

2010 NATIONAL LEADERSHIP CONFERENCE

The 2010 Alpha Beta Gamma National Leadership Conference will be held in Penscola Beach, Florida April 8-11, 2010.

The year's conference is shaping up to be an invigorating and exciting experience for all. Make plans now to attend the conference (more information and registration forms can be found on the website). There is plenty of time for students to write and submit essays for the many award and scholarships available, and for chapters to plan workshop presentations.



Conference fee is \$135 per person prior to January 31 and will increase to \$160 per person for reservations made after that date.

Included in the conference fee is a Pizza party on Thursday evening, breakfast daily, lunch on Friday and the Saturday evening Awards Banquet.

This year, hotel reservations must be made directly with the hotel and paid for by credit card. We will be staying at the Hampton Inn, Pensacola Beach, FL. You can call 800-320-8108 to make your reservations. Room rates are based on double occupancy and are \$159.00 per night with Gulf view and \$129.99 with a view of the sound. Thursday evening rates are \$119. To secure these rates, reservations must be made by February 22, 2010.

Dress for the conference is casual. Business attire is expected for the Awards banquet.

The airport is 14 miles from the hotel--taxi fare is expected to be approximately \$28.00.

Make your plans and reservations early! We are looking forward to seeing everyone in sunny Florida.

The Community College as a First Step

By Richard Hyland - Adviser, Delta Chapter

To gain acceptance into an elite college is an almost universal aspiration for both teenagers and their parents. Of course where there is opportunity and prestige there is competition, and perhaps nowhere is this more evident than in gaining entrance into a top school. Author Peter Sacks says in a recent article that the eventual payoff to students who attend elite

colleges – those from of all ethnic backgrounds - can be extraordinary. Graduates of elite schools out-earn counterparts nationwide by almost \$40,000 a year and are far more likely to enter highly paid, prestigious professions. According to Sacks, 3 percent of college graduates nationally become physicians, while 15 percent of graduates from prestigious colleges do so. With so much at stake, it is no surprise that students and parents from all backgrounds are desirous of these colleges.

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ABG National

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Westchester Community College

NATIONAL EXECUTIVE CHAIRS
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Georgia Perimeter College
Professor Renee Summers-Akers
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THE HONORS JOURNAL of Alpha Beta Gamma

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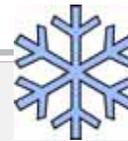
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- Humorous quips and quotes
- Resources for Alpha Beta Gammas
...and much more!



Editor's Note

The following is partially reprinted from the Associate of College Honor Societies website at www.achsnaatl.org

The Association of College Honor Societies has long promoted Ethics as a common course of action for all honor society members. This year, the ACHS is spearheading **Social Responsibility** as an additional focus. ASAE and the Center for Association Leadership define Social Responsibility as “A commitment to leveraging the power of associations to create practices that make a positive social, economic and environmental impact while creating healthier organizations.”

The Global Summit on Social Responsibility designated five objectives of this initiative, all focused on initiatives that will create and foster associations to take a major role in socially responsible leadership. Please refer to www.achsnaatl.org to review the objectives and additional resources available on the matter of Social Responsibility.

Social Responsibility is really embodied in the ideals of Alpha Beta Gamma and it would be a perfect focus for our chapters to work toward during this coming year. Each year, the annual reports of the various chapters itemize numerous projects we participate in that comply with and expand the objectives of social responsibility. Let's join together in a concentrated effort to show what a socially responsible organization Alpha Beta Gamma is.

Peter Drucker said “Leaders need to be willing to start with the question, ‘What needs to be done?’”, in 2010, let us roll up our sleeves and DO IT!

Corrections from Spring 2009 Edition: For 2009, Nick Bechtel of Pensacola Junior College was belatedly named the Eva Bobrow Medallion recipient for Alpha Alpha Chapter.

The 2010 ABG Leadership Conference will be held in Pensacola Beach, not in Pensacola.

Awards and Competitions

Each year at the annual Leadership Conference, Alpha Beta Gammans are selected for exceptional contributions. To be considered for an award or to nominate a member for recognition, please submit entry and completed form (available on the ABG website) to webmaster@abg.org.



Chapter Awards

The following awards are based on the Annual Reports submitted by each chapter (use Annual Report form, available here.). Chapters may request to be considered for any of the awards and may attach ancillary materials to the Annual Report.

The Brooks College Golden Key Award - to the chapter that displays overall excellence and serves as a model chapter for others to emulate. Chapters submit information on the Annual Report Forms and may add supplemental information. The Scholarship Committee selects recipient. No special submission form required although nominations from other chapters are acceptable. A stipend and a plaque are awarded to the winning chapter. This award is funded by a most generous contribution from Brooks College's Omega Chapter, thanks to Professor and Adviser Emeritus Dixie Towers.

Excellence in Financial Management - to the chapter that displays excellence in fundraising and cash flow management. The ability to finance special projects and events is important in this category. Chapters submit information on the Annual Report form. The Scholarship Committee selects recipient. No special submission form required yet, additional material can be attached to the Annual Report. A plaque is awarded to the winning chapter.

Excellence in Recruitment - to the chapter with excellence in recruiting by means of materials and marketing programs. Materials that can be shared with other chapters are most valuable. Chapters submit information on the Annual Report form. The Scholarship Committee selects the recipient. No special submission form required; yet, additional material can be attached to the Annual Report. A plaque is awarded to the winning chapter.

Excellence in Campus Service - to the chapter that best serves the Host College. Chapters provide ancillary learning experiences in the business division are encouraged to document their activities in their Annual Reports. The Scholarship Committee selects the recipient. No special submission form required. A plaque is awarded to the winning chapter.

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The Professor Donald Bertram Community Service Award - to the chapter that displays innovation in service to the community. Chapters submit information on the Annual Report Form. The Scholarship Committee selects recipient. No special submission form required. This award salutes Professor Donald Bertram, Faculty Adviser Emeritus. His chapter led the society in community service over many years. A plaque is awarded to the winning chapter.

Individual Awards

The following awards are made to individual recipients. Please see additional information and the nomination or submission forms on our website www.abg.org.

Alpha Beta Gamma College President of the Year - Awarded to a college president who has demonstrated, over an extended period of time, inordinate support for the mission of Alpha Beta Gamma. Nominations from Chapter Advisers accompanied by Curriculum Vitae and photo are sent to the Scholarship Committee, which selects recipients for this award.

