

# The Old Gal Gazette

Number 15

April 17, 1987

## National News

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### ALPHA SIGMA PHI GROWS IN THE GREAT STATE OF ILLINOIS

Phi Eta Colony was officially installed at Illinois State University on Saturday, April 4, 1987. Phi Eta currently boasts a proud membership of thirty excellent Alpha Sigs who soon hope to claim chapter status. The group was founded after **John Kim, Illinois '86** transferred to Illinois State and met **Bob Cabello, Eastern Michigan '70**, Assistant Vice President for Student Affairs and Grand Province Chief for Province III. Both these Brothers were eager to establish Alpha Sigma Phi at ISU. Eta Chapter was also helpful in the initial rush efforts and pledging the first group of men back in November.

A special dinner and dance was held to help commemorate this event with Grand Senior President **Bob Sandercox, Bethany '51** on hand to officially install the group. Director of Chapter Services **Randall S. Lewis, Oregon State '81** was also present to meet with members and make plans for the future of the colony. Representatives from the University of Illinois and the University of Iowa were also in attendance to offer their congratulations and support. The colony has already made arrangements for a "House" for the Fall of '87. Currently, the Fraternity has five colonies -- University of Iowa, Illinois State, Lock Haven, State University of New York at Plattsburgh and Tufts.

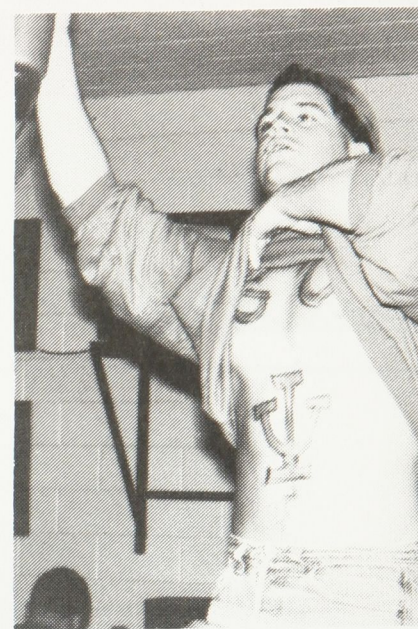
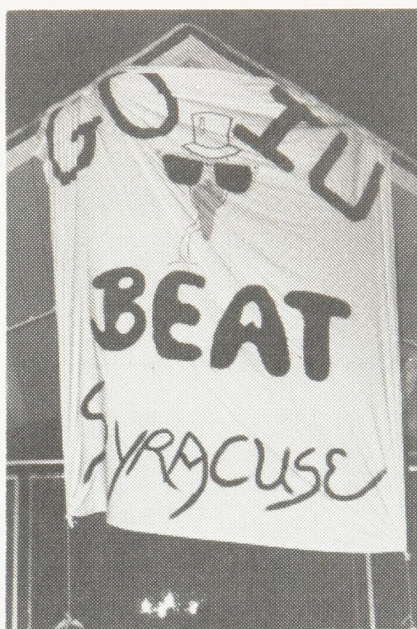
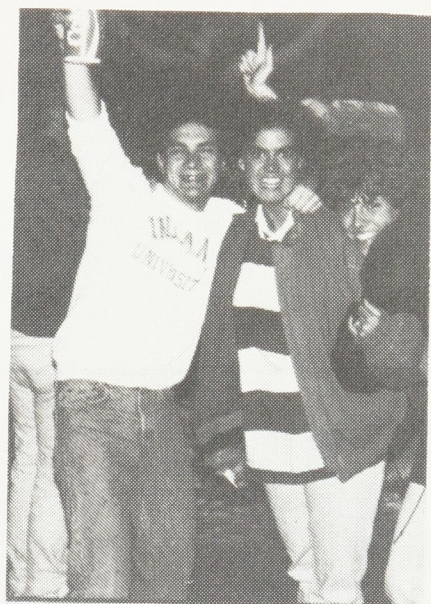
Cards and letters of congratulations may be sent to: **Jim Kim, President, 202 Florence Avenue, Normal, IL 61761.**





## Chapter News

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**The Brothers of Gamma Chi Chapter of Indiana University celebrating their NCAA victory over Syracuse University.**

### **NU CHAPTER, University of California-Berkeley**

Congratulations to graduating seniors **Bryan Irving**, **Steve Davis**, and **David Lynn** for their acceptance into graduate school. Bryan Irving has been accepted by the University of California, San Francisco Medical School in physiology studies. Steve Davis has been accepted by George Washington University to study public policy, and David Lynn has been accepted by the University of California, Los Angeles an advanced degree in geography.

