ways. The chapter is forever thankful for her generosity and support.

If you are interested in additional information on the Coastal Women’s Shelter, wish to volunteer for them, or wish to donate to their cause, here is a link to their website: http://www.coastalwomensshelter.org/
Although the chapter goes in groups to complete services for the community, there are many individual members who spend much of their time volunteering and serving others. Some of the other organizations that our members have chosen to serve are: Relay for Life, Better World Books, Habitat for Humanity, the Chamber of Commerce, the Craven Pamlico Animal Services, Honor Our Marines, and many, many more.

The members of the Alpha Phi Nu chapter are beyond excited to have completed volunteer work for these organizations and look forward to completing many more service projects throughout the remainder of this year and next.
Alpha Nu Sigma has chosen The Jared Box Project as a Service Project. The Jared Box Project’s goal is to lift the spirits of chronically ill children. A Jared Box is a plastic shoe box filled with small gifts, toys, games, and fun activities. But that doesn’t even begin to describe what it really is. Jared Boxes bring the gift of play, smiles, laughter, joy, hope, and love to children. Jared Boxes provide a special diversion for young patients in emergency rooms, patient rooms, surgical centers, and clinics as they receive chemotherapy and other medical treatments. The boxes are gender and age specific. Also included is a personal hand-written note offering words of encouragement. We’ve been taking up donations and making up boxes for a couple months. We’ve advertised on campus, websites, and by word of mouth. Our goal is to complete one hundred boxes. These will be delivered to Grand Strand Hospital in Myrtle Beach, South Carolina in the beginning of October. We can’t wait to see what all our hard work has accomplished. Can you imagine the hours of fun and excitement you can help create by donating?

~ Horry-Georgetown Technical College
This past year, Alpha Nu Tau chapter members in Wilson, NC painted and decorated kindness rocks to place around our campus. We collaborated with the Grounds and Beautification Committee of the college to make the campus more beautiful. Kindness rocks are colorful, inspirational rocks that are meant to be subtle positive notes to people that find the rocks. If you find a rock you should take it, share your find, and place it in a new location. Some of the special sayings were “Live Life”, “Be Happy”, “Smile”, “You Rock”, “Always Remember Who U Are”, etc.

Last spring, before classes ended, members from our chapter met to paint rocks! We let the rocks dry and then at our community college spring fling we had a booth where other students as well as Phi Theta Kappa could write inspirational messages on the rocks. Some of the special sayings were “Live Life”, “Be Happy”, “Smile”, “You Rock”, “Always Remember Who U Are”, etc. It was a chance where we could include other students and show them what our chapter does!
This past month, August, we again met up with chapter members to place rocks around campus before students came back to class. We had so much fun fellowshipping and placing rocks around campus. This was a project in the making but we hope that this will make a student’s day!

So far we have noticed that some rocks have moved so we hope that this gave a positive message to those on our campus. Students, faculty, and staff have been very pleased to find these kind thoughts all around campus, brightening up their day. We included our hashtag, #WCCPTK, on the back of rocks so students can post their finds!

This project brought the campus together as students and others have found and moved many of the rocks to a new location around campus to be found again and again, creating a chain of happy thoughts with one small gesture. The president of WCC, Dr. Tim Wright, praised the students’ efforts and thanked our group for bringing good vibes to campus life. Along with other activities being done in the community of Wilson, Alpha Nu Tau members are definitely making a difference. With a spring Easter egg hunt at a local daycare, collection of gently used shoes and sneakers during the summer to help global communities in Africa, and an art expedition being planned for the fall…..the motto of service, scholarship, leadership, and fellowship rock true here in Wilson.

