The Delta Experience

Foundational Programs – Facilitator Guide
Facilitator Guide Introduction

This book will serve as your guide as you help the senior members teach one another and teach themselves how to prepare for the incredible change they will undergo following graduation.

What is the Delta Experience?

The Greek Letter Delta represents “change.” Senior members of Alpha Gamma Delta will spend this year of their collegiate membership preparing for the many changes they will experience upon graduation. The Delta Experience will help these seniors shape the legacy they will leave on their chapter, prepare for the transition to life after college, explore responsibilities and opportunities that lie ahead, and ready them for the future of their lifelong alumnae membership. The Delta Experience Coordinator has ultimate responsibility for guiding the senior members through this year of change by facilitating these programs and creating truly memorable experiences celebrating the seniors and all they have contributed to the chapter.

What does this mean for the Delta Experience Coordinator?

As Delta Experience Coordinator, you are responsible for helping the senior members remember the incredible experiences they have had and dive into alumnae membership with a love and pride for Alpha Gamma Delta that they had the day they were initiated. You have the responsibility of helping these members teach themselves and one another not only new skills they will need as they go through the changes ahead, but also to remember the values they have gained through their time as Alpha Gams that will help them successfully transition into their new lives. You are the team member who has the exciting opportunity to ensure these seniors are celebrated and honored for their time with your chapter - to be sure every senior member will love Alpha Gamma Delta as much or more than you do after graduation and for the rest of their lives, to appreciate the Alpha Gamma Delta Purpose as a timeless road map for being a well-rounded individual, and to recognize the responsibility to Live with Purpose even after they have graduated college. How do you accomplish this? By focusing on your resources, supplemental activities, celebration events, Legacy Project, Delta Experience Magazine and foundational programming!

Delta Experience Coordinators should work with the following partners to ensure a meaningful experience:

1. Vice President Member Development: Schedule Delta Experience events on the chapter calendar
2. Legacy Project Group Leader: Provide accountability for successful completion of the Legacy Project
3. Alumnae Relations Coordinator: Partner to reach out to local alumnae to schedule Rededication Service and invite to participate in Delta Experience foundational programs, supplemental activities and celebration events (Note: It is best to contact alumnæ well in advance of an event, to ensure that they have time to prepare. Remember that these are women with jobs and families to care for and need adequate time to schedule participation in Fraternity events.)
**Your Resources**

Utilizing the resources that surround you every day will be a crucial way to facilitate a successful *Delta Experience* for your senior members. While you may be the only Delta Experience Coordinator, you are certainly not the only one with the ability to prepare your senior members for the incredible changes they are about to undergo. There are people all around you who have experienced the transition from collegiate member to alumnae member, and are willing to help you as you lead your senior members through the *Delta Experience*.

Each of your advisors has the potential to be easily accessible and knowledgeable resources to you. Not only have they also graduated college and transitioned into the next phase of their lives, they continue to live the values of Alpha Gamma Delta and volunteer for the organization! Welcome these women to share their experiences with you and the participants of the *Delta Experience*. Invite them to help you create and execute special and memorable senior event celebrations. Above all else, invite them to be present in the lives of these senior members through this year of preparing for the changes ahead.

Local alumnae are another inspiring group of women who may help you make the *Delta Experience* a truly impactful one for your senior members. If your chapter has its own active alumnae chapter be sure to reach out to its members. You can also reach out to individual alumnae or those who are part of a local Junior Circle or alumnae club. Invite these women to come share what they experienced in their transition from college to beyond, how and when they have utilized Alpha Gamma Delta for support and sisterhood after graduation, and how they continue to *Live with Purpose* each and every day. As alumnae with a variety of experiences, they are a great tool for explaining the benefits of alumnae membership. Most importantly, work with local alumnae to schedule the Rededication Service for your seniors. The Rededication Service is a special ceremony in the *Alumnae Ritual*, welcoming seniors into alumnae membership, and must be performed by alumnae. It is important that you work with alumnae to schedule this significant event close to the end of the school year, before graduation.

Whether or not they are Alpha Gams, whether or not they are Greek, your campus professionals and faculty members can also serve as incredible resources for you as you facilitate the *Delta Experience*. As members of the campus community, these individuals will be familiar with the transition your members will experience during their senior year through graduation and will have insights to offer you and your seniors. Invite them to help you facilitate a program in their area of expertise. Ask them for their advice in creating memorable events and activities to both benefit and honor your senior members. Be sure not only to ask them for their personal perspective, but for ways that university resources can play a role in the *Delta Experience*. 
Celebration Events and Supplemental Activities

Just as each chapter’s experience is unique and based on any number of factors, so is that of its senior class. Your senior members have had a different experience in your chapter and on your campus than your senior sisters in other chapters across North America, and this diversity in experience was taken into consideration in the construction of the Delta Experience. This curriculum was built with intentional flexibility to offer your senior members exactly what they need to successfully transition to life after college and begin alumnae membership with enthusiasm and excitement. Through the effective use of Celebration Events and Supplemental Activities, you will be able to craft a Delta Experience that will impact your senior members for the rest of their lives! These events and activities can be found online in the Idea Center of myAlphaGam.

Celebration Events

The Delta Experience would not be complete if it did not recognize the commitment and dedication of these senior members to Alpha Gamma Delta and your chapter. To ensure that our senior members are honored and celebrated for their contributions and involvement, Celebration Events have been created. This list includes not only events, but also gift ideas, programs and other ways to create memorable and meaningful experiences that remind our senior members how thankful we are for all they have done for our chapters. This list is also created with intentional flexibility to recognize that each chapter may already have senior appreciation events and programs in place; much like the supplemental activities, you will have the option to work with your senior members and the rest of the chapter to celebrate your seniors in the way that works best for you!

Supplemental Activities

Recognizing that there simply was not enough time to provide the senior members with all the information they will need for the changes ahead in five 75-90 minute programs, a group of supplemental activities have been created. These mini-programs have been designed with the understanding that campus resources and requirements will differ just as the interests and needs of each group of senior members will. This will allow you, the Delta Experience Coordinator, to utilize the supplemental activities as needed to provide knowledge in areas specific to your members’ needs, whether that be résumé writing, networking, post-college health education, or professional attire explanations. You and your senior members have the freedom to use these Supplemental Activities in the time, place, and manner that best fits your needs, offering your seniors the most applicable and useful Delta Experience possible.
The Legacy Project

As a part of the *Gamma Experience: Part 2*, you will (or have already!) get a chance to work with your sisters to develop your Legacy Project. This will be an opportunity for you and the rest of your class to leave your official mark on your chapter, to construct and remember your legacy. While you will have the chance to come up with the idea and begin to plan during the *Gamma Experience*, it will be during the *Delta Experience* that you will execute this project. Starting during your very first meeting of the Delta Experience, you and your fellow seniors will establish a schedule, assign tasks and create a plan to complete this project by the time you graduate. Maybe you and your sisters want to create a community garden, or start a new philanthropic initiative. Perhaps you all want to work together to put a Purpose Wall in the chapter house, or start a new tradition of planting a tree for each graduating class somewhere in town. Regardless of what you and your sisters have decided to do, the *Delta Experience* will provide you an opportunity to work together to complete the project and ensure your legacy will be forever remembered.

*Delta Experience Magazine*

Between the Foundational Programs, Supplemental Activities and Celebration Events, it was still impossible to ensure that everything seniors would need to be a successful, professional and fully prepared women was covered through mere programming. To make sure that you have all the information you will need to exemplify the values of Alpha Gamma Delta and achieve your dreams after graduation, the Alpha Gamma Delta Foundation has generously funded the *Delta Experience Magazine*. This magazine will serve as your complete guide to life after college. Information about what to wear on an interview, how to set your table for a formal dinner party, where to look for car insurance and how to help the white walls of your new apartment feel like home are included. Tips for building a budget, establishing a strong relationship with a new supervisor, maintaining a healthy lifestyle and where to begin to volunteer your time after college will all be included, along with much more! This incredible magazine will be a collection of the knowledge you’ll gain through the *Delta Experience* that you can take with you and reference constantly in your new role after college!
Foundational Educational Programs

A major component of the *Delta Experience* can be found in these structured educational programs. One of the things our members have told us is that Alpha Gamma Delta excels in encouraging both organizational and individual development. Both are present within the *Delta Experience*. Members will be challenged to individually grow and reflect, as well as have the opportunity to bond with their fellow senior members as they share their final year of collegiate membership in Alpha Gamma Delta together.

Each of these five educational programs consists of individual reflection questions, small group discussions and activities, resource sharing, and large group discussions. These programs should answer the foundational questions senior members have about their upcoming transition and their new identity as alumnae. The programs Your Legacy, Your Transition, Your Responsibilities, Your Opportunities and Your Future are each required and should be facilitated in this order. You and your senior members should feel free to input any Celebration Events or Supplemental Activities throughout these five programs in any order or combination.

Complete facilitator guides for each of these programs can be found in this guide. While the programs are “scripted,” it will not come across as real or genuine if you read the program verbatim. Take time to become really familiar with the program so you can execute them in as natural a manner as possible. Reading programs to members results in disengagement. Acknowledging that these women are seniors with a great deal of responsibility in their lives, our goal is to keep them engaged, excited and motivated by these lessons.

Keep in mind that the more people who get involved in educating the senior members, the more they will be connected after graduation. As mentioned, utilize your resources! Just be sure that the meetings remain fun, interactive, and hands-on wherever possible. Senior member meetings should feel different than classes attended on campus; after all, they’ve been attending those for at least three years now!
Summary of the Entire *Delta Experience*

To understand what the entire *Delta Experience* looks like, it is important to understand what the senior members should have experienced when they’ve finished. At the completion of the *Delta Experience*, students will be able to…

1) Reflect on their collegiate experience in Alpha Gamma Delta.
2) Demonstrate skills of critically honest self-reflection and self-awareness.
3) Successfully execute their Legacy Project.
4) Articulate the role of the Purpose in their future.
5) Understand the upcoming role and identity transitions.
6) Commit to living a values-based life after leaving college.
7) Appreciate the importance of and opportunity to remain involved with Alpha Gamma Delta as alumnae members.
8) Facilitate the use of productive discussion and confrontation skills.

*These learning outcomes will be achieved through the completion of the three-phase Delta Experience. As depicted below, women will work their way through the Delta Experience starting with the five Foundational Programs. Each chapter will also have the opportunity to accommodate its individual needs by implementing Supplemental Activities and Celebration events. Participants will have the opportunity to work together to complete the Legacy Project they began during The Gamma Experience- Part 2, and by 2013 will even receive the Delta Experience Magazine which will include helpful information every woman graduating from college will need to know!*
**How Do I Use This Facilitator Guide?**

Your facilitator guide is designed to make facilitating the programs as easy as possible. Each program has a facilitator table and the programs are broken into sections. Below is an explanation of each part of the facilitator guide.

**Objectives:** Objectives are what you want participants to be able to do after the program. Objectives finish the sentence: At the end of this program, participants will be able to…

**Special Supplies Needed:** Any supplies you need for the workshop will be listed here. Be sure to check this in advance!

**Facilitator Notes:** Additional information about leading a section, setting up an activity or further examples are provided here. Facilitator Notes are typically placed at the end of a section. Refer to them prior to beginning a section to ensure you have the necessary instruction to lead participants.

