

**KAPPA KAPPA GAMMA
72ND BIENNIAL CONVENTION**

Elevate

INVITE THE EXTRAORDINARY



**DENVER
JUNE 20-24, 2018**

Photo courtesy of Yvette Dybas, *Loyola*

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Welcome to the 2018 GENERAL CONVENTION

Welcome, Kappa sisters!

On behalf of the 2016–18 Fraternity Council and Foundation Board of Trustees, it is our pleasure to welcome you to Kappa Kappa Gamma's 72nd Biennial Convention in Denver. We hope you will enjoy this opportunity to meet sisters of many generations from across the United States and Canada and take advantage of every minute of your time here. Attending educational sessions, listening to speakers, engaging in conversation, participating in yoga ... All of these things will help us expand our thoughts by looking at our organization and ourselves just a little bit differently.

For the 2018 Convention, we have chosen educational programming that focuses on well-being, human dignity and engagement — three of Kappa's Pillars of Education that create an environment of care and support.

This program and the mobile app are your tools to navigate each day of Convention. Please note the daily business meetings, educational sessions, award presentations, and inspiring speakers. You will not want to miss any of the Convention activities!

At this Convention, we will discuss proposed amendments to the Fraternity *Bylaws* and *Standing Rules*, elect Fraternity Council officers and District Directors, and recognize the achievements of our chapters, alumnae associations, and members. Together, we will celebrate our accomplishments and shape the future of Kappa Kappa Gamma.

The mission of the Kappa Kappa Gamma Foundation is to support the lifetime development of women through the funding of educational programs, financial assistance, and preservation of Kappa

heritage. We continue to move our initiatives forward and you can experience our progress! Take a stroll through the Heritage Exhibit and the *Tradition of Leadership* Exhibit and learn about our partnership with HistoryIT. Ask about scholarships, financial assistance, and Kappa's harm-prevention educational opportunities offered through Every Member Education. Learn how the Foundation was able to support our sisters who suffered devastating losses during the many disasters this past year with Rose McGill Disaster Relief. Our success as a Foundation is due to the generosity of our members, and we encourage everyone to make a donation on their phones or at the Tribute Table.

We hope your experience inspires you and that you leave with a better understanding of our Fraternity, Foundation, your chapter or alumnae association, House Board, and Advisory Board. Sisters, we welcome you to Denver. We encourage you to elevate, learn, laugh, give, make connections, and immerse yourself in the Convention experience. We're so glad you're here!

Loyally,



Beth Black

Beth Black
Fraternity President

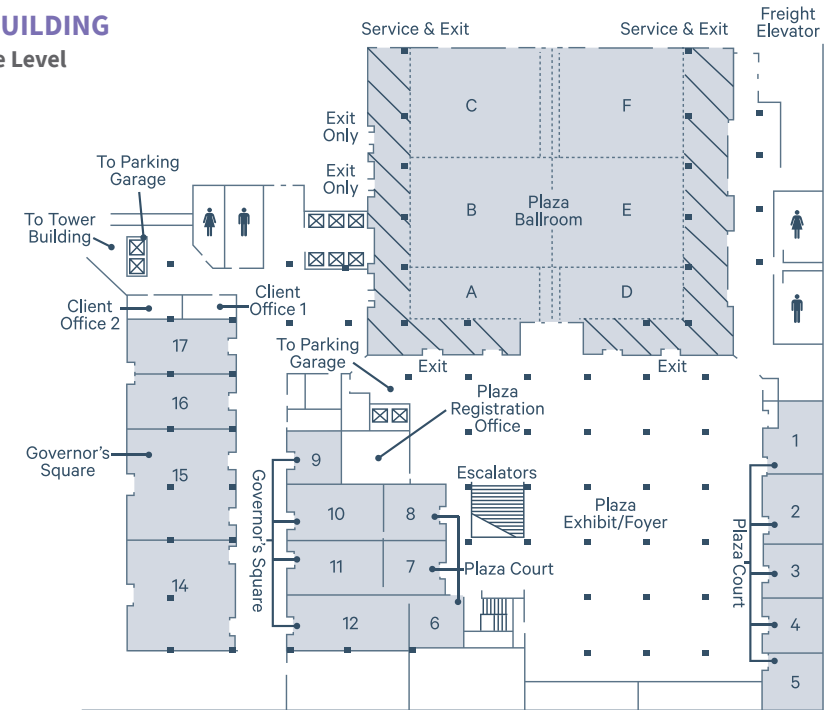


Susanne Wolff Vander Heyden

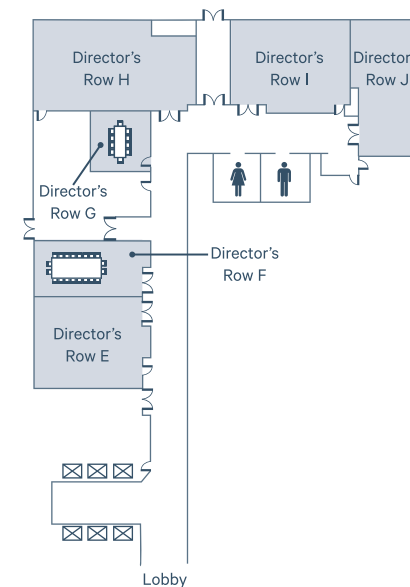
Susanne Wolff Vander Heyden
Foundation President

Maps HOTEL MAPS

PLAZA BUILDING Concourse Level



PLAZA BUILDING Lobby Level



General Info

GENERAL INFORMATION

- In case of a fire in the meeting areas, an alarm will sound and the hotel staff will direct you to the appropriate location. If an alarm sounds while you are in a guest room, follow the evacuation procedures on the back of the door.
- Visit the Kappa Koncierge desk to read posted changes to the program, check the lost and found, find local pharmacies, or ask general questions.
- Guests may attend all events of this Convention except business meetings and the closing ritual following Candlelight Banquet on Saturday, June 23.
- White attire is required at the Opening and Closing Business Meetings and for the Memorial Service.
- Gratuities for meals are included in your hotel bill, which you paid at the time of registration. You are expected to personally take care of any gratuities to hotel staff members for special services you may require.
- All hotel guests must check out of the hotel before departure, and all personal expenses must be paid at this time.

Blue Bash (For Collegians) *Governor's Square 14* **Thursday, June 21** 8:45–10:30 p.m.

Ready for a night of mingling? Spend the evening getting to know Kappas from all chapters at this sisterhood event! The night will include music and the opportunity to hang out with collegians from all over the continent.

Blue Owl Boutique *Plaza Court 1 & 2*

The Blue Owl Boutique is a unique, affordable shopping experience for all who attend Convention. Here you can find everything from jewelry to ornaments to paper products — all made by Kappas!

Wednesday 1–6 p.m. (drop off items)

Thursday 11 a.m.–7 p.m. and 9–10:30 p.m.

Friday 11 a.m.–6 p.m. and 8:30–11 p.m.

Saturday 9 a.m.–1 p.m. and 4–6 p.m. (pick up items)

General Info

GENERAL INFORMATION

Kappa Cafeteria *Plaza Ballroom D/E/F* **Friday, June 22** 1–2:30 p.m.

In the Kappa Cafeteria, there's always a place to sit and for sisters to meet. Join us for lunch and casual conversation about your interests, your goals, and your aspirations. Take this opportunity to (re)connect with Kappa, build your Kappa network, and discover new friendships!

MarketPlace *Plaza Exhibit/Foyer* **Wednesday, June 20** 2–7 p.m. **Thursday, June 21** 11 a.m.–7 p.m.

Visit Kappa's licensed vendor event and shop more than 10 different vendors. This is a two-day event, so be sure to stop by for some fabulous finds!

Pat's Party (For Alumnae) *Director's Row H* **Thursday, June 21** 8:45–10:30 p.m.

Join us for an evening of mingling and sisterhood with alumnae from around the globe! This is a chance for you to relax and share ideas with other alumna attendees while making new connections along the way.

This event is sponsored in part by the Kappa Kappa Gamma Foundation.



Photo credit Zach Starko and Eric Brunt

Speakers

MEET THE SPEAKERS



Lawrence Ross

Lawrence Ross attended the University of California, Berkeley, where he was initiated into Alpha Phi Alpha Fraternity, Inc. in 1985. Ross also attended the University of California, Los Angeles, where he earned a bachelor's degree in history. He also has a Master of Fine Arts in screenwriting from the UCLA School of Theater, Film and Television. Ross has lectured at over 600 colleges and universities, speaking about issues of fraternalism, student development, and fraternity and sorority hazing. Ross has written a total of six books about the African-American experience. His latest book, *Blackballed: The Black and White Politics of Race on America's Campuses*, explores the past and present issues of racism on hundreds of American college campuses and how they tie into today's Black Lives Matter campaign. Ross lives in Los Angeles with his wife, April, and their son, Langston.



Lori Hart

Dr. Lori Hart is an avid participant in the Greek-letter community and has served Alpha Omicron Pi Fraternity in a variety of roles. She currently works as the director of educational initiatives for Holmes Murphy Fraternal Practice. Hart visits close to 70 campuses per year and brings messages about relationships, alcohol education, and fraternity and sorority life. Hart has a bachelor's degree from Auburn University, a master's degree from the University of Montevallo, and a doctorate in higher education from Georgia State University.

