The University of Arizona
Academic Resource Information Manual

Panhellenic Council
Spring 2014
National Panhellenic Conference

The National Panhellenic Conference provides support and guidance for its 26 member inter/national sororities/women’s fraternities and serves as the national voice on contemporary issues of sorority life. Founded in 1902, NPC is one of the oldest and largest women’s membership organizations representing more than 4 million women at 655 college/university campuses and 4,500 local alumnae chapters in the U.S. and Canada. Each year, NPC-affiliated collegians and alumnae donate more than $5 million to worthy causes, provide $2.8 million in scholarships to women and volunteer 500,000 hours in their communities.

Mission Statement
To advance the twenty-six women's organizations of the National Panhellenic Conference and their commitment to personal growth by underwriting initiatives that launch and sustain women leaders.

Panhellenic Creed
We, as undergraduate members of women’s fraternities, stand for good scholarship, for guarding of good health, for maintenance of fine standards and for serving, to the best our ability, our college community. Cooperation for furthering fraternity life, in harmony with its best possibilities, is the ideal that shall guide our fraternity activities.

We, as fraternity women, stand for service through the development of character inspired by the close contact and deep friendship of individual fraternity and Panhellenic life. The opportunity for wide and wise human service, through mutual respect and helpfulness, is the tenet by which we strive to live.
Chapter SMART Goal

What is a S.M.A.R.T. Goal?

S = Specific
The goal should identify a specific action or event that will take place. Answers the question: Who and What?

M = Measurable
Include in the specific goal statement the measurements to be used to determine that the results or outcomes expected have been achieved. It answers the question: How?

A = Attainable
Goals should challenge people to do their best, but they need also be achievable.

R = Relevant
Goals need to pertain directly to the performance challenge being managed.

T = Time Bound
You need enough time to achieve the goal. It answers the question: When?

My Chapter’s SMART Goal:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
**Think Tank**

**THINK TANK Drop-in Tutoring Hours: Spring 2014**

### Bear Down Gym

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Math 100-129</td>
<td>Mon-Th</td>
<td>11am-9pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>11am-5pm</td>
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<tr>
<td></td>
<td>Sun</td>
<td>5pm-9pm</td>
</tr>
<tr>
<td>Writing</td>
<td>M-Th</td>
<td>11am-9pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>11am-5pm</td>
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<tr>
<td></td>
<td>Sun</td>
<td>5pm-9pm</td>
</tr>
<tr>
<td>French 101-302</td>
<td>Mon</td>
<td>9am-1pm</td>
</tr>
<tr>
<td></td>
<td>Tue</td>
<td>11am-12pm</td>
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<tr>
<td></td>
<td>Wed</td>
<td>10am-12pm</td>
</tr>
<tr>
<td>Spanish (all levels)</td>
<td>Mon-Fri</td>
<td>9am-1pm</td>
</tr>
<tr>
<td>Academic Skills Tutoring</td>
<td>Mon-Th</td>
<td>4pm-7pm</td>
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### Rec Center

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<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>Math 100-129</td>
<td>Mon-Th</td>
<td>1pm-9pm</td>
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<tr>
<td></td>
<td>Fri</td>
<td>1pm-5pm</td>
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<tr>
<td></td>
<td>Sun</td>
<td>5pm-9pm</td>
</tr>
<tr>
<td>Math 100 specific hours</td>
<td>Mon-Th</td>
<td>4pm-9pm</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>5pm-9pm</td>
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<tr>
<td>Writing</td>
<td>Mon-Th</td>
<td>1pm-8pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>1pm-4pm</td>
</tr>
<tr>
<td>Spanish (all levels)</td>
<td>Mon-Fri</td>
<td>1pm-5pm</td>
</tr>
<tr>
<td>CSC 127A/B, CSC 227</td>
<td>Fri</td>
<td>1pm-5pm</td>
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### Manzanita-Mohave (Manzi-Mo)