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<thead>
<tr>
<th>Facilitator Cues</th>
<th>Instruction</th>
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<tbody>
<tr>
<td>This column will include notes on how to share the content. See the following page for definitions.</td>
<td>This column will give you the content for the programs. It will include information to share, questions to ask, instructions for activities and facts. Don’t feel as if you need to read it word for word when facilitating. Feel free to make the words your own.</td>
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What Do the Icons and Words in the Facilitator Cues Section Mean?

<table>
<thead>
<tr>
<th>Facilitator Cue</th>
<th>Definition</th>
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<tr>
<td>📜 REVIEW</td>
<td>Time to check in with participants and review any lingering thoughts or questions from the last meeting.</td>
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<tr>
<td>👤 SHARE</td>
<td>There is information you need to share with your participants to help lead a conversation.</td>
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<tr>
<td>👤PAIR SHARE</td>
<td>Two participants should share with one another based on your prompt.</td>
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<tr>
<td>🤔 ASK</td>
<td>Ask a question from your guide. Give participants plenty of time to answer to the group.</td>
</tr>
<tr>
<td>👉 ACTIVITY</td>
<td>Lead an activity to allow your participants to better understand a concept.</td>
</tr>
<tr>
<td>👥 SMALL GROUP</td>
<td>Participants should form a small group (i.e. three to five members) to discuss questions or topics based on your prompt. Encourage members to work with others they do not interact regularly with.</td>
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Facilitator Guide | Your Legacy

Objectives:
At the completion of the Your Legacy Program, participants will be able to…

1) Demonstrate an understanding of how their involvement in Alpha Gamma Delta has shaped their collegiate experience.
2) Use teamwork, goal setting and project planning skills to successfully execute the Legacy Project.
3) Understand the importance and responsibility of leaving a legacy on the chapter, campus or community.

Preparation Needed: Double check the Delta Experience Coordinator responsibility checklist in the Member Development Handbook to make sure that all requirements are up to date. Be sure to communicate with the Legacy Project Group Leader before the program to determine the progress of the group. This will help determine the structure and time allotment for the Legacy Project Activity.

Special Supplies Needed: Flip chart/poster and markers, paper and pens for participants, yarn/ string, scissors
**Introduction**

- Welcome to our first *Delta Experience* meeting! The *Delta Experience* is built to provide us with the education we need and the celebration we deserve as this year of change begins! Over the course of this year, we will all participate together in five *Delta Experience* programs, each specifically designed to help us get through this transition successfully.

- Today’s program “Your Legacy” will be a time for us to reflect on the impact Alpha Gamma Delta has had on our lives, as well as the impact we will leave in our chapter.

- “Your Transition,” our next program, will be an opportunity for us all to talk about the transitions ahead of us during this year and after graduation, and to help us clarify our values to help us better navigate those changes.

- “Your Responsibilities” will help us prepare for life after college and differences between that and being a student.

- “Your Opportunities” will be a time to get excited about all the incredible experiences to help us continue to *Live with Purpose* that lay ahead of us after graduation.

- Finally, “Your Future” will focus on our new role in the Fraternity as alumnae members and our future with Alpha Gamma Delta.

<table>
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<tr>
<th>REVIEW: 2 minutes</th>
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<tbody>
<tr>
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<th>ACTIVITY: 5 minutes</th>
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<td>• <strong>Opening Activity – Design Your Delta Experience!</strong>: Before we dive right into the <em>Delta Experience</em>, we want to start first by talking about our previously established expectations and hopes. We will now get into small groups, 3-4 women in each group. Using poster-paper and markers, work together with your group to answer these questions:</td>
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<tr>
<td>• What about the <em>Delta Experience</em> makes you most excited?</td>
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<tr>
<td>• What do you hope to learn or take away from the <em>Delta Experience</em>?</td>
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<td>• Is there anything you are nervous or anxious about?</td>
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<td>• What is one thing that would make your <em>Delta Experience</em> a success?</td>
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<tr>
<td>• Now that we’ve had the opportunity to discuss what we hope the <em>Delta Experience</em> will be, let’s take a moment to talk about what we’ll be doing together over this year!</td>
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<th>ASK: 2 minutes</th>
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<tr>
<td>• Are there things that you hope to learn or take away from the <em>Delta Experience</em> that aren’t covered in the five programs?</td>
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As we move through these five programs, we also have the option of including Supplemental Activities to help us get the most out of our Delta Experience based on our needs. Because this year is also about celebrating our commitment to Alpha Gamma Delta, we will also get to participate in many Celebration Events created to honor us as seniors. The Delta Experience programming made especially for seniors will help us navigate coming transitions, understand our new roles as alumnae, and make sure we have some fun while we are finishing your last year! At the end of today's program, we'll look at these lists and start deciding what Activities and Events we want to do this year, so hold on to the lists your group made about what we would like to learn!

Today we're going to focus on the legacy we will leave on this chapter. Not only will we get a chance to reflect on our Alpha Gam membership so far, but we will also be able to spend some time planning for its future, and our future within the Fraternity. This program should take 75-90 minutes.

Expectations: What should we expect of each other and of me in today’s program?

Parking Lot: Ideas are placed here that are important but off topic.

Facilitator Note: Review the items in the Parking Lot at the end of the program to ensure all questions are answered.

Our time in Alpha Gamma Delta is made up of many different experiences, people, opportunities, and events. Most importantly, our time as Alpha Gams so far has been slowly leaving a legacy on this chapter. Before we can uncover what our group’s legacy should look like, we need to understand how our years in Alpha Gamma Delta have shaped who we are now.

We are going to take a few minutes to remember, react and reflect on our college years in Alpha Gamma Delta. We spent some time thinking about the past few years at The Purpose Retreat, and this activity will take that reflection deeper by asking ourselves the following questions:

- What has been specifically meaningful to me about being a member of Alpha Gamma Delta? Why?
- How am I a different person than I was when I was initiated?
- Who in this sisterhood has shaped who I am and who I want to be? When did I meet her?

Take a moment to think about those questions. Keep them in mind as we complete the Reflection Activity.
ACTIVITY: 5-7 minutes

• **Lifeline Autobiography:** Everyone take out a piece of paper, and draw a horizontal line across the length of the page. This line will represent your time in Alpha Gamma Delta, the left end being the beginning of your experience with the Fraternity, and the right end being your life-long alumnae membership. All the space in between represents the years you have spent in college. Take the next few minutes to fill in this line like a timeline of your Alpha Gam life so far. Include important milestones and experiences you’ve had in the organization. Note the time however you’d like; you can note a whole period of time, or single specific events or moments. Be creative and thorough. If you get stuck, remember to think about the questions asked a few minutes ago. Remember to hang on to this piece of paper- you’ll need it again during our fifth Delta Experience program!

PAIR SHARE: 2-5 minutes

• How did it feel to reflect over your membership thus far?

• What was exciting and fun about it? What parts were difficult?

ASK: 5-7 minutes

• It’s important to individually look back over the time we have spent in our chapter so we can understand what our group experience has been. Once we know what we’ve shared together, we can begin to think about what that means to us and how to show that to our chapter. We can begin to think about our legacy.

• Let’s take a few minutes and talk about our legacy. Think about what we as a group have done for this chapter, for our campus, for the Fraternity, etc. What do we think our legacy on this chapter will be?
  ▪ What have we as a group have done for the chapter, for the Fraternity, for our campus, etc.?
  ▪ How are the decisions we’ve made over the last few years and the behaviors we’re exhibiting now as senior members leaving a legacy on the current and future members of this chapter?
  ▪ What kind of legacy would we be proud to leave? Are we leaving that legacy right now?
  ▪ What behaviors or attitudes must we model in order to leave a legacy we can be proud of?
  ▪ How is this similar or different from our current behaviors or attitudes?

• Our legacy will define us as individual members and as a group for a long time, so this conversation shouldn’t stop here. Let’s be sure to continue to evaluate our legacy during our last year in our collegiate chapters! A great way for us to keep having these talks while doing good for the chapter is through our Legacy Project.

SHARE: 2 minutes

• Think back to The Purpose Retreat when we last talked about our time in Alpha Gamma Delta so far, and how that helped shape a plan for our Legacy Project. Now that we’ve taken the time to reflect again and remember what the Fraternity has meant to us as collegiate members, we can get back to our project!
ACTIVITY: 10 minutes

• We worked on our Legacy Project at The Purpose Retreat, and now want to take some time to check up on our progress. As we work, let’s remember what our experience in Alpha Gamma Delta has been, how we want to leave a legacy on the chapter and how this project can make that happen! Before we start, let’s figure out when we can all meet together to work on our Legacy Project throughout this semester.

• Now we can take a look at our Legacy Project Action Plan from last semester to determine what still needs to be done and how we are going to get it done.

Facilitator Note: Suggest to the group that their ongoing Legacy Project meetings occur either before or after Delta Experience meetings, as the entire group will be together any way.

Depending on the progress your group has made in their Legacy Projects thus far, their needs for this activity will be different. Work with the Legacy Project Group Leader to determine the best structure of this activity based on how close the group is to completing their Legacy Project.

For instance, if the group has already completed the Project, they may take this time to discuss the completed project, why they think it will be effective, what could have done better, etc. If groups have fallen off track during the summer vacation, they may need this opportunity to assign responsibilities and get back on the path of finishing this project on time.

ASK: 2 minutes

• Who heard something that makes them excited about our Legacy Project?

SHARE: 1 minute

The Future of Our Membership

• Now that we’ve had some time to reflect on the importance of our own experiences, and worked to plan a project that will leave a positive legacy with our chapter, we can think even farther in advance about the year ahead and our Delta Experience!

ASK: 2 minutes

• What about this year makes you the most excited? What are you worried about?

• What is one goal you have for yourself or your chapter for this year?

SHARE: 1 minute

• Even if you didn’t share your answers to these questions with the large group, you should be thinking about them as we move through the Delta Experience. Be sure to create a goal for yourself for the year!
Regardless of what is ahead for us as we move through this year, we will all be working together every step of the way. We'll need one another to complete the Legacy Project, the *Delta Experience* and the goals we have set for ourselves. To make sure we remember how connected we are, both now and forever, we are going to give ourselves a small reminder.

**ACTIVITY: 5-10 minutes**

**The Tie That Binds:** Let’s all get into a circle. While we do so, let’s think about the questions we just answered about looking forward to the next year and the excitement and anxiety that goes along with the goals we have. One of us will start with the ball of yarn in our hands, and share the one goal we have for ourselves as it applies to our Alpha Gamma Delta identity and involvement in the upcoming year. Share your commitment with the group, and while holding onto the string, throw the ball of yarn to someone across the circle. When the ball of yarn is thrown to you, it is your turn to share!

*Facilitator's Note:* The strings will begin to weave themselves into a web as long as each participant holds onto the string as she throws it across to someone else. Once everyone has had the ball of string/yarn, have them throw it back to you to close the activity.

SHARE: 1 minute

Before today, we knew we were connected through our sisterhood. Now as we look at this web we wove with our goals for this year, we can actually see how our commitments are connected to one another through the *Delta Experience* and how it will take all of us working together to achieve these goals. We have been members of Alpha Gamma Delta together for years, and now we get to take the journey of our final year of collegiate membership together, supporting one another along the way.

As we let go of the string, we will each cut off a piece of yarn to keep. You can tie it to your wrist as a bracelet, to your keys as a key chain, or to your purse or bag; either way, be sure to keep it as a reminder of the goal you’ve set, and the Tie the Binds us all together on the journey of the *Delta Experience*.

