



THE ROCKY REVIEW

NOVEMBER 2018 ISSUE

Monthly Newsletter for the Rocky Mountain-Cascade Region

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Presidential Update

Danielle Witlock, President

Hey there all you wonderful student leaders! Happy Holidays to everyone and happy end of the term (or close) for some. Finally, after long weeks of essays and reading and class discussions we find ourselves at the precipice of the very relaxing winter break. Well, hopefully relaxing that is.

I know that many of us have been struggling through the term. Fall is always a hard time to come back to school but all of you wonderful students embrace (as reluctant as it may be) it with open arms. In return, the school term fills those arms past capacity so far that at times you feel like dropping all that weight and running for the hills, especially this time of year. With the holidays looming ahead many of us are anxiously waiting for the term to end or wanting everyday to last longer as the dread of the holidays sets in.

However, I encourage you to push through. Yes, that is easier to type into my laptop then to actively participate but isn't just about everything? You didn't join the honor society because it would be easy right? So don't go too easy on yourself as the term comes to an end. A perfect metaphor for this would be a race. Often times when you are in a race you are putting your all into whatever your doing because you feel the need to achieve whatever goal you have set for yourself but as you draw closer to that goal, to that finish line, you can feel yourself slowing down. The end is in sight so now you can just cruise right in - no problem, right? Well, not exactly.

You see, sometimes those final moments of the race are the most important. If you slow down too much someone can easily come up behind you and grab the prize you so desperately wanted before you ever have time to get it in your grasp. So, I encourage all of us to make that final push. Yes, we are all exhausted and with the holidays right around the corner it means that some of us won't get that rest we so desperately seek. However, we are honor students. We seek excellence and achievement.

Most of all, we are student leaders. The other students and members of the community look to us for how to behave in certain situations. Do you want to encourage those people to take it easy at the last second or do you want to teach them that even through all the rough patches you need to push through and finish strong? The choice is yours. Just remember, you are not alone. You're fellow Phi Theta Kappans are in that same race with you and if you need an extra hand or just some encouraging words all you have to do is ask.

Happy Holidays everyone, I believe in you.

Western District Report

Dana Gann, Western District Executive

Hello everyone! The term is almost over and I know you all have been working hard. I would like to highlight so chapters and what they have been up to.

First, Beta Delta Epsilon from Tillamook Bay Community College is doing their food drive! The regional team is so excited to see your participation in our regional service project. Beta Delta Epsilon is collecting food for the Oregon Food Bank. This is a great organization. People can donate and for only ten dollars they can feed thirty people. Great job Beta Delta Epsilon.

Next, Alpha Kappa Omicron from Chemeketa Community College, Salem campus, has also started their food drive. They have chosen to collect food for the Marion-Polk Food Share. This is a great organization that gives food to families in need in Marion and Polk County. They will be wrapping up their food drive on December 14th.

Alpha Kappa Omicron also had their induction ceremony in November. They inducted thirteen members at the ceremony. Danielle Whitlock, Regional President, was their guest speaker. Members were very excited to attend and learn more about Phi Theta Kappa and the benefits of their membership.

They just finished doing their College Project. This year they decided with help from their administration to do a stress management campaign. During finals week they gave out pamphlets that had many ways to lower stress levels. Some of the solutions were meditation, self-massage, foods and stretching. The members worked hard to research topics and best practices to put into the booklet. They also put together small stress relief goodie bags that had things like color books, crayons and stress balls in them. The chapter is proud of what they did and are excited to start their write up. The regional team is proud of you Alpha Kappa Omicron!

I also want to touch on five star chapter plan progress. Please update your five star chapter plan online! Your regional team is working hard to help you all become five star chapters and we look at your progress to see how you are doing. Also if you would like help or are stuck, you can always contact anyone on the regional team. We are more than happy to see what we can do to help make your chapter successful.

Finally, please tell us know what your chapter is doing. We love to feature our chapters in our publication. You can contact me at rmcwesterdistrict@gmail.com. Have a great rest of term everyone!

Eastern District Report

Sarah Vargas, Eastern District Executive

This month has been relatively uneventful from what I have heard. I imagine that, like my chapter, all the chapters in the district and in the region are busy finishing projects, writing papers, and preparing for finals. Since there is no conclusive news to report in the district for this month (as of November 26 th when I'm writing this), I wanted to take a moment and reflect on how this year has been thus far.

I'm a pretty sentimental person and some of that is exacerbated by the time of year it is. The holiday season is naturally a time when, regardless of what a person's background or beliefs are, people like to step back and be thankful for their lives and the people in them. This year, one of my top blessings has been the Phi Theta Kappa teams I'm a part of and how many opportunities it's given me. Although I am only able to participate for a single year, PTK has changed my life for the better. It's given me structure to find who I am and what I want to do in life career-wise—before PTK, I had no idea what I wanted to do, and now I'm certain of my major and career path.

