

FEBRUARY 2024 | VOL. 3 ISSUE 3

THE BUGLE

Quarterly newsletter of the Beta Gamma Epsilon Chapter of Phi Theta Kappa Honor Society at Stark State



NEW SEMESTER, NEW POSITIVE HABITS

Written by Abbie Crawford

Although a new semester can feel like a clean slate for many, it can also be overwhelming. New classes and new routines can be hard to juggle and sometimes by the time you figure things out it feels like the semester is already over. With this being said there are a few positive habits that you can work towards that may make the new semester an easier transition...

NEW SEMESTER, NEW POSITIVE HABITS (CONTINUED)

Written by Abbie Crawford

Sleep- Getting enough sleep is vital when it comes to staying on top of classes, work, and assignments. Although it may seem smart to cut sleep out of your schedule to get work done, it often catches up with you and may even make your life harder. Getting a full night of sleep is important and in the long run will help you get more done!

Stay Organized- Have you ever gone to complete a task and couldn't find anything that you need? Sometimes you may even find yourself spending more time trying to get organized to complete a task than the task itself? If you are one of these people then staying organized from the very start of the semester will help you majorly! Utilize a system that works for you such as Google Drive with organized folders, real life folders and binders, a calendar, reminders, or a planner could all be useful tools to help you conquer this semester!

Ask for Help- Although it may seem like asking for help makes you look silly, it can be so helpful and beneficial. Students who ask for help from professors and classmates are much more likely to succeed. At the end of the day, we are all human and we all need a little help sometimes. Be kind to one another and yourself!

Take Breaks- Although being productive may seem like the best thing you can do for yourself, breaks are just as important. Spending time with friends and family, getting fresh air, and a little self care all help you work to do your best. You can't do your best work if you are not at your best, and breaks help with this!

Think Positively- It can be really easy to see all the negative things at times, but there is almost always a positive outlook to every situation. When school feels overwhelming, sometimes the best thing to do is to look at the positive, which is that you have the opportunity to further your education and attend college! Thinking positively can turn a bad day into a better day and sometimes that's all you need!

Study- You have probably heard it a million times, and you will probably continue to hear it, but good study habits are important! Finding a quiet space that allows you to study for upcoming tests, assignments, and go over notes is important. Get in the habit of making good study habits so you can stay on top of your classes and make your life easier for yourself in the long run, that way you don't have to cram at the end of the semester!

“

It can be really easy to see all the negative things at times, but there is almost always a positive outlook to every situation.



MEET THE SECRETARY/ NEWSLETTER EDITOR

Written by Abbie Crawford

Hello Stark State Phi Theta Kappa! My name is Abbigail (Abbie) Crawford and this is my first full year in PTK. I am an officer for the chapter and my role is Secretary/Newsletter Editor. I complete meeting minutes and work on writing *The Bugle* with the help of other officers and advisors!

I am currently a Senior at Bio-Med Science Academy and a dual-credit student at Stark State. I am on a Biology pathway at Stark State, but once I graduate high school I would like to major in Environmental Studies/Sustainability. Outside of PTK I am in my high school's National Honor Society and the President of our FFA chapter. Although I am not planning on staying at Stark State after I graduate in May, I am grateful for all the opportunities it has provided me throughout high school. With the help and support of Stark State I am hoping to only have to attend college post high school for 3 years!

If I do complete my major in Environmental Studies/Sustainability I would like to work for a major corporation as a Sustainability Specialist. I have always dreamed of living in a big city, so I am hoping that once I graduate college I can move to a big city where this job is available to me.

Outside of school I have an internship with the Davey Resource Group in Kent where I am an Environmental Technician Intern. Everyone at my high school has an internship their Senior year related to their future college major, and DRG felt like a great fit for me. Every day looks different, but I have enjoyed getting to work for a company that works in the environmental field.

Outside of school and work I enjoy spending time with my dogs and friends, collecting vinyl, reading, concerts, and all things Taylor Swift! I also enjoy traveling and have had the opportunity to travel a lot this past year to Paris, London, Florida, Kentucky, Tennessee, Washington, New York City, and Alaska!

My most recent trip was to Sitka, Alaska in which I went for Whalefest with two professors from Northeast Ohio Medical University (NEOMED), Dr. Hans Thewissen and Dr. Lisa Cooper. I was able to hear current researchers and scientists talk about how sound is related to marine mammals and their current research on the topic, and I even got to see tons of marine life while I was there including humpback whales, sea lions, seals, sea otters, a river otter, and a salmon run. This was by far my favorite academic experience that I have been able to be a part of, and one of the reasons why I think you should always apply to as many opportunities as you can!

Although I only have a few months left at Stark State and with PTK I am looking forward to what my final semester has in store and hoping to get involved with everything that I can! I urge you to do the same thing because PTK has so much to offer!