SHARE: 1 minute

Before we close today’s program, let’s take a minute to look at the lists of what we hoped to learn that we created at the beginning of the program and think about what we want the rest of the *Delta Experience* to be for our group. This programming was built to be flexible – for us to choose from a list of Supplemental Activities and Celebration Events that we want to incorporate into our year. We can choose as many as we would like based on what we like to do for fun, what we want to learn more about before graduation and anything else we’re curious or excited about. Let’s take a look at the lists and start building the perfect *Delta Experience* for ourselves!

*Facilitator's Note:* You’ll find the lists of Supplemental Activities and Celebration Events in the Idea Center. Have a discussion with the group about what is available, and use the flip chart and markers to record which Events and Activities you decide to do!
### Conclusion

- At the close of each of our *Delta Experience* meetings, we will take a look at our Fraternity ideals originally shared with us at Initiation. Today we will review the meaning of our first symbol, Alpha. Through reviewing the vows we made at Initiation, we will discuss how to keep our values in our lives as we transition into alumnae members.

- *Share the “Vice President Member Development” section on page 17 of the Post Initiation Ritual Review, as found in the Ritual Services Manual.*

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<th>PAIR SHARE: 2-5 minutes</th>
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- With a partner, discuss the following: Has your understanding of Alpha changed since you first learned about it at your Initiation? How have you seen the meaning of Alpha at play in your life as a collegiate member?

- *Who heard something that you would like to share?*

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<th>PAIR SHARE: 2-5 minutes</th>
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- Turn back to your partner and discuss the following: How do you plan to live up to the ideals found in our first symbol, Alpha, as an alumna? How might it look different in your life as an alumna as compared to your life as a collegiate member?

- *Who heard something that you would like to share?*

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- Since Initiation, the ideals of Alpha Gamma Delta have become part of who we are as individuals, as well as who we are as a class, a chapter and as an International Fraternity. Let us forever keep the ideals of Alpha Gamma Delta in our lives, as current collegians and as future alumnae members. Let us allow these ideals to guide the legacy we will leave on this chapter and the Fraternity.

- *Next time we meet for the Delta Experience, we’ll be discussing values. Be sure to review Line 9, page 1 of the Gamma Experience before coming to the “Your Transition” program. In that program we identified our values and how much they had changed in two years, and we’re going to revisit those values next time we meet together!*  

*Facilitator Note: You may also want to invite your members to bring their Gamma Experience Guides to the program, if it might help them to reference their previous answers. It will definitely be helpful for you to bring the Guides from both Part 1 and Part 2 of the Gamma Experience, in case members forget to look theirs over before coming.*
Facilitator Guide | Your Transition

Objectives:
By the end of this program, participants will be able to...

1) Articulate their values and the prominence of them in various life roles.
2) Learn the skills of making life decisions with a greater emphasis on and understanding of personal values.
3) Demonstrate an understanding that the upcoming transition out of college will require them to make a career connection, clarify a newer identity and develop a life-span perspective.

Preparation Needed: Be sure to make copies of any handouts you plan to use ahead of time, and don’t forget to bring your copies of the Gamma Experience Guides for the values discussions. Inspect the room before beginning this program to be sure it is big enough for the Continuum Activity. If not, find an alternative space nearby. Double check the Delta Experience Coordinator responsibility checklist in the Member Development Handbook to make sure that all requirements are up to date.

Special Supplies Needed: Flip chart/poster and markers.
### Introduction

**REVIEW**

- Last time we discussed the legacy we hope to leave on our chapter and this organization. As we transition into discussing our senior experience, life responsibilities and opportunities, and our Alpha Gam future, let’s remember that we are still in the process of leaving that legacy. The way we participate in the *Delta Experience* will leave a legacy of its own. Even though we’ll be spending lots of time talking about us, let’s not forget how we are constantly affecting our chapter and the Fraternity.

- Today we are going to talk about our upcoming transition out of college. Regardless of our individual plans for after graduation, we are all going to be starting a new chapter of our lives and of our Alpha Gamma Delta membership. So today, we are going to spend some time talking about that transition and how to maintain our values and ourselves through it. This program should take 75-90 minutes.

**SHARE: 2 minutes**

#### ASK: 2 minutes

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**SHARE: 1 minute**

#### ASK: 1 minute

| **Facilitator Note:** Review the items in the Parking Lot at the end of the program to ensure all questions are answered. |
| - Expectations: What should we expect of each other and of me in today’s program? |
| - Parking Lot: Ideas are placed here that are important but off topic. |

### Values

#### ASK: 1 minute

- Today we’re going to start by talking about values. Think back to the conversations we had during the *Gamma Experience* about values – about how they can change over time, depending on where we are in our lives. Remember that we were each asked to create a list of our 5 core values. Take a quick minute to remember what your top values were the last time we discussed them.
Because Alpha Gamma Delta is a values-based organization, values are an important part of our membership and experiences. Each of our individual values also play a role in our lives, just as our family values, political values and other types of values do. Our values are a part of who we are. As we prepare to experience the transition out of college and into whatever our next steps may be, spending time learning about our values and how they affect the choices in our lives will be helpful.

But acknowledging that values will play a part in our upcoming transition without talking about HOW our values might be challenged or reinforced, how they might help guide us through this new and exciting time wouldn’t be very helpful. Instead, we’re going to talk about ways that our values will come into play during specific phases of our transition out of college.

Making a Career Connection

The first part of our transition out of college has to do with that question each of us soon-to-be graduates gets asked far too frequently: What are your plans after graduation? It’s about what our next move is, where we’re going next and perhaps most importantly, what we’re going to DO. It’s about making a career connection.

Some of us will find this career connection in our first full-time job or our first semester of graduate school. Others will find it in military uniform and still others at home with their families and children. Regardless of our path, the process of finding our career can be an overwhelming one and one that will likely occur more than once in our lives.

We’re going to do an activity to learn how we use our values in all decision-making processes, especially those related to making our career connections.
ACTIVITY: 7-10 minutes

For the purpose of this activity, the room will now become a continuum; the left wall represents an opinion of “Strongly Disagree,” while the right wall represents the opinion of “Strongly Agree.” I will read a series of statements out loud, and following each statement you will be asked to silently stand somewhere along the continuum between “Strongly Agree” and “Strongly Disagree” based on your reaction to the statement. If you agree with the statement, if the statement does not remotely violate your values, move to the right; if you disagree, if the statement seriously violates your values, move to the left; if you’re neutral find a place somewhere in the middle. Be sure to consider the values you wrote down when you’re making your decisions. Remember that because we are talking about values, there is NO right or wrong answer! After everyone moves to their chosen place on the continuum, I will ask if anyone wants to share why they chose to stand where they did.

Facilitator Note: Stand in a neutral place during the activity, and allow members a few moments following each statement to find the place on the continuum they feel the most comfortable with. Read the following statements aloud, and be sure to allow time for the members to move along the continuum before asking why participants chose to stand where they did.

- You know you could get an “A” on this upcoming exam if you studied hard, but you know you can get a passing grade without studying so you go out with your friends instead.

- You’re asked to stay late at work for the fifth night in a row. You have not been able to go to the gym at all this week as a result of working so late. Because you refuse to miss one more workout, you politely tell your boss that you cannot stay late tonight.

- You often feel disrespected and belittled by your supervisor, but choose to say nothing for fear of making it worse or even losing your job.

- You have been offered a great position that would require you to move away from your partner, who has decided to stay close to home. When hearing of this opportunity, your partner asks you to turn down the opportunity and stay close to home for a year and you agree.

- After serving in your current position for one year, you are offered a new opportunity that, while not as exciting or interesting to you, will pay much more money. You decide that you can get back to your passions later in life if you make enough money now and accept the new opportunity.

- While you have received a few opportunities to work after graduation, none of them have really spoken to you or felt right. Rather than compromise your wishes and dreams, you decide to move back in with your family until the right opportunity comes up.

- After a full day of meetings at a conference, your boss invites you and other coworkers to the hotel bar to recap the day. Although you have already had two drinks and know from experience that consuming a third alcoholic beverage typically clouds your judgment and causes you to get quite clumsy, you politely accept when your boss offers a another cocktail.
PAIR SHARE:
3 minutes

• Now take a few minutes with a partner to discuss the following questions:
  ▪ How did your values play a role in these scenarios focused on your future career connection?
  ▪ Do you think knowing your values will help you make decisions about your career connection?
  ▪ Is it easy to apply your values to your career connection? Why or why not?

Clarifying a New Identity

SHARE: 2 minutes

• Now that we have had the chance to use our values when thinking about our career connection, let’s take a moment to apply our values to our lives outside of careers – to who we are and who we want to be after graduation. That’s the next phase of our transition: clarifying a newer identity!

• After spending the majority of our lives being students, friends, roommates, leaders and sisters, after spending years leaving a legacy on our campus and chapter, moving on from the campus environment will bring about changes in identity. We’ll need to acknowledge the difficulties in transitioning into a newer person, and learn more than ever to manage the expectations of ourselves and those around us.

• Let’s go back into a continuum activity, like before. This time, though, the scenarios will focus on how values play a role in clarifying a newer identity.
• Your best friend is upset with her partner; when she tells you the story, you feel as though your friend is actually in the wrong but because you’re trying to be supportive, you agree with her and validate her feelings.

• On the way home from dinner you drive past a person on the side of the road holding a sign that indicates homelessness and a request for money. You stop and offer her some of the cash in your wallet.

• You go to church with your friends when they invite you because you don’t want to offend them, even though you don’t believe in what they do or identify with their religion.

• The group you recently started volunteering with appears to do things the way they always have, simply because it’s the way things have always been done. Even though it may rock the boat, you decide to meet with the director to discuss your ideas for change.

• Despite suggestions from others, you don’t choose to set Privacy Settings on your Facebook Profile because you feel as though you have nothing to hide from anyone.

PAIR SHARE: 3 minutes

• Now find a new partner and take a few minutes to answer these questions:
  ▪ What was different about applying your values to these scenarios as compared to those associated with making a career connection?
  ▪ In what ways do values play a large role in your developing a newer identity? Were there any ways in which your values didn’t have anything to do with figuring out who you are outside of college?
  ▪ What role have your values played in helping you develop your identity in college? In what ways will that process change? Or stay the same?
Developing a Life-Span Perspective

- The final phase of our transition might be the most difficult piece to apply our values. We have already challenged ourselves to incorporate our values into our process of making a career connection and clarifying a newer identity as we leave college— but what about the rest of our future? The third phase of our transition out of college is thinking about our life long-term, far ahead into our future. In other words, developing a life-span perspective.

- Up until now, looking ahead into our futures may have meant only as far ahead as selecting classes for the next semester or securing a summer internship. As we transition into the next chapter of our lives, thinking ahead into our lives rather than just our next semester will be an adjustment. Having a clear understanding of the knowledge, competence and character we are taking with us into our future will help us maintain our integrity and sense of self.

- Let’s go back into a continuum activity one more time. In these next few scenarios, challenge yourself to think about your values in the context of your future long-term:

  - Your phone bill is due tomorrow, the same day you've planned to go shopping with your friends. Since you get paid later this week, you decide to spend your money shopping and pay the phone bill just a few days late.

