



WILDCAT CHAT

Fraternity & Sorority Life Newsletter

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Tips for Success!

Managing stress is different for everyone, but recommended strategies include, anticipation, altruism, humor, and being self-observant. These can guide your students through midterms!

- Anticipating a stressful event, like midterms, can be handled by preparing weeks in advanced. Making a study schedule to create a fundamental work-life balance can really assist a busy student life.
- Giving back, or altruism, creates positive feelings and manage stress. Students can feel as if a weight has lifted off them by assisting others.
- Having a good laugh is shown to be the best medicine. Encourage students to take mental breaks by watching or listening to funny shows or podcasts or have a laugh with friends.
- Self-observance occurs when a student takes the time to evaluate what is going on with themselves. Ask the student what exactly are they stressed about? How can they resolve that issue? What issues aren't as important and can be let go for now?

Alpha Chi Omega

Our Chapter Spotlight, Alpha Chi Omega, is celebrating 132 successful years and their first full year with UK! The Delta Omega chapter of Alpha Chi focuses on combining the best of all worlds: "the privilege and leadership opportunities of founding membership and the fun of a fully developed calendar that includes philanthropy and social events planned with fraternities, sororities, and other campus groups". Their president, Kristen Harris, feels that "Alpha Chi Omega means having a group of real strong women who are willing to support you and stand by you at all points in your life. They are fun, loving, and bright!" They hold their sisters to a high standard requiring academic interest, character, financial responsibility, leadership ability, and personal development as key characteristics for membership and embracing wisdom, devotion, and achievement.

Alpha Chi supports educational programs for victims of domestic-violence, as well as hands-on support at the community level where personal involvement can make an impact. Their local philanthropy is Greenhouse 17, an advocacy agency committed to ending intimate partner abuse in families and the community.

Alpha Chi has quickly flourished from just being the new kids on the block to an established chapter, through encouraging their philanthropic, academic, and community centered values.

Emily Britt

Emily is a native of Birmingham, Alabama and a graduate from Centre College with a B.A. in Sociology and Ohio University with a Masters' of Education in College Student Personnel. She has been a member of Fraternity and Sorority Life staff since November 2012, working with Interfraternity Council, National Pan-Hellenic Council, and United Greek Council, and currently with Panhellenic Council. Her guidance is always highly regarded by the students and she is regularly used as a resource for all things Greek life. As an Assistant Director, she also leads our four House Directors in their endeavors and works with the chapters in risk reduction, standards and accountability, and our campus program OrgSync. Emily is constantly bringing positivity and energy to the team and students! We are so lucky to have her!



University Resource

Students often stress because they feel they do not have the resources at hand to succeed. However, UK is unique by providing numerous free tutoring and assisting programs that every student has free access to.



For the students that do not feel 100% confident in their writing or would like an extra set of eyes to check their work, Presentation U! is available in the Hub of Willy T Library and Champions Court 1 to assist with all communication needs. From writing a paper to constructing a PowerPoint or social media presentation and proofreading any and all content, Presentation U! has students covered! Next, The Study, located at Champions Court 1, is a peer tutoring resource for over 30 subjects. They are available from 2-10pm, Monday through Thursday, and Sunday 4-10pm. With such a variety of courses, each student is bound to get the assistance they need to academically excel. Lastly, The Mathskeller is a UK tradition, located in the basement of White Hall. Tutors are available for students in all 100-level math courses, MA 123 and 214, 9-5pm, Monday through Friday.

Be sure to check out this university resource page for more information: uky.edu/AE/welcome



Student and Academic Life
Fraternity & Sorority Life