The Hausman Siegel Distinguished Chapter President Award - This award is presented to outstanding Chapter Presidents. Nominations can be made by the Chapter Adviser or officers of the chapter. The nominee should be an exemplary president whose tenure would serve as a model for all Alpha Beta Gammans to emulate. Submit a letter of nomination which delineates the nominee's worthiness to receive this award. The award is funded by the Hausman Siegel Restricted Fund. Mr. Robert Hausman, former Chairman and CEO of the Board of Loews Hotels and Mr. Jerome Siegel, for Chairman and CEO of the Board of Titan Industrial Steel Corporation are the sponsors of this award. A book stipend of \$300 and a plaque are provided to the recipient.

The Professor Steve Graham Memorial Award - Awarded to a student who is nominated by a faculty adviser. Both must be in attendance at the Annual Leadership Meeting. Letter of nomination from chapter adviser is required. A book stipend of \$300.00 and plaque are awarded to the recipient.

The Joseph Perry Creativity Award - Awarded to either an adviser or student who makes a significant editorial contribution to the Honors Journal. This award is funded by the Prof. Joseph Perry Creativity Fund. Recommendations for this award are made by the Editor in Chief of the Honors Journal and the Chief Executive Officer of the Society. A book stipend of \$300.00 is awarded to the recipient.

The Prof. C. George Alvey Distinguished Fellowship - Awarded by the Scholarship Committee to the chapter adviser who emulates the significant contribution made to Alpha Beta Gamma by Adviser Emeritus, C. George Alvey of the Rho Chapter. A stipend that accompanies this award is funded by the C. George Alvey fund of Alpha Beta Gamma. Recipients become Fellows in the Society of Alpha Beta Gamma. A \$300 book stipend accompanies this award. Nominations by letter for this award should be sent to the Chief Executive Officer.

The Eva Bobrow Memorial Medallion of Excellence Award - Each chapter adviser may annually recommend one outstanding Alpha Beta Gamman who in serving as an officer of the chapter has contributed in an outstanding fashion and achieved excellent results for the chapter.

The Papps Award - Award presented to an Alpha Beta Gamman who transferred to the Wharton School at the University of Pennsylvania. Awarded by the Scholarship Committee. Bruce Papps alumnus of the Delta Chapter and President of Papps Capital, contributed to the

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restricted fund which provides this award. The faculty adviser must submit the Papps Award Form. A book stipend of \$300.00 and a plaque will be awarded. Bruce Papps, alumnus of the Delta Chapter and President of Papps Capital, contributed to the restricted fund which provides this award.

The Cerrone Award - Awarded to a Chapter President who has done an outstanding job rejuvenating a chapter. The Cerrone Fund was created by Ray Cerrone, past President of the Delta Chapter. A letter of nomination from the faculty adviser should be sent to the Scholarship Committee prior to the Annual Leadership Conference. A \$300 book stipend and a plaque accompany this award.

The Zagara Competitors Award - This award is named to recognize the significant contribution that Chapter Adviser Marc Zagara has made to Alpha Beta Gamma over many years and is presented to an athlete who is also an Alpha Beta Gamman. Nominations are sent to Professor Zagara who in turn advises the Scholarship Committee of the recipient. A book stipend of \$300.00 and plaque is offered to the awardee.

The Ginny Fastje Best Student Presentation-Award will be determined by a vote of all students attending the Annual Conference. A \$300.00 book stipend will be conferred upon the winner/winning team at the Awards Dinner.

Harold E. Tepool Award - In memory of Violet E. Tepool, mother of adviser Harold Tepool, will be given to the chapter with the best promotional material from chapter activities. In addition to submitting their annual report, chapters should detail all areas of the report in printed format and saved on disk. Electronic media and desktop publishing should be used to create a stand-alone document on chapter activities, including photos, narratives

and supporting material. A \$300.00 book stipend and plaque will be awarded to the winning chapter.

The Pamela Donahue Award - Presented to the Best Faculty Presenter at the Annual Meeting. A book stipend of \$300.00 and a plaque will be presented to the recipient selected by the Program Committee. Professor Donahue served as the first Chair of the Scholarship Committee.

Excellence in Administration Award - Outstanding college administrators from colleges which have Alpha Beta Gamma Chapters can be nominated for the Excellence Award by Faculty or chapter officers. The Scholarship makes recommendations to the Chief Executive Officer and awards are announced at the annual leadership conference. Recipients of the award receive a Plaque. College Presidents cannot be nominated for this award since there is a separate award for Outstanding College Presidents. The Plaque will be sent to the chapter adviser for an on-campus presentation.

Gaye Andersen Award of Excellence - Each year there is someone whose unique contribution does not fit into one of the society's existing awards. The Gaye Andersen Award of Excellence has been created to honor adviser Gaye Andersen whose unique contribution to the society over many years inspired all. The Chief Executive Officer of Alpha Beta Gamma shall select the recipient of this award with nominations coming from advisers and student officers or the executive committee. A \$300.00 book stipend and plaque accompany this award.



Essay Competitions

Entries for the following essay competitions MUST be received before the Leadership Conference deadline and must be accompanied by a submission form. Please e-mail completed forms and essays to webmaster@abg.org. NOTE: There are new submission forms for the 2010 Leadership Conference. Please make sure you have the current form and follow all instructions for submission. Once Your Essay is submitted, it become the property of Alpha Beta Gamma, Inc. which retains all rights.

The Keith Ulich Memorial Essay Competition

- This essay competition which involves writing about the concept of Living Life to Its Fullest honors the life and practices of Keith Ulich, A.S., B.S., M.B.A , former vice president of the Delta chapter of Alpha Beta Gamma at Westchester Community College , and a member of the Board of Advisers of the Alpha Beta Gamma National Finance Committee. The essay should detail the concept of Living Life to Its Fullest, outline the elements of this concept, explore factors which might affect its implementation and conclude with the benefits towards one's life that implementing such a practice would generate. Our Society believes that only after one conducts intensive thinking about this topic, might one understand the beauty of Keith's incredible life. He will continue to inspire us to emulate his philosophy of well-being.

The Dr. Mary Bone Competitive Essay

- Awarded to the writer of the best essay titled, "What Alpha Beta Gamma Means to Me". This award recognizes the outstanding contribution that Dr. Mary Bone, Adviser Emeritus at Pensacola Community College has made to her chapter and to the national organization.

The Francis Cunningham, Esq. Memorial Essay

- Applicants must submit an essay on the subject "Ethics in Business". The Scholarship Committee will judge essays and select the recipient.