  - You have just moved into a new housing development that does not offer a recycling service. In order to recycle your plastic, glass, aluminum and paper, you separate your own recycling and transport it to the recycling center 25 minutes out of your way.

  - After spending a few years in a career position you've enjoyed close to your entire family, you are offered a new, exciting opportunity hundreds of miles away. You decide that while you will miss your family greatly, you simply cannot turn down this new opportunity.

  - You begin to notice that many of your friends are in serious relationships, even getting married. While you don’t necessarily feel a need to find a partner, you decide you’re getting to be “that” age and open an online dating profile.

*Facilitator’s Note:* Instruct the participants to find their seats again.
PAIR SHARE: 3 minutes

- Find one more new partner and discuss these questions:
  - How did it feel to make values-based decisions about your future with your life-span perspective in mind? Was it more or less difficult than applying your values to making your career connection or clarifying your newer identity?
  - How do your values influence or shape your life-span perspective? How does your life-span perspective shape or influence your values?

ASK: 5 minutes

- Let’s take a few minutes and talk about that whole process.
  - How did it feel to have to decide very quickly whether or not a statement or scenario violated your values?
  - Are our values ever influenced by the people we’re with? How would you have made different decisions based on the women you were surrounded by at that moment?
  - We clearly understand that values have the potential to change throughout a transition. Would you have chosen to stand in a different place four years ago? One year ago? Why or why not?
  - Obviously some of us have already started moving through this transition and making decisions about our next steps. What sort of plans have you already established in thinking about your transition out of college? How did your values play a role in making those decisions?
  - Most importantly – why does this matter? Why should our values play a role in our decision-making processes?

SHARE: 1 minute

- Whether or not we’re aware of it, we just made values-based decisions. Each of us has values that are important to us and that we regularly act on. Because our values are a part of who we are, it becomes a natural process to make decisions based on our values. In the coming year of our lives, we’re going to have many big decisions to make, and it will be helpful to be aware of our values while we do so and even use them in our decision-making process. Even in the coming months of our lives, decisions like these will need to be made as we make a career connection, clarify a newer identity, and develop a life-span perspective. When we embrace our values, own them and acknowledge their importance in our lives, we then have the ability to continue to possess high ideals, and attain somewhat unto them.
Conclusion

- Our Fraternity values can be found in our Purpose, Ritual and through our symbols. Today we will review our second symbol, Gamma. Through reviewing the vows we made at Initiation, we will learn how to incorporate our values into our lives as we transition into alumnae members.

- *Share the “Vice President Scholarship” section on page 17 of the Post Initiation Ritual Review, as found in the Ritual Services Manual.*

- With a partner, discuss the following: Has your understanding of Gamma changed since first learning about the meaning through your Initiation? How have you seen the meaning of Gamma at play in your life as a collegiate member?

- Who heard something that you would like to share?

- Turn back to your partner and discuss the following: How do you plan to live up to the ideals found in our second symbol, Gamma, as an alumna? How will the meaning of Gamma be at play in your life after college?

- Who heard something that you would like to share?

- Since Initiation, the ideals of Alpha Gamma Delta have become part of who we are as individuals, as well as who we are as a class, a chapter and as an International Fraternity. Let us forever incorporate the ideals of Alpha Gamma Delta into our lives, as current collegians and as future alumnae members. By being mindful of our values and how they connect to Alpha Gamma Delta, we are able to keep her a part of us always. Let us keep her ideals close to our hearts as we move into the next phase of our lives, and bring Alpha Gamma Delta with us wherever we go.

- Any other items that need to be discussed as a part of the meeting, including follow up from last week.
Facilitator Guide | Your Responsibilities

Objectives:
By the end of this program, participants will be able to…
   1) Display an understanding of professional skills and practices.
   2) Effectively market their Alpha Gamma Delta experience in ways beneficial to job and graduate school searches.
   3) Demonstrate introductory level skills of financial wellness and responsibility.

Preparation Needed: Be sure to make copies of any handouts you plan to use ahead of time. Double check the Delta Experience Coordinator responsibility checklist in the Member Development Handbook to make sure that all requirements are up to date.

Special Supplies Needed: Flip chart/poster and markers; Any arts and crafts supplies you have available (including old magazines/ads) will be needed for the Build Your Own Professional activity.
**Introduction**

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<td></td>
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<td>• We’ve spent time planning the positive legacy we’ll leave on our chapter and preparing ourselves for our upcoming transition into a whole new chapter of life. Now that we’re getting excited about the many places we may go in the next few years, it will be important to consider the responsibilities that come along with this transition. This will be the focus of today’s program. This program should take 75-90 minutes.</td>
<td></td>
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<tr>
<td>• Talking about responsibilities for the next hour may be terrifying to some of us, irritating to others, and even exciting for a few of us. Regardless of your reaction to the word “responsibilities,” today we will get some practical advice and tangible skill practice to make sure that we are both excited AND prepared to make this transition.</td>
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| ASK: 2 minutes |
| • Expectations: What should we expect of each other and of me in today’s program? |

| SHARE: 1 minute |
| • Parking Lot: Ideas are placed here that are important but off topic. |

<p>| ACTIVITY: 20 minutes |
| • Opening Activity – Build Your Own Professional: You will work in groups of 4-5 for this activity. First, you will discuss in your groups what you think of when I say “Professional Young Woman.” Think about what a professional young woman does, what she says, how she acts, how she looks, generally who she is. Then you and your groups will have 10 minutes to display what “Professional Young Woman” means to you on the large pieces of paper provided to you. You can use any of the craft supplies, newspapers, or magazines that are available here. When you are done, we’ll take 5 minutes to share anything from our small groups we think the large group should hear. |</p>
<table>
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<tr>
<th>Facilitator Note: Write the words the participants share with the group on the flip chart. If the participants appear to get stuck or have trouble coming up with words at any point in the activity, prompt them to think about words they would use to describe their mentors, idols, sisters, friends, and even themselves!</th>
<th>Facilitator Note: Take a moment to hang each of the posters on the walls of room before moving on to the next activity.</th>
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| **ASK:** 4 minutes | **SHARE:** 1 minute
- How did your group define “professional”?
- What qualities did you hear about that you believe you possess? Are there any that you heard/saw that you would like to develop?
- Were you thinking of any one person in specific when describing a professional young woman? Were you thinking of yourself?

*Facilitator Note: When asking about qualities, encourage participants to think about words they would use to describe their mentors, idols, sisters, friends, and even themselves!*
| **ASK:** 1 minute | **SHARE:** 1 minute
- Whether or not we realize it, each of us is a professional young woman about to start a new phase of our lives. Regardless of what career path we plan to take after graduation, job searching, entering or reentering the military, starting a family, going to graduate school, and even those of us not quite yet sure, we are all professional young women in the world. And today we hope to learn new skills and polish old ones to help us make the most of our young professional life!
- How many of you, before this activity, thought of yourselves as “professionals”? Why or why not?

*Facilitator Note: Take a moment to hang each of the posters on the walls of room before moving on to the next activity.*
- Being that we are all young, college-aged women, it may feel strange to define ourselves as professionals. But if we think about the word “professional” outside of the traditional definition, it is not hard to see ourselves that way. We are intelligent, respectful, tactful, polished young women with motivation, inspiration, and Purpose. We are professional young women starting an exciting new adventure!
- Let’s take a moment and think about the identity of a professional. As we work through the three phases of our senior transition, we have the opportunity to clarify a newer identity, and “professional” surely should be a part of the newer version of ourselves!
**Marketing Your Alpha Gamma Delta Experience**

| SHARE: 1 minute | • As important as it is for us to have an image of professionalism, it is even more important for us each to be able to describe where or how we developed it. Now that we have established a list of words used to describe professional young women, words to describe ourselves, let’s take a moment to think about how our involvement in Alpha Gamma Delta has shaped us into professional women. |
| ACTIVITY: 10 minutes | • It will be important for us to be able to describe the experiences we have and what we have taken from them as we move into our professional lives. Whether it be on résumés, in cover letters, during interviews or while networking, being able to articulate how we have grown through Alpha Gamma Delta will be a part of our post-college success. Did we gain skills of communication, leadership or critical thinking? Did we become better relationship builders or citizens? Do we have a deeper awareness of ourselves and the diversity in the world and people around us? We are going to take some time to focus on what we have learned, how we learned it and what it has to do with our newly developing identities.  
• To do that, we are going to take specific examples of Alpha Gam activities, leadership positions or projects. With one in mind, you’ll critically think about what you learned while doing it. Then, take some time to really think about what this experience and the knowledge you took from it did for you as a person, as a professional.  
• With a partner, spend some time completing sections 1-3 of the Marketing Your Alpha Gamma Delta Experience Worksheet. Be sure to use specific examples.  
**Facilitator Note:** Allow participants the appropriate time to complete this portion of the activity. |
| PAIR SHARE: 5 minutes | • Now take a few minutes to work through sections 4 and 5 of your worksheet. Talk through tangible and real situations in which these skills will help you in your future, in making your career connection, whatever it may be. Think critically about how, where and when you will use each experience to enhance your professional future!  
**Facilitator Note:** Allow participants the appropriate time to complete this portion of the activity. |
| ASK: 3 minutes | • What were some of the specific experiences you felt like you took something useful away from? Why?  
• Were you surprised by any of the things you realized you had learned? Or where/how you learned it?  
• How will you use this information? Why is this relevant to your future? To the process of clarifying a newer identity? To making a career connection? |
Just as Alpha Gamma Delta has helped us become the friends, students and sisters we are today, she has also provided us with experiences that have shaped our professional identity. We have gained the skills, knowledge and confidence needed to be professionals after graduation. Anything on our worksheets can be used to describe us and our Alpha Gam experience in any professional situation (including résumés, cover letters, interviews, and networking)!

### Personal Professionalism

- Now that we've thought about what a young professional woman is and should be, and have given some thought to how to best market ourselves for whatever career path we may select, it is important to take some time to look at the whole picture of being a professional young woman. We'll need to work to be professional in all areas of our lives; our careers will not be the only place we need to have professional qualities!

- We are all smart, strong, capable, confident young women and part of maintaining that confidence will be ensuring that we are professional in our personal life as well as our career life. Let's take some time to start with the basics of personal professionalism. One piece that many new graduates can find challenging is the management of our personal finances because transitioning to the next phase of our lives includes a number of new financial responsibilities.

- Everyone’s financial situation is different, and we are not going to spend time here telling everyone how to spend their money. Where you spend your money will likely be connected to what you value and the goals you have for yourself. Since we’ve already talked about values and goals, now we’ll help one another begin to think about the basics of budgeting to help us all manage our finances responsibly and set ourselves up to be able to afford the lifestyle that we value.
• Above all else, financial responsibility and budgeting are about prioritizing. Learning to prioritize our spending will help us reach our financial goals and plan ahead for large and exciting purchases or experiences.

• With our individual funds, it will be helpful to prioritize our expenditures into four categories:

  ▪ **What we NEED**: Costs falling into this category include necessary expenses of life: rent/mortgage, electricity, food, educational loans, etc. These are things we cannot function without that are necessary to our health and wellbeing.

  ▪ **What we WANT**: This category is for those expenditures that we may not necessarily need, but very much would like to have. This may include cable/internet, a car (depending on available area public transportation), nice clothing, etc. This list may be difficult to create, as it may feel that we need to spend money on many of these things. We need to be critical, and truly ask ourselves, “Do I need this to function?” or “Does this enhance my life?”

