

ALUMNAE MEMBERSHIP EDUCATION NEWSLETTER

Summer 2018: Enjoyment, growth and the physical aim

The Creed of Alpha Sigma Alpha begins, "to fill my days with satisfying activity." For some, it is difficult to incorporate this idea into their everyday life. It is easy to be pulled into a daily rhythm: going to work, making dinner for the family, doing household chores, running errands.

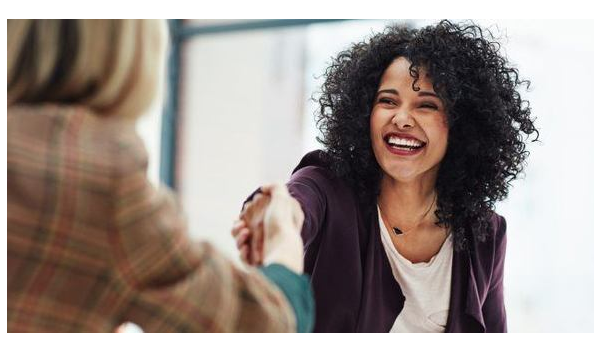
When was the last time you found true and authentic enjoyment in what you were doing? Growth opportunities, physical challenges or discovering new hobbies can make life much brighter. Find your passion, and incorporate your passion, that satisfying activity, into your life each day. Try to find enjoyment in the little things.

HOW TO PARTICIPATE IN THIS MONTH'S 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 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 PHYSICAL AIM CHALLENGE FOR THIS QUARTER.**  
Choose one of the five ways Jackie DeMatos Murray, EK lists to get in shape without stepping into a gym and share your success.

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

- What area of growth are you most proud of since graduating or leaving school?
- Identify a specific role you want to grow in this year. For example, friend, sister, employee, mom, mentor, daughter, boss, etc. How do you plan to grow in this role?
- Reflect on a woman you look to as a role model for growing and developing. How does she model growth?
- How do you "joyously live each day to its ultimate good?"
- How can you be more mindful to find enjoyment in your life?



6 questions to ask in every job interview

INTRO BY BRITTANY ANKENY-DOOLEY, BZ

READ ARTICLE



How to live passionately no matter your age

INTRO BY LORI SCOTT, EE

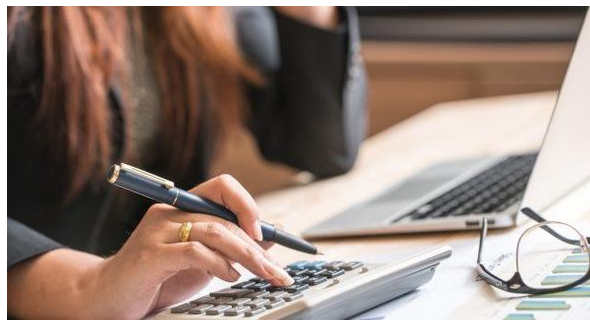
READ ARTICLE



5 essential body language secrets

INTRO BY CARLI FELDMAN, ZN

READ ARTICLE



7 things I wish I learned about money in school

INTRO BY DANIELLE DAVIS, HH

READ ARTICLE



8 ways to bond with new friends without the \$15 cocktails

INTRO BY SWAPNA NAMBURI, BY

READ ARTICLE



Less stuff, more happiness

INTRO BY SYDNEY ANSELM, HH

READ ARTICLE

THE PHYSICAL AIM CHALLENGE:

Read the blog intro by Jackie DeMatos Murray, EK on [5 awesome ways to get in shape without stepping into a gym](#). Choose one of the 5 ways to try out. Share your success by Saturday, Sept. 15 to be entered in a raffle for a \$50 Amazon gift card.

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