




ALUMNAE MEMBERSHIP EDUCATION NEWSLETTER

Summer 2017: Balance, integrity and the spiritual aim

“As maturing women of Alpha Sigma Alpha, we must prove to ourselves, as well as to those who observe us, that our privileges are met with the accountable performance of service and love.” –*Service for the Installation of a New Chapter*

Life requires balance. Finding time to devote to relationships, work, hobbies and wellbeing can be challenging, but being balanced can bring greater peace. Balance can also be found in the idea of integrity. Thinking of integrity as being true to yourself allows for a certain level of freedom, though it then requires you to think more about your responsibility to being yourself. As you begin new adventures you will likely face challenges to find a new balance and to remain true to yourself.

HOW TO PARTICIPATE IN THIS ALUMNAE MEMBERSHIP EDUCATION

- 1 SET ASIDE TIME TO REVIEW THE ARTICLES AND VIDEOS.
- 2 READ THE REFLECTION QUESTIONS BEFORE AND AFTER EACH ARTICLE OR VIDEO.
- 3 WRITE DOWN A FEW NOTES OR THOUGHTS.  
You will be able to use these notes later in membership education discussions.
- 4 JOIN THE CONVERSATION BY:
  -  Commenting on the blogs for each article or video.
  -  Meeting with another member to discuss your thoughts - grab a coffee together.
  -  Sharing the discussion with your alumnae chapter or association.
- 5 TAKE PART IN THE SPIRITUAL AIM CHALLENGE FOR THIS QUARTER.  
See below for instructions.

As you review the articles and videos below, reflect on the following questions:

- How balanced do you feel?
- Is it OK to sometimes not have balance in all you do?
- What do you want to make a priority in order to create more balance?
- What does integrity mean to you?
- When do you feel you are being your most authentic self?
- Think about a time you were living with purpose. How did you know you were living with purpose?



21 things young women shouldn't be afraid to ask for

INTRO BY EMILY JUST, BN

READ ARTICLE



Finding harmony instead of work-life balance

INTRO BY NAYDIA MILLS, ZQ

READ ARTICLE



How to stay calm when you know you will be stressed

INTRO BY SARAH DEWITT, QB

READ ARTICLE



Brilliance in career basics: integrity

INTRO BY KATY BAIRD GATES, QA

READ ARTICLE



How to find work you love

INTRO BY AUBREY WINN, ZZ

READ ARTICLE



7 podcasts that will help you find your passion

INTRO BY MARIA MALAYTER, PHD., XX

READ ARTICLE

THE SPIRITUAL AIM CHALLENGE:

Read the blog intro by Hailey Harrison, BN, on [10 surprising benefits of journaling](#). Your challenge is to find a way to incorporate journaling and reflection into your daily life. Share your successes by Sept. 10, 2017 to be entered into a drawing for a \$50 Amazon gift card.

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