  ▪ **What we WISH**: This list is for the fun and exciting things we hope to purchase including vacations, appliances, electronics, furniture or the adoption and care of a pet, etc. The sooner we create a list of all the things we wish for, the sooner we can start to budget to make those wishes come true over time!

  ▪ **What we VALUE**: This is a list will help remind us of the importance of supporting the organizations and causes that align with who we are and what we value. Throughout our lives we will be asked to support our university, the Fraternity, The Alpha Gamma Delta Foundation and other causes including diabetes research and education. Learning how to budget gifts for those valuable organizations now will help ensure this is always a priority in our lives and our finances. And remember: gifts do not have to be large, or even monetary! We can always send a loved one an E-Card through The Alpha Gamma Delta Foundation for a small donation or volunteer at a local charity event!

• Since many of us are still unsure about how much money we’ll have to budget, where we’ll be living or with whom, we can’t get into too many specifics. Instead, we can start to think about our budget as one amount, broken into groups and percentages. Think about what you need, what you want, what you wish for and what you value, and what percentage of your budget you’d like to spend on each. Then, if you can, begin to make lists of what sort of expenses fall into each category. If you find yourself struggling with this, find a partner willing to discuss.

• Also, please reference the Resource List at the bottom of your handout for tools to use at home to help you determine your potential cost of living in the next phase of your life!

*Facilitator Note:* You may make copies of the included Budgeting Worksheet for members to write on, or instruct them to take out a blank piece of paper and complete the exercise without the handout.
### ASK: 2 minutes
- How did it feel to begin to list out your needs, your wants, your wishes and your value lists?
- Why is it important that we take the time to start to think critically about our financial responsibilities now?
- How can we work together to help one another continue to prioritize our needs, wants, wishes and values?

### SHARE: 3 minutes
- It can get overwhelming to think about everything you will need to budget for after college. Be sure to take this process one step at a time and to enlist the help of those mentors who have mastered this process. Don’t forget to think about ways to stick to individual plans and budgets too – regardless of your method, it will be important for us to commit to it! When it gets overwhelming or even scary to think about all of the upcoming financial responsibilities, remember that everything you need to persevere and succeed can be found in the Purpose; including the understanding that perfection is not realistic. Work to possess high ideals, and attain somewhat unto them. As long as you continue to truly work to Live with Purpose, you will continue to conquer all of your responsibilities!

### Conclusion

#### SHARE: 1 minute
- Today we will review our third symbol, Delta. Through reviewing the vows we made at Initiation, we will learn how to keep our values in our lives as we transition into alumnae members.

#### Pair Share: 2-5 minutes
- Share the “Vice President Recruitment” section on page 17 of the Post Initiation Ritual Review, as found in the Ritual Services Manual.

#### ASK: 2-5 minutes
- With a partner, discuss the following: Has your understanding of Delta changed since first learning about it during your Initiation? How have you seen the meaning of Delta at play in your life in college?

#### ASK: 1 minute
- Who heard something that you would like to share?

#### Pair Share: 2-5 minutes
- Turn back to your partner and discuss the following: How do you plan to live up to the ideals found in our third symbol, Delta, as an alumna? How will the meaning of Delta be at play in your life after college?

#### ASK: 1 minute
- Who heard something that you would like to share?
Since Initiation, the ideals of Alpha Gamma Delta have become part of who we are as individuals, as well as who we are as a class, a chapter and as an International Fraternity. Not only have they shaped us, but given us all the tools we need to succeed in the next phase of our lives and all the new responsibilities associated with it. Let us forever incorporate the ideals of Alpha Gamma Delta into our lives, as current collegians and as future alumnae members, as professional young Alpha Gams!
**SECTION 1**  
What did you do?

| Write a list of things that you DID as members of Alpha Gamma Delta: What did you experience? What roles did you play? What committees were you a part of? What did you DO? |

**Example:** Participated in formal recruitment

**SECTION 2**  
What did you learn?

| What did you LEARN as a result of these experiences? What did the experience teach you? What skills did you gain? What did you take away from it? |

| How to have productive conversations with strangers |

| Relationship Building, Communication & Citizenship |

**SECTION 3**  
How did you grow?

| Categorize what you learned into one of these seven categories: RELATIONSHIP BUILDING; COMMUNICATION; LEADERSHIP; CITIZENSHIP; SELF-AWARENESS; DIVERSITY; CRITICAL THINKING. |

**SECTION 4**  
How will you use it?

| How do you see yourself best articulating each skill or experience listed? You may list any combination of these four ways: RéSUMÉ; COVER LETTER; INTERVIEWS; NETWORKING. |

| Networking |

**SECTION 5**  
Practice!

Choose one or two of the experiences you listed at the top of the page, and with your partner practice how you plan to use them as you move toward your professional goals. If you plan on using this knowledge or experience in your résumé, then work with your partner to write a bullet point or two to describe the value in your experience. If you plan on using your experience in an interview setting, take turns with your partner asking and answering questions about how you’ve grown, just as you would in an interview. Use the space below and the backside of this piece of paper to make as many notes as you would like!
Budget Worksheet

For each of these levels of priority, utilize this pie chart to describe which percentage of your budget should be allocated. How much of your budget should be dedicated to things you need? Or things you value? There are no right answers, as everyone manages their money differently, so ask your sisters for their opinions about how to allocate money!

What we NEED - Costs falling into this category include necessary expenses of life: rent/mortgage, electricity, food, etc. These are things you cannot function without and that are necessary to your health and well being.

What we WANT - This category is for those expenditures that you may not necessarily need, but very much would like to have. Be critical, and truly ask yourself, “Do I need this to function?” or “Does this enhance my life?”

What we WISH - Fun and exciting things you hope to save for and eventually purchase. This includes vacations to see friends and family, pets, new appliances or furniture, etc. can go here.

What we VALUE - This is a list that will help remind you of the importance in supporting the organizations and causes that align with who you are and what you value. Learning how to budget small gifts for those valuable organizations now will help ensure this is always a priority in your life and your finances.

Resource List:

- Budget Worksheet for College Students: http://financialplan.about.com/od/moneyandcollegestudents/l/bcollbudget.htm
- Compare Two Cities: http://www.moving.com/real-estate/compare-cities/index.asp (for U.S. cities only)
Facilitator Guide | Your Opportunities

Objectives:
By the end of this program, participants will be able to…
  1) Articulate clearly their personal goals for the next year of their lives.
  2) Demonstrate an understanding of how to maintain the value of scholarship after college.
  3) Demonstrate an understanding of how to maintain the value of philanthropy after college.
  4) Learn the purpose and functions of the Alpha Gamma Delta Foundation.

Preparation Needed: Prepare any needed materials ahead of time. Double check the Delta Experience Coordinator responsibility checklist in the Member Development Handbook to make sure that all requirements are up to date.

Special Supplies Needed: Flip chart/poster and markers.
Introduction

Facilitator Note: Quickly review any loose ends from previous Delta Experience Meeting (as needed).

- Last time we met we focused on all the responsibilities we have ahead of us, and now we can discuss the benefit of taking on our new roles while focusing on the incredible opportunities we will have in the next phase of our lives. As collegiate members of Alpha Gamma Delta, we have been given the change to better our community, learn a great deal and have a lot of fun! And while we tend to think of graduation as the end of all those wonderful memories, it's really the beginning of many new and exciting experiences!

- We are going to learn about how to continue to live the values of Alpha Gamma Delta even though we may not have campus and chapter programming at our fingertips. We can continue to Live with Purpose when we graduate, perhaps even in ways we would never have thought of before! This program should take 75-90 minutes.

ASK: 2 minutes

- Expectations: What should we expect of each other and of me in today’s program?

Parking Lot: Ideas are placed here that are important but off topic.

Facilitator Note: Review the items in the Parking Lot at the end of the program to ensure all questions are answered.

Values...again!

ASK: 2 minutes

- As a part of the “Your Transition” program of the Delta Experience, we put ourselves in situations relevant to the phases of our transition to help clarify and better understand our values as a function of our upcoming life changes. Now that it has been a few months since those conversations, how have you changed your behavior or character after clarifying and prioritizing your values through the discussions we had and activities we did?
<table>
<thead>
<tr>
<th><strong>PAIR SHARE:</strong> 2-5 minutes</th>
<th>• Now for a moment, think back even further to our very first <em>Delta Experience</em> program when we each set a personal goal we wanted to accomplish during our senior year and the <em>Delta Experience</em>. We even took a piece of the Ties that Bind to remind us of the commitment we made to ourselves, to our sisters, and to completing that goal. Take a moment to share with a partner the progress you have made toward completing that goal.</th>
</tr>
</thead>
</table>
| **ASK:** | • Did anyone hear anything they would like to share?  
• Has anyone formed any new goals for themselves since we last talked about goals? If so, what are some of the new goals you have made? |
| **SHARE:** | • The *Delta Experience* has helped us establish our goals, and think critically about our values and the role they play in our lives. But what do values have to do with goals? Just like values play a crucial role in our decision-making (as we learned during the “Your Transition” program), your personal values definitely play a similar role in how you set your goals, work to meet them and eventually achieve them. |
| **ASK** | • What do your goals say about your values?  
• What role can your personal values play in establishing and working toward your goals?  
• Why is it important to consider how your values and your goals work together? |
| **SHARE** | • As we talked about during the “Your Transition” program, moving through the phases of transition and into the next phase of your life can bring about challenges to your values. This is where goals come in. You will be able to set goals that will help you maintain and concentrate on your personal values throughout your adjustment to life outside of college.  
• Goals will also help you maintain the presence of our organizational values in your life. Leaving college does NOT mean leaving Alpha Gamma Delta – you’ll be an Alpha Gam for life! A part of being a member of Alpha Gamma Delta is working to live the values of the organization. This process will be much more difficult than it has been, especially as you leave the comfort of your college and your chapter. You’ll need goals to help you hold on to those values that define both you and Alpha Gamma Delta – to continue to *Live with Purpose*. |
The reason that we are revisiting the concept of values within our lives today is because of their importance in the process of our transition. Our values are a part where we came from, who we are and where we are going. Understanding and working to focus on our values through our transition will help us stay true to who we are and what we believe in.

Scholarship & Philanthropy Redefined

Two of the values that have hopefully become a part of our lives since becoming a part of the Alpha Gamma Delta sisterhood include scholarship and philanthropy. These are two of the most talked-about values of the collegiate experience, as we spend time discussing both philanthropy and scholarship in weekly chapter meetings, during scheduled library hours or study sessions and our regular service events. Now that we will be transitioning out of the college environment, those reminders of the importance of scholarship and philanthropy will not be as frequent as they used to be. We will have to work to maintain these values.

Before we can explore ways to keep scholarship and service as important values in our lives, we should first take some time to define what each of those words mean to us. In groups of 3-4, brainstorm meanings for both “Scholarship” and “Philanthropy/Service.” Ask yourselves:

- What does this word mean to me?
- What do I think of when I hear this word? What experiences have I had that have to do with it?
- Why are those experiences important to me?

Who heard something that you would like to share?

