

THE BUGLE

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



WHAT BEING IN PTK MEANS TO ME

Written by Benjamin Nash

Phi Theta Kappa (PTK) means a lot of things to a lot of people. I have heard many stories about how individuals desperately want to serve and give back to PTK because they feel it is an organization that has changed their lives for the better. People with no friends, family, direction, agency, or hope have found all these things and more in PTK. It is a uniquely transformative organization that has the power to turn smart but often lost students into confident, driven leaders and achievers.

So what is it that makes Phi Theta Kappa such a uniquely powerful opportunity? It's Phi Theta Kappans. Phi Theta Kappans are smart. We are intelligent and capable students. This is proven by our consistent academic performance that is evident in the high GPAs we have generated as a prerequisite to membership.

WHAT BEING IN PTK MEANS TO ME (CONTINUED)

Written by Benjamin Nash

Phi Theta Kappans are practical. In community colleges, we have found cost-effective ways to forward our education and continue to grow our minds. We enhance the quality of our lives in ways that don't leave us in crippling debt. We have discovered some of the most experienced and devoted instructors are not exclusively at the most expensive and exclusive universities. The smaller class sizes and devoted faculty make our schools extraordinary educational values.

Phi Theta Kappans are resilient. We have had obstacles in our lives: major setbacks caused by unexpected family growth, mental or substance issues, sickness, injury, poverty, disownment, a variety of other difficult issues, or some combination of the above. We have encountered these and are still here, still striving to advance and overcome.

The organization of Phi Theta Kappa sees us, welcomes us, tells us to join with others like us who understand our pains and powers, and unites us into an entity designed to overcome challenges. As we become more involved, we meet others who shine and are powerful leaders. They tell us when our stories were their stories and how they have changed. They, and others who have seen the effects many times before, trust us, empower us, understand our failures and what we are learning from them, and celebrate our successes together with us. We are not competing against each other to be the best; we are striving, struggling, and growing with each other to become our best.

Sadly, many Phi Theta Kappans will never untap everything PTK has to give them. They will concentrate on their academics, other organizations, work, or other outside interests and fail to see all PTK can offer them. "We are all busy" (Dave Sigmund) and we all go through "seasons of our lives" (Shari Brooks) where we are forced to make some tough decisions about where we can afford to give our time and energy. Perhaps the full benefits aren't for everyone. But for those who are open to the opportunity, efforts within Phi Theta Kappa return exponentially in personal growth. The more we take on as active members, as chapter officers, as regional officers, or even as international officers, the more we discover we can achieve and the more power, confidence, and ability to overcome we can discover within ourselves. Phi Theta Kappa is a journey of transformative opportunity. I would encourage anyone given the chance to take the next step.



“
*Phi Theta
Kappa is a
journey of
transformative
opportunity. I
would
encourage
anyone given
the chance to
take the next
step.*



HOW CCP STUDENTS CAN GET INVOLVED

Written by Abbie Crawford

When I first received my invitation to join Phi Theta Kappa Honor Society at Stark State I was a little surprised, but mostly confused. I thought to myself “What is Phi Theta Kappa? Why am I being invited to it? And can CCP students even be eligible to be a member of this college society?” With a little bit of research on the ptk.org website I quickly learned that Phi Theta Kappa was an honor society that was dedicated to helping high achieving two-year college students. I was excited to learn what the society was about, but I was also excited to see that my hard work was being noticed and that I could get more involved at Stark State. I learned that in order to be invited into the chapter you have to have at least 12 semester hours completed and have a 3.5 GPA. Once those requirements are met you are invited to join the society. Although I met those requirements, I was still questioning if I could join PTK because I was only a CCP student, and not a full time student at Stark State with a declared degree. With a bit of a deep dive and an email to the advisor of PTK at Stark State, I learned that I am eligible to be a member because I met all the necessary requirements while only being a part time student through CCP classes. Once I was aware of all the information regarding PTK I had a big decision to make. Was this society important enough to join and set aside some of my time to be involved in, or is it okay if I pass on my invitation to the society. After a conversation with my mom and a little bit more research I decided that at the very least it wouldn’t hurt to join Phi Theta Kappa.

“
I quickly learned that Phi Theta Kappa wasn’t just something that I could put on my resume and future college applications, but it was something I could be involved in that allowed me to collaborate with students like me at Stark State.”