“

Although I only have a few months left at Stark State and with PTK I am looking forward to what my final semester has in store and hoping to get involved with everything that I can!

JOIN THE PTK CHALLENGE

Written by Tammy Monroe

HAVE YOU STARTED YOUR PROFESSIONAL DEVELOPMENT COURSE FOR PTK? WHAT ARE YOU WAITING FOR?

PTK Edge is a free online, self-paced, and offered exclusively to Phi Theta Kappa members. You want to make the most of your college experience and increase your chances to a selective college? Complete PTK EDGE.

Compete a course each month and you will receive an official EDGE pin!

Available Courses:

Employment Edge

- Employment Edge is a self-paced professional development course with a primary focus of preparing participants to successfully enter the workforce. It provides coaching on the actions participants need to take to achieve employment success.

Competitive Edge

- Competitive Edge is a self-paced professional development course that teaches students essential workplace skills. Students will learn how to think critically, advocate for themselves, communicate effectively, operate as part of a team, and conduct themselves professionally in the workplace.

Healthcare Edge

- Healthcare Edge is a self-paced professional development course that prepares students for a successful transition from their specific academic healthcare program to employment in the healthcare field.

Research Edge

- Research Edge is a self-paced, interactive curriculum that teaches students the basics of academic research. The course also prepares students and advisors to begin work on Honors in Action projects.

Transfer Edge

- Transfer Edge is a self-paced, interactive online course to prepare students of all backgrounds to successfully transfer from a two-year college to a four-year college.

Get the EDGE on the competition! Use the link below to learn more !

<https://www.ptk.org/benefits/professional-development-courses/>



“
You want to make the most of your college experience and increase your chances to a selective college? Complete PTK EDGE.”



ΦΘΚ (PHI THETA KAPPA) ONLINE RESOURCES

Written by Benjamin Nash

You may not realize it, but, as Phi Theta Kappans, you have a slew of online resources available. There are resources you can access through our chapter, BΓΕ (Beta Gamma Epsilon), website, Ohio Region website, and Phi Theta Kappa International website. In addition, as Phi Theta Kappans we have exclusive access to online training through the Edge Program, a college transfer portal, advice and information about our yearly College and Honors In Action projects, and of course, unique Phi Theta Kappa scholarships.

As webmaster, I try to keep you as informed as possible about all the news, deadlines, and events pertaining to our chapter. On our chapter webpage, you can find our chapter calendar, officers and advisors, bylaws, interesting articles, the current and archived editions of the Bugle (this quarterly chapter newsletter), and many other useful pages. I went over the content and navigation of our website in detail in an article in our last newsletter. If you haven't seen our chapter webpage yet, please check it out at www.starkstateptk.org.

Our Ohio Region website is another great resource for any Phi Theta Kappans in the Ohio region. It has information about the region, the Ohio Region Buckeye newsletter, information about obtaining the Ohio Phi Theta Kappa license plate which supports one of our scholarships, emails for our regional officers and coordinators, regional history, awards, regional scholarships, and the Alpha of Ohio Alumni Association. Be sure to check out scholarship applications there. The deadline of February 2 has just recently passed this year but there will be another opportunity next year. You can reach the Ohio Region website at ohio-region.ptk.org.

The primary Phi Theta Kappa International Honor Society webpage can be found at www.ptk.org. This is a website rich with resources for Phi Theta Kappans. It has information and news about Phi Theta Kappa at the International level including upcoming and future Catalyst International Conventions, our top leadership, member benefits, and the PTK store. This site also links to many other useful tools for Phi Theta Kappans. Be sure to log in when you visit this site as your login will open a large number of resources exclusive to Phi Theta Kappa members.

PTK Edge is a training program designed to give Phi Theta Kappans an advantage in competitive soft skills, employment, college transfers, research, and the healthcare field (if applicable). Each of these aims has their own module with useful information and training as well as an electronic badge and a pin given at the next regional meeting upon successful completion. Check back periodically as new modules are occasionally added. You can access this program through the international site or just at edge.ptk.org.

PTK Connect is a portal found through the international website or at connect.ptk.org that connects you to colleges to transfer to, scholarships to apply to, and career opportunities for which to submit job applications and resumes. Each of these connections are given to you based on your needs, interests, and abilities to help you find the best opportunities available.

“

You may not realize it, but, as Phi Theta Kappans, you have a slew of online resources available.

ΦΘΚ (PHI THETA KAPPA) ONLINE RESOURCES (CONTINUED)

Written by Benjamin Nash

There is a truly unique and engaging online Phi Theta Kappa Leadership Development Studies Course that we have free access to as members. Non-members can access it as well for a fee of ten dollars. This course "uniquely harnesses the power of dialogue-based learning and applies it to a combination of classic cases, leadership profiles, TED Talks, podcasts, film studies and experiential exercises" (<https://www.ptk.org/benefits/leadership-development-studies/>). This course aims to, "facilitates the development of the student's personal leadership philosophy through personal reflection". It can be reached through the international site or through [eadershipstudies.ptk.org](https://www.leadershipstudies.ptk.org).