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Math 100-129</td>
<td>Sun-Wed</td>
<td>6pm-9pm</td>
</tr>
<tr>
<td>Writing</td>
<td>Tue &amp; Wed</td>
<td>6pm-9pm</td>
</tr>
<tr>
<td>ECON 200</td>
<td>Sun, Mon &amp; Wed</td>
<td>6pm-9pm</td>
</tr>
<tr>
<td>ACCT 200, 210, 250</td>
<td>Sun, Mon &amp; Tue</td>
<td>6pm-9pm</td>
</tr>
<tr>
<td>ASTR 170B1 The Physical Universe &amp; ASTR 203 STARS</td>
<td>Mon</td>
<td>6pm-9pm</td>
</tr>
<tr>
<td>CHEM 151 &amp; 152</td>
<td>Tue</td>
<td>6pm-9pm</td>
</tr>
<tr>
<td>CHEM 241A/B &amp; 243A/B</td>
<td>Tue</td>
<td>6pm-9pm</td>
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### Park Student Union (PSU)

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<thead>
<tr>
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<tbody>
<tr>
<td>Math 100-129</td>
<td>Mon-Th</td>
<td>3pm-9pm</td>
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<td>Sun</td>
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<tr>
<td>Writing</td>
<td>Mon-Th</td>
<td>3pm-8pm</td>
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<td></td>
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<td>5pm-9pm</td>
</tr>
<tr>
<td>Physics 102, 103 &amp; 141</td>
<td>Mon-Wed</td>
<td>5pm-9pm</td>
</tr>
<tr>
<td>CHEM 151 &amp; 152</td>
<td>Thu &amp; Sun</td>
<td>5pm-9pm</td>
</tr>
<tr>
<td>CHEM 241A/B &amp; 243 A/B</td>
<td>Thu &amp; Sun</td>
<td>5pm-9pm</td>
</tr>
<tr>
<td>MCB/ECOL 181 &amp; 182</td>
<td>Thu &amp; Sun</td>
<td>5pm-9pm</td>
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### Online

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<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>Online Writing</td>
<td>Mon-Th</td>
<td>9am-12pm</td>
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<tr>
<td></td>
<td>Sun</td>
<td>1pm-5pm</td>
</tr>
<tr>
<td>Online Math</td>
<td>Mon-Th</td>
<td>4pm-8pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>1pm-5pm</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>5pm-8pm</td>
</tr>
<tr>
<td>Online Statistics: Math 263 &amp; RNCV 314</td>
<td>Mon &amp; Tue</td>
<td>11am-1:30pm</td>
</tr>
<tr>
<td></td>
<td>Mon-Wed</td>
<td>6pm-7:30pm</td>
</tr>
<tr>
<td></td>
<td>Thur</td>
<td>6pm-8pm</td>
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workshop
wednesdays!

Academic Skills Workshops | Spring 2014
5:00-6:00 p.m. | Bear Down Gym

Jan 22nd – Time Management: How to avoid procrastination and manage time wisely

Jan 29th – Note Taking & Strategies for Reading

Feb 5th – Surviving and Thriving in Math

Feb 12th – Success in Online Classes

Feb 19th – Test Prep and Test Taking Strategies

Feb 26th – Test Anxiety and Learning to Manage Stress

March 5th – Learning How you Learn: Multiple intelligences and your learning style

March 12th – Overcoming Stage Fright: Tips for public speaking and presenting

March 19th – Spring Break – NO WORKSHOP

March 26th – Time Management: How to avoid procrastination and manage time wisely

April 2nd – Note Taking and Strategies for Reading

April 9th – Test Prep and Test Taking Strategies

April 16th – Surviving and Thriving in Math

April 23rd – Test Anxiety and Learning to Manage Stress

April 30th – Preparing for Final Exams

May 7th – Preparing for Final Exams
Think Tank
Robert L. Nugent Building
1212 E. University Boulevard
8am-9pm, Monday-Thursday
8am-5pm, Friday
5-9pm, Sunday
(520) 626-0530

SALT Center

The SALT Center supports students with learning disabilities like Attention Deficit Hyperactivity Disorder (ADHD). Students must apply to become a student with the center, and once admitted, they are paired with a Strategic Learning Specialist. Together, students and specialists create Individualized Learning Plans (ILP).