~Wilson Community College

~ Angela Grantham, Alpha Nu Advisor

~Mary Grace Fields, Alpha Nu Tau Vice President
Remember

It’s

EARNED!
10 Tips for Staying Motivated

From hate-baiting political rants to Keeping Up with the Kardashians, it is not difficult for one to become lost in the negativity of the world. Time seems to be going faster, deadlines are growing shorter, and workloads are becoming heavier. I find myself chasing my tail most days: exhausted with no further progress than when I started. The struggle is REAL. Those are the days I find my motivation is practically nonexistent. So how do I persist? I’m so glad you asked. Below you will find 10 practices I use to stay motivated and focused. Enjoy!

Warning: Multiple equine anecdotes ahead.

1. Know yourself!
   This is really important. Do what works for you. Maybe you need to follow a strict schedule and keep a check off list, or perhaps you prefer organized chaos and you keep your assignments on a crumpled up piece of paper in your pocket that ended up going through the laundry. If it works for you, keep doing it. Don't worry about what Suzy Perfect is doing, because she has her own style. Know yourself and be true to who you are and what your preferences are.

2. Take breaks!
   I find this tip easier said than done. Yet, taking a break helps to refresh your mind and energy. Play a game on your phone for 10 minutes, take a 20 minute nap, go for a leisurely walk in the park, or get lost in the woods on your horse. Whatever you choose, make it enjoyable and return to your task with your mind renewed.

3. Visualize the outcome!
   See yourself reaching your goals. Imagine how it will look and feel. Make the experience real in your mind. You need to know where you are going before you head out. I first learned this from Charmayne James, the first cowgirl to ever gross $1 million and earn 10 consecutive national barrel racing championships. Before each run she makes on her horse, she visualizes each step her horse will take. If visualizing helped her to earn $1 million dollars, then it is certainly worth trying for yourself!

4. Set Appropriate Goals!
   Be realistic. You may need to set short-term goals in order to reach your long-term goals. Let’s pretend I want to climb Mt. Everest; there is no way I am capable to climb any mountain today. A more realistic goal for me is taking the stairs every day for seven days. Eventually, with enough planning and training, I will be capable of climbing Mt. Everest. The point is, you need to recognize that long-term goals are just that—long-term. Don't be discouraged when you don’t accomplish your big goals right away. Celebrate your short-term goals. You will make it!
5. Always end in a good spot!

If you stop working in a place where you understand what you are studying or you completed a task, when you start again, you will start with motivation. By ending where you are frustrated, you will return to your work frustrated. This, too, is something I practice with horses. When training horses or any animal, if you stop after the animal performs poorly, then that poor behavior is reinforced. I have found the same applies to me. Even science agrees that people remember the most from the beginning and ending of study sessions (thememoryinstitute.com).

6. Don’t Look at the Jump!

There are bound to be obstacles in your path. Failure is simply a part of learning; albeit, failure is certainly not a fun time. If you focus on the failure, you will never move past it. It is like jumping horses. When the rider stares at the jump as the horse approaches, the horse often slams on the breaks and refuses to jump. Keep your head up, look past the jump, and your horse will take you where you want to go.

7. Surround yourself with positive people.

Did you know that smiling is contagious? According to Dr. Ronald E. Riggio in “There’s Magic in Your Smile,” viewing someone smile activates the cingulate cortex in the brain, which is an "unconscious automatic response area," and triggers the viewer to smile. Additionally, smiling releases dopamine, serotonin, and endorphins in the brain. So hanging out with positive people is good for your mental health and motivation!

8. Be flexible.

Unfortunately, plans do not always work out the way we want. Being flexible helps you to complete the work, even if it involves some creative solutions, with much less frustration. It is wise to have a plan and to brainstorm potential obstacles. If you do have a setback, just be sure to not stare at the jump (refer to #6 above).


Know your limitations, and know when to ask for help. Inventory your support system. If it seems to be lacking, then you probably haven't attended many Carolinas Region events. Part of being in PTK is the massive support system that adopts you immediately. Don’t be prideful and avoid asking for help either. After all, team work makes the dream work.

