

November 2023 Newsletter

I. Planning for the Spring 2024 Semester

A. Making Your Calendar

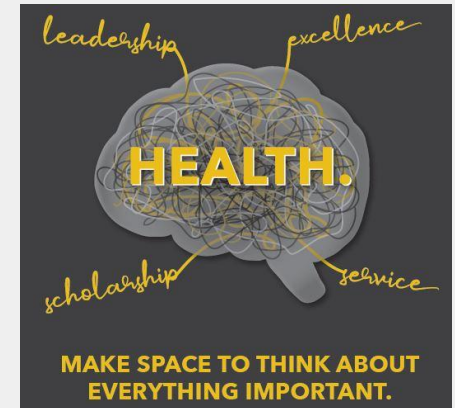
1. Effective calendar planning is one way your organization can be set up for success.
2. How does it help?
 - a) Planning decreases stress around logistics, since it allows for enough time to explore options.
 - b) It allows officers in charge to manage their time effectively.
 - c) This creates expectations for members around attendance.
 - d) Can assist with visualizing the flow of the semester.
 - e) The planning process also serves as an excellent officer transition activity.
3. Tips for calendar planning:
 - a) Include dates to avoid:
 - (1) University breaks (*Spring Break is the week of March 11th*)
 - (2) Holidays celebrated by your membership
 - (3) Major sporting events
 - (4) FSCL Events (*see Section IV. Save the Dates*)
 - b) Consider programming goals AND the influence of weather
 - (1) Community Service - both indoor and outdoor options
 - (2) Philanthropic events
 - (3) Brotherhood, Sisterhood and Siblinghood activities or membership education
 - c) Remember Education Requirements (Organizational or Sanctions)
 - (1) Consider deadlines for completion
 - (2) Provide your guest speaker/educator with a number of date options, or enough notice if your date is specific.
 - d) Provide the calendar to members of firm event dates as soon as possible

II. Health & Safety

A. Mental Health Checkup

1. November is [National Gratitude month](#), and research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. Studies have found that a single act of thoughtful gratitude produces an immediate 10% increase in happiness, and a 35% reduction in depressive symptoms.

2. As organizational leaders, your plates are consistently more full than empty. You're juggling classes, work, a social life, and fraternity/sorority/cooperative obligations. It's important to not only focus on physical health but also take time to ensure that your mental health is getting the attention it deserves.
- CAPS**, Counseling and Psychological Services, has same-day or next-day appointments. Contact 765-494-6995 to make an appointment. Services are brief in nature. There are no predefined session limits. Crisis services are available 24/7. Call 911 if your crisis is life-threatening. After-hours support is available by calling the CAPS main number and pressing 1.
 - TAO** is a free, confidential well-being resource with self-guided resources including short videos, brief exercises, and self-reflection tools to help overcome anxiety, depression, social support, relaxation, problem solving, overcoming loneliness and other concerns. To enroll simply click on the link and log in using your Purdue credentials..
3. We encourage you to also look out for your brothers/sisters/siblings in your community by asking tough questions. Many times, there are obvious signs that someone is struggling and maybe they need someone to genuinely ask how they are. Be that someone.
- Student of Concern**: Worried about another student? Report your concern through the Student of Concern Report.
 - QPR Suicide Prevention Training**: Question, Persuade, Refer training helps Purdue community members learn to recognize the warning signs for suicide, assist those in need, and review helpful Purdue resources.
 - Additional Resources
 - [988 Suicide & Crisis Lifeline](#)
 - [National Suicide Prevention Lifeline](#): 800-273-8255 (TALK)
 - [National Suicide Prevention Lifeline Online Chat Services](#)
 - [Crisis Text line](#): Text IN to 741741 for free, 24/7 crisis counseling. We're here for you.
 - [Trevor Project Lifeline](#) (confidential suicide hotline for LGBTQ+ youth): 866-488-7386
 - [TrevorChat](#)
 - [TrevorText](#): Text START to 678-678.



B. Other Resources

- PUSH**, the Purdue University Student Health center, strives to keep you healthy and well. If it is right for you, consider getting a COVID-19 booster and/or flu shot. If you are sick or have a fever, get checked out! Delaying care can lead to worsening conditions.