The Peter J. Gleason Essay - Applicants must submit an essay on the subject Business and the Environment, Today and in Ten Years." The Scholarship Committee will judge essays and select the recipient.

The Nathan Ancell Memorial Essay - Awarded annually to the student who writes the Best Business Plan for a new business. This award honors the memory of member Nathan Ancell, founder of Ethan Allen, the nation's leading furniture company.

The Steve Perri Memorial Essay - This award funded by the family and friends of Steve Perri and the National Dean's List is awarded to the writer of an essay describing the Pros and Cons of Being an Entrepreneur. Steve Perri was a Chapter Vice President and President of a Roofing Company which he formed. An unfortunate work-related accident took Steve's life.

The Ester Cross-Carter Memorial Essay - This competition honors a true supporter of the Eta Delta Chapter who took a very special interest in Alpha Beta Gammans by being their greatest cheerleader and supporter. The mother of adviser Nancy Rocky, Ester Cross-Carter attended chapter meetings and events and was proud of her affiliation with Alpha Beta Gamma. She was the wind beneath the wings of the Eta Delta Chapter. An essay on the topic "Helping Others" is required.

The Sophia Abeles Essay - When the National Dean's List provided funds for an award, Prof. John Christesen at Westchester Community College immediately wanted to name the new award for Sophia Abeles, a distinguished benefactress of community college education. This competitive essay award words should concentrate on the theme of "Learning". Mrs. Abeles truly believed that it is learning and education which advance society. The essay should concentrate on how learning has improved and changed one's life or future.

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The MBIA Competitive Essay - This essay competition centers on the theme of “The significance of municipal bonds in financing special projects in the USA”. Students will study the financial mechanism of municipal bonds, discover a significant project which benefits society funded through municipal bonds and discuss the contribution to society. This essay competition is funded through a donation from MBIA Foundation. The scholarship committee selects the best essay each year at the Annual Leadership Meeting.

The David Pope Essay - An essay describing the contribution that emigrants made and continue to make to our democracy is required for this essay competition. The Award was funded by a grant from the Pope Foundation.

The David Bjorklund Memorial Essay – Alpha Beta Gamman David E. Bjorklund, former Vice President of the Delta Chapter died suddenly in an auto accident in March 2006. At 35 years old Dave already achieved an excellent career in finance working with Morgan Stanley. Fellow Alpha Beta Gammans who studied with Dave at Clarkson University established this essay fund. The theme of the essay is “Using Finance for Corporate Growth”. The Taddeo Family Foundation was a major contributor to this fund.

The Cornelia Blackwell Memorial Essay - An essay competition entitled “The Importance of Teaching Business” was established by colleagues and friends of Cornelia Blackwell whose career in the Registrar’s Office of Westchester Community College demonstrated incredible assistance to students and especially to Alpha Beta Gammans. The essay is judged by the scholarship committee.

The John D. Christesen Essay - Colleagues, family, former students and friends of Prof. John D. Christesen Raised funds for this award at a fundraising event in 2006. Additional Contributions to this can be made on line at www.abg.org. This competitive essay should describe in approximately 3,000 words, the environment, pedagogy or other atypical conditions under which the writer experienced a most significant teaching event. The essay should describe the process, technique or environment with which a truly exceptional teaching event occurred. Other faculty should be able to emulate the ideations. Members of the business and professional departments at colleges which have chapters of Alpha Beta Gamma are eligible to submit essays. In some cases, the recipient might be invited to present the paper at the annual meeting. Eligible Participants: All faculty advisers of Alpha Beta Gamma and faculty members from their colleges who teach the following disciplines (as listed on submission form or at www.abg.org).



E-mail essay submissions and award nominations to webmaster@abg.org no later than March 13, 2010!

See www.abg.org for additional details and submission forms

The Time to Use Your Personal Power is Now!

Most of the world's truly great people will be forever unknown. You and I will not hear of them and no one will write their biographies. Fortunately, fame has nothing whatever to do with greatness.

Sure, like most people, I love watching Oprah Winfrey and am inspired by her story. It's fun to watch Donald Trump or Bill Gates, although neither of them started in what most of us would call poverty. Perhaps the greatest recent example is President Obama. As a toddler, few would have predicted his current job title. But most of us will never be famous and it's unlikely anyone will write our biography. And that has nothing whatever to do with "greatness!" All of us want to achieve. Whether our goals are to make more money, to have more time with loved ones or to achieve some other goal, the thing TIPS subscribers have in common is the desire to do, have and become more. How do we achieve that?

We all have greatness within us. Every one of us is born to make a difference, to play our part, and transform our corner of the world. We all have the potential to live with joy and gusto and greatness. Why do so many of us settle for small problems, and small lives?

I think too many of us fail to grab hold of our personal power. Because we are not "powerful" on the world stage, we forget that we have tremendous power in our choices. We may not be rich or famous but we have the power to live with dignity and integrity and ambition. We have the power to smile, to try, to persist. We have the power to read and learn, and to pick ourselves up and try again, perhaps in a new and smarter way. We have the power to be loving, to be kind, and the infinite power to create.

We have the power to decide how we live our lives. My sense is that it helps to have a big dream. My father always told us that if we were going to dream, we might as well dream BIG dreams. I think it matters what we expect in life. I think it helps to imagine the best and focus our thoughts, our attention and our intention on big dreams.

But I also think it's vital that we not be distracted

by our own dreams. It's helpful and fun to aim for the sky, so long as we realize that even the biggest dreams happen one step at a time. Donald Trump's fancy skyscrapers are built one rivet at a time. Oprah built her empire one interview, one decision at a time. "A journey of a thousand miles starts with a single step."

Both Nelson Mandela and Marianne Williamson have been credited with the insight that our greatest fear is not that we are powerless, but that (in fact!) we are powerful beyond measure. Whoever said it first, I think it's true.

You are powerful beyond measure! You have the power to change your world any time you wish. Use your power! Get up a bit earlier, or work a bit longer, stand a bit taller. Give a smile to someone who needs one. Put legs under your dreams and make them happen.

High achievers use their personal power. They get up early. They exercise. They make key phone calls. They read great books. They monitor their time, their nutrition, their investments, their relationships. And so can you! These are the pesky "little things" that create big results!

Use your power every single day! Do it today, not tomorrow or "someday." Use your power to take a hike, read a story to a child or make one more sales call. Today, set aside an hour to read a book, practice a new skill or take a mentor to lunch. Today, initiate some action that, if repeated over time, will take your life in the direction you want to go.