Once I accepted the invitation to be a member and attended my first meeting I quickly learned that Phi Theta Kappa wasn’t just something that I could put on my resume and future college applications, but it was something I could be involved in that allowed me to collaborate with students like me at Stark State. I learned that Stark State’s chapter of Phi Theta Kappa actually has a good number of CCP students, but not many that actively participate. After a few more monthly chapter meetings it came time to elect and vote on new officers for the upcoming school year. I still didn’t have a complete understanding of everything that was going on in the chapter, and I still had lots of questions, but I knew that I wanted to be involved and represent the chapter as a CCP student. I became the Secretary/ Newsletter Editor during that meeting, and at the time that was sort of scary because I had never been on campus, didn’t completely understand what PTK was all about, and had just accepted a big role that I had never had before. Although this was the case Shari and David, our advisors emailed me after that meeting and told me how happy they were that I was getting involved and all the potential things I could work on and have access to as a PTK officer. I immediately felt better about being an officer and I could tell that there were advisors who were interested in this society and wanted to help its members.

HOW CCP STUDENTS CAN GET INVOLVED (CONTINUED)

Written by Abbie Crawford

Since I have accepted this position and started working towards getting to know our members, advisors, and what is expected of me I can confidently say that accepting the invitation to join Phi Theta Kappa was a great decision and has already allowed me to have access to new opportunities that I didn't have before. This is why I am here to tell all the CCP students who are interested in, or have been invited to join Phi Theta Kappa at Stark State that it is a great opportunity and joining the society should be considered. Not only because of how great it looks on college and job applications, but because it allows you to step out of your comfort zone, work with high achieving students similar to you, and get more involved through Stark State.

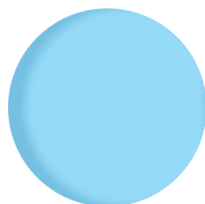
If you are a new, or returning CCP student that is a member of Phi Theta Kappa there are many ways for you to get involved and I encourage you to look into some of the opportunities available through PTK. You can help us package and send books to Better World Books where books are donated and then used to support non-profit literacy programs. You can work to maintain our pollinator habitat which was a big project for our chapter that took lots of time and teamwork to complete. You can work to research and collect data for our research paper regarding the effects of video games on college students and the brain. Or you can talk to an advisor or officer about a new idea you have for Phi Theta Kappa members to get involved. Being a member is great, but being an involved member is even better!

“

Being a member is great, but being an involved member is even better!

FIND US AT THE CLUB FAIR

Look for our Phi Theta Kappa table at the club fair! Our advisor Shari Brooks will be sending out an email with more details. If you present that email from Shari at our club fair table, you can get free PTK swag items.





WHAT IS THE POLLINATOR HABITAT?

Written by Abbie Crawford

Every year Phi Theta Kappa works on a college project and our most recent project was the pollinator habitat project. This project involved getting grassland owned by Stark State turned into a pollinator habitat for pollinators like butterflies, and Ohio endangered pollinator species. On top of the habitat being a benefit to pollinators in the area, it can also be used as a learning tool for students. Students can identify species and plants, remove invasive species, and collect growth and population data. Dr. Edmund Priddis and Dr. Curtis Clevinger have worked on overseeing the project to ensure students can use the habitat as a learning tool.

The habitat has been filled with flowering plants, with three blooming plants per season that way there is always something for pollinators to feed off of for the majority of the year. The seeds to grow all of this were donated by the Ohio Pollinator Habitat Initiative and they also offered to donate informative signs to be placed in the habitat.

The completion of this project would not have been possible without the help of student volunteers, and PTK members, especially our 2022-2023 President Ella George. As well as Stark State College who allowed us to use one acre of land for this project. Many student volunteers and PTK members worked to make this project come to life, which has not only benefited our chapter and college, but the pollinators of Ohio. Our next step as a chapter is working to bring awareness to the pollinator habitat and get the word out to current students about the habitat.

If you are interested in working on a future college project, or have any ideas for something we could potentially do in the future please contact a PTK officer or advisor. We would love to hear your thoughts and ideas, and the college project is a great way to get more involved with our chapter!

“

The completion of this project would not have been possible without the help of student volunteers, and PTK members, especially our previous President Ella George.

“
*Honors In
Action is a
unique project
specific to Phi
Theta Kappa
(PTK) that
helps members
to turn their
academic
strengths into
community
service
projects.*

AN UPDATE ON OUR HONORS IN ACTION PROJECT

Written by Benjamin Nash

Honors In Action is a unique project specific to Phi Theta Kappa (PTK) that helps members to turn their academic strengths into community service projects. Every two years we are given an overarching topic with themes to focus on that becomes the center of a chapter group research project. The results of this research must then be used to identify a service project that best addresses a need in our community.