Your Phi Theta Kappa membership gives you access to periodic online webinars with college transfer fairs, FAFSA information, mental health advice, time management advice, and many other useful subjects. Watch your email for more information on these and about discounts on official Phi Theta Kappa merchandise. It'll be there with important updates from our advisors on local events and deadlines so it's a good idea to check your email regularly.

A huge part of the Phi Theta Kappa experience is working on the College and Honors in Action projects. These are both challenging and rewarding projects that give us a chance to develop our leadership and scholarship skills in a way that gives back to our campus and local communities. Phi Theta Kappa provides access to a huge number of resources online to help you complete these projects. These resources range from a basic walkthrough of the process to a comprehensive guide to approaching an award-winning project. You can find videos on the Honors Project subject, a detailed scoring rubric, applications for funding, training to assist you on research, and published examples of previous year's project submissions. You can find all of this and more at connect.ptk.org/content/shared/honorsinactionresources. In addition, you'll find a useful overview of the college project at connect.ptk.org/content/shared/CollegeProjectIdeas.

As you can see, there is no lack of online resources for Phi Theta Kappans. We've covered the main ones but there are so many I'm sure I've missed a few that may be relevant to your needs. If you have not yet done so, I strongly encourage you to check out our chapter website, Ohio Region site, and Phi Theta Kappa International site and spend some time looking at what's available. You may just find the one piece of information, the right guidance, or a previously unknown opportunity that unlocks new doors for you.

“

If you have not yet done so, I strongly encourage you to check out our chapter website, Ohio Region site, and Phi Theta Kappa International site and spend some time looking at what's available.

20 YEARS OF 5-STAR CHAPTER STATUS

Written by Abbie Crawford

Some very exciting news for our Phi Theta Kappa chapter is that we recently became a 5-Star Chapter for the 20th year in a row. We would not have been able to do this without the members before us, our officers, our advisors, and the support of Stark State. Becoming a 5-Star Chapter is a really big deal, let alone for 20 years in a row!

Working to become a 5-Star Chapter as a team has been a great way for us to build a strong, engaged, noticeable chapter. With this being said, we would always like to work to better ourselves and our chapter and we are hoping to make this next year even better than this one was.

In order to achieve a 5-Star Chapter status we completed

- REACH by inviting eligible members
- ENGAGE by reporting officers, Edge participation, and Edge advisor participation
- DISCOVER by completing our Honors in Action project and turning it in for a Hallmark
- NETWORK by regional participation
- LEAD by completing our college project, turning our college project in for a Hallmark, and individual Hallmark entries

As a chapter and officer team we would love to see members get even more involved this year. We have events and meetings that every member can get involved with, but we are also always open to new opportunities and ideas. If there is ever something you would like us to participate in as a chapter or you have any ideas for things we could be doing as a chapter, feel free to share them! We are always open to hear new ideas, especially if they will help us get more chapter members involved.

“
Working to become a 5-Star Chapter as a team has been a great way for us to build a strong, engaged, noticeable chapter.”

Beta Gamma Epsilon Chapter
 Division I - Ohio Region
 Stark State College
 North Canton, OH

Five Star Progress
 ★★★★★
[View Progress](#)

Chapter Five Star Progress

<p>★ REACH</p> <ul style="list-style-type: none"> Invite eligible students 	<p>★ NETWORK</p> <ul style="list-style-type: none"> Regional Participation
<p>★ ENGAGE</p> <ul style="list-style-type: none"> Report Officers Edge Participation Advisor Edge Participation 	<p>★ LEAD</p> <ul style="list-style-type: none"> College Project College Project Hallmark Entry Individual Hallmark Entry
<p>★ DISCOVER</p> <ul style="list-style-type: none"> Honors in Action Project Honors in Action Hallmark Entry 	

ADVISORS CORNER

Written by Dr. Therese Revlock

Why should you register for your classes early? During the 2024 summer and fall early registration period, students have the opportunity to plan their academic journey for the upcoming semester(s). They can select their desired courses, build their class schedule, and ensure they are on track to meet their graduation requirements. To ensure a smooth transition into the next semester, registration is available starting Monday, February 19, 2024 until Friday, March 1, 2024. I encourage each of you to connect with your academic advisors sooner than later. Have a great Spring semester Everyone!



Written by Dave Sigmund

Greetings Phi Theta Kappans!