Hart resides in Atlanta with her husband and their four children. In her spare time, she loves to box with her trainer, volunteer at her church, and walk her two golden retrievers.



Ross Szabo

Ross Szabo is a social innovator who pioneered the youth mental health movement. He is the wellness director at the Geffen Academy at the University of California, Los Angeles. Szabo is also an award-winning speaker, author, and the CEO of the Human Power Project — a company that designs mental health curriculum.

Szabo has spoken to more than 2 million people about the importance of mental health and has provided a positive example to empower them to seek help. Szabo is the co-author of *Behind Happy Faces: Taking Charge of Your Mental Health* and a blogger for The Huffington Post. His tremendous efforts in the mental health field have led to him to receive a 2010 Didi Hirsch Erasing the Stigma Leadership Award and the 2012 Changing Minds Award.

Presenters

FEATURED PRESENTERS



Suzette Walden Cole

As a global educator, speaker and consultant, Suzette Walden Cole's goal is to help individuals and organizations realize their potential. Cole's passion and drive to see strong, supportive, and inclusive spaces keep her busy. Launching SWC (Speaking with Conviction) Speaks in 2013, Cole's focus is on how to facilitate the tough conversations. She addresses topics of diversity and inclusion, sexual and relationship violence, risk management for college students, leadership development, and personal authenticity. Cole seized the opportunity to work with global companies, nonprofit organizations, colleges and universities, and fraternities and sororities.

Cole holds a Bachelor of Arts in political science with minors in English and communication from Mercer University. Also, she has a master's in education in college student personnel administration with an emphasis in higher education administration from the University of South Carolina.



Ariana Bostian-Kentes

As a leadership and diversity, equity and inclusion (DEI) consultant and the vice president of people and culture at Shaw + Scott, Ariana Bostian-Kentes has worked in the higher education, business, health care, military, technology, and nonprofit sectors. She leads the design and facilitation of leadership programs with the objective of developing people-oriented leaders who leverage their strengths and values to cultivate positive impact in their organizations.

Bostian-Kentes holds a bachelor's degree from the University of Michigan as well as a master's in management, strategy, and leadership from Michigan State University's Broad College of Business. Bostian-Kentes lives in Seattle with her wife, Stephanie, a social worker for the Department of Veterans Affairs and a captain in the U.S. Army Reserve.



Services

PROFESSIONAL SERVICES

PARLIAMENTARIAN

Ann L. Rempel

(University of Oklahoma)

Rempel is both a professional registered parliamentarian and a certified professional parliamentarian-teacher. She has served the National Association of Parliamentarians as a district director, member of various standing committees, national parliamentarian, editor of NAP's official magazine and chairman of the 2009 special committee on NAP governance structure.

STENOGRAPHER

Pamela A. Griffin, RPR, CRR

Minnesota

Pamela has served as a court reporter since 1983. Griffin & Associates, a full-service court reporting firm founded in 1987 in Phoenix, provides a full range of court reporting services to the Valley of the Sun and the world beyond.

Alumnae Achievement Award RECIPIENTS

First established at the 1946 General Convention, the Alumnae Achievement Award is the highest honor for personal and professional achievement that the Fraternity presents to its members. The seven extraordinary women honored at this year's Convention include:

COMMUNITY LEADER

Anna Maria Chávez*, Yale

Anna Maria is the Executive Vice President and Chief Growth Officer for the National Council on Aging.

TECH INNOVATOR

Carolyn Everson, Villanova

Carolyn is the vice president of global marketing solutions at Facebook and was recognized as one of *Fortune's* 40 Under 40.

ENVIRONMENTAL CHANGE-MAKER

Jane Lubchenco, Colorado College

Jane is a marine biologist and environmental scholar. Her work to protect the environment has earned her the National Academy of Sciences' Public Welfare Medal.

WORLD-CLASS ATHLETE

Kristin Armstrong Savola, Idaho

The most decorated female cyclist in U.S. history, winning three Olympic gold medals, two world championships, and six U.S. national championships.

NONPROFIT PRESIDENT

Mary Sellers*, Florida

U.S. president of United Way Worldwide, Mary was recognized as one of *Business Record's* Top 25 Most Influential Business Leaders in 2016 and 2017.

VETERAN JOURNALIST

Shelley Smith*, Nebraska

Shelley is a ground-breaking sports reporter for ESPN's "SportsCenter." She has received the William Randolph Hearst Award and four Emmy Awards.

PIONEERING ENTREPRENEUR

Whitney Wolfe, SMU

Founder and CEO of Bumble, Whitney has been named one of the 30 Most Important Women Under 30 in Tech by *Business Insider*.

* Will be in attendance

Foundation Info

FOUNDATION INFORMATION

FOUNDATION INFORMATION

Fleurever Flexible Yoga *Plaza Exhibit/Foyer* **Friday, June 22** 9:30–10:15 p.m.

Find your center with Fleurever Flexible — the Kappa Kappa Gamma Foundation’s yoga session! Wind down with your sisters with a light session ending with a time of introspection. For \$30, you can register for the event and take home a Kappa-themed yoga mat that folds to fit into your luggage!

Tribute Table *Plaza Exhibit/Foyer*

The Tribute Table is a special opportunity to honor Kappa sisters and support the important work of the Foundation. Be part of the Foundation’s initiative to raise \$100,000 to support the areas of greatest need, such as Rose McGill Disaster Relief, preservation of Kappa heritage, educational programming, and scholarships. With your gift, you will receive Kappa notecards, which are a wonderful way to tell a friend or mentor how much they mean to you! The Tribute Table is closed during business meetings and dinners.

Wednesday, June 20 9 a.m.–10 p.m.

Thursday, June 21 7 a.m.–10 p.m.

Friday, June 22 7 a.m.–10 p.m.

Saturday, June 23 7 a.m.–8 p.m.

Heritage Exhibit *Plaza Court 4*

Explore Kappa Kappa Gamma’s heritage, view objects from our past, and be part of history in the making! Check out items from The Stewart House and Kappa Kappa Gamma’s archives. Take a sneak peek at Kappa’s newest digital history project! The Heritage Exhibit is closed during business meetings and meals.

Wednesday, June 20 4–7 p.m.

Thursday, June 21 8 a.m.–11 p.m.

Friday, June 22 1–10 p.m.

Saturday, June 23 11 a.m.–12 p.m.

Tradition of Leadership Exhibit *Plaza Exhibit/Foyer* **Open for the duration of Convention**

Journey through time from the founding of Kappa Kappa Gamma to the entrance of women in the workplace with Tradition of Leadership: Education to Enfranchisement and Enfranchisement to Employment. Edith P. Mayo, George Washington, curator emerita of the Smithsonian Institution’s National Museum of American History, brings to life the leaders of Kappa Kappa Gamma who were also at the forefront of pivotal societal issues. This exhibit will be on display throughout Convention. You won’t want to miss it!

MUSEUM EXHIBITS

Get *Whova* for Kappa Kappa Gamma 2018 General Convention

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Convention Rules

CONVENTION RULES

1. Registration: All members shall be registered before being admitted to the business meetings and educational sessions.

2. Credentials:

- a. Upon registration, the Credentials and Registration Committees shall provide identification badges for delegates, alternates, nonvoting members and guests.
- b. Identification badges shall be worn for admission to the Convention Hall, all meetings, meals, and educational sessions.
- c. At the Opening Business Meeting after the opening ceremonies, the Credentials Committee shall report the number of delegates registered and entitled to vote. The committee shall also make supplementary reports as needed.

3. Meetings: All meetings shall be open to all members of the Fraternity.

4. Delegate Responsibilities:

- a. Each delegate and Advisory Board representative shall remain for the entire duration of General Convention and shall be present at all business meetings. In the case it becomes impossible for her to do so, an accredited alternate shall take her place (Fraternity Standing Rules, Rule V.). The delegate shall report to the registration desk to make this request.
- b. Delegates shall report to their chapters and associations after Convention.

5. Motions:

- a. The privilege of presenting motions shall be limited to those members entitled to vote as provided in the Fraternity Bylaws, Article V. Section 3. A.
- b. Main motions or resolutions proposed by Fraternity Council or standing committees shall be presented directly to the Convention.

Convention Rules

CONVENTION RULES

- c. Original main motions or resolutions proposed by an individual member shall be in writing, signed by the maker and seconder — each of whom shall be voting members of the Convention — and shall be submitted directly to the Resolutions Committee.
- d. All amendments shall be submitted in writing on the official motion form and forwarded to the chair by Pages immediately after being proposed. The signature of the maker and the seconder presenting the amendment and her Convention status must be included on the form.
- e. Official motion forms may be obtained from the Kappa Koncierge desk or from the Pages.

6. Resolutions Committee:

- a. The Resolutions Committee shall prepare suitable resolutions to carry into effect motions or resolutions referred to it and shall submit to the Convention — with the committee's own recommendation as to the appropriate action — these and all other resolutions referred to the committee (except questions that the committee, by a three-fourths vote, may decide not to report).
- b. The Convention, by a two-thirds vote, may overrule a committee decision not to report.
- c. Each member who proposes a main motion or resolution shall be given an opportunity to explain it to the Resolutions Committee.
- d. All motions or resolutions must be submitted to the Resolutions Committee no later than 4 p.m. on Friday, June 22, 2018.