### **PSI CHAPTER, Oregon State University**

Brothers from Psi Chapter, Oregon State University have won election to both the executive and judicial branches of the Interfraternity Council for the last three years. The years of 1987-88 will be no exception. **Dave Carter '87** was elected to the position of Executive Secretary and **Eric Gifford '84** has also been elected as a member of the Judicial Board. The campus involvement of Psi Chapter has not been limited to the IFC: **Matt Stermer '85**, former HSP, served the accounting honorary, Beta Alpha Psi, as Vice President; **Andy Moyer '87** has served as President of Phi Eta Sigma and **Joe Roberts '86** served the Student Alumni Association as Treasurer.

### **PLEASE NOTE!!**

There is only one more issue of "The Old Gal Gazette" to be published during this academic year. If you have some important and/or interesting news to share with the chapters before summer, please make sure you drop it in the mail today!! Share your chapter's successes with the brotherhood, so don't delay.





## HOW TO INSURE YOUR CAREER

Consider these tips to help you insure career success:

- \* **Keep a file on everything you do.** The file can help you get promoted, keep your job, and impress prospective employers.
- \* **Hone your communication skills.** Invest in books, tapes, and courses. Research shows a strong link between success and how well you communicate.
- \* **Keep a contact list.** Record the names, addresses, and phone numbers of everyone you meet at work as well as socially. They'll provide good job leads.
- \* **Make yourself indispensable.** Those who work a bit harder, volunteer, and prove they can solve problems are among the last to be fired, even in the worst times.
- \* **Keep up-to-date.** Read the right professional publications, books, newspapers, and newsletters. The more you know, the more likely you'll keep your job or move on to a better one.
- \* **Prepare for an alternative career.** Develop a business on the side, a hobby, or an unusual skill. In hard times you can use the alternative as an income source.

## WAYS TO COPE WITH CRITICISM

Unless you're perfect, you'll probably be criticized at some time. How well you handle that criticism could determine how far you go in your career. Here are some tips to help you effectively handle criticism:

Be honest with yourself. Realize that you have faults. If you remain humble, criticism won't jar you too much.

Put yourself in the place of the person criticizing you. If you had that person's job, would you have the same reaction to whatever prompted the criticism?

If you're convinced the criticism is unfounded, discuss that with the person offering it. Get it out in the open or you'll harbor resentment that's bound to come out elsewhere.

Don't apologize unnecessarily. If the circumstances warrant, of course apologize.

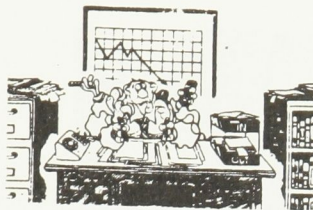
Don't whine during or after the criticism. No one likes to work with a whiner.

When being criticized, stop talking as soon as you feel your stress level rising. Do anything to give yourself time to think. Think of what you want to say before you say it.

Disarm your critic and encourage helpful advice by asking how you might have done better.

Focus your efforts on following justified critical suggestions to upgrade your job performance.

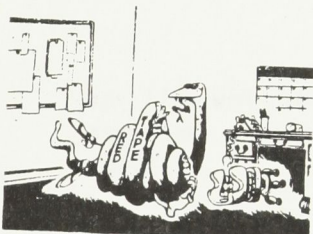




Getting nowhere fast?



Get out of your rut and into living.



Feeling the squeeze of too much red tape?



Tired of the same old rat race?

