



END THE STIGMA

Mental health has become a major topic on college campuses across the country as depression, anxiety, and other mental health diseases continue to increase. According to the Substance Abuse and Mental Health Services Administration, 75 percent of mental illnesses start by age 24. May is mental health awareness month, and Sigma Tau Gamma is hoping to help **#endthestigma**. This article will focus on how to spot someone who is struggling with mental health and what resources are available.

According to the National Alliance on Mental Illness (NAMI), there are many signs and warnings of someone who is struggling with mental health. Below, we have listed just some of the many signs.

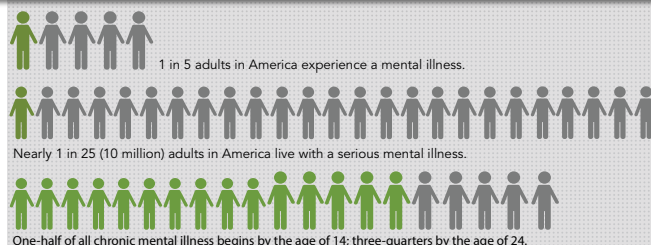
- Thinking about suicide
- Excessive worrying or fear
- Feeling excessively sad or low
- Avoiding friends and social activities
- Prolonged or strong feelings of irritability or anger
- Changes in sleeping habits or feeling tired and low energy
- Confused thinking or problems concentrating and learning
- Changes in eating habits such as increased hunger or lack of appetite
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")

Available Resources

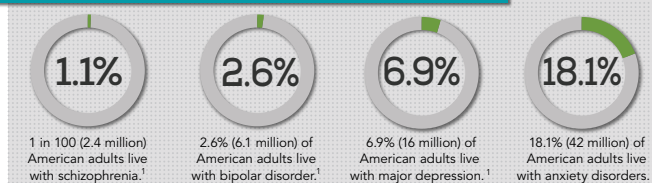
We all can do something to help someone close to us who is struggling with depression or anxiety. First, you can tell them it is ok to talk about it. Many college students think they are on their own or that they have no one to turn to, but that is the exact opposite. Each brother has over 60,000 noble men they can lean on, as do millions of others who are a part of the greater Greek community. Second, tell them to reach out to your campus counseling center. Each campus has one, and they are more than willing to help. One last thing you can do is share your story. Each of us has struggled with mental health or knows someone who has struggled. Speak up, speak out, and remember, it is our job to **#endthestigma**.

Mental Health Facts IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



Prevalence of Mental Illness by Diagnosis



[CLICK HERE FOR FULL GRAPHIC](#)

5 THINGS TO KNOW ABOUT SIG TAU THIS MONTH

- 1 Founders Day Challenge is officially underway**
 Help us reach our goal of \$97,000 in honor of our 97 years of brotherhood. To learn more about the Founders Day Challenge and to donate, click [here](#).
- 2 Ugarte Departs Staff**
 Ugarte helped start our chapters at Arizona and UC – Merced, as well as helping with recruitment efforts at Frostburg State. Ugarte plans to attend the University of Denver to obtain his master's degree.
- 3 National White Rose Wins Award**
 Congratulations to National White Rose Sweetheart, Jaime Yust, for receiving the Sorority Leader of the Year Award at the University of Central Missouri.
- 4 Alumni Association Branding**
 All registered alumni associations received specific branded materials. To become a registered alumni association, contact Adam Kowalski at akowalski@sigtau.org.
- 5 Your Summer Travel Plans**
 We would love to share your pictures on social media. Email Greg Ward, director of communications & SAGA editor, at gward@sigtau.org with the picture and a quote.



TEN WAYS TO GUARANTEE A JOB AFTER COLLEGE

As the year comes to a close, college seniors are looking for jobs after graduation, and juniors are looking for internships to get their feet wet in their field of study. To help out, we have compiled these interview tips to help you land the job or position you have always wanted.