For the next month, promise that you will use your power every single day. Choose a few key areas and commit that each day you will take the ordinary actions that will move you forward. Remember the cliché that "mighty oaks from tiny acorns grow?" The world's strongest athletes started with a few sit-ups or push-ups. The world's great fortunes often began with one small investment. Use your power! Whatever you have and wherever you are, begin and persist.

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www.philiphumbert.com or email to
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The Association of College Honor Societies Announces Chapter Leadership Project Award Recipients

The following are the recipients of the ACHS Adviser Grant Program (Social Responsibility: The Power of the Association of College Honor Societies to Make a Difference).

Alpha Chi, Blackburn College – *The Blackburn College Re-Cycle Program, a pilot project in environmental stewardship* – This project addresses transportation by developing a campus program to provide bicycles to students for a very low fee. The idea is to charge a \$20 deposit and return \$10 if the bicycle is returned in reasonable condition. Bicycles will be obtained through auctions and police departments that impound abandoned bicycles. The project is designed to cut fuel consumption and air pollution.

Alpha Chi, Tougaloo College – *Go Green Initiative* – This project will build upon a program begun last year to put containers for recycling paper and plastic on campus. Five bins for recycling paper, plastic, and metal will be built with the help of instructions found online. An additional component of the project is to educate students, staff, and faculty about the importance of changing the culture from “litter” to “clean and green.” The motto of the project is “Re-educating for Reducing, Reusing, and Recycling.”

Pi Gamma Mu, Washington & Jefferson College – *The Seven Wonders of a Socially Responsible World* – The project will promote the notion of social responsibility among students and enhance students’ understanding of society outside campus. Activities will be conducted to support Animal Friend’s Inc. and Homeless Children’s Education Fund.

Alpha Chi, East Central University – *Prosperity Workshop* – The purpose of the three-hour workshop for the Ada (OK) community is to promote the prosperity element of the Seven Wonders by focusing on domestic violence (a major barrier to women’s prosperity in the community), nutrition, and job skill training, including interviewing tips and resume writing.

Alpha Epsilon Delta, Stevens Institute of Technology – *Health-Bioethics* – Bioethics topics will be presented, discussed, and debated among students, faculty, and the campus community. After a series of presentations and discussions during fall 2009, a topic will be chosen and debated in March 2010. Bioethics awareness among students and campus community is the top priority. It is the social responsibility of everyone to be aware, discuss, and debate the bioethical implications of healthcare topics.

Psi Beta, Community College of Denver – *Homelessness* – This project addresses the concerns about homeless students and the homeless on the open campus. The project includes three elements: collection of data to educate students and college officials, connect those in need to available services, and submit recommendations to address the problem of classmates who ride the light rail all night to stay warm or couch surf in public areas.

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Many students, despite having a strong background in high school are edged in the fierce competition. Fully ninety-five percent of students who gain entrance to Princeton and Yale are in the top ten percent of their graduating high school classes, and the other six Ivies are similarly weighted with top students. Those students not in the top ten percent may include legacies (students whose parents attended the same school), students from states with lower representation at that particular school (think Alaska) or students who have other strengths like unique creative abilities or a fresh perspective as demonstrated in their admissions essays. This leaves many excellent and highly qualified students out in the cold.

Rejection from a first choice school can be a harsh experience for prospective students and their parents, especially when that student may have an impressive academic record and a strong list of extracurricular activities. Many of those who are rejected simply move on to study at their second or third choice schools, while others may appeal the decision. (Many, though not all, top schools offer applicants the ability to appeal the decision, but most students do not gain entry upon appeal according to the College Board.)

Another, less obvious way to gain entry to a top tier school is to start at a local community college. Perceptions of community colleges vary greatly depending on whom you ask, but it might be surprising to some that community college students have been transferring to top ranked four-year colleges for years. Community colleges have great appeal for their affordability, academic support, proximity to home, and more face time with professors among other things, but they can also serve as a launching pad to elite colleges.

While most four-year colleges are final destinations for students seeking a bachelors degree, community colleges typically serve as a stepping-stone for students looking to get a start towards a bachelors degree or vocational training. For some the community college is an opportunity to determine if a college degree is the right path before committing to the high tuition at another school. Others see a second opportunity to get into the school of their choice.

Westchester Community College in the suburbs of New York, well known for its sprawling bucolic campus in Valhalla, boasts a strong honors program and offers students the ability to earn a two-year degree inexpensively while staying close to home. What is not as well known is that the college boasts an impressive list of alumni who have gone on to attend top tier schools.

While hard statistics on the number of students who gain acceptance to top schools are hard to come by, these students are known to their professors, advisors, and others in the college with whom they stay in touch. "Parents and students have been using this approach forever," says Professor John Christesen, Chairman of the Department of Business at Westchester Community College. "Over the years, many of our students have gone on to great schools like Wharton (University of Pennsylvania), NYU, and ILR (the School of Industrial Labor Relations at Cornell). They come back to visit all the time."

Rockland Community College on the other side of the Hudson River also has its success stories. On average ten to twelve students transfer from RCC to the NYU Steinhard School of Education on scholarships each year. "For the last two years in a row one of our students has received a full scholarship to Harvard," offers Len Gersten from the Student Services department at RCC. "Each year we have students who transfer to Columbia, Brown, and about half a dozen a year to Cornell."

If the elite colleges can afford to be so selective, one might wonder why they accept transfer students at all. There are in fact several benefits these colleges gain by admitting transfer students. First, it can alleviate the need for student housing given the fact that freshman tend to require on-campus housing more than upper classmen. It can also help offset attrition and increase enrollment in higher-level courses. According to Pia Setti, Director of Transfer Admissions at Harvard, "Transfer admission offers an opportunity to those students who need time to prepare for study at a more prestigious college. It also helps us (Harvard) diversify the class."

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According to New York University's website, roughly 32% of those who applied to the school as freshman in 2003 were accepted. Fully 35% of the 4,692 students who applied for transfer to NYU in the same year were accepted. The percentages are clearly, if only slightly, in favor of the transfer student. Parents and students in the know can, and do take advantage of this fact.

Although they tend to emphasize their differences, most colleges and universities look for similar traits in a prospective student. A strong academic record, good leadership skills, extracurricular activities, high SAT scores, community service, strong writing skills, and a strong desire to succeed, are some of the hallmarks of a successful applicant. If a student is missing some of these attributes in high school, a community college can offer another chance to demonstrate these abilities and enhance an application.