## PUT YOUR LIFE BACK IN ORDER

### 1. SET PRIORITIES.

Accept the fact that you can't do everything. Decide which activities and projects are really important to you and say no to the rest.

### 2. DON'T PROCRASTINATE.

If you habitually put things off, try to understand why and work toward a cure. If a project intimidates you, break it into parts that you feel you can manage. If you're afraid your efforts won't be "perfect" -- a common fear of procrastinators -- just resolve to do your best, but do it now. Remember you can always make improvements later.

### 3. TAKE CHARGE OF INTERRUPTIONS.

Establish blocks of time when you enforce a "no calls/no visitors" policy, and let people know this time is off-limits except in emergencies. If you work alone or at home, use an answering machine to hold calls for you.

### 4. KEEP YOUR WORKPLACE NEAT.

Know where things are, so you won't have to spend time looking for them. Files and supplies you use most should be close and easy to reach.

### 5. CREATE ONE CALENDAR THAT GOES WITH YOU EVERYWHERE -- WORK, HOME, TRAVEL.

As you make appointments, write in the address and phone number along with time and date. Call and confirm all appointments.

### 6. HANDLE MAIL AND PAPERWORK AS IT COMES IN - at least once a day.

### 7. START A "TICKLER FILE" TO REMIND YOU OF UPCOMING EVENTS, BILLS DUE, AND SO ON.

Buy an accordion folder with a pocket for each day of the month -- simply drop a reminder or the bill itself into the appropriate pocket for the day you have to deal with it. Remember to check your file daily.

### 8. PREPARE IN ADVANCE TO LEAVE FOR WORK OR APPOINTMENTS -- DON'T RUSH OUT THE DOOR.

Set things out beforehand: notes, files, clothes, keys. Check the weather report the night before. Will you need an umbrella?

### 9. USE WAITING TIME TO CATCH UP ON READING.

Prepare an on-the-go reading file to carry with you.

### 10. SCHEDULE SOME LEISURE TIME FOR YOURSELF.

Ronni Eisenberg, author of Organize Yourself!  
(Collier Books, \$7.95).



## HELP SILENT MEMBERS JOIN IN

Getting the best results from meetings requires participation from all members. How do you get the silent members to join in? Try these tips:

- \* **PLAN.** Provide agendas so participants can prepare for the meeting. Give advance assignments or plan specific questions for usually silent members in areas they know.
- \* **REINFORCE PARTICIPATION.** First, stress the value of participation. Then, reinforce it when it happens. For example, restating a point made by a participant demonstrates support and fosters continued participation.
- \* **ALLOW AMPLE THINKING TIME.** Don't answer your own questions. Let the silence hang for 5-10 seconds. If necessary, repeat questions. When using direct questions to draw out specific silent members, start the questions with their names. This alerts them and gives them thinking time.
- \* **BE ALERT** when people give nonverbal clues that they are about to speak. A common example is the preparatory deep breath. When you see such a clue, focus your eye contact on the person to prompt a response.
- \* **FOSTER AN OPEN CLIMATE.** Accept different opinions. Show sensitivity for feelings. Look interested.

## For Your Information

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### DEADLINES! DEADLINES! DEADLINES!

OVERDUE

OVERDUE

APRIL 25

MAY 1

MAY 15

JUNE 1

JULY 1

JULY 1

- National Leadership Conference Registration

- April Report of Undergraduates Membership,  
Carryover Pledge Report.

- Annual Chapter Report

- Summer Tomahawk Report

- Spring Newsletter

- Delta Beta Xi Nominations

- Application for Grant-in-Aid

- Application for Scholarship Award

H A P P Y



E A S T E R



# *Pledged To The Seven Points*

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**DELTA CHAPTER, Marietta College:** Dan Vukovich, Ted Huhn, Brian Allen, Scott Whetzel and Tye Woodford on January 20, 1987.

**ETA CHAPTER, University of Illinois:** Aaron Schacht, Joseph Sorquist, Jeffrey Owens, John Ortiz, Jeffrey Knuppel, Benjamin Housh, Joseph Balazs, William Love, James Thomas, Michael Hale and James Niewiara on March 10, 1987.