Most importantly, though, being in Phi Theta Kappa has allowed me to meet some of the greatest, most amazing people I have ever met. Everyone I met at fall conference and have communicated with otherwise have given me so much hope for the future. We are all such driven, inspirational people in our own ways. I have made lifelong friends, made strong connections, and have planted my roots in a world I am just beginning to know. What makes it better is the fact that I am not alone. I know that PTK has opened up so many doors for all of us and that, beyond this chapter in our lives, we will all continue to do amazing things and change the world for the better.

This month, I am thankful for all of you, without whom this wouldn't be possible. Remind yourself from time to time that, even though we may not be our best selves sometimes, we are still strong, empowered human beings. Together, we can change the world.

Southern District Report

Kaitlyn Drollinger, Southern District Executive

Hello Rocky Mountain-Cascade Region!

It is amazing to see all of the amazing progress each of our chapters are accomplishing this year. We encourage all chapters to continue to post on their social media platforms so not only your own members can see, but other chapters can see all the wonderful activities and projects that are being completed. This is an amazing way that we can help motivate one another and get our creative juices flowing!

Chapter Highlight

Shout out to Alpha Sigma Theta! At the beginning of the year they made a goal to have more member involvement. For the past few years chapter involvement was only the officers and this year they are proud to announce that is not the case! Most activities have consisted of five to ten people participating, compared to the two to five people that would go to activities last year, this is a great difference. While this does not seem like a huge matter, it is. Big changes don't always happen all at once and our regional team is very excited to see goals such as this one. When more members are involved our region is able to grow as a whole.



Northern District Report

Warren Gunn, Northern District Executive

Greetings, Northern District!

I hope everyone had a restful and relaxing Thanksgiving and found something about which to be grateful. I'm personally thankful for the opportunities PTK has provided me, especially the opportunity to meet and work with amazing members from all over our region.

Now that we're back to the daily grind, how are those Honors in Action and College Projects coming along?

If that question caused your blood pressure to spike, don't stress! There's still time to decide on a project or two and write something up before the January 16th deadline. Remember: your projects don't have to be monumental or ground-breaking, they just have to be something meaningful to you that you can realistically complete in the time we have left. Check out the resources PTK has to offer on both the Honors in Action and College Project, and please feel free to reach out to me with any questions or if you need help brainstorming.

Speaking of College Projects, the Phi Chapter from Weatherford College in Texas is conducting a survey to help get their chapter recognized as the official honor society at Weatherford. It's only two questions long, and it would be great if we could help them out! Follow this link to take the survey.

Otherwise, please remember to take care of yourselves as finals approach. Get a decent amount of sleep, drink lots of water, try to get a little exercise, and ask for help when you need it!

Until next time,

Warren Gunn

Northern District Executive

RMC Looks to Repeat as Five Star Region For 2018

Donnie Molleson, Vice President

One of the greatest accomplishments a chapter can achieve is the Five-Star Chapter level. This achievement demonstrates that a chapter has been engaged at the chapter, regional and international level. The same thing can be said about reaching a Five-Star Region level. One of the goals of the Five-Star Region is to encourage communication between the chapter and the region.

Last year (2017), the chapters of the Rocky Mountain Cascade Region were successful in achieving their Five-Star Region status. To achieve this goal, the 2017-2018 Regional Leadership Team worked very closely with the chapters towards the end of the year to ensure that all chapters were reaching their fullest potential. The work the chapters did to help excel the region to Five-Star level was nothing short of amazing. In November and December, there was a flurry of activity between the chapters and the Regional Leadership Team. One of the greatest honors for our region was to Dr. Ladner, CEO for Phi Theta Kappa, to comment on how pleased she was with the progress the Rocky Mountain-Cascade Region had made during 2017.

One of the goals the 2018-19 Regional Leadership Team set this year was to repeat as a Five-Star Region. The requirements for a region to reach the Five-Star level are:

- Host at least 2 regional meetings a year
- Provide regional officer training
- Host an annual planning meeting
- At least 50% of chapters will achieve 5 Star status

The first three requirements were accomplished at the regional conferences and during the officer training session held during the Summer.

This year, the regional leadership team initiated a pilot program to assist chapters in reaching their fullest potential. The Five-Star Achievement Mentoring Program was started to encourage chapters to work together to reach their Five-Star Chapter goals. Each of the chapters represented by the leadership team committed to working with another chapter in the region.

The last requirement of the Five-Star Region requirements is to have 50% of our chapters reach their Five-Star level. The region is showing great progress in meeting this requirement. To help the region reach its goal, we're asking all chapters for their assistance.

First, we would strongly like to encourage each chapter to update their Five-Star Chapter Progress Report on the ptk.org web site. If you need assistance doing this, please reach out to your chapter advisers or contact your District Executives listed below:

Western District - rmcwesterndistrict@gmail.com

Northern District - rmcnortherndistrict@gmail.com

Southern District - rmcsoutherndistrict@gmail.com

Eastern District - rmceasterndistrict@gmail.com

Second, each of our chapters should review their progress on their Five-Star Chapter Progress Report to see what remaining items can be completed before the end of the year to reach the highest Five-Star level possible.