7. Debate:

- a. A voting member wishing to speak shall approach the microphone, address the chair, and when recognized by the chairman, give her name and Convention status.
- b. Debates shall be limited to three minutes for each speaker. No member shall speak more than once on the same question until all have spoken who wish to do so.



Convention Rules

CONVENTION RULES

c. Nonvoting members of the Convention may have the privilege of speaking at the discretion of the chair but have no power to make motions or to vote.

8. Voting: Voting shall be as provided for in Fraternity Bylaws, Article V. Section 3.

a. Those entitled to vote includes Fraternity Council, District Directors, Content Directors, chairmen of standing committees, retiring Leadership Consultants, one delegate from each chapter in good standing, and one delegate from each alumnae association in good standing desiring representation.

i. The alumnae associations shall each be entitled to one vote except that the total value of their vote shall not exceed the number of chapter delegates registered. The value of each alumnae association vote shall be established and announced with each report of the Credentials Committee.

b. All voting shall be in person.

c. An individual shall cast only one vote.

d. Each delegate shall be free to vote on any questions presented at Convention according to her best judgment. e. A majority of votes of those members present at a meeting and voting shall control in all cases, except where otherwise specifically provided.

9. Nominations: After the report of the Nominating Committee, nominations from the floor may be made provided that consent of the nominees has been obtained.

10. Communications: All messages within the Convention Hall shall be delivered by Pages.

11. Cameras: Cameras are prohibited during the use of ritual.

12. Electronic Equipment: Audio and visual recording equipment not sanctioned for official use is prohibited in all meetings and educational sessions. The use of cellphones and other devices during formal meetings and educational sessions is limited to official Fraternity business needs. All attendees are asked to keep devices on silent during all meetings and educational sessions.

13. Food/Drink: There shall be no food or drink in business meetings and educational sessions.

14. The use of e-cigarettes, tobacco products in all forms, and marijuana is prohibited during meetings, educational sessions and meals.

Convention Rules

CONVENTION RULES

15. The use and consumption of illegal substances and marijuana are prohibited from arrival to departure of Convention. Kappa defines illegal substances as those that are illegal under local, state or federal law. Violations of this policy may result in immediate removal from the event and may result in disciplinary action.

16. Minutes: The minutes of General Convention shall be approved by Fraternity Council at the Fraternity Council meeting following Convention.

17. Parliamentary Authority: The rules contained in the current edition of *Robert's Rules of Order Newly Revised* shall govern the Convention in all cases to which they are applicable and in which they are not inconsistent with the Fraternity *Bylaws* and *Standing Rules*.



Schedule

SCHEDULE OF EVENTS

Wednesday, June 20

9 a.m.-10 p.m.	Registration	Kappa Registration Open
9 a.m.-10 p.m.	Plaza Exhibit/Foyer	Tribute Table
1-6 p.m.	Plaza Court 2	Blue Owl Boutique Drop-Off
2-7 p.m.	Plaza Exhibit/Foyer	MarketPlace Open
2 p.m.	Plaza Exhibit/Foyer	Tradition of Leadership Exhibit Open
2:30-3:45 p.m.	Plaza Exhibit/Foyer	Robe Pickup
3:45 p.m.	Plaza Ballroom A/B/C	Convention Choir Rehearsal The Convention Choir performs throughout Convention. Any nonvoting member is welcome to attend this rehearsal and be part of the choir.
4-7 p.m.	Plaza Court 4	Heritage Exhibit Open
6:30 p.m.	Governor's Square Foyer	Parade of Flags Briefing for Chapter Delegates
7 p.m.	Plaza Ballroom D/E/F	Welcome Dinner and Parade of Flags Gail Owen , Fraternity Vice President Collett Rangitsch , General Convention Chairman Cori Woods , Assistant to Convention Chairman <i>Open seating</i>

Schedule

SCHEDULE OF EVENTS

Thursday, June 21

7-8:30 a.m.	Plaza Ballroom D/E/F	Breakfast
7-8 a.m.	Governor's Square 14	Order of the Owl Breakfast A breakfast for current and former Field Representatives.
7 a.m.	Plaza Exhibit/Foyer	Tradition of Leadership Exhibit
7 a.m.-10 p.m.	Plaza Exhibit/Foyer	Tribute Table
7:30 a.m.	Plaza Ballroom A/B/C	Convention Choir Rehearsal
8 a.m.-11 p.m.	Plaza Court 4	Heritage Exhibit
8:30-9 a.m.	Plaza Ballroom D/E/F Foyer	Formation of the Processional Fraternity Council, National Panhellenic Conference Delegate, District Directors, Content Directors and flag bearers
8:45-9 a.m.	Plaza Ballroom A/B/C	Convention Body Enters and Is Seated
9-11 a.m.	Plaza Ballroom A/B/C	Opening Business Meeting <i>White attire is required.</i> <i>Chapter delegates are seated in the front by district.</i> General Convention Processional American Flag Canadian Flag Content Directors District Directors National Panhellenic Conference Flag National Panhellenic Conference Delegate Fraternity Flag Fraternity Council Call to Order: Beth Black , Fraternity President "The Star-Spangled Banner"



Schedule

SCHEDULE OF EVENTS

Thursday, June 21 (CONTINUED)

9-11 a.m. (cont.)	Plaza Ballroom A/B/C	<p>“O Canada” “Why We Sing” “Kappa Hymn” Opening Ritual Devotional In Memoriam “Lovely Girl” Welcome New Chapters Eta Chi Chapter, <i>NC State</i> Eta Psi Chapter, <i>Pfeiffer</i> Eta Omega Chapter, <i>Binghamton</i> Welcome New Alumnae Associations Northeast Louisiana Alumnae Association Greetings Roll Call Report of the Credentials Committee Adoption of the 2018 General Convention Rules Adoption of the Program Report of the Fraternity Council Meetings Appointment of General Convention Committees Courtesy Resolutions Committee Election Committee Resolutions Committee Introduction of Nominating Committee Report of the Fraternity President “For Good” Loyalty Award</p>
11 a.m.- 7 p.m.	Plaza Court 1 Plaza Exhibit/Foyer	<p>Blue Owl Boutique MarketPlace</p>

Schedule

SCHEDULE OF EVENTS

Thursday, June 21 (CONTINUED)

11:15 a.m.- 12:15 p.m.	Plaza Ballroom A/B/C	<p>KEYNOTE The Ability to Bounce Back: Resilience and Mental Health Sponsored by the Kappa Kappa Gamma Foundation.</p>
12:30- 2:30 p.m.	Plaza Ballroom D/E/F Foyer Plaza Ballroom D/E/F	<p>Box Lunch Express Learning</p>
2:45- 3:45 p.m.	Educational Session One	
	Governor’s Square 16	<p>Acing the Job Interview All Members</p>
	Governor’s Square 17	<p>Be a Media Darling: Cleaning Up Your Digital Presence All Members</p>
	Governor’s Square 14	<p>FEATURED PRESENTER Before the Breakdown: Suicide Prevention Chapter Officers, Advisers, and General Members</p>
	Director’s Row E	<p>Be Prepared: Financial Planning Strategies All Members</p>
	Plaza Court 6	<p>Bylaws and Standing Rules Forum Voting Delegates and General Members</p>
	Plaza Court 7	<p>Defining Our Values All Members</p>

Schedule

SCHEDULE OF EVENTS

Thursday, June 21 (CONTINUED)

2:45-3:45 p.m. (cont.)	Director's Row J	For Good Health's Sake: Run, Jump and Shake All Members
	Governor's Square 11	Hazing: The Scarlet Letter of Greek Life Chapter Officers, Association Officers, Advisers, and General Members
	Plaza Court 8	History as Her Story General Members
	Governor's Square 9	Mining the Galleys for Gold Advisers, Association Officers, and House Board Members
	Director's Row H	Move Over Millennials: Engaging Gen Z All Members
	Governor's Square 12	Moving Toward Inclusion All Members
	Director's Row I	Now We're Cooking All Members
	Governor's Square 15	FEATURED PRESENTER The Intersection of Gender and Kappa: Creating an Organization for All Women All Members
	Governor's Square 10	The Neuroscience of Our Hectic Lives All Members

Schedule

SCHEDULE OF EVENTS

Thursday, June 21 (CONTINUED)

4-5 p.m.	Plaza Ballroom A/B/C	Business Meeting <i>Chapter delegates are seated in the front by district. Mandatory for voting delegates.</i> Call to Order Devotional Roll Call Report of the Credentials Committee Report of the Bylaws Committee Report of the Ritual and History Director
	4-5 p.m. Educational Session Two <i>For nonvoting delegates only.</i>	
	Governor's Square 9	Building a Legacy by Engaging Young Alumnae Association Officers and General Members
	Plaza Court 4	Defining Moments in Kappa's History General Members
	Plaza Court 6	Engagement and the Importance of Volunteering in Today's Busy World All Members
	Director's Row H	It's OK Not to Be OK Chapter Officers, Advisers, House Board Members, and General Members
	Director's Row J	Making Friends With Fear All Members
	Governor's Square 12	Moving Toward Inclusion All Members

Schedule

SCHEDULE OF EVENTS

Thursday, June 21 (CONTINUED)

