



# Panhellenic May Newsletter

## A Note from the Panhellenic President



Panhellenic President  
Cassie Trosino

Dear Graduating Panhellenic Women,  
I cannot believe how quickly this semester has flown by! I would like to take this time to offer my greatest congratulations to all the 2021 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 of your post-graduation plans, I am continually amazed by our 12 chapters and the sisterhood, leadership, and service that helped you grow into the outstanding women you are today. I wish you all the very best in your endeavors ahead.

Dear Panhellenic Women,

With Finals approaching, I thought it would be appropriate to share some study tips and relevant thoughts with all of you that I like to use and put into practice myself!

**1. Avoid studying or doing schoolwork on your bed.** This confuses your brain and will not only throw off your studying but will interfere with your sleep schedule.

This perpetuates stress and a less restful night of sleep!

**2. Take a break from technology.** With the increasingly virtual world we live in and considering how often many of us are on our phones throughout the day, it is helpful to give your eyes and body a break from our screens. As a study break, I like to go on fifteen-minute walks to get some fresh air! It helps me to be more productive when I need to sit down and get back to work.

**3. Give your body the fuel it needs.** Drink plenty of water, eat sustaining meals, and try to prioritize 8+ hours of sleep!

**4. Remember: you are worthy and are immensely valued in this community.**

Your test scores or final grades are not a testament to your character and value as a woman and as a member of the TCU family. You are all fiercely unique and remarkable for who YOU are as people, not because of your performance in a class. Head to the [wellness center website](#) if you are looking for more study tips and ways to take care of yourself during this time!

I wish you all a safe and relaxing summer. I cannot wait to see you during work week and watch you continue to grow our community through our upcoming Formal Panhellenic Recruitment in August!

Best,  
Cassie Trosino

## Introducing your 2021 Rho Gammas!



Vice President of Recruitment  
Programming  
Maddie Miyasaki



2021 Rho Gammas

Hi everyone! My name is Maddie Miyasaki and I am the 2021 Vice President of Recruitment Programming for TCU Panhellenic! In my position, I get to train and work with all of the Rho Gammas. The Rho Gammas were selected through an intense application process and are phenomenal leaders within the TCU community. The Rho Gammas have completed two spring trainings where they have gotten to meet each other, learn about themselves, and learn about the various Greek Councils along with the TCU community as a whole. In August, the Rho Gammas will have a Work Week where they will be trained in Title IX, active listening, the specifics of running Panhellenic Recruitment, and much more! They will be equipped to successfully and gracefully handle any situation during Panhellenic Recruitment. My biggest goal for the Rho Gammas is that they will make a lasting impact on the PNMs they serve and the Panhellenic community as a whole. I feel confident that the Rho Gammas will accomplish this; they are amazing women and I am incredibly proud of them!

Maddie Miyasaki, VP of Recruitment Programming

## A Note from the Vice President of Recruitment Operations

Hi! My name is Katherine Gatti, and I serve as the 2021 VP of Recruitment Operations on the Panhellenic Executive Board. I work closely with the Recruitment Chairs to guide them through a values-based recruitment. As with everything else in the midst of this pandemic, we are having to remain flexible

and dynamic with our planning. The Recruitment Committee has been quick to come up with ideas on how to constantly improve our Panhellenic Recruitment process, and I am looking forward to continuing to work with these amazing ladies through the rest of this year! Thank you for your patience as we are diligently working in alignment with TCU Panhellenic bylaws, TCU policies, National Panhellenic Council unanimous agreements, and CDC Guidelines to plan and execute a safe and successful Panhellenic Recruitment in the fall. Over the summer, I along with other members of the Panhellenic Executive Board work in Fort Worth to plan the logistics and operations of Panhellenic Recruitment. I am excited to see the Recruitment we put on in the fall, and am so proud of everyone's diligence through this planning process!



Vice President of Recruitment  
Operations  
Katherine Gatti

## Important May Panhellenic Dates:

- May 3rd-7th: Finals Week
- May 15th: Alpha Delta Pi Founders Day