**Fees** - Lower division undergraduate students with less than 60 credits pay $2,450 per semester. Upper division undergraduate students having more than 60 units pay $1,050 per semester, excluding tutoring services provided for $20/hour (billed to Bursar’s Account twice a semester).

**Interested in applying to receive help from the SALT center tutor?**

**Interested in becoming a SALT center tutor?**

If you are a current UA student, fill out a SALT Tutor application at the web address listed below and return it along with transcripts and a letter of
recommendation to:
SALT Tutor Coordinator
The University of Arizona, SALT Center
1010 N Highland Ave
Tucson, AZ 85721

http://www.salt.arizona.edu/tutoringFiles/tutorapplication.pdf

Tutoring Hours for Current Members of the SALT Center

**Hours:**
Mon - Thurs 8am-8pm, Fri 8am-4pm.

**Writer's Lab Hours:**
Mon - Thurs 9am-5pm in room 204D.
Mon - Thurs 5pm-8pm in room 105.

Students can make an appointment with a specific tutor or drop in to the lab for assistance. Appointments should be made at least 24 hours in advance. A staff of highly trained writing tutors is available to assist students. In addition to the University of Arizona composition courses (English 100, 101, 102, 107, and 108), tutors are able to assist with writing in any other university course.

**Math and Science Lab Hours:**
Mon - Thurs 9am-8pm in room 204A.
Fri 9am-4pm in room 204A.

For other resources provided by the SALT Center, visit http://www.salt.arizona.edu/index.php.

SALT Center
SALT Center, University of Arizona
P.O. Box 210136
Tucson, AZ 85721-0136
**Main Phone:** (520) 621-1242
**Tutoring Phone:** (520) 626-4157
Scholarship Information

All scholarship information can be found and accessed online at http://financialaid.arizona.edu/scholarships/.

All Students

* Visit http://scholarshipuniverse.arizona.edu/ for more personalized scholarship searches!

Panhellenic Scholarships

The University of Arizona Panhellenic scholarships are available on the Panhellenic website, http://arizonagreek.orgsync.com/org/pan/scholarship. The scholarships (Financial Need, Leadership/Involvement, and Academic Achievement) require a completely filled out application turned into the CSIL (4th floor of Student Union) by April 1st at 5pm. NO LATE APPLICATIONS ACCEPTED!

Tucson Alumnae Panhellenic Scholarship

The TAP scholarship can also be found on the Panhellenic website and is due to Mary at machristo5@aol.com.

Phoenix Panhellenic Association Scholarship

These two scholarships are available on the Panhellenic website and apply to the following chapters.

* Applications are due to the address on the app by February 28th.
Other Resources

Dr. Kevin J. Nutter
Fraternity and Sorority Programs
Works with the Greek Academy program and is the “go to” educational guru for all fraternities and sororities.
kjnutter@email.arizona.edu

Brittany Janicki Vogl
Panhellenic Vice President of Internal Affairs
Works on all matters pertaining to scholarship and sisterhood as a member of the Panhellenic Executive Council.
uapanhellenic.internalaffairs@gmail.com

Academic Advisors
All advisors for each major can be found here:
http://advising.arizona.edu/contact_an_advisor
Ten Ways to Improve Grades

1. **Always attend class.** It doesn’t matter if the professor teaches directly out of the text. It doesn’t matter if the information is covered in class is never on exams. What matters is that you are there. Excellent class attendance demonstrates to your professor that you are dedicated.

2. **Sit in the first three rows.** This will reduce distractions and is especially important in larger classrooms. It is easier for the professor to recognize you and get to know you if you are sitting in the front. It is also easier to make a connection with the material when you are up close and personal with it.

3. **Visit with the professor once a week.** Talk with your professor after class or schedule an office appointment. Think of this as a business. You have a product to sell (yourself). You have a client (your professor). There is a payoff (better grades). The more frequently you meet with your client the greater the possibility of your payoff. You will also become a person rather than someone just occupying a seat.