4-5 p.m. (cont.)	Director's Row E	Risk Management to Risk Prevention Chapter Officers and Advisers
	Governor's Square 14	FEATURED PRESENTER Self-Love Is More Than a Selfie: A Focus on Mental Health All Members
	Governor's Square 17	Ten Hacks to Move From Busy to Productive All Members
	Governor's Square 15	FEATURED PRESENTER The Intersection of Gender and Kappa: Creating an Organization for All Women All Members
	Governor's Square 10	The Neuroscience of Our Hectic Lives All Members
	Governor's Square 11	Translate Volunteer Experience Into a Dynamic Résumé All Members
	Plaza Court 7	Trends in Higher Education All Members
	Governor's Square 16	Twenty-Something Finance Chapter Officers and General Members
	Director's Row I	You Are Flammable: Recognizing, Preventing, and Addressing Burnout All Members

Schedule

SCHEDULE OF EVENTS

Thursday, June 21 (CONTINUED)

5-6 p.m.	Plaza Ballroom A/B/C	Convention Choir Rehearsal
	Committee Meetings	
	Plaza Court 6	Courtesy Resolutions Committee
	Plaza Court 7	Election Committee
	Plaza Court 8	Resolutions Committee
6:30- 8:30 p.m.	Plaza Ballroom D/E/F	Presidents Dinner <i>Open seating</i>
8:30 p.m.	Plaza Ballroom A Foyer	Book Signing
8:45- 10:30 p.m.	Governor's Square 14 Director's Row H	Blue Bash (For Collegians) Pat's Party (For Alumnae) Sponsored in part by the Kappa Kappa Gamma Foundation.
9-10:30 p.m.	Plaza Court 1	Blue Owl Boutique



Schedule

SCHEDULE OF EVENTS

Friday, June 22

6:45 a.m.	Plaza Ballroom A/B/C	Convention Choir Rehearsal
7-8:45 a.m.	Plaza Ballroom D/E/F	Breakfast
7 a.m.	Plaza Exhibit/Foyer	Tradition of Leadership Exhibit
7 a.m.-10 p.m.	Plaza Exhibit/Foyer	Tribute Table
7:30-8:15 a.m.	Plaza Ballroom A/B/C	Memorial Service A service held in memory of members who have died within the biennium. <i>White attire is required. Please enter in silence.</i>
9-10 a.m.	Plaza Ballroom A/B/C	KEYNOTE Blackballed Sponsored by the Kappa Kappa Gamma Foundation.
10:15 a.m.-12:45 p.m.	Plaza Ballroom A/B/C	Business Meeting <i>Association delegates are seated in the front by district.</i> Call to Order Devotional "One Voice" Roll Call Report of the Credentials Committee Report of the Nominating Committee Report of the Election Committee Foundation Keynote Speaker "Golden Key (Dona Nobis Pacem)"
11 a.m.-6 p.m.	Plaza Court 1	Blue Owl Boutique
12:45-2:30 p.m.	Plaza Ballroom A Foyer	Voting

Schedule

SCHEDULE OF EVENTS

Friday, June 22 (CONTINUED)

12:45-2:30 p.m. (cont.)	Plaza Ballroom D/E/F Foyer Plaza Ballroom D/E/F	Box Lunch Kappa Cafeteria
1-2 p.m.	Plaza Ballroom A/B/C	Convention Choir Rehearsal
1-10 p.m.	Plaza Court 4	Heritage Exhibit
2:45-3:45 p.m.	Educational Session Three	
	Governor's Square 16	Alumna Engagement: Is It Really For Life? Association Officers and General Members
	Governor's Square 15	FEATURED PRESENTER Be Brave. Be Bold. Association Officers, Advisers, House Board Members, and General Members
	Plaza Court 4	Defining Moments in Kappa's History General Members
	Director's Row 1	Failure and Resilience All Members
	Plaza Court 8	Finance Forum Voting Delegates and General Members
	Governor's Square 12	From Chapter Council to Entrepreneur Chapter Officers and General Members
	Plaza Court 6	How Smart Risk-Taking Builds Self-Confidence All Members

Schedule

SCHEDULE OF EVENTS

Friday, June 22 (CONTINUED)

2:45-3:45 p.m. (cont.)	Director's Row E	How to Get Engaged All Members
	Governor's Square 11	Living out Our Ritual Chapter Officers, Association Officers, Advisers, and General Members
	Governor's Square 17	Overcoming the Imposter Syndrome Chapter Officers, Association Officers, and General Members
	Governor's Square 9	Personal Safety Chapter Officers, Advisers, and General Members
	Director's Row H	Creating and Supporting an Inclusive Recruitment Environment Chapter Officers and Advisers
	Governor's Square 10	Self-Esteem: Helping Yourself to Happiness All Members
	Governor's Square 14	FEATURED PRESENTER Supporting Survivors: Addressing Sexual Misconduct All Members
	Plaza Court 7	Trends in Higher Education All Members
	Director's Row J	Women in the Workplace All Members

Schedule

SCHEDULE OF EVENTS

Friday, June 22 (CONTINUED)

4-5 p.m.	Educational Session Four	
	Governor's Square 14	FEATURED PRESENTER Dealing With Sexual Misconduct: Creating Environments of Care and Support Chapter Officers and Advisers
	Governor's Square 15	FEATURED PRESENTER Diversity and Inclusion: This Is Not Your Baby Boomer/Gen Xer's Campus Anymore Chapter Officers, Advisers, and General Members
	Director's Row I	Engaging Your Members One Event at a Time Association Officers and General Members
	Governor's Square 12	From Chapter Council to Entrepreneur Chapter Officers and General Members
	Plaza Court 7	From Hair Jewelry to Pinterest Fails: Crafting Through the Ages Chapter Officers, Association Officers, and General Members
	Plaza Court 6	How Smart Risk-Taking Builds Self-Confidence All Members
	Director's Row J	How to Have a Courageous Conversation and Still Feel Good About It the Next Day All Members
	Governor's Square 16	Interactive Engagement Strategies Chapter Officers, Advisers, and General Members

Schedule

SCHEDULE OF EVENTS

Friday, June 22 (CONTINUED)

4-5 p.m. (cont.)	Governor's Square 11	Looking to the Past to Redefine Our Future All Members
	Director's Row E	Mindful Movement All Members
	Governor's Square 9	Mining the Galleys for Gold Advisers, Association Officers, and House Board Members
	Governor's Square 17	Overcoming the Imposter Syndrome Chapter Officers, Association Officers, and General Members
	Governor's Square 10	Self-Esteem: Helping Yourself to Happiness All Members
	Director's Row H	Creating and Supporting an Inclusive Recruitment Environment Chapter Officers and Advisers
7-9 p.m.	Plaza Ballroom D/E/F	Celebration of Excellence and Dinner Elizabeth Bailey , Fraternity Vice President
8:30-11 p.m.	Plaza Court 1	Blue Owl Boutique

Schedule

SCHEDULE OF EVENTS

Friday, June 22 (CONTINUED)

9-10 p.m.	Governor's Square 14	Award Pickup
	Committee Meetings	
	Plaza Court 6	Courtesy Resolutions Committee
	Plaza Court 7	Election Committee
9:30-10:15 p.m.	Plaza Court 8	Resolutions Committee
	Plaza Exhibit/Foyer	Fleurever Flexible: Yoga With the Foundation



Schedule

SCHEDULE OF EVENTS

Saturday, June 23

7 a.m.	Plaza Exhibit/Foyer	Tradition of Leadership Exhibit
7 a.m.-8 p.m.	Plaza Exhibit/Foyer	Tribute Table
7:30-8:30 a.m.	Plaza Ballroom D/E/F Plaza Exhibit/Foyer	Breakfast Habiteers Breakfast A meal for those who have attended five or more Conventions. Advance registration is required.
8 a.m.-2 p.m.	Plaza Court 4	Heritage Exhibit
8:20 a.m.	Plaza Ballroom A/B/C	Convention Choir Rehearsal
8:45-11 a.m.	Plaza Ballroom A/B/C	Business Meeting Association delegates are seated in the front by district. Call to Order Devotional "One, Two, Three Words" Roll Call Report of the Credentials Committee Report of the Audit and Biennial Budget Report of the Election Committee Report of the Resolutions Committee "This Is Me" 2018 Alumnae Achievement Award Presentation
9 a.m.-1 p.m.	Plaza Court 1	Blue Owl Boutique
11:15 a.m.-12:15 p.m.	Plaza Ballroom A/B/C	KEYNOTE Making Greek Great Sponsored by the Kappa Kappa Gamma Foundation.