To be sure the competition will continue to intensify and applicants will seek unique ways to gain admission to their top choices. There are myriad anecdotes about the things students have done to get noticed by admissions people. From submitting videos, to typing essays on homemade paper just about everything imaginable has been done to make an applicant stand out. These types of tactics are not always seen in a positive light by admissions teams, however. A student who takes a year or two to demonstrate her abilities at a local college, on the other hand, can be appealing to admissions teams.

Westchester County, known for its über-competitive residents, boasts some of the best high schools in the country and so expectations can be high. While some see community college as a place for students with limited options that perception has changed. As the cost of a four-year degree continues to rise – some estimates indicate that students entering kindergarten this year will spend upwards of \$200,000 for a four year degree at a private college when they reach college age - more parents and students are looking to community colleges as an excellent starting place.

Hmmmm.....

Why do we press harder on a remote control when we know the batteries are dead?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Why doesn't Tarzan have a beard?

Why did Kamikaze pilots wear helmets?

Whose idea was it to put an "S" in the word "lisp"?

What is the speed of darkness?

If you send someone 'Styrofoam', how do you pack it?

If the temperature is zero outside today and it's going to be twice as cold tomorrow, how cold will it be?

If it's true that we are here to help others, what are the others doing here?

How important does a person have to be before they can be assassinated rather than murdered?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway.

Pensacola Facts



- ❖ Average temperatures in April: air 68, water 72.
- ❖ Pensacola boasts 52 miles of shoreline
- ❖ Pensacola is the Cradle of Naval Aviation--all Navy, Marine and Coast Guard aviators start their training in Pensacola
- ❖ Home to the Blue Angels
- ❖ Home to the National Naval Aviation Museum
- ❖ The USS Oriskany, a retired aircraft carrier, was sunk offshore to create the world's largest artificial reef and a hot spot for scuba divers
- ❖ The Pensacola Fishing Pier extends 1,471 feet and is one of the longest piers in the Gulf of Mexico

Alpha Beta Gamma International Business Honor Society

Eligible Disciplines

Accounting	Electrical & Electronics Engineering Technology	Market Research
Advertising	Electrical Technology	Marketing Management
Agricultural Business	Electronics Servicing Technology	Media Arts & Animation
Architectural / Design Construction Technology	Environmental Design	Medical Secretary
Arts Management	Economics	Mortuary Science
Aviation Management	Entrepreneurship	Motor Vehicle Technology
Banking	Fashion	Office Technologies
Broadcasting, Radio, TV	Fashion Merchandising	Operations Research
Business Administration	Finance	Paralegal
Business Economics	Fire Science Technology	Personnel Administration
Business Journalism	Game Art & Design	Postal Services Management
Business Management	Graphic Design Technology	Public Administration
Business Statistics	Health Insurance Claims Management	Public Relations
Casino Management	Health Information Technology	Range Management
Civil Construction Technology	Health Services Administration	Recreational Management
Communications	Horticulture Technology	Restaurant Management
Communication Technology	Hotel Management	Safety and Health Technology
Computer Aided Design and Drafting	Human Resource Management	Secretarial Science
Computer and Electronics Service Technology	Industrial Design	Small Business Management
Computer Information Systems	Industrial Management	Systems Analyst
Computer Network Technology	Interior Design	Textile Engineering
Computer Programming	International Business	Theatre Management
Conservation & Regulation	International Public Relations	Trade Management
Construction Management Technology	Industrial Relations	Transportation Management
Culinary Arts	International Public Relations	Travel & Tourism
Culinary Management	Investments & Securities	Visual & Game Programming
Dairy Management	Legal Secretary	Web Site Design
Data Processing	Management Information Systems	Wildlife Management
	Management Science	Word Processing

National Student Body Submission

Organizing Your Way to Success

*By Michael Petrellese, Delta Chapter
Member of the National Student Executive Committee*

If Alpha Beta Gamma has taught me anything, it's that being an organized student will make your life much easier and also improve the quality of your work. Many students have a difficult time balancing classes, homework, a job, and maintaining a healthy social life. Finding that even keel may be easier than you think. There are a number of simple things you can do to bring order to your schedule and simplify arduous tasks.

One of the most important aspects of being organized is to have some sort of planner or task scheduler. Having a place to mark down deadlines, write down assignments, remind you of upcoming work, and order your ever changing day to day schedule is crucial to success. If you don't prefer to write down everything by hand into a booklet, use your cell phone. We all carry it on us 24/7 any way, use it to your advantage. Find and utilize whatever fits your style.

Set yourself up with ideal conditions to do your best. Libraries and computer rooms are on every campus. You are paying for them, so why not use them as a quiet place to get your work done. If you prefer to do work at home, designate an area where distractions are at a minimum. Have a place you where can study, read, or do work that will allow you to dedicate yourself entirely to what you are doing.

It is also a good idea to have a set procedure to the way you execute your work. Have all the materials you need in the same place, all the time, in order to decrease the chaos. If you continue to work on a routine, soon enough you will do it out of habit and you'll see that things move much smoother and more efficiently. Sometimes the hardest thing to do is get started. Where do I begin? What should I do first? These are questions that can be solved with a routine.

Another important aspect of being organized is keeping neat folders for papers and information. Try and keep separate folders for each class you have. The same should hold true when working on a computer. Create different folders for each of your classes, and save important work into each of them. Again, by simply doing this, your work will be in the place you want it to be; the place you expect it to be. You won't have to waste time searching for something, which only adds frustration and stress hindering on your work. A flash drive is always a good investment as well. Think of it as your portable work, canceling any chance of you forgetting something at home.

Simple things like these can have drastic effects on your work and your grades. My advice is to at least give it a try. Improvement cannot be made if nothing is changed. There's always room for improvement!

National Student Body Submission

Promoting Your Local Chapter

By David M. Villalobos, Delta Chapter

National Student President

Marketing your club is one of the most important things you can do to help your chapter succeed and prevent it from diminishing. Promoting your club is simple if you let passion lead the way. Successfully marketing your local chapter requires strong leadership and motivation. You must also gain a strong rapport with your officers and observe how the organization presents benefits to the members. Delta chapter, one of many, has recruited new members through campus awareness programs involving cross-promotions and successful events.

Once you've conceived the purpose and the motives of your club, you can begin by analyzing the club's past activities to correct flaws and to strengthen the chapter's effectiveness promoting specific events. When setting a new agenda for the upcoming year, the officers should apply their collective thoughts towards improving existing events in ways that better promote the image of the club.