Finally, if your chapter would like some guidance in completing your remaining requirements, please feel free to contact us so that we can provide you with some strategic information on how to complete these tasks. Remember, the deadline for reporting your progress is December 31, 2018. It is best to update your final chapter progress a day or two before the deadline as the web site may be very busy with other chapters updating their progress report.

Repeating as a Five-Star Region would be an amazing accomplishment. We realize that all of our chapters have been hard at work all year long and we would truly like to see you achieve your Five-Star Chapter goals and helping the region to achieve its Five-Star Region goal.



Chapter Star Levels



Alpha Chi Eta	1 star
Alpha Eta Iota	1 star
Alpha Kappa Omicron	3 star
Alpha Kappa Phi	no data
Alpha Phi Chi	no data
Alpha Sigma Theta	1 star
Alpha Sigma Upsilon	1 star
Alpha Sigma Xi	4 star
Alpha Tau Upsilon	1 star
Alpha Xi Zeta	3 star
Alpha Zeta Pi	no data
Beta Delta Epsilon	2 star
Beta Delta Lambda	no data
Beta Delta Zeta	1 star
Beta Epsilon Gamma	no data
Beta Gamma Lambda	1 star
Beta Lambda Theta	1 star
Beta Pi Rho	3 star
Beta Sigma Pi	4 star
Beta Upsilon Omega	1 star
Omicron Phi	3 star
Omicron Xi	2 star
Pi Phi	1 star
Rho Theta	2 star
Sigma Zeta	no data

If this doesn't look right, update your chapter profile on ptk.org.
If it is accurate, still make sure that you are constantly updating your profile.

Advisor Corner

Nicole Pruitt, M. Ed, Associate Regional Coordinator

Hello Rocky Mountain Cascade Region! I do hope everyone is doing well. As our Fall Semesters and Quarters come to an end, many of us are feeling the “End of Year Crunch” that occurs. Not only do we have our responsibilities as college educators in our respected positions, but we also have the added duties of being a Phi Theta Kappa Advisor.

Our chapters are all in different phases of finishing up their Five-Star plan. They may be polishing up their Honors in Action Project, their College Projects, submitting their Hallmarks or simply trying to recruit new members for their chapter.

If you are a new Advisor, I bet you may feel overwhelmed right now. Especially if you stepped into a highly active chapter. Or perhaps your chapter is inactive and you’re trying to get it started again, which is not always an easy task. At one point, all of us advisors have been there. For those of you who are new, there are a few tools that you may access to help you start understanding your role as a Phi Theta Kappa advisor.

Some of those tools are:

Five Star Advisor Plan

Go to your advisor tab and scroll on down to your Advisor Tools. Under the “Other Resources” section you will find a link to: Advisor Curriculum – Five Star Advisor Plan. This will get you started on learning the ins and outs of being a chapter advisor. I sure wish this was around when I started all those years ago!

Advisors in our region who have been doing this for years

There are many advisors in the Rocky Mountain Cascade Region who have been serving as PTK advisors for at least seven – ten years. Do not hesitate to reach out to them to seek their wisdom and guidance on how to handle being an Advisor. Contact Michelle or Nicole for further information.

The Regional Coordinator and Associate Regional Coordinator

Myself and Michelle are here to help you and your chapter. Please utilize us as a tool. We would love to make connections with you and your chapter. Not to mention our Regional Officers are fabulous resources too.

mgietl@cgcc.edu

nicole.pruitt1@pcc.edu

Erica Bold with Phi Theta Kappa Headquarters

Erica Bold is our Division IV membership Services Specialist. She is a fantastic point of contact at headquarters. She is here to serve and support all the advisors, officers and members in our region.

erica.bold@ptk.org

With that said, I understand all the responsibilities you all juggle as college educators. Often times, many of you serve in your PTK role with no compensation. That alone shows your passion and determination for student scholarly excellence. Often times we face a lack of support from our institutions, yet we still push on. Do not let the struggles push you away from taking on this task as advisor. Reach out to us for support and utilize the tools headquarters has provided for you. We're here for you!

May you all have a wonderful Holiday Break!

Nicole Pruitt, M.Ed, Associate Regional Coordinator

For Your Information...

Five Star Achievement Program

Your regional officer team created a program to help chapters achieve 5 star status this year. If you are interested in participating in this program, please email any regional officer or your district executive to get more information.

Regional Service Project - SOUPer Scholars!

Please don't forget that our regional canned food drive service project is still going strong! Many chapters around the region are hosting canned food drives to benefit their local food pantry, which is amazing!

If you didn't get instructions about the project please watch the video by clicking on the can, or email your district executive for more information.



Don't forget that the deadline to email your chapter's collection numbers to Michelle Gietl is December 18th, and the chapter who wins two free admittance tickets to Spring Conference will be announced on December 20th. Good luck!

Want to be recognized for your hard work?

If your chapter wants to share anything that you have been working on lately, please email your district executive at any time and it will be featured in an edition of the Rocky Review! We all want to know what is going on around our region, so please let us know.

Regional Executive Team Contact Information:

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Rocky Mountain-Cascade Region



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