10. Just do it.

The “right” moment may never come. You may have to make time for completing your goals or reprioritize your schedule. The older I get, the more I understand this. At some point, you have to move past wanting to do something and actually doing it. So why not now?

I hope this article provided some fresh ideas for you to stay motivated, and if not, maybe if provided a chuckle or two. No matter what, never stop trying to reach your goals. It may seem far off, but you will get closer each day.

~ Alpha Alpha Iota Chapter
~ Erin Cox, VP of Leadership
~ York Technical Community College
On August 29, 2018, Alpha Tau Rho had the pleasure of participating in our campuses Branch Out event. This is where students can “branch out” from their normal routine and get involved in the clubs, organizations, and resources that Coastal Carolina Community College has to offer. During the event, Alpha Tau Rho took the opportunity to collect data from fellow students for our HIA Project. We wanted to know how they channeled their creativity. Spoiler Alert: The theme we have chosen is #5, Channels of Creativity! After writing on our creativity board, visitors of the table were christened with festive blue and gold beaded necklaces; and to ensure no communication was lost, we attached business cards to each necklace with our upcoming General Meeting and Orientation dates on the back. We provided sign-up sheets for our upcoming projects and school events for any student who was interested in participating. The eagerness of our fellow students to get involved was overwhelming!
Some of Alpha Tau Rho’s Chapter Officers having fun at Branch Out, 8/29/18.

Our Chapter President, Kat Truesdale, sharing all the exciting things about PTK to a fellow student at Branch Out, 8/29/18.
Our Chapter Vice President of Leadership, Meghan Baskerville, shaking hands with Coastal Carolina Community College’s President, Mr. David Heatherly.

A student at Coastal Carolina Community College shares with Alpha Tau Rho how she channels her creativity: DIY Projects!

We have chosen the direction we would like to take for our HIA Project - we are looking at the therapeutic benefits that creativity can have on a person. We are very excited to take this project to the next level and look forward to keeping everyone abreast of our activities each step of the way. With all the traffic
Alpha Tau Rho received at our Branch Out table, we anticipate orientation’s turn out to be fantastic! Orientation will be held on October 18th and is set up to be fun and informative. We hope to continue moving forward with the momentum that we have created and continue to gain new membership and more involvement in our school and our community.

Fall Festival at Coastal Carolina Community College is rapidly approaching; we are planning to have a pie in the face game, which will be aptly titled, “Pie a Phi.” The game set up involves placing cups at every club’s table with “ingredients” of what makes up a PTK member such as: success, service, leadership, and honor. We envision this set up being an opportunity to get students to, not only, check out other clubs and resources available to them, but also discover what qualities PTK fosters. What better incentive is there, than getting to pie one of us in the face? Stay tuned for photos!

We are so excited for Fall Conference and an amazing Fall Semester! We would like to give a huge THANK YOU to all of our Regional Officers for all that you do!

WE ARE PTK

Alpha Tau Rho
Coastal Carolina Community College - Jacksonville, NC
South Carolina Technical College System President Tim Hardee decided to cycle around the state (800 miles) to raise money for student scholarships and raise awareness of the 16 Technical Colleges in S.C. Hardee set the goal of raising $160,000 to be divided evenly among all 16 colleges. This scholarship money has no strings attached. Hardee is a man who understands the hardships of everyday life and being a student on top of that. This 800 mile trek is called Tour de Tech. He started at York Tech in Rock Hill on September 27th and will end at Horry-Georgetown Tech on October 12th. Students, organizations, staff, and faculty gathered up to cheer him on as he rode onto Thornley Campus of Trident Technical College. He presented a $5,250 check to Scott Poelker, Vice President for Finance and Administration. Hardee delivered a speech and accepted our praise and goody bags prepared by Alpha Epsilon Omicron.
Meeting