In Delta Chapter, we've hosted successful events with the help of our Marketing Vice-President, who's been responsible for coordinating a list of activities needed to provide various services. This includes hosting a number of class presentations to inform business students about our services, advertising fundraisers to promote public awareness, promoting leadership events throughout the campus, etc. Michael Petrellese, National Officer, Delta Chapter, felt immensely gratified with his learning experience and the content presented at the "Breakfast with a President". The event was held by guest speaker Paul Breitenbach, Cornell Graduate, Quickstore24 CEO, former Priceline.com CMO. Michael commented that, "Many alumni are willing to come and speak at the schools they graduated from. You can contact one of them and ask them to come in to give a talk. Most students will go if it's held during a common hour and the subject topic is of interest". Based on the results of faculty's feedback the event was a great success. An average of thirty students returned to the ABG office requesting the transcript of the speech along with a copy of Mr. Breitenbach's business card, as a possible contact for internships.

Stacy Schneider, National Secretary, Kappa Beta, overcame a recruitment obstacle in her chapter, which had limited recognition on her campus, by cross-promoting. She said, "Our chapter piggy-backed with our well-established Accounting Club for meetings, so I could draw from their membership. We just split the hour between the two clubs to take care of both agendas and we actually got most of our membership that way."

All these promotional ideas may be used to create new value for your club and to capture the public's interest by recapping the fundamental strengths of your organization - the *mission*, the *people* and the *promotional events*.

"Without promotion something terrible happens... Nothing!" P.T. Barnum.

Alpha Beta Gamma National Scholarship List

Albright College	Eastern University	Neumann College
Allentown College of St. Francis	Eckard College	New England Culinary Institute
Aquinas College	Elizabethtown College	New Mexico Institute of Mining
Arcadia University	Endicott College	New York School of Interior Design
Ashland University	George Washington U.	Niagara University
Aurora University	Gustavus Adolphus College	Northeast Missouri State U.
Babson College	Iona College	Northeastern State University
Barry University	Jackson State U.	Northeastern University
Bentley College	John Brown U.	Notre Dame College of Ohio
Bloomfield College	Johnson & Wales University	Nova Southeastern University
Bluefield College	Juaniata College	Pace University
Boston University	Kentucky Wesleyan College	Polytechnic University, L.I. Campus
Branford College	Keuka College	Rensselaer Polytechnic Institute
Brenau University	King's College	Robert Morris University
Caldwell College	Le Moyne College	Rust College
California Lutheran College	Lees-McRae College	Saint Vincent College
Canisius College	Lenoir-Rhyne College	Shenandoah University
Central Wesleyan College	Liberty University	Sonoma State University
Charleston Southern U.	Limestone College	Southern Wesleyan University
Chatham College	Lincoln Memorial University	St. Cloud State University
Clark Atlanta U.	Linfield College	St. John's University
Clarkson U.	Livinston University	SUNY - Binghamton
College of Saint Rose	Long Island U, CW Post Campus	Teikyo Marycrest University
College of St. Scholastica	Manchester College	University at Buffalo
Coppin State College	Manhattan College	University of Pittsburgh at Bradford
Daemen College	Marian College	University of Tampa
DePaul U.	Mercy College	University of Tennessee at Martin
Drexel University	Merrimack College	University of West Alabama
Duquesne U.	Midwestern State U	Utica College of Syracuse University
East Tenn. State U	Mississippi University for Women	Vincennes University
		Webber College



For late-breaking news and
all kinds of good stuff,
check out our website

www.ABG.org

The **HOW** of a Positive Mental Attitude

Since the days of Norman Vincent Peale and W. Clement Stone, we've known the importance of a positive mental attitude. Stone thought it was so vital for success and achievement that he abbreviated it as PMA and said it was the single most important difference between winners and losers in life. A positive, optimistic attitude will overcome any obstacle, solve any problem, and keep us going no matter what. It is essential to be your best!

And who doesn't want to be positive, optimistic, cheerful and hopeful? Consider the alternatives! We all want to be confident, happy, and eager to move "full speed ahead" at all times. But it can be difficult. We live in a world of "bad news" and hard times.

Negative people and painful circumstances surround us much of the time. The news is filled with trauma and tragedy. We have sayings about this—"into every life a little rain must fall." • And there's Murphy's Law that, "if anything can go wrong, it will," • and there's always some cheerful bystander to remind us that "Murphy was an optimist!" • What's a positive person to do?

1. Decide to be positive, no matter what. The first step to maintaining PMA is the fundamental decision to be and stay positive. Clarity is power and being clear about who we are and how we choose to live is the first step. Many people "try" to be positive but only a few consciously and consistently commit to being positive. Be one of the positive few.

2. Surround yourself with GOOD STUFF. Read inspiring, educational or up-lifting books. Listen to motivating audio programs and positive humor. Fill your world with beauty and love. Buy flowers and keep them watered. Spend time with children. My dog helps. Even a cookie (once in a while) helps. A positive Personal Eco-System makes all the difference.

3. Avoid the negative. In the 24-hour news cycle we can get caught up in the daily dose of bad news but do NOT do it! Limit news and refuse to gossip. Refuse to be with whiners and complainers. If you fill your life with crime shows and murder novels and talk of disaster (economic, political, whatever) it undermines your positive outlook. Refuse to do it!

4. Use positive affirmations. Remind yourself of what you want, where you're going, who you are and what you love. "We become what we think about all day long" so affirm the best that is in you. Affirmations work best when they are TRUE. Affirming "I'm going to win the lottery this month" is silly and is actually a negative deception. On the other hand, affirming that "I am earning \$100,000 this year" or "I am honest, ambitious, and successful" is powerful, positive and effective.

5. Maintain your health. Eat well, get plenty of rest, exercise and spend time with people you love. These things give you energy, vitality, hope and optimism. It's hard to be positive when you're exhausted or running on candy! Even five minutes of stretching beside your desk can make a world of difference. Take care of yourself and the world becomes a much better place.

6. Celebrate every day. Celebrate your wins, every day! The sun came up one more time! You are alive! You are loved! Life has made you strong, creative, courageous and determined! These are GOOD! Practice your own personal "happy dance" every chance you get.

7. Focus on your goals. Think about what you want, the life you are creating, the possibilities in front of you. Goals and affirmations make life worth living so focus on these things! Think about the life you are building, the legacy you are creating, the value you add to this world and you can't help but be positive.

Let others worry and fret the small stuff, but not you! Let others whine and complain, but not you! While others moan and groan and suffer and shake, let yourself soar! You are still breathing, still working, still making a difference. Focus on these things and your Positive Mental Attitude will take care of itself.

Take care of yourself and the world becomes a much better place.