Schedule

SCHEDULE OF EVENTS

Saturday, June 23 (CONTINUED)

12-12:30 p.m.	Plaza Ballroom F Foyer	Reception for Panhellenic Guests By invitation only
12:30-1:45 p.m.	Plaza Ballroom D/E/F	Panhellenic Luncheon Patti Dennis, Oklahoma Open seating Tables are reserved for mothers, daughters, and grandmothers as well as Canadian Kappas.
2-3:30 p.m.	Interacts	
	Tower Court A	Advisory Board
	Director Row E	Alumnae Association Officer
	Governor's Square 14	Chapter President
	Plaza Court 8	Corresponding Secretary
	Governor's Square 10	Education Chairman
	Plaza Court 7	Event Chairman
	Director Row H	General Alumna
	Governor's Square 15	General Collegian
	Director Row J	House Board
	Governor's Square 17	House Chairman
	Plaza Court 6	Marshal
	Governor's Square 9	Membership Chairman
	Governor's Square 10	New Member Chairman

Schedule

SCHEDULE OF EVENTS

Saturday, June 23 (CONTINUED)

2-3:30 p.m. (cont.)	Governor's Square 12	Panhellenic Delegate
	Governor's Square 12	Philanthropy Chairman
	Governor's Square 12	Public Relations Chairman
	Plaza Court 8	Recording Secretary
	Plaza Court 6	Registrar
	Plaza Court 7	Risk Management Chairman
	Governor's Square 17	Treasurer
	Governor's Square 16	Vice President-Academic Excellence
	Governor's Square 16	Vice President-Organization
	Governor's Square 11	Vice President-Standards
3:45 p.m.	Plaza Ballroom A/B/C	Convention Choir Rehearsal
4-6 p.m.	Plaza Court 2	Blue Owl Boutique Pickup
4:30-5:30 p.m.	Plaza Ballroom A/B/C	Closing Business Meeting <i>White attire is required.</i> <i>Chapter delegates are seated in the front by district.</i> Call to Order Devotional "Dream a While of Kappa" Report of the Credentials Committee Report of the Courtesy Resolutions Committee Unfinished Business Installation of District Directors

Schedule

SCHEDULE OF EVENTS

Saturday, June 23 (CONTINUED)

4:30-5:30 p.m. (cont.)	Plaza Ballroom A/B/C	"Homeward Bound" "On the Heart of Each Sister" Installation of Fraternity Council Closing Ritual Adjournment Recessional
5:30-6 p.m.	Plaza Exhibit/Foyer	Robe Drop-Off
8-10 p.m.	Plaza Ballroom A/B/C	Candlelight Banquet <i>Open seating</i>

Sunday, June 24

All day	Departures Departure information will be available beginning on Saturday afternoon at the Kappa Koncierge desk. <i>We hope you had a wonderful time at 2018 Convention. In the coming days, you'll receive an online survey and a copy of The Hoot, the Convention newsletter.</i>
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Express Learning

EXPRESS LEARNING

Grab your map and bring your questions to Express Learning, a “how-to” learning fair that tackles topics from Recruitment to well-being to engaging your membership and more. With more than 70 tables hosted by subject-matter experts, you’re sure to find the answers and information you need to bring back to your chapter or association.

Express Topics

How to Access Kappa’s Digital Resources
How to Access Mental Health Resources
How to Address Member Behavior on Social Media
How to Apply for a Scholarship
How to Apply for an Educational Area Grant
How to Apply or Recommend for a Rose McGill Grant
How to Be a Successful Adviser
How to Be an Advocate as a Woman With a Legislative Agenda
How to Become a Field Representative
How to Build a Strong Sisterhood in Alumnae Associations
How to Build a Strong Sisterhood in Housed Chapters
How to Build a Strong Sisterhood in Unhoused Chapters
How to Build an Academic Excellence Program
How to Build Your Advisory Board
How to Celebrate Kappa’s Sesquicentennial
How to Collect Oral Histories

How to Conduct a Purposeful Membership Recruitment for Your Chapter
How to Conduct an Effective New Member Experience
How to Conduct an Effective Officer Training
How to Conduct Continuous Open Bidding
How to Conduct Ritual
How to Create a Reading Is Fundamental Event
How to Create Successful Programming for College Seniors
How to Do a Successful Chapter House Renovation
How to Engage Alumnae in Your Association
How to Engage With Alumnae Panhellenics
How to Engage Your Audience With Social Media for Alumnae Associations
How to Engage Your Audience With Social Media for Chapters
How to Fill out an Incident Report
How to Fill Your House to Capacity
How to Follow Proper Parliamentary Procedure
How to Help Find Missing Badges
How to Host a GIRLS Academy
How to Host Successful Fundraising Events

Express Learning

EXPRESS LEARNING

How to Implement an “It’s On Us” Event
How to Keep Your Chapter Council on a Budget
How to Manage Risk for Alumnae Associations
How to Manage Risk for Chapters
How to Participate in Leadership Academy
How to Plan Successful Programming for Alumnae Associations
How to Plan Successful Programming for Chapters
How to Preserve and Archive Historical Items
How to Promote Membership Growth in Alumnae Associations
How to Run a Successful Standards Meeting
How to Run an Effective Membership Selection Session
How to See Your Story in the Pages of *The Key*
How to Start a Scholarship Fund
How to Train and Transition Chapter Officers
How to Understand Gender Identity and LGBTQIA+ Inclusion
How to Understand Insurance for House Boards
How to Understand the Fraternity *Bylaws*
How to Understand Your Dues and How They Work for You
How to Use Billhighway
How to Use Kappa’s Emergency Procedure Plan
How to Use Period of Concern for Academic Success
How to Use the GINsystem
How to Use *KeyReports*
How to Use Select-A-Sis
How to Utilize a Field Representative When She Visits Your Chapter
How to Utilize an EME Trainer for Alumnae Associations
How to Utilize an EME Trainer for Chapters
How to Utilize the Role of Panhellenic Delegate
How to Utilize Your District Team
How to Utilize Your Greek Life Office and Campus Resources
How to Volunteer for Kappa
How to Write a Reference

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Acing the Job Interview

Kim Mirabelli, *Villanova*

Recommended for: All Members

Do interviews make you nervous or anxious? Learn about key behavioral questions, interview etiquette, and general preparation techniques to help you ace the interview.

Alumna Engagement: Is It Really for Life?

Kelsey Ryan, *Georgia Southern*, and **Liz Wong**, *Waterloo*

Recommended for: Association Officers and General Members

You loved your experience as a collegian, but now you are not sure how to navigate as an alumna. Examine ways to be engaged as an alumna, how to encourage others to be engaged, and how to strengthen relationships for years to come.

Be a Media Darling: Cleaning up Your Digital Presence

Ashley Moyer, *Purdue* and **Ella Vieira**, *UC Riverside*

Recommended for: All Members

Ever wonder what sort of digital footprint you are leaving? Does your social media posting really impact your workplace or the organizations you belong to? Join us to learn when and how to clean up your digital presence as well as the do's and don'ts of social media.

Be Brave. Be Bold.

Lawrence Ross (University of California, Berkeley)

Recommended for: Association Officers, Advisers, House Board Members, and General Members

Students are ready to talk about campus racism. Are you? Join us as we explore ways Kappa can be a leader in defeating campus racism by getting out of its comfort zone. Values are great. Action is better.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Be Prepared: Financial Planning Strategies

Panel of Financial Experts

Recommended for: All Members

With women often outliving men, the high divorce rate, and taking time from work to care for children and elderly parents, women need to be financially prepared. Join us to hear from a panel of experts about strategies geared specifically toward women and their needs.

Before the Breakdown: Suicide Prevention

Ross Szabo (American University)

Recommended for: Chapter Officers, Advisers, and General Members

Many times after a tragedy occurs, sisters and friends come forward to say they saw the warning signs but didn't know what to do. Participants will learn how to recognize warning signs, how to approach someone who is experiencing a mental health breakdown, and what to do when someone is suicidal.

Blackballed

Lawrence Ross (University of California, Berkeley)

Recommended for: All Members

"College" is a word that means many things to many people: a space for knowledge, a place to gain lifelong friends, and an opportunity to transcend one's socioeconomic station. Today, this word also recalls a slew of headlines that have revealed a dark and persistent world of racial politics on campus. Does this association disturb our idealized visions of what happens behind the ivied walls of higher learning? It should because racism on college campuses is as American as college football on fall Saturdays.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Building a Legacy by Engaging Young Alumnae

Jennifer Stevens, *DePauw*, and **Katie Pierson**, *Fresno State*

Recommended for: Association Officers and General Members

Examine the goals that drive young graduates' decisions so you can meet those goals. Develop strategies to become more visible and relevant and create programming that makes your association attractive to potential members.

Bylaws and Standing Rules Forum

Lisa DeFors, *Montana*

Recommended for: Voting Delegates and General Members

Join us to discuss and ask questions about the proposed amendments to the Fraternity *Bylaws* and *Standing Rules*.

Dealing With Sexual Misconduct: Creating Environments of Care and Support

Suzette Walden Cole, M. Ed. (*Mercer University*)

Recommended for: Chapter Officers and Advisers

Chapters face the incredible responsibility of providing environments of care and support for their members. Understanding your role as a leader in this effort is essential. Join us as we talk about ways to assess your chapter environment, practice responding to sexual assault allegations, explore how to support a sister, and discuss where to find and how to utilize campus and community resources.

Defining Moments in Kappa's History

Kylie Smith, *Simpson*

Recommended for: General Members

Join us as we take a tour of Kappa's defining moments in history as well as its responses to human rights issues throughout the ages.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Defining Our Values

Leah DeCesare, *Syracuse*, and **Kate Shipley** (*DePauw University*)

Recommended for: All Members

What are your personal values? Throughout this session, we will explore the importance of our values, have values-based conversations, and help with the fraternity-wide discussion of Kappa's values.