**PHI CHAPTER, Iowa State University:** Alan Michael Nilsson and Randy William Martin on March 30, 1987.

**BETA IOTA COLONY, Tufts University:** Timothy W. Lohse on February 7, 1987.

**DELTA ALPHA CHAPTER, Loyola University:** Robert D. Flynn, Robert J. Sliwa, Duane M. Mack, Tom Ferraro, Mark Feron and Brian O'Keefe on February 2, 1987.

**DELTA THETA CHAPTER, Radford University:** Chris Disney, Joseph Pierce, Mike Melvin, Chris Johnson, Thomas Potter, Pat Albee and Duc Ly on March 27, 1987.

## *Initiated Into The Mystic Circle*

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**PHI CHAPTER, Iowa State University:** John O. Anderson, Rodger L. Cosimi, David M. Critchlow, Joseph D. Davito, Douglas R. Holan, Joel G. Harvis, Todd M. Maiellaro, Robert F. Morross, Wesley R. Owen and Derrick A. Sharpe on March 28, 1987.

**ALPHA PSI CHAPTER, Presbyterian College:** Andres C. Schulz, Michael T. Howe, William S. Ottinger and Stephen M. Vance on January 27, 1987.

**GAMMA RHO CHAPTER, Lycoming College:** Dave Zabel on April 2, 1987.

**DELTA IOTA CHAPTER, Longwood College:** Nicholas Philip Ruebel, II, Bart Hall Mitchell, Raymond L. LePage, Andrew Joseph Strubar, Albert Lionel Foreman, Matthew Evan Armstrong, Louis C. Frank, III, Jeffrey S. Roosa, Hank C. Kim and Sam S. Kinsley on February 13, 1987.



**The Old Gal Gazette** is published every two weeks during the academic year by the National Headquarters. It is distributed to all chapters, colonies, advisors and fraternity volunteers in an effort to keep all informed of their Fraternity's activities, plans and progress.

News items for **The Gazette** can be sent to: Alpha Sigma Phi National Headquarters, 24 West William Street, Delaware, OH 43015.



# Alpha Sig Scholartips

**Suggestions from Alpha Sigma Phi to help better the studying man**

## ALPHA SIGMA PHI SCHOLARSHIP PROGRAM SCHOLAR TIPS #8

The Paper - Putting It Together  
by

Dr. Dennis R. Parks, Baldwin Wallace '72  
Director of Scholarship

So, you've got the topic, you've done the research, and now you are sitting there with a stack of cards wondering how to make it all make sense. In her manual "Writing a Research Paper: Some Notes and Suggestions," Shirley Simon outlines nine activities that will help in writing a paper.

1. Try to work at a large table or desk. Have plenty of paper, a good pencil or pen, and paper clips. If you have access to a word processor, use it!
2. Place your final outline beside you and your notecards in front of you, hopefully arranged in separate groups according to your outline.
3. Start **BOLDLY** by copying your question or thesis sentence and go on from there. If this doesn't work, start anywhere you feel comfortable and then go back and fill in the spaces.
4. As you are actually writing your rough draft, stop to consult your notes once in a while. If you have a good start on a part of the paper, leave space to fill in exact information later and hurry on with getting down ideas which may not come so easily later.
5. Having taken a position in regard to your question, you should keep that point of view and your main idea firmly in mind from the beginning to the end of your paper.
6. Be sure to write out your footnotes as you go along.
7. It may help if you visualize your paper in sections, writing the parts as separate units and fitting them together later.
8. Marathon write. Do not stop to get the exact word or phrase. Leave it blank and go back later and fill it in.

SIDENOTE: Number 6 above refers to footnotes. One of the most confusing things for college students, particularly first year students is using a writing style guide. Before starting ANY paper, ask the instructor which of the two or three major guides she/he prefers that you use. If you are given an option, use the style that is most comfortable for you. Having written with all three styles over the years, I have come to like the APA (American Psychological Association) guide the most. It is, in my opinion, the most logical and easiest to use. A future scholarship tips article will be devoted to writing styles.





