

**Phi Theta Kappa
Alpha Nu Sigma Chapter
Chapter Meeting
August 19, 2020**

The members and advisors of the Alpha Nu Sigma Chapter of Phi Theta Kappa met for the regularly scheduled Chapter Meeting on Wednesday, August 19 at 6 p.m. via Zoom.

Attending: John Sharpe, Leila Rogers, Beth Carraway, Heather Jones, Sherna-lee McFarlane, Brandy Steele, Greg Shaw, Paulette Lavalley, Irma Hall, Katherine McCarthy, Jessica Wardlaw, Jacob Williamson, Ola Louisa Watson

PRESIDING OFFICER

In the absence of Jason Hanson, President, Beth Carraway called the meeting to order, presented the Agenda which had been prepared by Jason, and she coordinated the meeting. The stated agenda was adjusted to reverse the order of discussion of College Project and HiA.

HONORS IN ACTION PROJECT (HiA)

This Chapter Meeting immediately followed an HiA meeting with Ms. Kimberly Lewis, HGTC Counselor. Beth recorded the meeting, and that video will be made available for chapter members to see. A report of that meeting was made jointly by Beth Carraway, Sherna-lee McFarlane, and Ola Watson.

- The list of mental health services listed in HGTC Community Resources is being updated by Ola who also contacted TeAnne Oehler, MSW, and received permission from Ms. Oehler to add her to the list. Ms. Oehler not only has a variety of professional social work and mental health credentials and many years of experience in individual and family counseling, but also was on the faculty of HGTC and was active in the initial creation of the college's counseling department. She offered to use a sliding fee scale for students without insurance, and has a history of doing so.
- Creation of non-professional, student peer groups which would be structured to offer student-to-student support was discussed. Ms. Lewis stated she sees many pros to this type of group; however, she also stated that the issue of how to create and maintain confidentiality is of vital importance in order to establish trust and safety within the group. Discussion continued to cover the topic of confidentiality including standards, disclaimers, repercussions, and consequences if confidentiality is broken.
- Matthew Defreitas and Sherna-lee McFarlane created the PowerPoint presentation Collegiate Mental Healthy Covid-19 Crisis, highlighting the effects of Covid19 on students, common barriers to treatment, overcoming those barriers, and maintaining wellness through self-care

activities. The presentation was well-received by the group and Beth thanked Matthew and Sherna-lee for their work. Beth explained the purposes of the presentation to Ms. Lewis which include bringing to Cabinet an increased awareness of students' counseling needs – most of which reflect the mental health issues in the general population with the additional stresses of achieving educational goals.

Beth pointed out that the effectiveness of the presentation would “hit home” if it included documentation of HGTC services including #'s of students requesting help, types of issues presented and services needed, etc. Ms. Lewis offered to research those numbers (both pre-Covid and current) and provide them to our Chapter for inclusion in the PowerPoint. Our group believes giving the Cabinet a glimpse of HGTC students' struggles will educate Cabinet members about the scope of these issues, the importance of meeting these needs, and the obvious limitations to meet those needs with such a limited counseling staff. PTK will encourage Cabinet to add an additional counselor position to the department once the hiring freeze is lifted.

- Ms. Lewis was enthusiastic about our suggestion to create a short video that we could post on the college website in which she will describe the personal and academic support and counseling services her department offers. Her doing so would “put a face on” the department and would encourage students to contact the department.
- We also shared with Ms. Lewis our idea to put a short statement about HGTC Counseling services including services provided, hours and days of service, etc. on the Instructors Information Sheets which are included in class overviews. Again, Ms. Lewis was very supportive. She will email statements that she uses when describing the services, and Beth will follow up with the Office of Academic Affairs for permission and facilitation of this idea.

In the Chapter meeting, additional suggestions of self-care activities such as artistic endeavors were made, and members are encouraged to think of more ideas of coping skills to add to the PowerPoint presentation.

COLLEGE PROJECT

Beth reported that during a faculty meeting this week Professor Bennett shared information about our college project, and several faculty members offered to help.

The college Foundation has approved the purchase of Food Lion's groceries-only gift cards for our food pantry use.

Leila stated that we are working with Jeanne Bennett and others on a plan to inventory and distribute food and personal products following collection of the items.

UPCOMING EVENTS

- **Register and Run/Walk to support Golden Opportunity Scholarship**

Jason described a PTK Golden Opportunity Virtual 5k (walk or run) which will be held during the dates of September 15th – 30th. \$30 per person. Scholarship funds raised will help to cover costs to join PTK for students who demonstrate financial need. Jason will post more information on Google Classroom and we will create a team. *We chose Alpha Nu Sigma's team name - "Gator Bait"!*

- **Beach Sweep**

We will not participate in this year's official Beach Sweep.

Instead, PTK members will-

- Meet at Leila's home at 10 a.m. on Saturday, September 19th and walk to the beach from there – weather permitting.
- Our Beach Sweep walk distance counts towards the 3.1-mile Golden Opportunity Run/Walk.
- Bring a donation of school supplies or food items appropriate for school students along with you to help with our community's "Help4Kids" drive. On our behalf, Beth will take the donations to her neighbor who is active in this group.

- **Blood Drive**

Carolinas Region officers are sponsoring a blood drive by encouraging PTK members who are physically able to do so to donate blood through the American Red Cross. Beth reported that she just gave blood (for the first time), took her only 45 minutes, and encouraged others to consider this vital act of giving.

- **PTK Awareness Week**

The week of September 21 – 25 has been designated as PTK Awareness Week and members are encouraged to let other students know about the work of the organization. This year might prove to be a challenge, so we need to be especially creative in coming up with ways to make students, faculty and staff learn about PTK and become more aware of the contributions to the college environment made by PTK.

DATES OF UPCOMING MEETINGS POSTED

Beth sent listings of scheduled PTK Chapter meetings as well as New Members Orientation and Induction Ceremony through the end of 2020.

SPECIAL ANNOUNCEMENTS:

- Heather showed the group awards which have been recently won by our Chapter. Seeing them served as an extra incentive to members to work even harder to achieve these honors this year.
- John Sharpe shared that he is retiring and is stepping down as a Chapter Advisor. This will be his last meeting with us. John first joined PTK in 1992

as a member, and he has served as an Advisor for 22 years, and 16 years as Regional Coordinator NC/SC. We offer John much appreciation for his leadership and our very best wishes for his happiness in retirement.

ADJOURN There being no further business, Beth adjourned the meeting at 7p.m.

Minutes submitted by:

Ola Louisa Watson, Chapter Recording Secretary

NEXT MEETINGS with hyperlinks to join:

[College Project Meeting](#) (Food Pantry) Wednesday, SEPTEMBER 2 at 2 p.m.

[HiA Meeting](#) Wednesday, SEPTEMBER 2 at 4 p.m.

[Officer Meeting](#), Wednesday, SEPTEMBER 2, 6 p.m.

[Chapter Meeting](#), Wednesday, SEPTEMBER 23, at 6 p.m.