4. **Review syllabus and notes before class.** A syllabus review will refresh your memory on the material covered in the previous class and the type of information that will be covered in today’s class.

5. **Always do extra credit if available.** Extra credit is just that – extra. Usually it is not calculated into individual exams but added on at the end of the semester. It could be the difference in a higher grade in the end.

6. **Participate in class.** Be more involved in class discussions. Ask questions. Not only will you get more out of the class, your professor will appreciate the interest.

7. **Pay attention to detail.** There is an old saying that “it’s the little things that count.” Keep this in mind when preparing work for class (Ex. Use graphs).

8. **Use available resources.** Become proficient in computer skills. Start by efficiently using word processor and spreadsheets. Use the internet as a resource, the information is likely to be more current than printed material.

9. **Practice time management.** There are many demands on a college student’s time. Use a planner to record appointments, activities, etc. Use time between classes reading assignments, preparing reports, etc. This will reduce last minute preparation.
10. **Avoid cramming.** Do class readings and assignments daily. This will keep you apace of the class and provide time to clarify questions you may have with your professor. Staying up all night is physically taxing and less efficient.

* Taken from Kappa Alpha Order National Administrative Office

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# Greek Honorary Societies

## Order of Omega

http://www.orderofomega.org/home

Order of Omega was founded at the University of Miami in 1959 by a group of outstanding fraternity men, who felt that individuals in the Greek community should be recognized for their service to the fraternity system and the University.

### Purpose

To **RECOGNIZE** those fraternity men and women who have attained a high standard of leadership in interfraternity activities, to **ENCOURAGE** them to continue along this line, and to **INSPIRE** others to strive for similar conspicuous attainment;

To **UNITE** outstanding fraternity men and women to create an organization which will help to mold the sentiment of the institution on questions of local and intercollegiate fraternity affairs;

To **BRING TOGETHER** members of the faculty, alumni, and student members of the institution's fraternities and sororities on a basis of mutual interest, understanding and helpfulness;

To help **CREATE** an atmosphere where ideas and issues can be discussed openly across Greek lines and to help work out solutions.

### Requirements for Membership
1. Have a cumulative grade point average at or above the all-Greek average
2. Have demonstrated commitment and leadership within their chapter and on campus
3. Have junior, senior, graduate, or alumni status
4. Be in good standing with their fraternal organization

Gamma Sigma Alpha

http://gammasigmaalpha.org/

Gamma Sigma Alpha National Academic Greek Honor Society (GSA) is the premier organization committed to the academic success of our members and alignment with the academic missions of our host institutions. Students are eligible for membership based on grade point average and membership in a Greek fraternity or sorority.

Values

**Academic Engagement** – members are deeply involved in academic pursuits and demonstrate a commitment to learning

**Congruence** – challenge fraternities and sororities to meet their talk with action and realize their role in supporting the academic mission of institutions of higher education

**Excellence** – we strive to reach our potential in all that we do; high expectations are set and members aspire to achieve

**Inclusion** – shared goals are met through the involvement of diverse populations

**Knowledge** – intellectual capacity is increased; we develop an awareness to improve the global community and serve society

**Recognition** – celebrating accomplishments of our members

**Relationships** – community is built through collaboration with university faculty, researchers, staff and other stakeholders to ensure academic success of members and an emphasized role of academics as a cornerstone of the fraternal movement

Requirements for Membership
1. Have a cumulative grade point average at or above 3.5
2. Have junior or senior standing

Rho Lambda

Stay tuned for more information about Rho Lambda!

A Letter from

Brittany

This resource manual has been created to assist you in aiding your chapters toward higher scholastic goals and achievements. We, as members of Greek Life, need to uphold a motivated and intelligent image on the University of Arizona campus. If you have any questions regarding information in this manual or questions about academics in our Greek community, feel free to email me at uapanhellenic.internalaffairs@gmail.com. I hope this guide proves to be useful throughout your term.

With Love for the Panhellenic Community,

Brittany Vogl
Vice President of Internal Affairs
Panhellenic Executive Council 2014