This is the second year of our current topic: The Art and Science of Play. We had only a partially completed project from the first year of this topic, so our project this year is the completion of our research and transformation of our learning into action. Our chosen research question is, “What are the effects of video game play on the emotional well-being and academic performance of college students?” The theme our research question falls into is “The Economics of Play”. This theme could refer to financial concerns involving play but, in our case, it examines the transaction of benefits or drawbacks a specific kind of play can produce. We have hypothesized that, used correctly, video games can relax students, thus easing anxiety and its effects. Video games can also potentially build skills such as attention, strategy, and coordination that could increase academic success. As a result, we believe video games could improve the emotional well-being and the academic success of those college students who utilize them wisely.

So far, our research has supported our hypothesis with several caveats. The type of game chosen and the amount of time spent playing those games can become disruptive. Games that contribute significant amounts of stress can be detrimental to mental well-being. When students devote too much of their time to games, they can have significantly less time for classwork, studies, social interaction, and other life responsibilities. This deficit of time can significantly raise stress and anxiety as well as directly harming academic success.

Our next step is research using surveys and established instruments measuring stress levels to gain data on student’s gaming habits and how they correlate to mental health and grades achieved. From there, we will need to turn our results into action. We may publish a guide to pro-academic and mental health gaming that helps students make better choices regarding how they spend their time, as well as providing recommendations about how educational institutions can promote healthy gaming without pitfalls. Finally, we will write up our project in a format that can be presented for consideration for awards and academic publication, a major positive credential for any Phi Theta Kappans pursuing careers or advancement in academia.



“
*As a PTK
member you
are part of a
3.5 million
member
network that
expands
around the
world.*

Written by Tammy Monroe

Hi, my name is Tammy Monroe and I am pleased to serve as your PTK President of the Beta Gamma Epsilon Chapter. When I am not in class or studying, I am busy running my non-profit that I started over 15 years ago called Working In Progress “WIP”, and serving my community in various capacities. WIP provides youth academic achievement and development. PTK has provided me with amazing opportunities, scholarships and a huge global network that will be a catalyst for me to achieve my educational and financial goals.

I received my Associate's degree in Human and Social Services this Spring 2023. I am continuing my educational journey to get my bachelor's degree in public administration with the help of the partnership Franklin University has with Stark State. This partnership allows me to take classes at both Stark State and Franklin University. Just like me, **YOU** as a PTK member can benefit from many resources, opportunities, and scholarships that await you through PTK.

Have you been a PTK member but never participated in any of the meetings? We have Honors In Action HIA projects, College projects, PTK Edge, Catalyst and Regional Conferences If not, you are missing out on a journey of a lifetime! As a PTK member, you are part of a 3.5 million member network that expands around the world. PTK is all about helping **YOU** get the scholarships, leadership support, and that competitive EDGE that separates **YOU** as a scholar from the rest! PTK has so much to offer, and we are waiting on **YOU** to come join us. This year I have outlined three goals for this fall semester.

- **Continue to be a Five Star Chapter**
 - We have been a Five Start Chapter for over 19 years!
- **Increase membership engagement.**
 - We will be hosting three PTK Awareness events. Come pick-up your PTK swag and meet your PTK officers.
 - Learn about scholarship to help you complete your associates, bachelor's and even master's degree.
 - Learn how you can get access to \$246 million in transfer scholarships offered by over 800 four-year colleges and universities across the country.
- **Increase Participation in regional conference and Catalyst.**
 - Meet other PTK members from chapters all around Ohio.
 - Experience Catalyst 2024 conference – meet PTK members from around the world!!

YOU are an important part of PTK - Beta Gamma Epsilon Chapter. Your academic success is what qualifies you, your participation allows you to put that success to work. So, when you see the emails come out from our wonderful and supporting advisors Shari Brooks or David Sigmund , please take the time to read them, join our chapter meetings and volunteer when asked.