Did you know our Beta Gamma Epsilon Chapter here at Stark State College has been one of the most successful chapters in all of the Ohio Region? This month we celebrate being a 5-Star chapter for the 20th year in a row! Let's take a moment to commemorate this achievement by remembering our chapter's history and accomplishments.

First, a little bit about Phi Theta Kappa. The society came into existence in 1918 when eight women's college presidents decided to convene at Stephens College in Columbia, MO for the purpose of forming an honor society for the two-year college. They decided on the name Phi Theta Kappa to reflect on the success of the prestigious honor society Phi Beta Kappa. They chose the colors blue and gold, blue for scholarship and gold for purity. The adoption of the white rose symbolizes purity, beauty of life, and intellectual associations. Phi Theta Kappa has more than 1,250 chapters located in all fifty states and ten sovereign nations. More than 3.8 million have joined Phi Theta Kappa since 1918 making it the largest honor society of its kind in the world. Our Hallmarks and Scholarship, Leadership, Service and Fellowship.

Our chapter was chartered on January 21, 1996 and in the time since, has made a huge impact on the Ohio region. In 2009, the Beta Gamma Epsilon Chapter introduced the idea of an Ohio Phi Theta Kappa specialty license plate and this became a reality in 2011. The license plate brings in more than \$1,400 annually and is used primarily for the Cherie Barth Commit to Complete Scholarship. This scholarship is named after our chapter advisor at the time when the license plate became a reality. Because of our chapter, under Ohio Law Section 4503.505 Ohio Phi Theta Kappans still have the opportunity today to proudly choose the Phi Theta Kappa license plate at the BVM. In addition, our chapter designed and instituted the Ohio Region logo, and presented the motion to create the Ohio Region Alumni of Excellence award. The Ohio Region convenes three conferences per year with different chapters hosting each time. Our third year as a chapter, Beta Gamma Epsilon hosted its first conference- the Mini-Honors Conference in 1999. Since then we have hosted many since including the Regional Awards Convention in 2008, again in 2011, and once more in 2014. At the 2011 convention held on our campus, Willie Lanier announced a scholarship of \$1,000 per year for ten years in his aunt's name.

Beta Gamma Epsilon's officers have also served the Ohio Region over the years filling the roles of regional officers, including president, vice-president, district representatives, and secretary/newsletter editors.

Our chapter is also a top award-winning chapter by winning many regional and international Hallmarks. At the 2009 International Convention in Grapevine, TX, the Beta Gamma Epsilon Chapter walked away with a Hallmark award in every single category and finished third runner up for the most distinguished chapter in all of Phi Theta Kappa. To view just a sample of our many awards (too many to fit into one display case), stop by the third-floor of the "S" Building.

ADVISORS CORNER (CONTINUED)

Written by Dave Sigmund

Our chapter can also boast of many scholarship winners over the years. The first year the Frank Lanza Nursing Scholarship was offered, two of the twenty scholarships offered went to Beta Gamma Epsilon students. The chapter boasts an All USA Scholar, Guistwhite Scholar, New Century Scholar, many First Team All Ohio Scholars, and numerous Coca Cola Scholars.

In the past, the chapter has actively volunteered with Habitat for Humanity, American Cancer Society walks, Relay for Life, and many other philanthropic endeavors.

Now because of all of the members' hard work in Beta Gamma Epsilon (both past and present), the one thing that Beta Gamma Epsilon can now proudly boast, is the fact that we have been a 5-Star Chapter now for twenty-years in a row! This is no small accomplishment as it takes a great deal of teamwork, enthusiasm, and dedication to excellence to achieve. Congratulations Beta Gamma Epsilon!

I hope you have enjoyed this concise history of the Beta Gamma Epsilon Chapter. Be sure to join us at our next chapter meeting and keep our 5-Star success for the next 20 years!

Dave
Phi Theta Kappa Advisor, Beta Gamma Epsilon
Phi Theta Kappa Ohio Region Coordinator



Our chapter is also a top award-winning chapter by winning many regional and international Hallmarks. At the 2009 International Convention in Grapevine, TX, the Beta Gamma Epsilon Chapter walked away with a Hallmark award in every single category and finished third runner up for the most distinguished chapter in all of Phi Theta Kappa.

Help support Ohio Region Scholarships!



Vehicle Type: passenger vehicles, non-commercial trucks, recreational vehicles, house vehicles and non-commercial trailers

Fees: \$25.00 contribution, \$10.00 BMV

Eligibility: any Ohio motorist

Ohio Revised Code: **4503.505**

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Chapter Meeting	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 No School	21	22	23	24
25	26	27	28	29	1	2

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
3	4	5	6	7 Chapter Meeting	8	9
Spring Break- Spring Break- Spring Break- Spring Break- Spring Break						
17	18	19	20	21	22	23
24	25	26	27	28	29 No School	30
31	1	2	3	4	5	6

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4 PTK Catalyst	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4