Facilitator’s Note: The participants may define each of these words in their literal, collegiate sense; scholarship as achieving strong grades or doing homework, and philanthropy as performing community service or raising money as a chapter. Challenge the group to think of these terms in a different way by asking questions such as “What do you think scholarship looks like for adults no longer in school?” or “Can you think of a time when you saw someone being philanthropic in a simple daily action?” These and similar questions may help the members think outside their own boxes.
As students, scholarship has been a value we maintained by being dedicated to our studies and supporting our sisters in theirs. As adults in our new non-collegiate environment, it will be important to remain scholarly—just in a different way. For some of us, this will happen as we pursue another degree. For others, we will study policies, procedures, manuals and processes at our new places of employment. For others still, continued education will come through the learning experience of trial and error, through the learning experience of living on your own and running your own household. Regardless of what our passions are or the career path we choose, there will be opportunities at our fingertips that we can take advantage of as we continue to pursue wisdom and understanding.

Scholarship, if not made readily available to us, is also something we can create for ourselves! Remember, scholarship literally means learning, so we can find scholarship wherever we find an opportunity to learn something new! Here are a few ideas:

- Reading and writing are very basics of learning…never stop doing either!
- Keeping up on current events is a great way to remain intellectually active.
- Learning new skills or crafts stimulates many areas of the brain and can come in handy for years!

Now as small groups, let’s brainstorm simple ways we can all continue to live the value of scholarship in the next chapters of our lives!

**Facilitator’s Note:** In case the group has trouble coming up with ideas, here are a few you can use to get things started! Reading the newspaper; watching the news; reading a book (any book); journaling; joining (or starting) a book club; enrolling in free community education classes (dance, theater, cooking, etc.); learning to sew or bake; exploring Pinterest or other blog sites to find new craft projects; taking up a new sport (kickboxing classes, swimming lessons, etc.); learning a new language; and the list goes on!
• For many of us, this organization’s commitment to service was one of the main reasons we wanted to join. Without our annual philanthropy events, the ability to continue to participate in service may seem difficult or even impossible. However, continuing to contribute to the world’s work can occur every day in the community where we are placed in the simplest of ways!
  ▪ Volunteering your time…regardless of where!
  ▪ Continuing the service work you began while in high school or college
  ▪ Starting new philanthropy oriented projects in your community, professional environment or home
  ▪ Giving your time or money to the Alpha Gamma Delta Foundation is always a great way to stay involved!
• Just as we did with scholarship, let’s spend some time in small groups brainstorming ways we can continue to contribute to the world’s work in our lives beyond college!
  
  **Facilitator’s Note:** In case the group has trouble coming up with ideas, here are a few you can use to get things started! Find local charities, churches (or other religious institutions), or organizations seeking volunteers; donate your unneeded clothes/furniture; purchase a few extra groceries to bring to the local food pantry; mentor, teach, or tutor youth in your community; ask your colleagues and peers for ways to get involved in the community; start a fundraiser or service activity/competition with your peers and colleagues; contact Alpha Gamma Delta to volunteer with the Fraternity through the Volunteer Service Team and/or helping out a chapter near you!

• Did anyone hear anything they’d like to share?

• It’s important when we begin to think about giving back to the community and that we remember our community can be anywhere. It can be where we live, where we’re from, who we spend time with, a city, a state, a group, an organization, our homes, our country and our religious faith. Our community, whatever and wherever it is, is full of opportunities to continue to **Live with Purpose** through the actions of philanthropy.

• Remember that Alpha Gamma Delta is a part of our community and always will be. And just like all other parts of our communities, there are opportunities to continue to contribute to the world’s work right here with your fellow Alpha Gams! If you ever feel yourself itching to volunteer for Alpha Gamma Delta, contact International Headquarters to learn about ways you can get involved with and volunteer for the Fraternity on the Volunteer Service Team, with a local chapter or even specific Alpha Gam projects!
<table>
<thead>
<tr>
<th>ASK: 1 minute</th>
<th>SHARE: 1 minute</th>
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<tbody>
<tr>
<td>• Do you know how to contact International Headquarters?</td>
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<tr>
<td>• Simply check out the Alpha Gamma Delta website (alphagammadelta.org) for contact information for IHQ and VST.</td>
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<tr>
<td>• The Alpha Gamma Delta Foundation is another great way to continue to be involved with philanthropy and service to the Fraternity and your community. We have the opportunity to apply for any number of grants through the Alpha Gamma Delta Foundation to help with graduate school, times of financial stress or service opportunities! The Foundation also works to raise money for diabetes organizations and educational programming through The Leadership Institute – Women With Purpose. Also, each and every program we have participated in through the <em>Alpha Gamma Delta Experience</em> has been funded through grant money from The Foundation! Contributing to their work will always remain a great way for alumnae to stay connected to and remain philanthropic through Alpha Gamma Delta!</td>
<td></td>
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### 30 Things To Do Before You’re 30

**SHARE: 1 minute**

- We talked a lot today about how to continue to actively value scholarship and philanthropy as we transition to the next phase of our lives, as well as the plethora of opportunities that are available to us in that process.

**ACTIVITY: 5-10 minutes**

- Take a moment and think: what do I want to do before I turn 30? It can be personal or professional goals, plans, desires and even your biggest dreams! Take a few moments to start to write your ideas down on your individual handout.

- Now let’s all get together in groups of 3-5. Take some time to share those goals you would hope to meet by the time you are 30, then work together in your small groups to help everyone complete their list of 30 things they’d like to do before they’re 30. Brainstorm and discuss together; don’t be afraid to get creative or dream big!

*Facilitator’s Note:* If participants seem to be stuck before they complete their list, remind them to think about items on the lists the group made about ways to continue to live the values of scholarship and philanthropy after college. Remind them of the list of words we created in the “Your Responsibilities” program about being professional; great goals could come out of that list of descriptions. Help them remember that these goals can be related to careers, friends, family, or any other type of dreams they may have!

**ASK: 1 minute**

- Did you feel as though you will be living our values while you participate in the 30 activities on your list?

- Whether or not it feels this way, we just took the time to set tangible, reachable goals to help us maintain our values. How will you be living out your personal values and Alpha Gamma Delta’s values while you work to achieve these goals?

**SHARE: 1 minute**

- Even the smallest of actions, behaviors and practices can exemplify living with purpose and help us maintain our values and our sense of self while we move into the next part of our lives.

- In these college years with Alpha Gamma Delta we have learned to live a values-based life. That ability to work to Live with Purpose is one that we will be able to take with us into whatever comes next for us, and is what will keep the heart of Alpha Gamma Delta close for the rest of our lives.
Today we will review our most sacred and secret symbol, epsilon pi. Through reviewing the vows we made at Initiation, we will learn how to incorporate our values into our lives as we transition into alumnae members.

*Share only the first two paragraphs of the “President” section on page 17-18 of the Post Initiation Ritual Review, as found in the Ritual Services Manual.*

With a partner, discuss the following: Has your understanding of epsilon pi changed since first learning about during your Initiation? How have you seen the meaning of epsilon pi at play in your life in college?

Who heard something that you would like to share?

Turn back to your partner and discuss the following: How do you plan to live up to the ideals found in our most sacred symbol, epsilon pi, as an alumna? How will the meaning of epsilon pi be at play in your life after college?

Who heard something that you would like to share?

Since Initiation, the ideals of Alpha Gamma Delta have become part of who we are as individuals, as well as who we are as a class, a chapter and as an International Fraternity. From these ideals, values, and purpose we can find any number of opportunities to engage in to keep the Fraternity close to our hearts and our identities. Let us forever incorporate the ideals of Alpha Gamma Delta into our lives, as current collegians and as future alumnae members.

Any other items that need to be discussed as a part of the meeting, including follow up from last week.

*Facilitator’s Note:* Be sure to remind participants to bring their Lifeline Biography Worksheet (from the Your Legacy program) with them to the next program, Your Future.
30 Things I will do before I turn 30 years old:

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My 30 Before 30

Alpha Gamma Delta
Live with Purpose
Facilitator Guide | Your Future

Objectives:
By the end of this program, participants will be able to…

1) Articulate the benefits of becoming an active alumnae member of Alpha Gamma Delta.
2) Successfully utilize the online Sister Search tool to remain connected to the organization and their sisters around the world.
3) Understand the various opportunities and levels of involvement within Alpha Gamma Delta as alumnae members.

Preparation Needed: Ask your participants to bring with them their Lifeline Autobiography Worksheet from the “Your Legacy” program with them to this program. In order to demonstrate the Sister Search tool, you will need at least one computer, preferably one for each member. It would be ideal to have this program in a computer lab, or to have women bring their lap top computers with them to the program (those who don’t have laptops can share with their sisters). If that is not possible, it is necessary for you to have a computer and a projector available so you may show your sisters how to utilize the tool. This will require you to prepare this lesson ahead of time and determine how you’re going to display this! If you choose to invite alumnae members in to sit on the Avenues for Alumnae Experience activity, be sure to plan far enough ahead to allow these women to schedule this program. Double check the Delta Experience Coordinator responsibility checklist in the Member Development Handbook to make sure that all requirements are up to date. Be sure to make signs for each of the 8 corners you’ll have during the Avenues for Alumnae Engagement activity. Finally, this program is designed to last a bit longer than the rest of the Delta Experience foundational programs; you may want to notify your seniors of this ahead of time!

Special Supplies Needed: Flip chart/poster and markers.
### Introduction

**Facilitator Note:** Quickly review any loose ends from previous Delta Experience Meeting (as needed).

- Today we’re going to focus on one of the most exciting opportunities we will have in our transition out of college: becoming an alumna of Alpha Gamma Delta. While the collegiate experience has been an incredible few years of our lives, our alumna experiences are ones we will share with our sisters not just for a few years, but for the rest of our lives!

- We will also learn today how to utilize technology to keep in contact with our sisters forever, and the various ways the Fraternity will help us assume our new roles, whatever they may be, and of course as alumnae. This program should take 90-105 minutes.

**ASK: 2 minutes**

- **Expectations:** What should we expect of each other and of me in today’s program?

**SHARE: 1 minute**

- **Parking Lot:** Ideas are placed here that are important but off topic.

**Facilitator Note:** Review the items in the Parking Lot at the end of the program to ensure all questions are answered.

### What is an Alumna?

**ACTIVITY: 5 minutes**

- **Opening Activity – What You Don’t Know…:** For the next five minutes, it is your responsibility to find out what you still have yet to learn about your sisters! Each of you will find a sister to share with, and ask them to tell you something you didn’t already know about them. If the fact she shares about herself is one you already knew, you must exclaim, “I already knew that!” and ask that she try to think of a different fact you don’t know. Then, it’s your turn to do the sharing. Once you have each learned something new about one another, you must quickly move on to another sister and repeat the process. Be sure to work quickly and keep track of how many sisters you learned something new about. The sister who collects the most new facts at the end of the 5 minutes wins!