Sincerely, Tammy Monroe

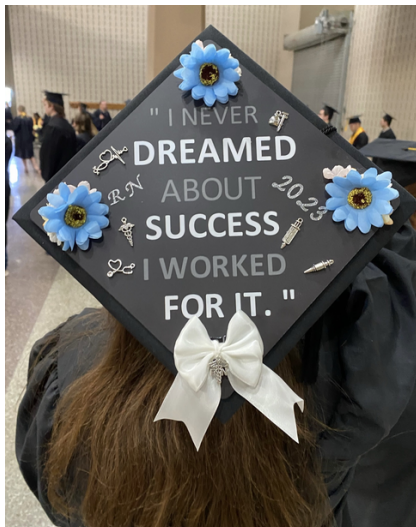
ADVISORS CORNER

Written by Shari Brooks

Greetings Beta Gamma Epsilon,

For me, this summer's sun has seemed to carry with it new rays of hope as I have watched the season breathe new life into the flowers and vegetables in our garden. As I think about our chapter, I am excited for the year ahead and so proud of all we have accomplished together. For the 19th consecutive year, Stark State College's chapter of the Phi Theta Kappa Honor Society earned the Five Star Chapter Award. This past Spring, we had 100 Phi Theta Kappa members graduate from Stark State College! Four Stark State College students are among more than 60 students from Ohio's 23 community colleges honored for their excellence in academics, leadership and community service by Ohio's Chancellor of Higher Education as part of the 2023 All-Ohio Academic Team. Ella George was named first team All-Ohio Academic Team and Benjamin Nash earned second team while Randi Peters and Tammy Monroe were named to the third team. During the recent Ohio Region Awards Convention and PTK Catalyst in Columbus, our chapter and its members received Howdy Bear Certificate of Spirit, Order of Athena Chapter Officer Award:, (Tammy Monroe and Ella George), \$1,000 Cherie Barth Completion Scholarship (Alexander Thompson), \$750 John C. Kessler Scholarship (Joshua Crewes), 5 year Advising Milestone Award (Shari Brooks). The 2023 Stark State College Outstanding Student Organization Officer of the Year Award recipient was our Phi Theta Kappa Officer Benjamin Nash.

I love the graduation cap quote from our student last spring that read "I never dreamed about success. I worked for it." We have so much to celebrate because of your hard work. Let's keep working hard and celebrating together. Let's keep the chapter momentum going. This year, if we work together, it is possible for our chapter to receive the Five Star Chapter Award for the 20th YEAR IN A ROW! We need all of our bright Phi Theta Kappa student stars to help us reach our 5 star goal. Be sure to join us this fall and get connected. As our student chapter President says, "we can each do one thing." Let's all do one thing together and reach our 5 star chapter goal! Keep shining bright Phi Theta Kappans!



“

*This year, if
we work
together, it is
possible for
our chapter to
receive the
Five Star
Chapter
Award for the
20th YEAR IN
A ROW!*

ADVISORS CORNER

Written by David Sigmund

Hello Beta Gamma Epsilon,

For me, this summer has been a busy one. Each year I plant one or two tomato plants in my side yard because that's all I have room for because I do not want to plow up my yard! This year I planted two, and as of this writing, they have grown tall enough to reach my upper chest! Great year for tomatoes and a beautiful summer as well!

I am excited for the chapter this coming year. We are well on our way with our College Project and working on our Honors in Action Project. We are planning other activities which will be fun and rewarding.

We just got back from the Ohio Region Honors in Action conference at Washington State Community College in Marietta, OH. The event was attended by chapter president, Tammy Monroe, and webmaster, Ben Nash, as well as special guest and Stark State College instructor, Cristina Kyle. Friday evening was the Fellowship event which consisted of a three-hour sternwheeler ride on the Ohio River and included dinner on the boat. There was a live disc jockey, and for additional entertainment, a henna tattoo artist! I was coerced into getting a henna tattoo, so I agreed as long as it would be somewhere not seen. I thought my foot was a good place! And no, I didn't get to choose the design! Actually, it was all in good fun!



The Ohio Region Leadership in Action Conference will be held October 27-28, 2023 hosted by Clark State College in Springfield, OH. No details as of yet because planning has just begun for the conference. We will keep you informed as the date gets near.

Have a wonderful summer and I hope to see you at the next chapter meeting!

Dave



“
*The Ohio
Region
Leadership in
Action
Conference
will be held
October 27-
28, 2023
hosted by
Clark State
College in
Springfield,
OH.*

Ohio Region Officers: LEFT TO RIGHT
Alyssa Deflorentis (Cuyahoga Community College,
Westshore) – Vice President

Chrissy Valentino (Eastern Gateway Community
College) – Secretary/Newsletter Editor

Rick Clever (Ovens Community College) – Associate
Regional Coordinator

Annalise Smith (Clark State College) – Western
District Representative

Stacy Jarvis (Washington State Community College)
– Eastern District Representative,

Rachel Kotler – (Cuyahoga Community College,
West) Northern District Representative,

Abby Jordan (Marion Technical College) –
President

David Sigmund (Stark State College) – Regional
Coordinator



DO YOU WANT TO GET INVOLVED?

