

PHA NEWSLETTER

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Panhellenic Creed

We, as Undergraduate Members of women's fraternities, stand for good scholarship, for guarding of good health, for maintenance of fine standards, and for serving, to the best of our ability, our college community. Cooperation for furthering fraternity life, in harmony with its best possibilities, is the ideal that shall guide our fraternity activities. We, as Fraternity Women, stand for service through the development of character, inspired by the close contact and deep friendship of individual fraternity and Panhellenic life. The opportunity for wide and wise human service, through mutual respect and helpfulness, is the tenet by which we strive to live.

IN THIS NEWSLETTER

EXECUTIVE BOARD REPORTS

CHAPTER UPDATES

AFFIRMATIONS FOR FINALS

STUDY TIPS

Executive Council Updates

President Sadie Williams (phapresident.ku@gmail.com)

- Being able to coordinate and participate in the SafeZone program through the Center of Sexuality and Gender Diversity on our campus was the highlight of this semester; be on the lookout for more programming and educational opportunities throughout next semester! Over the summer, I will be working with the recruitment team in the planning of Fall Formal Recruitment and helping to create further guidelines and processes for PHA administration. As we approach finals week, trust in the work you have done thus far this semester and your capabilities as a student and person! Lean on your sisters, you got this!

Vice President Abby Khoury (kuphavp@gmail.com)

- Worked thoroughly this semester to complete both the Recruitment Budget and Panhellenic Operating Budget and complete all the necessary tax forms. This summer I plan to work with Sadie develop a new monitoring system for the Executive board. In addition, as recruitment approaches I will be making the necessary payments and keeping the budget up to date.

Director of Judicial Affairs Beth Heimann (kuphajudicial@gmail.com)

- My favorite endeavor from this semester has been collaborating with exec members to improve our bylaws. In addition to FFR prep, I plan on working with Judicial Board to determine bylaw revisions and education for the fall. Remember to care for your mental health during stressful times!

Director of Public Relations Lauryn Sall (kuphapr@gmail.com)

- I have many highlights, but I think my favorite one is collaborating with Anne each month to create DEI content for the PHA social media. I will be mainly focused on recruitment marketing all summer while still maintaining the current DEI content. My focus is to collaborate with each chapters PR's to present a value based and authentic Panhellenic experience. Along with that, I will be working on graduating senior spotlights. Keep up the amazing work and prioritize yourself as you head into the end of the semester. The work you put in does not go unnoticed, you are such a vital part of this community!

Director of Health & Safety Sophia Pascente (kupharisk@gmail.com)

- I loved getting to work with all the chapter risk managers and social chairs to get covid-safe socials started up again this semester, and getting to plan our Mental Health Awareness Week events! This summer I will be working on creating some educational sessions and materials for the recruitment counselors and PNMs leading up into FFR21! You guys have adapted to all the challenges of a COVID year with stride and have represented this community so well! We're almost there!

Director of Philanthropy & Community Service Jordan Wieck (phacommservice@gmail.com)

- A highlight from this semester would be getting to plan an outdoor COVID safe in person philanthropy event. Being able to meet some people apart of the Panhellenic community in person was great! During this summer I will be planning on the transition back to individual hours for community service, and dedicating most of my time to help the recruitment team out! Last couple weeks to push through until you get to give your brain a break during the well deserved summer break!

Executive Council Updates cont.

Director of Recruitment Programming Darbi Robertson (phakurecruit@gmail.com)

- Planning recruitment has been so fun and is coming along great. No matter what this year throws at us we will be fully prepared for a hybrid or virtual recruitment. I will be working closely with Jenna and Katie to make sure we are on top of everything. Hopefully soon I will have an assistant and will be able to get her trained and ready. Keep up all your hard work and finish strong!! Have so much fun this summer!

