

WILDCAT CHAT

Fraternity & Sorority Life Newsletter

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Students First: Wellness

A student's life changes in countless ways once they become a University student. New home, food options, lifestyle, and stresses can all impact a student's physical and mental health. University of Kentucky does pride itself on the wellness programs and options available for students. UK Health and Well-Being is a unit of Student and Academic Life which works to foster holistic well-being through engagement, collaborative, and inclusive, evidence-based initiative that improve and strengthen behavior and health. Below are relative resources the University has available.

1. [University Health Services](#): The student health clinic used for primary care and education
2. [Campus Recreation](#): Programming created to living a healthy lifestyle with aquatics, club sports, fitness, intramurals, and outdoor pursuits
3. [Financial Wellness](#): MoneyCATS assists students in financial planning and understanding, often through peer mentorship programs
4. [AlcoholEdu](#): A prevention initiative to provide useful information to shape a safer campus
5. [Collegiate Recovery Community](#): This community organization promotes health and supportive collegiate experience for students in recovery for substance use, disorders, and process addictions
6. [Disability Resource Center](#): DRC serves students with a wide array of disabilities and provides accommodating solutions
7. [Big Blue Pantry](#): Serves UK students experiencing food insecurity or hunger
8. [Community of Concern](#): A team specialized in addressing issues of concern about students. So, if a student is displaying concerning personal behavior, the CoC can intervene on behalf of an organization or individual in best interest of the student

Staff Spotlight | Chris White



Chris White rejoined the University of Kentucky in January 2016 as the House Director for Alpha Tau Omega Fraternity. Before that, Chris spent the last 3 years as a Personal Banker with Fifth Third Bancorp here in Lexington. Chris graduated from the University of Kentucky with a M.A. in Kinesiology and Health Promotion with an emphasis in Sports Leadership and Fitness in 2012. While attending the University of Kentucky he was the House Director for the Phi Delta Theta Fraternity. Currently, Chris assists with effective risk reduction, philanthropy event planning, and assisting with FSL initiatives in financial wellness, hazing prevention, and alcohol education. Chris also coaches boys' basketball at Tates Creek High School where he has been the Freshman Coach for 7 years and Head Varsity Assistant for 2 years. Chris brings a lot to our team and we are so fortunate to have him!

Chapter Feature | Kappa Beta Gamma



Character. Culture. Courage. These words exemplify core values of Kappa Beta Gamma, a sisterhood formed in 1917 at Marquette University, dedicated to developing sisters morally, socially, and intellectually. They began as a local sorority for thirty years then grew nationally in 1947! KBG established the Alpha Nu chapter at University of Kentucky in August of 2017 and are continuing to grow in the United Greek Council. We are looking forward to see their great works through the semester!

Council Spotlight | Interfraternity Council



Our Interfraternity Council is lead by eleven men involving 23 inter/national fraternities that continually exceed expectations, under the directorship of Will Takewell. The IFC community surpasses the all-male grade point average for the University and served UK and Lexington communities with over 10,657 hours of community service and philanthropic efforts in Fall 2017. Our current average chapter size is 82 members, so there is plenty of opportunity for each chapter to enhance a potential new member's University experience through brotherhood, philanthropic work, and academic achievement, especially since Spring Recruitment is in full swing. They have completed two sessions and are open to extend bids beginning 9am Saturday! Feel free to send your chapters extra encouragement this week!

Policy Focus | Alcohol Policy



The University of Kentucky Administrative Regulation 6:4 describes the policies and procedures for alcohol use on University property and events. Ultimately, the University prohibits the use of alcohol in classrooms, labs, offices, office suites, undergraduate housing leased or supervised by the University, and University athletic facilities and events. The housing includes residence halls, on and off campus fraternity and sorority houses, and the undergraduate sections of University apartments. This restriction is to promote an educational centered atmosphere for residents, the majority of whom are under 21. However, there are facilities and events where alcohol may be served, which can be accessed [here](#).

New Member Programming | Greek 101



Retention rates are a frequent measurement of the success of an organization and often a reflection of our students' Greek experience. Greek 101 is a training and informational session for all new members of all Fraternity & Sorority Life organizations. Students will be able to recognize and prevent hazing in their organizations, as well as how they are protected by the University. Additionally, we cover Alcohol Education through providing in-depth knowledge on the impact of alcohol on the their body, how to prevent and manage emergencies, and ensure overall safety of the community. We also break down membership expectations by time commitment, finances, academic devotion, and work to give the member the resources they need to succeed through four years. We strive to ensure that Greek life is an asset to a participating student and believe that through health, safety, and understanding new members will graduate with their letters. This semester, training will be held on Sunday, February 18th. Your chapter will be receiving communication of their specific time and location.