Written by Abbie Crawford

The Beta Gamma Epsilon Chapter of Phi Theta Kappa Honor Society works hard to recognize students who go above and beyond in the classroom. With this being said, not everyone is eligible to apply or be an active member of the chapter. There are certain points that need to be met in order to be invited into the chapter. In order to be invited as an active member of the chapter each candidate must have completed at least 12 semester hours of associate degree course work, have a cumulative GPA of 3.5, adhere to the schools conduct code, and possess recognized qualities of citizenship. Grades from courses at other institutions are not considered when determining membership eligibility. Once inducted into the chapter a GPA of 3.2 must be maintained, and if this is not met the chapter member has two semesters to bring their GPA back to a 3.2 or higher. If a GPA of 3.2 is not met after two semesters, that chapter member will have all membership privileges revoked.

The Beta Gamma Epsilon Chapter of Phi Theta Kappa Honor Society also accepts provisional members. In order to be a provisional member, students must show an active interest in the affairs of the Society, but in some way not meet the requirements for full membership. In order to be a provisional member a GPA of 3.5 needs to be met on all credits taken in high school, as well as be enrolled in associate degree course work at the two-year college, adhere to the schools conduct code, and possess recognized qualities of citizenship. Provisional members can not vote on chapter, regional, or international matters, and can not hold office.

Whether you are already a member of Phi Theta Kappa at Stark State, or are looking into becoming a member, there are always ways to get involved with our chapter. Our chapter is involved with Better World Books which works to get donated textbooks and books, that are then sold, and profits are donated to non-profit literacy programs, sent to a non-profit partner of Better World Books, or used in their programs. As a chapter we work on getting books donated and then packaging those books and sending them to Better World Books where they will be put to good use, or used for profit that can benefit people in need. As a chapter we have also worked to create a pollinator habitat on campus, which we work to upkeep and maintain. There are always ways to improve this space, and with that comes ways to get involved with the pollinator habitat. If you are interested in nature, or enjoy being outside I highly recommend reaching out to one of our officers or advisors to see how you can get involved. Our Honors in Action Research Project which we are also currently working on as a chapter titled “The Art and Science of Play” is working to research and identify how videogames can affect college students and the brain. If you are interested in research or video games, this could be the perfect way for you to get involved with our chapter.

“

*The Beta
Gamma
Epsilon
Chapter of Phi
Theta Kappa
Honor Society
works hard to
recognize
students who
go above and
beyond in the
classroom.*



Stark State PTK : LEFT TO RIGHT
David Sigmund (Stark State College) – Regional
Coordinator

Tammy Monroe, President Beta Gamma Epsilon
Chapter

Randy Shipman – Veteran Marine and retired
fire captain – Beta Gamma Epsilon's new
Honorary Member

Ben Nash, Webmaster, Beta Gamma Epsilon
Chapter

DO YOU WANT TO GET INVOLVED (CONTINUED)

Written by Abbie Crawford

If any of these projects sound interesting to you, please reach out to one of our officers or advisors who would be happy to help get you the information you need and get you started. Although we are a big chapter, we are always looking for help, and this could be the perfect stepping stone for you to kick off your involvement with Phi Theta Kappa.

A Note To Our Involved Members: As a chapter we currently have 3 Officers: President (Tammy Monroe), Secretary/Newsletter Editor (Abbie Crawford), and Webmaster (Ben Nash). As a chapter we have 6 positions, but only 3 of those positions are full. If you are interested and passionate about helping our chapter and would like to learn more about what being an officer entails please reach out to an officer or advisor. We currently have the roles Vice President, Treasurer, and Chapter Engagement Officer open. We like to look at officer positions as a position to benefit the chapter and its members, not necessarily as a resume builder. Please only reach out if you are truly interested in a position and want to become more involved with our chapter!

“

*Although we are
a big chapter, we
are always
looking for help,
and this could be
the perfect
stepping stone
for you to kick
off your
involvement
with Phi Theta
Kappa.*

HOW TO CONTACT PHI THETA KAPPA OFFICERS AND ADVISORS

President: Tammy Monroe tmonroe0128@starkstate.net
Secretary/Newsletter Editor: Abbie Crawford acrawford1204@starkstate.net
Webmaster: Benjamin Nash bnash0106@starkstate.net
Advisor: Shari Brooks sbrooks@starkstate.edu
Advisor: David Sigmund dsigmund@starkstate.edu

Help support Ohio Region Scholarships!



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

Fees: \$25.00 contribution, \$10.00 BMV

Eligibility: any Ohio motorist

Ohio Revised Code: **4503.505**

August 2023

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

September 2023

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

October 2023

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