With

Administration
Taking a Step Forward Together

The President and Vice President of Beta Tau Phi had the pleasure of meeting with the President of our college, Dr. William Ingram, today and it was beyond amazing. Collaborating with him was an eye-opening event and we believe every chapter should do so. WE were pleasantly surprised that PTK was on his radar and he was very interested in our plans and how he could offer any help. He was more than willing to tell us what his expectations were and he wanted specific details concerning Honors in Action, the local and regional Service Projects, as well as Catalyst. We were humbled by his offering financial support for our chapter to go to Catalyst, assuming we make 5 Star Chapter status. This experience has allowed us to be able to help our college and community by seeking the knowledge of our President in order to more efficiently use the tools we have because of PTK. This is going to be an exciting semester and we can’t wait to get to work!

~ Durham Technical Community College
Together in Harmony...Military Style

When Beta Eta Pi began our research on the topic Myth vs. Reality, we were not really sure how this topic would eventually refine itself. Through the recursive process of research and conversation among our HIA committee members, we began to gravitate towards the myths commonly believed or assumed about our veterans, current military students and their family members. Because Shaw AFB is part is an integral part of our community, and because we (and all colleges) have an ever-increasing presence of veterans, actively serving military personnel and their family members attending classes, this began to present itself as the most viable direction in which to allow our research to grow.

Through library research, widely distributed surveys within the community, and interviews, we were able to ascertain that many misconceptions regarding military personnel were, in fact, creating a rift between our students, faculty and staff. It was discovered our faculty and staff had little-to-no knowledge of the obstacles a veteran, current military member or family member must overcome to apply to college, attend college classes, and complete assignments. Also, many of our veteran, military, and family members were unaware of the many resources Central Carolina Technical College have available to them.

To resolve this issue, our Beta Eta Pi chapter formed a task group to identify these issues. The task group consisted of our HIA team members, Veterans Upward Bound Director and Program Manager, and our Campus Veterans Representative. Each of these college representatives served our military population and family members in some way. As a group, we began brainstorming options for bridging the knowledge gap.

After several meetings and planning, the task force resulted in the creation of a Green Zone Training Initiative. This training would be offered in two parts. The first part focused on the unique challenges our military and family members face with life in the military, as well as trying to be a successful college student. The second part of the training focused on the many resources that are available to our military and their families. The training was open to all college personnel with the hope that those that chose to do both parts would be able to provide information to our military students and family members and better serve them, without the added stress of them having to travel to another campus office or another campus.

To date there have been four trainings, with 45 college personnel in attendance. Once a college member has completed both trainings, they are able to display the Green Zone Training Logo, which identifies the knowledge and desire to help our military students and family members. The Green Zone Logo is shown below:
Beta Eta Pi is proud of the new college initiative that will be offered every semester at Central Carolina Technical College to assist our military students and family members. This project could not have been accomplished without the hard work of our HIA committee members and the support of our college. We look forward to the results of this year’s HIA project!

~Central Carolina Technical College

~Beta Eta Pi Chapter
Why

Be

Active & Participate
Have you ever thought about running for Regional Office?

I am pleased to inform you all that we will be having a **workshop at Leadership about running for Regional Office and/or International Office**!

When I joined Phi Theta Kappa, I just fell in love, which in turn inspired heart and passion to grow within. The moment an opportunity arose to become involved in PTK, I seized the opportunity. I wanted the ability to help other Phi Theta Kappans see what I see. Last year, I was President of my chapter, Alpha Epsilon Omicron. Currently, I serve as your Regional President and I enjoy every minute of it. This region is truly amazing. Becoming the Regional President has helped me transform into a servant leader. Beth Carraway has been an amazing coordinator in making sure we complete all our projects on time. I could not have asked for a better team leader, nor a better team to serve with. During this time, I have developed into a better speaker with all the practice that we have in presentations. Beth’s leadership allows us to navigate through our projects as true leaders by allowing the Regional team to take the reins on each of our projects. I love how our team works out each detail. From day one, we told Beth we were a team that wanted to help transform the region as the region transforms us. I am truly proud to say, I was able to speak at the chartering of a new chapter and to join another induction as a guest. Traveling to different chapters to be a part of their special day are the best parts of being an officer. I love to share my story and passion to Phi Theta Kappa, but I really LOVE hearing YOUR stories!!! Those stories and memories are what drive us to become successful. I encourage everyone to run for a Regional Officer position. It changed my life more than you know. It will help transform you too. Thank you all for your love, support, and thousands of texts #CROSS18.
Welcome Members to the Fall 2018 semester in Phi Theta Kappa! Now that you have become a member, we are asking you to challenge yourself and become an Active Member. There are many opportunities as well as responsibilities that come with being an Active Member.

