



Panhellenic May Newsletter

2019 Panhellenic Scholarship Recipients



"This spring semester of 2019 marks the first distribution of TCU Panhellenic's four Scholarship awards. This year, Panhellenic was honored at the Chancellor's Scholarship Dinner and recognized for our outstanding efforts in supporting women's education and offering these scholarships. A handful of the scholarship recipients were able to attend the dinner as well and Panhellenic looks forward to continuing to support the community by offering these scholarships every fall semester. The four scholarships and short descriptions are listed below:

New Member Scholarship Recipients: Bailey Alexander and Morgan Bussard
The New Member Scholarship is granted to two freshman or sophomore's who are new members in their Panhellenic chapters. These women embody the panhellenic ideals of the community as well as their specific chapters.

Academic Excellence Scholarship Recipients: Carter Coleman and Nicole Adams
The Academic Excellence award is granted to two women who exemplify strong academic success throughout her time at TCU.

Leadership & Involvement Scholarship Recipients: Allison Solby and Kaitlin Huizinga
The Leadership and Involvement award is for two women who embody strong leadership qualities and hold leadership positions in her chapter and on campus. The involvement aspect of the scholarship describes women who are active in their chapters and will differ in organizations on campus.

Support Scholarship Recipients: Taylor Doggett and Valeria Munoz Diaz
The Support Scholarship is granted to two women who express financial need and are apart of Panhellenic organizations.

We were so honored to award these scholarships for the first time this year, please take a moment and recognize our recipients."

-Kat Miro, VP of Member Development

Introducing your 2019 Rho Gammas!



"Hi everyone! My name is Audrey Spiller and I am the VP of Recruitment Programming. I have the honor and privilege of working with our 2019 Rho Gammas. They have been working incredibly hard this semester to prepare for 2019 Panhellenic Recruitment. They have completed five training sessions where they learned about each other's chapters, chapters of other councils, and empathy vs sympathy, all while gaining a broader perspective of the TCU Panhellenic and Greek community. During work week, the Rho Gamma's will be trained in Title IX, QPR, active listening, and much, much more. They will become equipped to handle any situation during Panhellenic Recruitment with grace and poise. I am hopeful that these trainings will also help them become better friends, sorority sisters, and horned frogs. My biggest goal for these Rho Gammas is that they will be equipped to love and serve the PNMs to the best of their ability during Panhellenic Recruitment. I am so proud of everything that these women have accomplished and I cannot wait to see them lead the PNM's so incredibly well this summer."

-Audrey Spiller, VP of Recruitment Programming

Panhellenic Recruitment and Social Media

Social media is a fun and great way to promote the Panhellenic experience, but it can also lead to some sticky situations as we enter the recruitment season.

We hope this graphic will help you navigate the waters so that you can support your chapter and TCU Panhellenic, while steering clear of unethical recruitment!

Social Media and Ethical Recruitment



Do

- Post cute pictures with your sisters
- Promote your chapter
- Tag your chapter and @tcupanhellenic
- Post countdowns to Bid Day
- Help your sisters keep Rho Gammas and Panhellenic Exec off of public social media
- Refer PNMs with questions to Panhellenic Exec

Don't

- Post pictures with Rho Gammas or Panhellenic Exec
- Forget to show some Panhellenic love
- Follow PNMs

A Note from the President



Dear Graduating Panhellenic women,

I can't believe how quickly this semester has flown by! I would like to take a moment to offer my greatest congratulations to all of the 2019 graduating seniors of our community. Thank you for leaving your mark on TCU, and for challenging, strengthening, and elevating our community. As I hear more and more of your post-graduation plans, I become so proud of our 13 chapters and the sisterhood, leadership and service that helped you all grow into the incredible women that you are today. I wish you all the very best in all of your endeavors ahead.

Dear Panhellenic women,

With Finals approaching, I thought I'd share some of my favorite study tips with all of you.

- 1.) **Don't study or do any school work in your bed.** This confuses your brain and will not only throw off your studying but will interfere with your sleep schedule causing more stress anxiety and less restful nights
- 2.) **Put distractions away for a set period of time.** I like to put my phone in my desk drawer or zipped up in my backpack, you know what they say, out of sight out of mind. But if you set a timer for a designated time or tell yourself that you have to get to a certain page of the reading or x amount of flashcards done, then you can reward yourself with a little bit of screen time when you meet your goal. I like using Pocket Points, a free App that rewards you with points when you stay off your phone in class or while studying on campus. Points can be traded in to receive discounts on anything from local restaurants to online shopping orders.
- 3.) **Think Positive!** Ok yes, this isn't necessarily a study tip, but having a positive attitude and approach to studying or taking an exam can give you the confidence that you need to boost your score and perform better than you think. Consider taking the approach of "I get to" instead of "I have to." Being a student at TCU can be very academically demanding at times but in those times it's important to remember that our education is truly a privilege.

I hope you find these study tips helpful through your finals. I wish everyone a safe and relaxing summer. I cannot wait to see you all during work week, and to continue to grow our community through our upcoming Formal Recruitment in August!

Sincerely,
Fontana J. Frazier

Important May Panhellenic Dates:

- May 1: Last Day of Classes
- May 1: Gamma Phi Beta Moonball (Philanthropy Event)
- May 1: Zeta Tau Alpha Pink Pancakes (Philanthropy Event)
- May 6-10: Finals Week
- May 13-17: Undergraduate Interfraternal Institute