Diversity and Inclusion: This Is Not Your Baby Boomer/Gen Xer's Campus Anymore

Lawrence Ross (*University of California, Berkeley*)

Recommended for: Chapter Officers, Advisers, and General Members

Taking the conversation from diversity to diversity and inclusion, this session will explore what's happening on today's college campuses. Participants will take a deep dive into how organizations like Kappa can meet the needs of its members.

Engagement and the Importance of Volunteering in Today's Busy World

Jan Larson, *Akron*

Recommended for: All Members

What does engagement mean to you? During this session, we'll explore the various roles of a volunteer, motivation, and how to customize your experience to match your level of commitment, age, and personal interest.

Engaging Your Members One Event at a Time

Kate Shipley (*DePauw University*)

Recommended for: Association Officers and General Members

Struggling to motivate your members to attend events? Explore event-planning strategies and learn tips and tricks for incentivizing and involving your members to achieve buy-in.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Failure and Resilience: Learning to Fail Gracefully and Come Back Better for It

Kim Mirabelli, *Villanova*, and **Hillary Paulsen** (Baldwin Wallace University)

Recommended for: All Members

It's OK to fail, but how do you gracefully come back from a failure? In this session, you'll discover strategies to handle failure, be resilient, and overcome perfectionist tendencies that get in the way of taking risks.

Finance Forum

Peggy Cabaniss, *Arizona*, and **Heather Root** (Ohio State University)

Recommended for: Voting Delegates and General Members

Join us to ask questions and discuss the 2018–20 proposed budget. Discover more about the financial operations of the Fraternity.

For Good Health's Sake: Run, Jump and Shake

Carrie Wigton, *Puget Sound*

Recommended for: All Members

Explore how to build a successful fitness program specifically for women's needs. Learn how nutrition plays a critical part in fitness success. Discover how to build a manageable program, set goals, find your motivation, and implement best practices for eating right for your body's needs.

From Chapter Council to Entrepreneur

Amy Riccardi, *North Texas*

Recommended for: Chapter Officers and General Members

Running a chapter has a lot in common with running a small business. During this session, we'll walk through the similarities and explore how your leadership experiences can help you run your own business and give you a leg up on your competition.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

From Hair Jewelry to Pinterest Fails: Crafting Through the Ages

Kylie Smith, *Simpson*

Recommended for: Chapter Officers, Association Officers, and General Members

For ages, women have been crafting for their own well-being and mental health. Join us to learn more about Kappa's history and crafting practices throughout the ages.

Hazing: The Scarlet Letter of Greek Life

Denise Rugani, *UC Davis*

Recommended for: Chapter Officers, Association Officers, Advisers, and General Members

In this session, we will take a look at the roots, various levels and myths of hazing. Participants will learn how they can stand up and prevent hazing by living our values.

History as Her Story

Mary Osborne (University of the Cumberlands)

Recommended for: General Members

Since 1870, Kappa has inspired women to do the extraordinary. In this session, you'll discover the stories of Mary Kingsbury Simkhovitch, *Boston*; Mary M. Crawford, *Cornell*; and Nora Waln, *Swarthmore*. Additionally, learn how to preserve your family's stories with oral history techniques.

How Smart Risk-Taking Builds Self-Confidence

Anne Fish, *Wyoming*

Recommended for: All Members

Do you want more out of life? Are you restless and ready for a change? Rather than "I can't," let's say "How can I?" In this session, you'll discover strategies to take smart risks that create change, catapulting you to being the best you can be.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

How to Get Engaged

Kate Shipley (DePauw University)

Recommended for: All Members

No, not the ring-on-your-finger engaged. We're talking about getting engaged in your life, at work, with your family, or just tuning into yourself. Dive in to explore three levels of engagement, assess your own engagement level, and find ways to be more engaged in your life.

How to Have Courageous Conversation and Still Feel Good About It the Next Day

Hillary Paulsen (Baldwin Wallace University) and
Marla Williams (Western Washington University)

Recommended for: All Members

Have you ever felt stressed about having a difficult conversation? This session will explore those feelings and provide participants with strategies to have difficult discussions by breaking conversations down into manageable chunks. Learn how to cultivate trust that will enable those crucial conversations to take place.

Interactive Engagement Strategies

Rebecca Cullen, *Central Florida*

Recommended for: Chapter Officers, Advisers, and General Members

Tired of presenting information only to receive blank stares? Join us to learn engagement strategies and techniques that can be used with any size group. No longer will you feel like you're standing in front of the group with no response.

It's OK Not to Be OK: Recognizing and Supporting Members With Mental Health Concerns

Kate Roessler, *Illinois Wesleyan*

Recommended for: Chapter Officers, Advisers, House Board Members, and General Members

Mental Health is one of the most critical topics on campuses today. In this session, participants will address stigmas surrounding mental health, learn to identify mental health concerns in others, and understand how to utilize chapter, campus and community resources.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Living out Our Ritual

Denise Rugani, *UC Davis*

Recommended for: Chapter Officers, Association Officers, Advisers, and General Members

Explore the relevancy of our values in our daily lives as well as situations where our actions are incongruent with the words in our ritual. Discover the road map laid out by our ritual and learn how to use it to positively influence the lives of others.

Looking to the Past to Redefine Our Future: How We Embrace Change

Denise Rugani, *UC Davis*

Recommended for: All Members

Kappa has a rich past of members who have stood at the forefront amid changing environments. Participants will reflect on historical responses to change and build a strategy to create a culture that embraces it.

Making Friends With Fear

Nicole Ramano, *South Carolina*

Recommended for: All Members

We all get scared at times, but how do you react to it? In this session, you'll learn how to make friends with your fears, regain power over your thoughts, and become unstoppable in achieving your goals.



Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Making Greek Great

Lori Hart (Auburn University)

Recommended for: All Members

Since the days of our Founders, fraternity and sorority life has always been about one thing: building friendships. We all seek a place to belong and a place where we form friendships that will shape us and guide us throughout our lives. As long as we stay true to that purpose, fraternities and sororities are powerful forces for good on our campuses and in our communities.

But, when we stray from that purpose, we get in trouble. We make the papers. People get hurt. Our image in society becomes toxic.

Making Greek great is as simple as being true to our core purpose. It's as simple as our members committing themselves to leadership guided by the principles of good friendship and to giving young men and women a safe, nurturing place to become their very best.

Every day, you and your brothers and sisters make choices about how to use your membership in a fraternity or sorority. Do you use it for selfish purposes or do you use it to build up others? Do you bring honor to your university or do you use your fraternity membership to rip it down? Most of all, does your fraternity and sorority community set a standard for members that inspires them to become something better?

KEYNOTE

Mindful Movement: Using Daily Movement to Relieve Stress

Erin Coulter, *Carnegie Mellon*

Recommended for: All Members

Mindfulness and meditation are more than just emptying your mind and breathing. In this movement-based session, you'll explore the basic exercises to practice muscle tension and release, soft yoga, walking meditation, and dance moves that help relax and energize. All levels of movement ability are welcome.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Mining the Galleys for Gold: Creating Diverse and Inclusive Environments for Alumnae

Jazmine Finley, *UC Mercer*, and **Sarah Skinner**, *Emory*

Recommended for: Advisers, Association Officers, and House Board Members

Learn how to create inclusive, diverse and welcoming alumnae associations, Advisory Boards and House Boards. Discover how to expand your role as a woman supporting women while unpacking, acknowledging and recognizing your unique biases and beliefs.

Move Over Millennials: Engaging Gen Z

Kate Roessler, *Illinois Wesleyan*

Recommended for: All Members

Generation Z is already making an impact on our campuses and in our workplaces. Explore how Gen Z differs from other generations as well as how to recruit and engage them. You'll leave with a plan for how to help Gen Z be successful and how to thrive through a generational shift.

Moving Toward Inclusion: Understanding Racial Identity Development, Privilege, and White Fragility

Brittany Henderson, *Puget Sound*

Recommended for: All Members

Join us to learn about the stages of racial identity development, unpack white privilege and white fragility, build a vocabulary that includes anti-bias language and is cognizant of microaggressions, and reflect on our own personal and organizational positions regarding difference and inclusion.

Now We're Cooking

Jan Larson, *Akron*

Recommended for: All Members

Too many people feel that cooking is too hard, too boring and too expensive. With the right equipment, knowledge, and a little practice, you can fix enjoyable, delicious meals for yourself and others. New and seasoned cooks can learn new, easy, and delicious ways to get meals on the table.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Overcoming the Imposter Syndrome: How to Thrive in Spite of It

Paula Miltenberger, Ph.D., *Baylor*

Recommended for: Chapter Officers, Association Officers, and General Members

Have you ever had difficulty internalizing accomplishments? Do you think your success was a result of a fluke, luck, or good timing? This session will help you learn how to combat the impostor syndrome and increase your confidence.

Personal Safety

Marla Williams (Western Washington University)

Recommended for: Chapter Officers, Advisers, and General Members

Join us as we explore personal safety strategies for your chapter facility, campus, community, work, travel, and more. We will learn about actual versus perceived safety risks and practice simple physical defense moves that anyone can do.