- Complete the individual Competitive Edge online at www.ptk.org
- E-mail schedule availability for potential meeting times
- Get involved in the many projects we have been given to accomplish
  - College Project- Based off BRCC’s Mission Statement
  - Honors in Action Project- Transformations: Acknowledging, Assessing, and Achieving Change
  - Carolina Region Service Project- “A pledge to aid, care, and support our Senior Citizens.”
  - Regional Project- Channels of Creativity: Art Matters Too!
    (These projects present opportunities for cash scholarships)
- Assist in a recruitment campaign
- Have a say in what our Chapter’s direction will be
- Help our Chapter achieve 5-star status
- Run for Office
- Attend Conferences
- Help spread awareness!
- Get to know your local Chapter Members!
- Have fun being part of a 100-year-old Honor Society!!

Local Chapter Newsletter Example

~Alpha Rho Upsilon Chapter

~Danielle Flewelling

~Blue Ridge Community College
Once again, Alpha Omega Nu, Edgecombe Community College’s Phi Theta Kappa chapter, helped to host the Carolinas Region Honors Institute this summer. It has become somewhat of a tradition for us; we have hosted this conference for a decade or more, including the years at Mars Hill University, the two previous years at Campbell University, and several summers before that at Louisburg College. We have really enjoyed it! Serving as hosts at a regional event has enriched our chapter’s experiences and memories. We have learned that we reap numerous benefits from our efforts, for instance:

- Making many new friends from other chapters
- Developing “sisterly” bonds with other chapters that have co-hosted
- Gaining leadership and organizational skills
- Getting “a bigger picture” of the Phi Theta Kappa organization
- Meeting one of the requirements in the Five Star Chapter Plan (at the four-star level)

Hosting is not the only way to be involved at a regional level. There are many other options, such as running a workshop at one of the conferences, campaigning for one of the regional officer positions, or participating in the regional Honors in Action project. We encourage everyone to join in activities at this level. To paraphrase the theme that we were using at the Honors Institute this summer, “Embrace Change: Keep Blossoming!” 😊
The 2018 Fall Semester at Wake Tech is shaping up to be a busy one so far for the Beta Alpha Zeta chapter! Even before the semester began, our members were hard at work gearing up for a productive autumn season. We have had a lot of exciting developments happening for us this year, and we are eager to share some of them with our fellow Phi Theta Kappa members.

For our officers, elected in the Spring Semester of this year, the past few months have been full of opportunities to make the most of the PTK experience.

In June and July, there were the officers’ training meetings. At these meetings, the officers reviewed PTK’s Five Star Chapter requirements. They also received their officer’s manuals, and discussed the scheduling and plans for our chapter’s Honors in Action Project. At the July 9th meeting, the officers were informed about the various styles and aspects of leadership by guest speaker Lee Corbett, associate dean of Wake Tech’s Arts, Humanities, and Social Sciences (AHSS) Division.