Director of Recruitment Personnel Katie Burns (ku.pha.cor@gmail.com)

- "Meet The Chapters" event for Continuous Open Recruitment went very well, chapters were able to be at tables for potential new members to meet them. A lot of interest has also been shown in Fall Formal Recruitment. I will be making YouTube videos for potential new members throughout the summer. These videos will be educational of the tips and tricks of recruitment. I will also be answering any questions potential new members and or parents have before Fall Formal Recruitment. Summer is so close, we are almost done with the semester!

Director of Recruitment Education Jenna Johnston (pharecruiteducation@gmail.com)

- Getting to grow in my leadership skills and learn more about the behind the scenes of PHA has been my highlight of the semester! I will be hosting trainings for recruitment counselors this summer to prepare for FFR21. We are so close to the end, give yourself some credit for making it through the craziest academic year ever!

Director of Diversity & Inclusion Annie Gill (kuphadiversity@gmail.com)

- This semester, the PHA diversity and inclusion committee held weekly meetings to discuss various topics regarding DEI. Together, we were able to identify weaknesses, create action plans, and develop ways to increase member education and better our community. Over the summer, I plan to assist the recruitment team to make sure that PNM's have the most inclusive and equitable recruitment experience they can have. With finals coming up and other end of semester stressors, remember that your strength is greater than any struggle!

Director of Interfraternal Relations & Member Development Addison Henson (pharelations.ku@gmail.com)

- During this semester a highlight for me was working with other chapters on their bid day themes! This summer I will be working with chapters to solidify bid day plans so that there are provisions in place for whatever state we are in with the pandemic. I will also be researching and building the new member committee with the new member coordinator. Finals can be a stressful so just take it one thing at a time and you'll make it through!

Director of Scholarship Grace Fisher (kupascholarship@gmail.com)

- I loved seeing such a great turnout at our PHA Professionalism night! I plan to start compiling an alumna mentoring network with women from each chapter. As we get into finals week, remember: you are capable!!!

Chapter Updates

Alpha Chi Omega Sunday May 2nd all chapter members attended a sweet Sunday brunch to celebrate each of our senior Alpha Chi members and the work and dedication that they have put in over the last four years. Additionally, our last sisterhood event of the semester will take place on May 5th and we will be celebrating the semester/ studying for finals on the patio of our house while enjoying delicious homemade personal pan pizzas from our amazing chef mark! Our PC' 20 sisterhood event in Clinton park was a huge success. Our new members were able to get to know one another better, play games together, and enjoy some time outdoors. Members accepted into Alpha Chi Omega through informal recruitment were initiated into our sisterhood and received their "bigs." We are so happy to have them! Our spring formal took place on April 30th at the Jayhawk club here in Lawrence.

Alpha Delta Pi During the month of May, we will be having Senior Week, and a flower potting sisterhood event. Some highlights from April was our 90s date party, formal, philanthropy week, initiating our COR members, our service event making dog toys for the Lawrence Humane Society.

Chi Omega During the month of May, we will be having our Senior Appreciation Week! Last month, we had our spring formal, Bum Bum, on April 24th. We had a Chipotle percentage night in order to raise money for our philanthropy, Make-A-Wish! We initiated our Spring PC!

Delta Delta Delta

We had a very successful community service event with The Big Event, which is KU's single largest day of service, serving the Lawrence community. We had our annual Delta Diner event where we served pancakes & raised over \$7000 for St. Jude! We had a COVID-19 safe Mom's Weekend, Spring Formal, and Senior Brunch.

Delta Gamma

During May, Delta Gamma Is planning on hosting a Senior brunch, Member Class '20 fireside chat, and have the Cream Rose formal! We finished our community clean up, had a successful percentage night at Dempseys, initiated our amazing new members, and had a couple of fun sisterhood events!