25 Fun, Free Things To Do In the Pensacola Area

1. Play on our stunning white sandy beaches.
2. Visit the National Naval Aviation Museum – one of the largest aviation museums in the world
3. Learn about Pensacola's rich history at the T.T. Wentworth Jr., Florida State Museum
4. Browse works from more than 200 local artists at Quayside Gallery in Downtown Pensacola, the largest co-op gallery in the Southeast.
5. Bring a lawn chair and enjoy an outdoor concert at Evenings in Old Seville (May – September)
6. Learn about sea life and coastal ecology at Gulf Islands National Seashore ranger led programs for kids.
7. Watch the world-famous Blue Angels practice on most Tuesday and Wednesday mornings (March – November) at the National Naval Aviation Museum.
8. Kick back and enjoy a fabulous Gulf Coast sunset.
9. Explore nature and take a hike at the Edward Ball Nature Trail located on the University of West Florida campus.
10. On Tuesday evenings from May – September head to the Gulfside Pavilion on Pensacola Beach for Bands on the Beach Concerts.
11. Visit the Veterans Memorial Park – featuring a World War II Memorial, a Korean War Memorial and The Wall South – the nation's only full-name permanent replica of Washington D.C.'s Vietnam Veteran's Memorial.
12. Uncover history at the Pensacola Colonial Archaeological Trail – if you're timing is right you can actually participate in a dig!
13. See the only natural bluffs in Florida at Bay Bluff Park located along Scenic Highway.
14. Go bird watching at Project GreenShores – a habitat restoration project along Pensacola's waterfront.
15. Stroll through Pensacola's Palafox and Seville historic districts where you'll find a wealth of shops, galleries and restaurants.
16. Visit Old Christ Church – one of Florida's oldest churches.
17. Search for sand dollars, seashells and hermit crabs along the shoreline on Pensacola Beach and Perdido Key.
18. Play a game of disc golf at Shoreline Park in Gulf Breeze.
19. Enjoy the Sounds of Summer concert series most Fridays, Saturdays and Sundays at the Quietwater Shell on Pensacola Beach. (June – August).
20. Tour Fort Barrancas and Advanced Redoubt at NAS Pensacola.
21. Visit the Pensacola Lighthouse – the fourth-tallest brick lighthouse in the nation.
22. Plan your stay around one of our many festivals – Great Gulf Coast Arts Festival, Pensacola Seafood Festival, Pensacola Jazz Fest and Goombay Gulf Coast to name a few. For a complete list and details see our calendar of events.
23. Enjoy free admission on Tuesdays at the Pensacola Museum of Art which features traveling exhibits of national prominence such as Andy Warhol and Salvador Dali.
24. Get a glimpse of the past at St. Michael's Cemetery, a burying ground since the late 18th century.
25. Wade, splash or swim in crystal clear Gulf of Mexico waters.

Transferring - Which School is Right For You?

Members of the Accreditation Council (AACSB)

(Only Schools with at least Bachelors, no MBA only schools)

The American Assembly of Collegiate Schools of Business, an organization of institutions devoted to higher education for business administrations and management, was formally established in 1916. The membership of the Assembly has grown to encompass not only educational institutions but business, government, and professional organizations as well, all seeking to improve and promote higher education for business and working to solve problems of mutual concern.

University of Akron	Canisius College	Georgia Southern University
University of Alabama	Carnegie Mellon University	Georgia State University
University of Alabama at Birmingham	Case Western Reserve University	Gonzaga University
University of Alabama in Huntsville	University of Central Arkansas	University of Hawaii
University of Alaska Anchorage	University of Central Florida	Hofstra University
University of Alaska Fairbanks	Central Michigan University	University of Houston
University of Albany	Central Missouri State University	University of Houston – Clear Lake
University of Alberta	University of Cincinnati	University of Houston – Downtown
Alfred University	Clark University	Howard University
The American University	Clark Atlanta University	University of Idaho
Appalachian State University	Clarkson University	Idaho State University
University of Arizona	Clemson University	University of Illinois at Chicago
Arizona State University	Cleveland State University	University of Illinois at Urbana-Champaign
Arizona State University West	College of Charleston	Illinois State University
University of Arkansas	College of William and Mary	Indiana State University
University of Arkansas at Little Rock	University of Colorado at Boulder	Indiana University
Arkansas State University	University of Colorado at Colorado Springs	Indiana University-Northwest
Auburn University	University of Colorado at Denver	Indiana University - Purdue
Auburn University at Montgomery	Colorado State University	Indiana University at South Bend
Babson College	University of Connecticut	Indiana University Southeast
Ball State University	Creighton University	University of Iowa
University of Baltimore	University of Dayton	Iowa State University
Baruch College	University of Delaware	Jackson State University
Baylor University	University of Denver	James Madison University
Bentley College	DePaul University	John Carroll University
Binghamton University	University of Detroit Mercy	University of Kansas
Boise State University	Drake University	Kansas State University
Boston College	Drexel University	Kennesaw State College
Boston University	Duquesne University	Kent State University
Bowling Green State University	East Carolina University	University of Kentucky
Bradley University	East Tennessee State University	Lamar University
Brigham Young University	East Texas State University	La Salle University
Bryant College	Eastern Illinois University	Universit�e Laval
The University of Calgary	Eastern Michigan University	Lehigh University
University of California at Berkeley	Eastern Washington University	Louisiana State University
California Poly. State Univ., San Luis Obispo	Emory University	Louisiana State University in Shreveport
California State Polytechnic University, Pomona	University of Florida	Louisiana Tech University
California State University, Bakersfield	Florida Atlantic University	University of Louisville
California State University, Chico	Florida International University	Loyola University
California State University, Fresno	Florida State University	Loyola University Chicago
California State University, Fullerton	Fordham University	Loyola College in Maryland
California State University, Hayward	Fort Lewis College	Loyola Marymount University
California State University, Long Beach	Francis Marion University	University of Maine
California State University, Los Angeles	George Mason University	Marquette University
California State University, Northridge	George Washington University	University of Maryland
California State University, Sacramento	Georgetown University	University of Massachusetts Amherst
California State University, San Bernardino	University of Georgia	University of Massachusetts Lowell
	Georgia Institute of Technology	Massachusetts Institute of Technology