Creating and Supporting an Inclusive Recruitment Environment

Kate Roessler, *Illinois Wesleyan*

Recommended for: Chapter Officers and Advisers

Discover solutions to recruit diverse populations by creating an inclusive and welcoming environment during Recruitment and beyond. Examine how traditional recruitment practices might be pushing people away. Gain an increased understanding of your own implicit biases and learn strategies for implementing realistic changes during Recruitment.

Risk Management to Risk Prevention

Hillary Paulsen (Baldwin Wallace University)

Recommended for: Chapter Officers and Advisers

Join us as we explore the difference between risk management and risk prevention. Learn strategies to become prevention-focused. Participants will leave with a clear understanding of how to develop a successful risk prevention plan and utilize educational resources.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Self-Esteem: Helping Yourself to Happiness

Stacey Brown, *Auburn*

Recommended for: All Members

In this session, you'll explore self-esteem, its importance in everyday functioning, and the complexity of our tendency toward self-criticism and its destructive effects. You'll also learn how to build personal-awareness skills and how to navigate around fear and stress to live a more balanced, happy life.

Self-Love Is More Than a Selfie: A Focus on Mental Health

Ross Szabo (American University)

Recommended for: All Members

In this interactive session, you'll have a chance to utilize lessons from Behind Happy Faces that focus on self-care. You'll explore perceptions, define mental health, learn about the mental health spectrum, and develop coping mechanisms. This workshop is a great way to begin the building blocks of mental health.

Supporting Survivors: Addressing Sexual Misconduct

Suzette Walden Cole, M. Ed. (Mercer University)

Recommended for: All Members

To create strong, supportive spaces for survivors, we must first identify the role we place and recognize that each survivor's journey is unique. Throughout this session, participants will learn to understand individual and organizational opportunities to shift the dialogue on this topic.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Ten Hacks to Move From Busy to Productive

Amy Riccardi, *North Texas*

Recommended for: All Members

Being busy is the new badge of honor, but what we really need is to be productive. This session will focus on 10 things you can do to move from busy to productive and help you gain more clarity, make better decisions, and get more done in less time.

The Ability to Bounce Back: Resilience and Mental Health

Ross Szabo (American University)

Recommended for: All Members

We often celebrate someone's resilience with a physical health issue or disease but don't give ourselves enough credit for resilience with mental health. Open communication is a key element to connect collegians and alumnae in powerful ways and provide support to all members. Studies show that members of Greek life receive more emotional support than nonmembers. It's vital to harness that unique connection to enhance membership development and build the critical component of resilience in an organization.

The Intersection of Gender and Kappa: Creating an Organization for All Women

Ariana Bostian-Kentes (University of Michigan)

Recommended for: All Members

Join us to discuss what Kappa's Human Dignity and Membership Selection Position Statements mean in practice. We will provide foundational knowledge about gender and sexuality and work through several case studies. You will leave with practicable skills you can use in your role as well as resources to further your ability to navigate the frontiers ahead.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

The Neuroscience of Our Hectic Lives

Dr. Julia DiGangi, *Iowa*

Recommended for: All Members

Stress is linked to almost every ailment imaginable, and women are subject to unique stressors. From relationships to careers to motherhood, women often have a lot on their minds. Learn how stress affects our brains and what you can do to build a mentally fit brain.

Translate Volunteer Experience Into a Dynamic Résumé

Kate Shipley (DePauw University)

Recommended for: All Members

Ever wonder how to take your volunteer experience and translate it into a winning résumé? Join us to explore how to create a blended résumé, use numbers to impress, convert nonprofit or volunteer language to corporate speak, and make your résumé stand out in a crowd.

Trends in Higher Education

Jordan Conway, *Georgia Southern*, and **Nancy Schwartz**, *North Texas*

Recommended for: All Members

What does the current college student look like? Join us as we explore how things have changed, examine some of the critical issues on campuses today and understand the role of Greek-life and the threats it faces.

Twenty-Something Finance

Maria Brown, *Valparaiso*

Recommended for: Chapter Officers and General Members

Are you within a few years of graduation? Soon, you'll be facing some big financial decisions, managing a personal budget, tackling debt, and learning about retirement savings plans. Equip yourself with the basic tools that every young woman needs to manage her money with confidence.

Descriptions

EDUCATIONAL SESSION DESCRIPTIONS

Women in the Workplace

Ericka Greene, *Ohio Wesleyan*

Recommended for: All Members

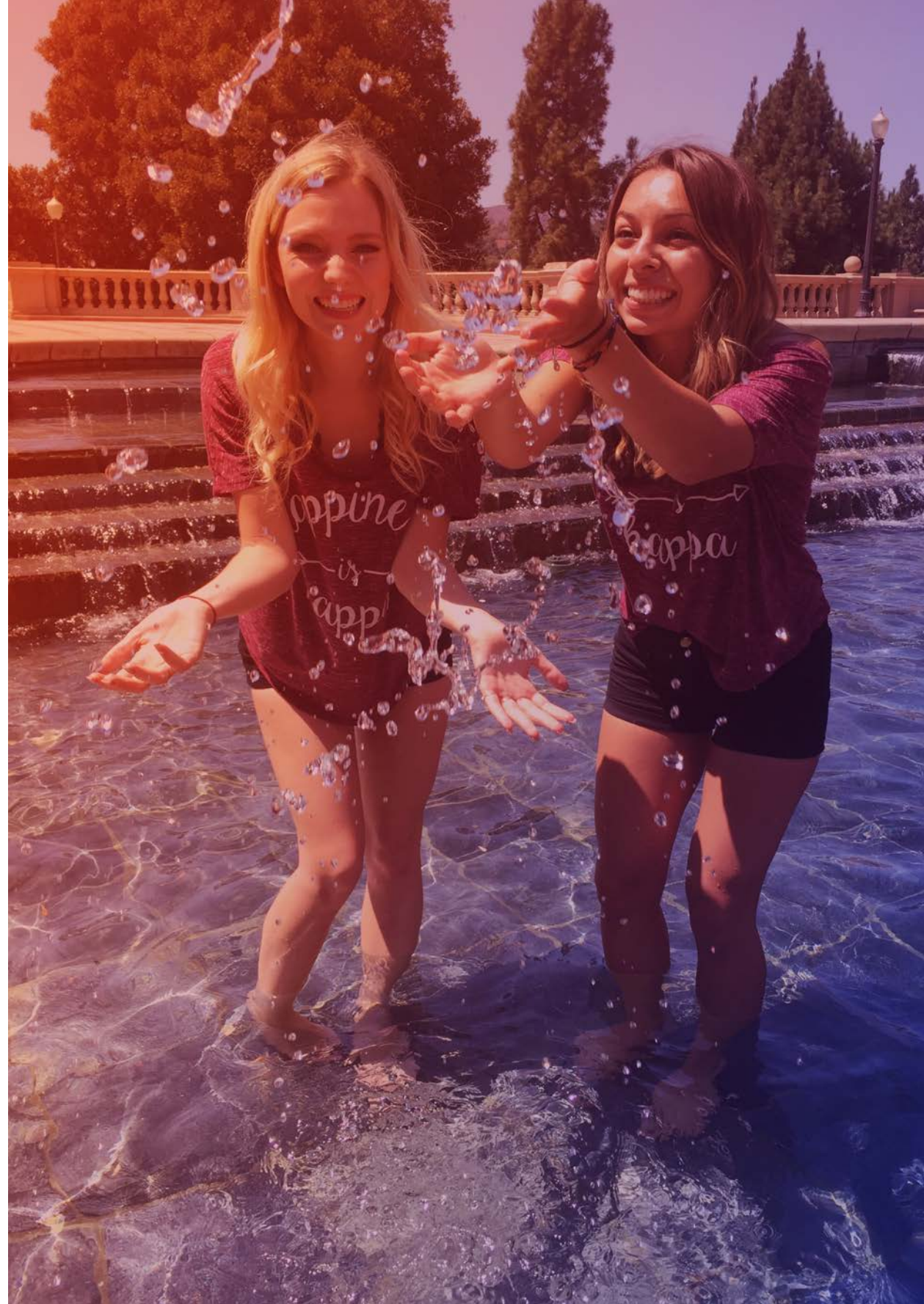
There is a gender pay gap that, at the current rate, won't achieve equity until 2059. But in what other ways are women not equal in the workplace? We'll discuss common scenarios, build new skills, and develop strategies to promote oneself and encourage other women in our fields.

You Are Flammable: Recognizing, Preventing, and Addressing Burnout

Kate Steiner, *Wyoming*

Recommended for: All Members

In this session, you will learn how to recognize when you are experiencing burnout, create strategies to address burnout, develop your own definition of wellness, and learn techniques to ensure that your nonnegotiable needs are met.



Song Lyrics

SONG LYRICS

“Banquet Song”

Air: “In the Gloaming”

On the banquet board the candles now are burning dim and low,
As they flicker, fondest mem’ries softly come and softly go,
And we think of other Kappas, who in friendship long ago,
Drew a circle so we love them,
Love those girls we may not know.

When again the circle opens and the future candles burn,
Other daughters of Minerva will in thought to us return.
May they find us still as loyal to the emblem that we bear.
Find the bond of Kappa stronger,
Find the name of Gamma fair.

“Dream a While of Kappa”

Air: “Till We Meet Again”

Dream a while of Kappa ever true,
Dream of her and she will be with you,
Dream of friendship through the years,
Dream of days, their joys and tears.
Now it’s time that you and I must part,
So take this dream and place it in your heart,
Keep it dear until in time
We will meet again.