**Facilitator’s Note:** This activity should be loud and energetic, and should be facilitated in a space where the women will be able to move around. Make sure to remind the group that the information shared should be appropriate for this setting!
<table>
<thead>
<tr>
<th>ASK: 1 minute</th>
<th>• How many of you found it difficult to find things your sisters didn’t already know about you to share? Did anyone find that they had many new facts to share about themselves that their sisters’ didn’t already know?</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHARE: 1 minute</td>
<td>• Even after our years together in Alpha Gamma Delta, we can see there is clearly a lot left for us all to learn about one another. The same can be said for our experience in Alpha Gamma Delta thus far! While we have spent years together as a part of this Fraternity, we are about to enter an entirely new stage in our Alpha Gam membership and there is still much for us to learn and opportunities for us to grow.</td>
</tr>
</tbody>
</table>
| SHARE: 4 minutes | • When we think of what it takes to be an Alpha Gam alumna we usually think of lots of time and financial commitments that may feel impossible as we start this already overwhelming next phase of life. Many members before us have expressed concerns including:  
  ▪ Will I have time to be an alumna?  
  ▪ Will I be able to pay my dues?  
  ▪ Will I need to attend weekly meetings like I did in college?  
  • Each of these statements represents a common misunderstanding about our alumnae within Alpha Gamma Delta! As a group, the Alpha Gam alumnae are some of the most active, giving and dedicated members of our sisterhood, but that is because the Fraternity helps make that possible by creating a flexible and beneficial alumnae experience for its members.  
  ▪ The amount of time we commit to Alpha Gam after college is up to us. Unlike our collegiate experience, there are no required weekly meetings or events.  
  ▪ We will have the chance to join alumnae chapters, clubs and Junior Circles wherever our next move takes us. But remember, these groups are organized and run by professional women just like us who also have jobs, classes or families to juggle!  
  ▪ Although there may be fees associated with being a member of a specific alumnae group, International alumnae dues are only $40 and are voluntarily paid once per year, not by the month or semester like when we were collegians. These annual alumnae dues are a crucial part of keeping the Fraternity functioning. |
| ASK: 2 minutes | • How does this differ from what you originally understood the alumnae experience to be? |
• Now that we understand the “how” of alumnae membership let’s take a few moments to focus on the “why!”
  - Our alumnae experience will be what we make it. There are many ways for us to get involved, and we have the independence to choose which of those opportunities we would like to take part in. This freedom allows us to remain committed without feeling obligated!
  - Remember last time we met and set goals to continue to live our values outside of our collegiate chapter? Being an active alumna means continuing to live and practice the values of Alpha Gamma Delta. Alumnae participate in philanthropy, plan service projects and events and gather together for fun social events!
  - Staying involved with Alpha Gamma Delta will also be beneficial to us in our transition. Our collegiate Alpha Gam identity has been a piece of who we are for the past few years, and moving away from that can be difficult and scary. By remaining an active alumna, by making the Fraternity a part of our new life-span perspective and newer identity, we will be able to keep that piece of who we are and take it with us wherever our next step takes us! Our Alpha Gam experience does not stop with graduation!
  - We truly do have a network of sisters all over the world! We could potentially change careers or locations any number of times in our adult lives, but the sisterhood we found in Alpha Gamma Delta is one part of our future that will never change. Our sisters will be wherever we are! We have sisters living in states and provinces all over North America and at least 50 different countries around the world!

Sister Search!

• It wouldn’t be very helpful to tell us that we have sisters around the globe and then not provide us a way to find them. In that spirit, the Fraternity website has a tool designed especially for us to help keep us connected no matter where we go!

Facilitator’s Note: You will need to demonstrate the use of the Sister Search tool. Take a moment to take care of any set up you need at this point. If the women are following along in a computer lab or on their laptops, instruct them now to go to the Alpha Gamma Delta website homepage at www.alphagammadelta.org.
There are three functions of the Sister Search that we will master today. Each of these functions is a quick and simple tool for us to use whenever we want to connect with other Alpha Gams!

**Find specific sisters!** At any point in our lives, we may want to find one of our sisters. For instance, it is your sister-mother’s birthday and you would like to send a card to her current address, or one of your friends from a neighboring chapter moved to a new state and you’d like to get in contact with her. Just go the homepage, and click the Search All Sisters link in the bottom left corner (be sure to login to myAlphaGam first!). Enter as much identifying information as possible, and then hit search! It’s as simple as that!

**Find sisters in your area!** If we move at any point in our lives, including in the next few weeks, we may want to find Alpha Gam sisters that will be in our new city. Go to the homepage of the Alpha Gamma Delta website, and click the Connect with Sisters in Your Area link in the bottom left corner. Enter the location you wish to search, whether it be a city, state, zip code, or country and click search! A whole list will appear in moments!

**Find chapters in your area!** The Chapter Locator tool will not only help us find collegiate chapters of Alpha Gamma Delta in our area, but more importantly it can help us find Alumnae Chapters, Clubs and Junior Circles! Visit the Alpha Gam homepage, and click the Chapter Locator link in the bottom left corner or the map right underneath it. Enter the location you’re looking to search in, and be sure to select which kind of alumnae group you’re looking for. If you’d prefer to see a complete list of chapters, clubs and circles you can do so by clicking the links on the right of the page. Be aware that the asterisk (*) next to a chapter notes that it is closed.

Finding your sisters wherever you’re headed next is really that simple! Take a few minutes and try it out. Search the city you’re planning to move to, or look for alumnae in the area.

*Facilitator’s Note:* If not everyone has access to a computer, then use the computer you demonstrated on to perform some sample searches with the group. Be sure to distribute copies of the Sister Search Instructions handout.
ACTIVITY: 5-10 minutes

- This tool only works if we each take a few minutes and update our profile in myAlphaGam as our contact information changes over the years. To do that, we need to log into myAlphaGam. As your Dashboard loads, in the upper left corner you will see your photo (if you have uploaded one), your name, and a link that says “Edit Your Profile.” When you click on this link, you will be able to edit your profile pictures, Personal Information, Addresses, Phone Numbers, Email Addresses, Social Networks, and even connect your Facebook profile to your myAlphaGam! You can change any of this information by just clicking Edit in the top right corner of each module.

- Let’s take a few minutes now to do this. If you know how your profile information will change after graduation, get a head start and change it now! If not, just take a moment or two to go into your profile and play around, so when you’re ready to change your information it will be a quick and easy process.

- Regardless of whether or not you’re actually able to update your profile information, there is one step we will all need to take right now to ensure that alumnae and the Fraternity can get in touch with us. Click on the “Edit” box of “Personal Information.” At the bottom of this window you’ll find a box to check indicating that you want to “Share Contact Information.” Check the box to make sure that when your sisters search for you, they will be able to find you and stay in touch!

- It’s always helpful to update your profile information to include a personal email address you’ll continue to check after you graduate. Your university email will likely expire shortly after graduation, so if you don’t have a personal account yet, this is a great time to set one up!

- LinkedIn and Facebook are also great ways to remain in contact with your sisters both professionally and personally! The Alpha Gamma Delta International Fraternity Facebook Fan Page Alpha Gamma Delta International Fraternity LinkedIn Group, local alumnae chapter/club/Junior Circle fan pages, and even those of your collegiate chapter are great ways for sisters to keep in touch and even find one another!

Facilitator’s Note: If not everyone has access to a computer, then use the computer you used to show the participants how to enter myAlphaGam and change their profile information. If they are unable to update their information in this program, be sure to encourage and remind the members to do so when they get back home after the meeting by sending a reminder email with the link to the Sister Search included!
<table>
<thead>
<tr>
<th><strong>ASK: 1 minute</strong></th>
<th><strong>SHARE: 1 minute</strong></th>
</tr>
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<tbody>
<tr>
<td>How does it feel to see the network of sisters you have around the world, and how easy it is to find them?</td>
<td>Knowing that there are alumnae to connect with all over the globe can be overwhelming but it is comforting to know about that support system. Regardless of our level of involvement, the Fraternity ensures that we will be provided with the utmost support as we learn the ropes of our new alumnae role!</td>
</tr>
<tr>
<td>The Volunteer Service Team, the group of dedicated Alpha Gamma Delta alumnae who work tirelessly to grow and better the Fraternity, is always here to help new alumnae. There is even a branch of the VST dedicated to constantly improving the alumnae experience! If you are interested in or curious about the volunteer side of the alumnae experience, contact the Alumnae Specialist at International Headquarters whose contact information for both can be found on the Alpha Gamma Delta website.</td>
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**Avenues for Lifetime Involvement**

**SHARE: 1 minute**

Now that we have had a chance to take a glimpse of what our enormous alumnae network looks like, let's spend some time talking about some details of alumnae involvement and what we and our fellow sisters can do as life-long Alpha Gams!

Facilitator Note: Typically, Activities are contained within one Facilitator Cue. For ease of facilitation, please consider all cues ("SHARE" "ASK" OR "ACTIVITY") a part of the larger Avenues for Lifetime Involvement activity. This should make it easier to read as you are working through this important activity.

Invite local alumnae to assist with this activity. Try to find alumnae of different ages, experiences, and levels of involvement in the Fraternity. The more diverse the group, the better! They can participate in the activity with you and the members, and even share their experiences with the various forms of Lifetime Involvement. Questions that can help guide what they share, either in the small groups or to the large group: How did your involvement as an alumna begin? What experiences have you chosen as a part of your role within the Alpha Gamma Delta alumnae? Why did you decide to remain active in the Fraternity after graduating college? How have you benefited by being an active alumna? What advice do you have for those of us about to begin life outside of college for the first time?
Activity – Avenues for Lifetime Involvement: In this activity, we’re going to learn about the various Avenues for Lifetime Involvement available to us following graduation. We’re going to do this through the stories of other Alpha Gam- women who have also gone through this transition and found ways to stay engaged with the Fraternity after graduation and into the rest of their lives. I will read a story of one of these women, and provide you four different Avenues for Alumnae engagement that might be the right fit for her—one for each of the four corners of this room. You’ll then move to the corner that you believe represents her best option for Lifetime Involvement.

- The first corner represents SWATT, or Sisters With Available Time and Talent. The SWATT Team is a special group of Alpha Gamma Delta alumnae who volunteer their time and talents for short-term projects or one-time events for the Fraternity. Alumnae sisters who are not able to commit to a long-term Volunteer Service Team position may find the SWATT Team to be a perfect opportunity to offer project-based service to the Fraternity.

- The second corner represents Junior Circles. The Junior Circle program is designed for alumnae 35 years of age and younger, although there is no set age limit, and is intended to help ease the transition from collegiate life to lifelong alumnae involvement. Meeting about once each month, Junior Circles are intended to be an easy, casual and fun way for young alumnae to enjoy the benefits of sisterhood, but without the structure that is associated with an alumnae chapter or club.

- And the third corner represents the Chapter-Based Advisor Team. A Chapter-Based Advisor Team is a dedicated group of Alpha Gamma Delta alumnae who volunteer their time and talents to guide and support a local collegiate chapter. The role of each advisor is to support chapter officers, offering guidance and consistency to an ever-changing collegiate population. Time commitments vary, based on the roles and responsibilities of the advisory position.

- And the fourth corner represents Pearl Sisters. Pearl Sisters are alumnae members of any age who are paired with new members at our newest colonies. (Colonies are brand new chapters on a college or university campus.) Because new members at a colony are the very first members of the new chapter, they are given a Pearl Sister who offers them the support and wisdom usually provided by a sister-mother. Pearl Sisters do not have to live close in proximity to the colony in order to participate.

Now that we have our corners set up, does anyone have any questions about any of these Avenues for Lifetime Involvement?
• Now we'll read the stories of our Alpha Gam sisters who have experienced this transition before and move to the corner that represents the Avenue for Lifetime Involvement that would be most appropriate for her given her circumstances. This should be a quiet activity- make your decision on your own and move to your corner. Once everyone has found their own place, we'll have a conversation about why we chose to stand where we did!