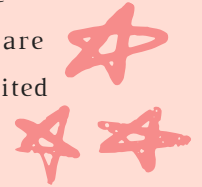
Gamma Phi Beta We have senior week planned for May 3rd-7th with tons of events planned to honor our graduates and congratulate them on their hard work these past 4 years. On Friday April 9th we had our scholarship celebration to congratulate everyone on their hard work from the fall semester. We had our spring formal Crescent Ball on April 10th at the Oread following COVID-19 regulations. We initiated our two new members from COR on Monday April 12th. We had our second community service event of the semester on April 17th where we made signs and sashes for our Philanthropy Girls on the Run. We have also been focusing on BEDI in our





chapter through having conversations surrounding BEDI during chapter meetings and weekly small group discussions at the chapter house. On Sunday April 25th we had a drive in movie sisterhood event with a food truck where all members were able to come and socialize with their sisters outside!

Kappa Alpha Theta We are having our final date dashes of the semester at the Jazz House on May 4th for junior and seniors and May 5th for freshman and sophomores. We are hosting a Senior Celebration Dinner on May 4th to send off our Member Class '17! Some highlights from April include our Derby Formal, Mom's Weekend, vaccine clinic at the house, PC 19 and PC 20 picking their rooms for Fall 2021, and a campus clean-up! We are looking forward to discussing FFR2021 over the summer and keeping our members excited for the fall!



Kappa Delta This month, Kappa Delta is hosting our Mom's Weekend with many fun, COVID-safe events planned. Goodies will be sent out to the moms that can't make it this year. Something really special we're doing for our moms and daughters is putting together a cookbook of recipes that are special to each mother and daughter and their family. This will be sent to all the moms who can and can't attend! We also have planned for therapy dogs to come to our lawn during finals week and a sisterhood meditation class on the lawn to help our members de-stress. In April, the members of Kappa Delta participated in community service events like The Big Event, making snuffle mats for The Humane Society, and writing cards to nursing homes. We also held a percentage night at Chipotle with great turn out! Kappa Delta also held its annual White Rose formal which looked a little different this year with COVID guidelines in place. However, our members had an amazing time!

Kappa Kappa Gamma We have our Monmouth date party scheduled for Thursday, May 6th! Our April highlight is that we raised \$3,985 for Lawrence Humane Society, RIF, and KKG Foundation during our pups in the park philanthropy event. We also had a sisterhood event at orange theory fitness which was so much fun and a great bonding experience for the girls! Our moms club hosted the Crave taco truck at the Kappa Kappa Gamma house to honor our seniors graduating this year. We celebrated a successful women's weekend for all of our members and their female role models in their lives!



Pi Beta Phi In May, we will be having our last Chapter and AAC meeting for the semester! Some highlights from April were the 4 successful scholarship dinner by our amazing Director of Academics, Taylor Wiens! Our formal date party that went smoothly following all CDC guidelines. Celebrating 154 years of Pi Beta Phi on our Founder's Day!



Sigma Kappa During the month of May, we will be hosting a scholarship brunch, spring informal initiation, chipotle percentage night for Alzheimer's and a potential bigs/future live ins event! Some highlights from April were the sisterhood event at sun fire ceramics, RCR coming to a successful finish, pillow paddle with bigs and littles, a fun family weekend, spring formal and some farewell events for our amazing seniors!

Affirmations for Finals Week!!!

- I am **competent** and I **believe** in my abilities and strengths.
- I respect my mind and I believe I can do great things with it.
- I am strong and confident in myself, and nothing will change that.
- I breathe in calmness and breathe out nervousness.
- This is the last thing I will do this semester.
- * No matter what my grade is, I am **proud** of myself for trying my best throughout this semester.
- I am capable of success even in stressful situations.
- * I've **worked so hard this semester** for this moment, and that will shine through.
- * Summer is just around the corner, I can power through these next few weeks!
- * **A score does not define my capabilities as a student or as a person.**

STUDY TIPS

- Studying should be a long-term endeavor, not a last minute thing! You retain more information if you study over time, as opposed to cramming the night before an exam.
- Don't be afraid to take breaks! A 15-minute study break goes a long way and will not only help with retention of content, but also keeps your brain from being overworked!
- Work with your sisters! Leaning on your support system in stressful times (such as these next few weeks) will help make those long hours of studying that much more bearable! College is hard, but the relationships you build here will long outlive this semester!