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McNeese State University	Pacific Lutheran University	The University of Texas at Arlington
The University of Memphis	University of Pennsylvania – Wharton	The University of Texas at Austin
University of Miami	The Pennsylvania State University	The University of Texas at El Paso
Miami University	University of Pittsburgh	The University of Texas at Pan American
The University of Michigan	University of Portland	The University of Texas at San Antonio
The University of Michigan – Flint	Portland State University	Texas A&M University
Michigan State University	Purdue University	Texas Christian University
Middle Tennessee State University	Radford University	Texas Tech University
Millsaps College	Rensselaer Polytechnic Institute	University of Toledo
University of Minnesota	The University of Rhode Island	Towson State University
University of Mississippi	University of Richmond	Tulane University
Mississippi State University	Rider University	University of Tulsa
University of Missouri – Columbia	University of Rochester	University of The Pacific
University of Missouri – Kansas City	Rochester Institute of Technology	University of Utah
University of Missouri – St. Louis	Rollins College	Utah State University
University of Montana	Rutgers University – Camden	Valdosta State University
Montana State University	Rutgers University – New Brunswick	Valparaiso University
University of Montevallo	Rutgers University – Newark	University of Vermont
Murray State University	Saint Cloud State University	Villanova University
University of Nebraska - Lincoln	St. John’s University	University of Virginia – McIntire
University of Nebraska at Omaha	Saint Louis University	Virginia Commonwealth University
University of Nevada, Las Vegas	Salisbury State University	Virginia Polytechnic Institute
University of Nevada, Reno	University of San Diego	Wake Forest University – Wayne Calloway
University of New Hampshire	San Diego State University	University of Washington
University of New Mexico	University of San Francisco	Washington University
New Mexico State University	San Francisco State University	Washington & Lee University
University of New Orleans	San Jose State University	Washington State University
New York University – Stern	Santa Clara University	Wayne State University
Nicholls State University	Seattle University	Werber State University
Norfolk State University	Seton Hall University	University of West Florida
The University of N. Carolina, Chapel Hill	Shippensburg University	West Georgia College
The University of N. Carolina, Charlotte	University of South Alabama	West Virginia University
University of N. Carolina at Greensboro	University of South Carolina	Western Carolina University
University of N. Carolina at Wilmington	University of South Dakota	Western Illinois University
North Carolina State University	University of South Florida	Western Kentucky University
University of North Dakota	Southeastern Louisiana University	Western Michigan University
University of North Florida	University of Southern California	Western Washington University
University of North Texas	Southern Illinois University at Carbondale	Wichita State University
Northeast Louisiana University	Southern Illinois University at Edwardsville	Winthrop University
Northeastern University	Southern Methodist University	University of Wisconsin – Eau Claire
Northern Arizona University	University of Southern Mississippi	University of Wisconsin – La Crosse
University of Northern Colorado	Southwest Missouri State University	University of Wisconsin – Madison
Northern Illinois University	SUNY Buffalo	University of Wisconsin – Milwaukee
University of Northern Iowa	Stephen F. Austin State University	University of Wisconsin – Oshkosh
University of Notre Dame	Suffolk University	University of Wisconsin – Whitewater
Oakland University	Susquehanna University	Wright State University
The Ohio State University	Syracuse University	University of Wyoming
Ohio University	Temple University	Xavier University
The University of Oklahoma	The University of Tennessee at Chattanooga	
Oklahoma State University	The University of Tennessee at Knoxville	
Old Dominion University	The University of Tennessee at Martin	
University of Oregon	Tennessee State University	
Oregon State University	Tennessee Technological University	
Pace University		

National Student Body Submission

“That’s nice, but what else do you do???”

*By Stacy Schneider, Kappa Beta Chapter
National Student Executive Committee*

Is what the interviewer is going to be thinking as you drone on about your education to him... just as so many had before. You know your education is not sub-par, but unfortunately, your education is the only thing you have to qualify you for this position. Your interviewer looks bored and you think to yourself... “Why is this not working? What am I doing wrong?”

Answer: You need to be able to WOW him with your personality and life experiences and then let your education speak for itself. But what exactly have you experienced throughout college to prepare you for life? What makes you stand out to the interviewer as an exceptional person – not just a qualified candidate?

The easiest way to stay out of this situation is to prevent it from ever happening. Take advantage of the opportunities you have now, while you are in college and getting that great education to also grow as a person. Here are just a few ideas to help you get started:

Volunteer - Find an activity that you enjoy or that makes you feel good about helping others. This shows that you are willing to go the extra mile that many others are not, and looks very impressive on a résumé. This also opens up the door to a whole new group of contacts that may also be helpful in other endeavors. If you do not know where to start, most local newspapers have a ‘Community’ section that offers a list of charitable organizations looking for volunteers.

Join a Club – Many colleges have school clubs that allow students with similar interests an opportunity to get to know one another outside the classroom. Clubs usually sponsor events and trips that you may not otherwise be able to attend. Professors that act as Club Advisors are also sometimes a point of contact for employers looking for dedicated students as potential employees, and being an *active* member of a club will help you stand out above the crowd.

Get a Job – Maintaining good grades while being able to work, either full-time or part-time, looks very impressive to a potential employer. Be careful not to overload yourself as your ability to focus on your schoolwork may suffer; but challenge yourself to grow and you will learn to prioritize and multi-task. This will help you to avoid becoming overwhelmed when you have several projects going on at the same time.

Organize an Event – Whether heading up the task or just helping out, this will give you experience in several different aspects of planning. This will open the door to new contacts, help you learn to communicate with different companies, and be able to facilitate new working relationships. Blood donations, food drives, and charity fundraisers are always looking for new venues and new people to help set up.

Stay Active – Play a sport, take a dance class, go hiking - physical activity is a great way to relieve stress as well as meet new people. The more physical activity you do, the more energy you will have all day long to help you survive a grueling day of class, work, or other everyday activities. Getting

Continued on next page

your endorphins pumping, even if only once or twice a week will keep you happy and make you more approachable to others – including that pesky interviewer! And what if your prospective employer encourages team-building activities like white-water rafting or business meetings over 18 holes? You’d better get ready now, because “no thanks” is not an acceptable answer!

Doing things that you enjoy will give you the opportunity to provide employers (and anyone else in your future) with a well-rounded, professional, fun person that they will want to be around; and also create a happier life environment for you. The more outlets you have, the more enjoyable your life will become, and the easier it will be to notice opportunities that come your way.

Remember, if you keep your eyes open and a smile on your face, you will not only be able to enjoy college to its fullest extent, but also a long future full of endless opportunities!

Calling all Chapters!

Calling all Chapters!

Where have you been? We want to know what you’re up to! Send us your “Spotlight on Chapter” materials to be included in the next edition of the Honors Journal.