Facilitator Note: After you read each story, be sure to allow your participants time to move to the corner they feel is correct. Once everyone has moved, ask a few members to share why they stood where they stood. While many of your participants may move together to the same corner, there may be members who move to a less-populated corner- no one should be made to feel as though they have made a wrong choice! If your seniors are having trouble choosing a corner, we have included suggestions in prentices at the end of each sister’s story. You should not give your members these suggestions unless they are really struggling!

• Our first story is about Jenna. Jenna, 32, recently moved to a new town, leaving her Alumnae Club. There are no official Alpha Gam groups in her new home, and she’s missing being connected to the Fraternity. She doesn’t have a lot of time to commit, but really enjoys mentoring and the opportunity to help young women find the real benefit of being an Alpha Gam! (Pearl Sister)

• Our next story is about Beth. Beth, 25, recently graduated from graduate school and is excited to take her first full-time job. She has relocated to a brand new city and state for this new position. While she is excited about this new adventure, she is nervous about making friends and finding a community like she had with Alpha Gam in college in such a new place. (Junior Circle)

• Our third story is about a woman named Maria. Maria, 42, works at the local university as a professor. She hears a lot about the chapter of Alpha Gamma Delta at the college and fondly remembers her collegiate experience. She wonders if there’s a way to get in touch with the chapter and maybe even help them when/if they need it. (Chapter-Based Advisor Team)

• Now let’s talk about Ashlee. Ashlee, a 33 year-old graphic designer, works many hours and keeps herself too busy to be involved with a group of other Alpha Gams. She does remember the importance of giving back that Alpha Gamma Delta taught her, and is trying to find a way to volunteer with the Fraternity in a way that is not too time-intensive or much of a long term commitment. (SWATT)

• Ok, now let’s reassign our corners and learn about four more ways to get involved as alumnae!
The first corner will now represent the **Volunteer Service Team**, or VST. The VST is a dedicated group of Alpha Gamma Delta alumnae who volunteer their time and talents for the Fraternity. VST members are alumnae volunteers appointed to two-year terms by International Council to serve chapters and clubs and have been trained to assist in a general or specific area. The VST is organized to serve communities. A community is a collegiate chapter, its house association and its corresponding alumnae chapters and clubs. Each of these communities has resource specialists, in several different subject areas (e.g. finance, recruitment, member development). Members of the VST may also serve the Fraternity at large, rather than a specific community. These roles involve Alpha Gamma Delta philanthropy, education, archives and even the Ritual.

The second corner will represent **Rose Sisters**. The Rose Sister program is designed for Alpha Gamma Delta members who live in a foreign country or in an area where there is no organized alumnae chapter or club. This program may also include sisters unable to attend alumnae events due to illness or incapacitation. Rose Sisters across the globe receive newsletters and programs that provide virtual updates on the Fraternity. They even have a Facebook Fan Page and a virtual book club.

The third corner will now represent **Rosebuds**. The Rosebud Program was launched for Alpha Gamma Delta members, their daughters, and other young family members and friends. Rosebud groups are formed by sisters living in the same geographic area. Organizers of Rosebud programs plan regularly scheduled activities and community service events appropriate for the participating girls. The types of activities depend on the age group of the girls involved.

Finally, the fourth corner now will represent **Alumnae Chapters or Clubs**. Alumnae Chapters and Clubs are designed for alumnae of all ages. They are similar to Junior Circles, with the added opportunity of collegiate chapter support and alumnae outreach. Alumnae Chapters and Clubs report to Province Directors and the Chapter Development Team, similar to Collegiate Chapters. Alumnae Chapters are associated with a specific collegiate chapter, while Alumnae Clubs are groups based in a town, area, or state rather than a specific collegiate chapter.

Now let’s learn about a few more of our sisters who have experience with these **Avenues for Lifetime Involvement**!
<table>
<thead>
<tr>
<th>ACTIVITY: 10 minutes</th>
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<tbody>
<tr>
<td>• We'll start with <strong>Nicki</strong>. Nicki, 55, is a member of the United States military and has just been stationed in Europe. She is looking for a way to remain connected to Alpha Gamma Delta while she is away. (Rose Sisters)</td>
</tr>
<tr>
<td>• Now we'll talk about <strong>Amber</strong>. Amber, 49, finally has the house to herself! Her children have both left for college, and while she and her partner consider retirement she finds herself wishing to fill her free time with reconnecting to her sisters from Alpha Gamma Delta. She would love to spend time in book clubs, going to museums and galleries, and working with her collegiate chapter. (Alumnae Chapter/Club)</td>
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<tr>
<td>• Our third story is about <strong>Sophia</strong>. Sophia, 37, is loving spending time with her Alumnae Club, but struggling to find a babysitter for her 5 year old daughter during their clubs’ meetings. She would love to spend time with other Alpha Gams, but her first priority right now is to find a play group for her daughter. (Rosebuds)</td>
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<tr>
<td>• Finally, let’s learn about <strong>Morgan</strong>. Morgan, 66, has served as the Recruitment Advisor for a collegiate chapter of Alpha Gamma Delta for a few years, but is looking for a change of pace. She loves being involved with one chapter, but wonders if there is a way to be involved with the Fraternity in a way that allows her to help more chapters. (VST)</td>
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<tr>
<td>• Now let’s take a seat and talk about this activity.</td>
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<tr>
<th>ASK: 5 minutes</th>
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<tbody>
<tr>
<td>• Did anyone learn anything new during this activity?</td>
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<tr>
<td>• What was exciting about this activity? Were there any parts that were difficult?</td>
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<tr>
<td>• Were you able to see yourselves participating in any of these activities like your sisters in the stories?</td>
</tr>
<tr>
<td>• Did anyone see themselves participating in ways that were DIFFERENT than the stories of these Alpha Gams?</td>
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<tr>
<th>SHARE: 1 minute</th>
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<tr>
<td>• There are an unending number of incredible parts about being an alumna of Alpha Gamma Delta. One of the best parts is that regardless of where you are, what you’re doing, how old you are or what your life looks like, there is any number of opportunities available to you! Notice that there were no right answers during that 4-Corners activity- because there’s no one right way to be an alumna member!</td>
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<th>ASK: 3 minutes</th>
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<tbody>
<tr>
<td>• Now that we know a little bit more about the various Avenues for Lifetime Involvement, how has everyone's understanding of what it means to be an alumna member of Alpha Gamma Delta changed after that activity?</td>
</tr>
</tbody>
</table>
• **Lifeline Biography Continued:** Think back to the first *Delta Experience* program, Your Legacy, and the “Lifeline Biography” activity we did together. We used the line on the Lifeline Biography Worksheet and filled in the left side with our Alpha Gamma Delta biography including the memorable and shaping experiences we have had so far. We were then asked to only imagine what we would want the right side of the line, our future in Alpha Gamma Delta, to look like. Now that we have taken the time to learn about our Legacy, our Transition, our Responsibilities, our Opportunities and our Future of alumnae membership, let’s take a few minutes to move beyond imagination and actually fill in the timeline. Keeping in mind the eight different forms of alumnae involvement we just learned about and thinking about the following questions, complete your Alpha Gamma Delta Lifeline Biography!

- What do you hope your Alpha Gam involvement will look like when all is said and done?
- What do you want your sisters and your Fraternity to remember about your alumnae experience?
- What kind of alumnae involvement do you dream for yourself?

**Facilitator’s Note:** If participants brought their original Lifeline Biography Worksheet, they should complete this activity on that same piece of paper. If not, instruct participants to take out a piece of paper, drawing a line down the center just as the original worksheet looked. They do not need to recreate the left side of their timeline, but rather only add to the right side.
### Conclusion

- **SHARE:** 1 minute

- Throughout the *Delta Experience*, we have reviewed the symbols of our Fraternity. Today, we review the Initiation Service conclusion.

- *Share only the last two paragraphs of the “President” section on page 18 of the Post Initiation Ritual Review, as found in the Ritual Services Manual.*

- **Facilitator’s Note:** If you were able to invite alumnae members to join this program for the panel, be sure to invite them to participate in this closing activity!

- **PAIR SHARE:** 2-5 minutes

- With a partner, discuss the following: Do the vows we made at Initiation end with graduation? Does our membership or experience in Alpha Gamma Delta end with graduation? Why or why not?

- **ASK:** 2-5 minutes

- Who heard something that you would like to share?

- **PAIR SHARE:** 2 minutes

- In addition to Initiation services, every time we participate in Opening Ritual we recite the closing prayer. Let’s say it together now.

  - Recite closing prayer.

- **ASK:** 1 minute

- Who heard something that you would like to share?

- **SHARE:** 3 minutes

- Since Initiation, the ideals of Alpha Gamma Delta have become part of who we are as individuals, as well as who we are as a class, a chapter and as an International Fraternity. Let us forever incorporate the ideals of Alpha Gamma Delta into our lives, as current collegians and as future alumnae members.

- We also recite the Founders’ Day Pledge every time we participate in Opening Ritual. As we close today, let us join hands and recite the pledge together, remembering that the meaning in these spoken words live true both as collegians and throughout our lives as alumnae forever.

- **Recite Founders’ Day Pledge.**
Sister Search Instructions

Find Specific Sisters – At any point in our alumna experience, we may want to find one of our sisters. For instance, it is your sister-mother’s birthday and you would like to send a card to her current address, or one of your friends from a neighboring chapter moved to a new state and you’d like to get in contact with her. Follow these simple steps to find your sisters in any situation!

1) Go to the Alpha Gamma Delta homepage, alphagammadelta.org.
2) Click the Search All Sisters link in the bottom left corner.
3) Enter as much identifying information about your sister as you can.
4) Click Search!

Find Sisters in Your Area – If we move at any point in our lives, including in the next few weeks, we may want to find Alpha Gam sisters that will be in our new city.

1) Go to the Alpha Gamma Delta homepage, alphagammadelta.org.
2) Click the Connect with Sisters in Your Area link in the bottom left corner.
3) Enter the location you wish to search, whether it be city, state, zip code, or country.
4) Click Search!

Find Chapters in Your Area – The Chapter Locator tool will not only help us find collegiate chapters of Alpha Gamma Delta in our area, but also and more importantly, it can help us find Alumnae Chapters, Clubs and Junior Circles! If you’d prefer to see a complete list of chapters and clubs, you can do so by clicking the links on the right of the page. Be aware that the asterisk (*) next to a chapter notes that it is closed.

1) Go to the Alpha Gamma Delta homepage, alphagammadelta.org.
2) Click the Chapter Locator link in the bottom left corner or the map right underneath it.
3) Enter the location you’re looking to search in.
4) Be sure to select which kind of chapters/clubs you’re looking for.
5) Click Search!

Change your Profile Information – The Sister Search tool is only effective if we each take a few minutes and update our profile in myAlphaGam with accurate information as our contact information changes over the years. To do that,

1) Log into myAlphaGam
2) You will see in the upper left corner your photo (if you have uploaded one), your name, and a link that says “Edit Your Profile.” Click that link.
3) You will be brought to your profile, where you will be able to edit your profile pictures, Personal Information, Addresses, Phone Numbers, Email Addresses, Social Networks, and even connect your Facebook profile to your myAlphaGam profile!
4) You can change any of this information by just clicking Edit in the top right corner of each module.
5) Be sure to, at minimum, click the “Edit” box of the “Personal Information module and check the box at the bottom of the window that indicates you want to “Share Contact Information.” This will ensure that your sisters who search for you will find you!