Song Lyrics

SONG LYRICS

“Garden of Blue”

I unlocked the gate with a golden key,
Stepped inside to a garden of blue,
There bloomed a profusion of fleur-de-lis,
Ne’er before had I seen such a view.
And I knew ‘twas the end of my wanderings,
Never more would I wander afar,
For I’d come to my heaven in Kappa-land,
‘Twas unlocked with the key to my heart.

“Golden Key of Kappa”

Air: “The Yellow Rose of Texas”

They’re the greatest, truest, real friends a girl can ever know,
Their loyalty and kindness, they’re always quick to show.
And when their time together is almost at the end,
They smile and say with laughter, these friendships never end!
For I wear the key of Kappa and love the fleur-de-lis!
The owl with all its wisdom is just the bird for me,
And I talk about the blue of sky and of the blue of sea,
For the golden key of Kappa is the only one for me!

Song Lyrics

SONG LYRICS

“Kappa Hymn”

Pure golden keys that symbolize our love.
Strong loyal hearts that always will be true.
Kappa, thy friendship forever cherished be.
Through joy and tears we'll always cling to three.
Kappa, thy spirit will guide us our lives through.
We pledge ourselves to keep our hearts bound to you.

“Kappa Symphony”

Thou, Kappa Gamma, live each day in all our hearts,
And in our lives play many a noble part.
The part of second mother, counselor, true friend;
Of love's ideal,
To which we raise our eyes,
Until the end,
Until the end.

“Lovely Girl”

Air: “Till We Meet Again”

Lovely girl, she wears the golden key
Beloved symbol of fraternity;
O'er the door the fleur-de-lis,
Haunting strains of K.K.G.

Song Lyrics

SONG LYRICS

We'll sing to you our song of blue and blue
Our hearts are yours in everything you do;
So come with us,
We'll show the world
Our lovely Kappa girl.

Someday soon, we all must say goodbye
But we'll recall those memories 'til we die
We'll remember through the years,
Times we shared, our joys and tears,

So don't be blue when college days are through,
You know we will all remember you,
Because, you see, you'll always be
Our lovely Kappa girl.

“O Canada”

O Canada!
Our home and native land!
True patriot love in all of us command.
With glowing hearts we see thee rise,
The True North strong and free!
From far and wide,
O Canada, we stand on guard for thee.
God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.

Song Lyrics

SONG LYRICS

“One, Two, Three Words”

One, two, three words
Run through the heart of our song.
One, two, three words
Carry our love along
One, two, three words
Locked by the golden key
To all who read it spells our creed
K., K. and G.

“On the Heart of Each Sister”

On the heart of each sister
Lies one key that binds us.
The badge that reminds us of Fraternity days.
Down deep there's a friendship that needs no concealing.
Our hearts it revealing in so many ways.
It is here that we measure each day with new pleasure.
Our friendships out-lasting our collegehood days.
And in the years after,
with tears or with laughter,
we'll always remember our dear Kappa days.

Song Lyrics

SONG LYRICS

“Pat Song”

“Pat,” says she,
“What,” says he,
“Tell me the truth,” says she.
“What do you think is the best fraternity?”
“Oh,” says he.
“That's easy, easy to see,” says he,
“Nothing is better than K.K.G.”

O, Kappa, Kappa Kappa Gamma,
I'm so happy that I am a
Kappa, Kappa Kappa Gamma,
Nobody knows how happy I am.

“Rah Rah for Kappa Kappa Gamma”

Rah, rah for Kappa Kappa Gamma,
Three cheers for the girls who wear the blue and blue.
Now you can quote me when I say I am a
Kappa girl from K.K.G.
I'm true to the wise old owl who wears the golden key,
Blue ribbon gardens grow the fleur-de-lis,
Oh, the golden key, the fleur-de-lis, the blue and blue,
Well, that's for me.
Rah, rah for K.K.G.

Song Lyrics

SONG LYRICS

“She’s a Kappa”

She’s a Kappa, Is that so?

She’s a Kappa. How do you know?

‘Cause she’s got personality, she’s all those things you want her to be.

She’s got two arms to hold you tight (m—mm)!

And two lips to whisper good-night,

She’s a KKG, that’s plain to see, ‘cause she’s got personality.

Oh, Kappa girl, you’re a little bit of all right (and we’re not foolin’)

Kappa girl, Oh, hold me tightly, in my arms to whisper nightly,

Key of gold and color blue, we’re all Kappas and it’s true,

We’d rather be in KKG, ‘cause it’s the very best fraternity.

Kappa key, key, key for me

Kappa key, key, key for me

Kappa key, key, key for me

Kappa key, key, key for me.

Song Lyrics

SONG LYRICS

“The Star-Spangled Banner”

O say can you see by the dawn’s early light

What so proudly we hailed at the twilight’s last gleaming?

Whose broad stripes and bright stars through the perilous fight,

O’er the ramparts we watched, were so gallantly streaming?

And the rocket’s red glare, the bombs bursting in air,

Gave proof through the night that our flag was still there.

Oh say does that star-spangled banner yet wave

O’er the land of the free and the home of the brave.

“There’s a Warm Spot in my Heart for K.K.G.”

There’s a warm spot in my heart for K.K.G.

And the girls who wear the little golden key,

And wherever I may roam,

If at college or at home,

There’s a warm spot in my heart for K.K.G.

Notes

NOTES

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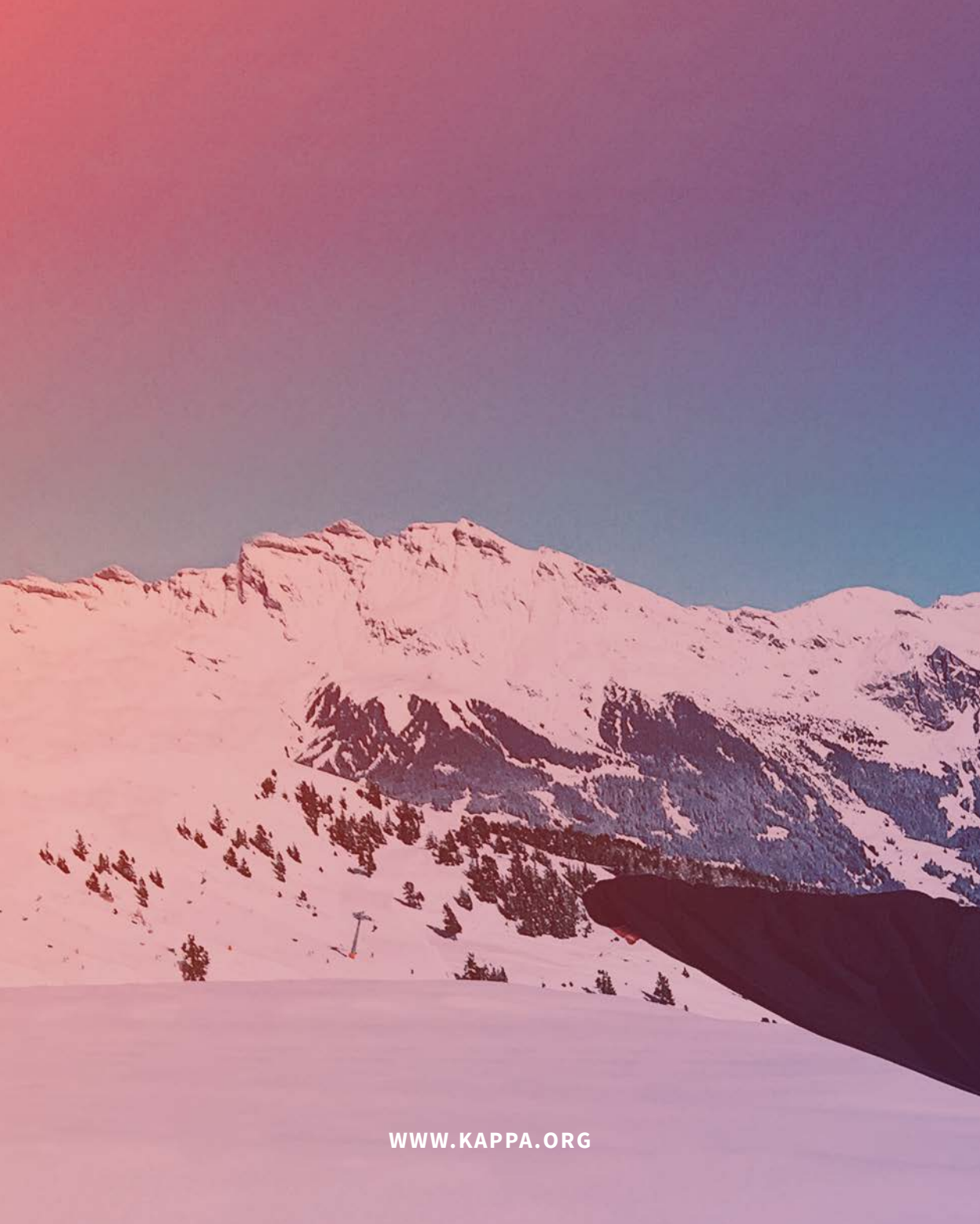


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