When July 20th rolled around, the officers hit the road to attend the Carolinas Region Honors Institute. At Mars Hill University, they had the opportunity to work with other PTK members on mock assignments to give them an idea of how to carry out an Honors in Action project. They also represented our chapter in two of the activities. Vice President of North Campus Jemin Park participated on the pro-immigration side in the debate event, and Sabrina Lightfoot, along with another of our officers, read original works during Reader’s Theater. Throughout their stay at Mars Hill, our officers used their free time to socialize with and befriend other attendees, networking with PTK chapters from across the Carolinas. By the time they left on July 22nd, they had learned new skills, made enjoyable memories, and formed valuable social connections.
Here are a few photos from their eventful trip:

Dining together in the Mars Hill Cafeteria.

Jemin Park taking one of his turns during the debate.

Jemin Park stands with other debate participants.
We are happy to announce that four of our members earned scholarships this semester, as well. Jemin Park received the Agarwal Foundation Scholarship, and was named a 2018 Coca-Cola Leaders of Promise Scholar; he intends to continue developing his careers in business and videography. Sabrina Lightfoot, who is considering a career as either a sociology teacher or a guidance counselor, was awarded the Raleigh Professional Women’s Forum Scholarship. Douglas Hill, aspiring youth educator, was awarded the Temple Sloan Family Foundation Scholarship. Finally, Emily Lamb received the Cengage Unlimited Subscription Award; she is currently studying to become a software engineer.

With the beginning stages of our Honors in Action project already underway and more events coming up as the semester progresses, we have a feeling that our chapter still has a lot to look forward to this fall. Whether we’re fundraising, educating new chapter inductees about PTK, or conducting our annual Giving Tree toy drive, the work (and fun) never ends for us in Beta Alpha Zeta. Here’s to all the work our members have done so far, and here’s to accomplishing so much more together by the end of 2018!
The Next Step....

Why I joined Alpha Omega VS Why I Am Active in Alpha Omega

The perspectives of THE DARK SIDE....

Sheila Dickerhoof:

I joined because that’s just what you do. You finish at your community college and join. I graduated and began my career but that piece was missing. You know that key shaped hole that PTK left. So I volunteered to help at the Regional Honors Institute in 2017. There I met some awesome alumni and saw what an impact they had while having so much fun. That key shape hole was filled with laughter, love, and a way to give back to the organization that helped me find my voice. My husband, Brian, had always helped with my chapter projects and had even attended Catalyst 2016 when he was inducted by home chapter as an honorary member. He believes in what PTK does and quickly joined AO also.

Mel Pearson:

My name is Mel Pearson and I was inducted into Alpha Omega Alumni in March of 2014. I absolutely love being an Alumni because I can help others achieve their goals just like I was helped when I was just a member. Being an Alumni is awesome! Over the last four years it has shown me that even though I don’t have a particular project to work on I can still help people. Because of that I started my own non-profit called Notebooks for Change, I gather and donate school supplies to help over 100 children! Being an Alumni gives you the opportunity to grow as a person, help others, and eat a lot of cookies! And I wouldn’t change it for the world!

Keisha Soria:

The Regional Conference of 2018 was when I first got to see Alpha Omega in full force and I knew I had to join. I was truly in awe of passion I saw in the eyes of the alumni who were working so diligently to make sure that what they had planned for us during the conference went well. I appreciate being a part of the alumni association and have felt nothing but love from those with whom I have had the pleasure of volunteering. It feels good to be a part of another PTK family and I look forward to all that we are and will be doing to continue this great legacy.
Kristina Schurmann:

Being active in Phi Theta Kappa has been one of the most rewarding experiences of my life. I have met so many amazing people and have been given opportunities that I never could have imagined. I wanted to keep that excitement and opportunities that I never could have imagined. I wanted to keep that excitement and opportunity going. Joining Alpha Omega allowed me to still be a part of Phi Theta Kappa and gave back to my chapter and the region. I love the camaraderie that we all have and I love that I can be myself around everyone. I am so thankful to be a part of Alpha Omega. One of my favorite things is being able to help out at regional events and see how excited the attendees get when they experience everything during the weekend. The cookies are a good reason too!