2. **Recreation and Wellness** provides our community with activities that contribute to learning and the pursuit of an active, healthy lifestyle. This excellent resource offers exercise, fitness training, nutrition counseling, wellness coaching, a mindfulness space, financial literacy/ **Boiler Financial Track** and, in general, an excellent social outlet.
3. **ODOS Student Support Services:** Some students may not need to see a licensed clinician to feel better and/or supported. The Office of the Dean of Students is staffed with professionals who care deeply about students and their success. To visit a student support specialist between 8 a.m. and 5 p.m. weekdays, visit the office on the second floor of Schleman Hall, and they can help.
4. **CARE:** Center for Advocacy, Response & Education -CARE provides free and confidential advocacy services to students who have experienced interpersonal violence (e.g., sexual violence, sexual exploitation, relationship violence, and stalking). The goal is to provide non-judgmental and survivor-focused services to empower survivors to make informed decisions that help them heal.
5. **Steps to Leaps** is an initiative, intending to bolster student success by offering tools, resources, and support for all aspects of your life. This is a unique program in that Purdue University sees every student as a person who can excel on their own path to achieve personal goals.
6. **Personal Networks:** Never forget to activate your own personal support network: friends, family, advisors, coaches, supervisors, past teachers, clergy, mentors, and others.

III. What is Happening on Campus?

- A. Kevin Boes, Purdue Student Trustee, Kappa Sigma and former IFC President, speaks to his involvement in student organization leadership: [Student Trustee Reflects on Leadership Journey - Vice Provost for Student Life - Purdue University](#)
- B. 2023 PURDUE UNIVERSITY DANCE MARATHON is being held this weekend - 11/04/2023 at 10:00 am <https://www.pudm.org/>.
- C. Purdue Theta Tau has been making a tangible difference in South Africa for the last six years through a fun event that engages the community: [Theta Tau Unleashes Fun, Philanthropy at Corgi Race](#)

IV. Save the Dates

- A. **Fraternity, Sorority, & Cooperative Leadership Summit (FSCLS) - Sunday, Nov. 5**
 1. Emerging and Rising leaders are recommended to attend to build skills to be an effective and impactful leader. Councils may set attendance requirements, so please connect with your council officers.
- B. **CPLA (Council Officer and Chapter Presidents Leadership Advance) - January 5-7, 2024** at Camp Tecumseh YMCA.
 1. Incoming Council Officers/Chapter Presidents and those that will continue in their role are expected to attend. If this conflicts with your national organization's leadership training, please notify your council advisor ASAP.
- C. **Meet FSCL - Tuesday, Jan. 16, 2024** in the PMU Ballrooms
- D. **New Member Educator Training**
 1. Wednesday, Jan. 17 from 6-7 PM in KRCH 230

2. Thursday, Jan. 18 from 6-7 PM in KRCH 230

E. Health & Safety Initiatives - Jan. 21 - 25

1. Sunday, Jan. 21 in LILY 1105
2. Monday, Jan. 22 - Thursday, Jan. 25 in STEW 214 & 218

F. Health & Safety Forum

1. Monday, March 25 from 6:30-8 PM in Fowler Hall

G. PCC New Member Educator Training

1. Monday, April 1 from 6-7 PM in KRCH 260

V. Action Items

- Fall 2023 FSCL Reporting Deadline - December 1, 2023:** Final Roster Updates, Community Service and Philanthropy Reports
 - Philanthropy and Community Service Reporting Form: <https://boilerlink.purdue.edu/submitter/form/start/397683>
 - Final Roster Updates: Student workers will be sending presidents the most recent copy of your org's roster around 11/1/23 and updates should be made via boilerlink.
- COMING UP....Student Organization Registration Process** must be renewed upon the election of new chapter/house officers: <https://www.purdue.edu/sao/organizationofficers/index.html>. This is happening for most FSCL organizations in the next 3 months.
 - If you **DO NOT** have an active **Faculty/Staff Advisor** - you should begin looking for that person now so that your registration process is not delayed. https://www.purdue.edu/sao/Advisors/Expectations_of_Advisors.html
- Winter Break Checklist for FSCL Houses:** Holmes Murphy provides this resource to help organizations prepare for winter break house closure. <https://www.holmesmurphy.com/fraternal/wp-content/uploads/sites/2/2016/11/WinterBreakChecklist-1.pdf> Please review the entire checklist, but a few highlights include the following:
 - Update Emergency Contacts for FSCL Houses:** Please Update as needed - this is very important, especially during breaks when residents are not physically occupying the house
<https://www.purdue.edu/ehps/fire/fire-safety/greek-housing-form.php>
 - Ensure furnace is on/operating and thermostat is set at or above 60 degrees
 - Ensure all hoses are removed from exterior water spigots/faucets
 - Ensure premise is secure
 - Ensure someone is available to check on the facility regularly