- 1. Research the Company** – It will impress the interviewer if you already have an idea of what the company is all about, and it shows that you have an interest in the position. This may help you avoid asking obvious or naïve questions.
- 2. Dress the Part** - Dress in a manner that best compliments the position for which you are applying. If you are a male, in most cases, this means wearing a suit. You never want to dress down for an interview, regardless of company dress code policy. If in doubt, dress conservatively.
- 3. Practice Interviewing** – Practice makes perfect. The more you practice anything, the better you become at it. Go over common interview questions and determine how you are going to respond to them.
- 4. Body Language** – Be sure to shake the interviewer's hand with a strong, firm grip. Look them in the eye when answering questions and be sure to sit up straight. Avoid swaying from side to side and bouncing your leg.
- 5. Identify What You Have to Offer** - Find the top three skills or experiences you can offer the employer that other applicants cannot. Before the interview, identify these skills and then determine how you will communicate them to the interviewer when answering questions.
- 6. Prepare Work Samples** – Come prepared with work samples from other jobs or college courses. This provides proof for the claims that you make during your interview. Often the interviewer will ask you to explain the samples listed on your resume.
- 7. Listen to the Interview Questions** - Listen before you respond to questions, ask for clarification if you are uncertain about the focus of a particular question or if you did not hear the question clearly.
- 8. Summarize Why You Fit the Job** - Toward the end of the interview if you are still interested in the job, let the person interviewing you know that you think the job is an excellent fit (summarize why) and that you are highly interested.
- 9. Show Enthusiasm** - Be ready to explain why you are interested in the job/organization and how it relates to your goals. Show enthusiasm during the interview for the job.
- 10. Say Thank You** - Get the contact information of your interviewer and send a follow-up email or letter as soon as possible after the meeting. In addition to thanking them, summarize why you think the job is an excellent match.



HQ SAYS FAREWELL TO FOUR GRADUATING STAFF MEMBERS

Headquarters had to say goodbye to four staff members this semester. Alek Norman, Central Missouri; Joe Franzoi, Central Missouri; Stephen Young, Central Missouri; and Jaime Yust will be graduating in just a few short days. Below, each graduating staff member will introduce themselves and reflect on their time at HQ.



Alek Norman

"I am a part of our Recruitment & Growth team at Sigma Tau Gamma Headquarters. My main role while on staff was prospecting universities for Sigma Tau Gamma to call home. This coming May, I will be graduating from the University of Central Missouri with a degree in drafting and design technology. After graduation I will be working for BSE Structure Engineers in Lenexa, Kansas. Three things I learned working on staff are excellent communication skills, professionalism, and proper work manners and conduct. Goals I have for the future are to get my PE license and design and build my dream home."

Joe Franzoi

"As a Recruitment & Growth Coordinator, I reached out to potential host institutions for Sigma Tau Gamma about expanding to their campuses. I also prepared expansion packets and other detailed information about Sig Tau. Another one of my responsibilities was being in charge of monitoring and assisting all undergraduates with ChapterBuilder, the new recruitment tool. When I graduate, I will receive a degree in Occupational Safety and Health. After graduation I will be the Safety Director for Weaver Steel Construction LLC, in St. Louis, MO. Headquarters helped me develop excellent communication skills, understand the importance of working well together, and go above and beyond to make a huge difference when competing against other organizations."

Stephen Young

"I work directly with the Communications Team as the Managing Editor of the SAGA Magazine and SAGA Monthly. My roles include managing articles for the SAGA Monthly and SAGA Magazine, composing Friday Briefs, and writing press releases. I will be graduating in the spring of 2017 with a Bachelor's of Science in Business Administration with an emphasis in marketing. Three things that I have learned throughout my time at HQ are professional writing, office and workplace etiquette, and appropriate communication. In the future, my plans are to move to Kansas City, MO, further my education, and earn a Master's in Business Administration with an emphasis in marketing to pursue a career in marketing/advertising."

Jaime Yust

"At Headquarters I am a part of the HQ Operations team. I worked as the Administrative Assistant as well as the Archives Coordinator. A few of my main tasks include fulfilling Sig Tau Marketplace orders, handling all mail, and assisting in day to day operations at HQ. I will graduate from the University of Central Missouri with a Bachelor's of Science in Business Administration with an emphasis in marketing. After graduation I will be working for Service Management Group (SMG) in Kansas City, Missouri, as an Account Administrator. The three most important skills I have gained from working on staff are the contributing to teamwork, communicating appropriately in a business setting, and managing my time effectively."



UNDERGRADUATE SEES LONG-TERM INVESTMENT OF DONATING

Q: What is your background with Sig Tau?

A: I first was interested as a sophomore; I had a couple of friends who were a part of Sig Tau. I had never thought about being in a fraternity before, but the idea of starting something at Kansas State and putting my own time and energy into it intrigued me. I was able to be the second vice president of finance (now director of finance) and completed our first yearly budget, which was an enjoyable and exciting experience for me.

Q: What did you know about the foundation before deciding to donate?

A: I did not know much about the foundation, but this was one way that I saw I could help the fraternity grow. I talked to brothers from other chapters, and this was one way that they suggested. My donation will help play a larger role in growing my chapter and Sig Tau altogether.

Q: Why did you choose to support the Founders Day Challenge?

A: Having something like the Founders Day Challenge is very important for the brothers. It is important for them to see the long-term picture and how the Foundation supports the Fraternity, and I think by donating, they will be able to see that. I attended a national conference last year, and it was phenomenal to see everyone and meet people that you have so much in common with. I loved it, and look forward to more in the future.

Q: What do you look forward to the most with Sig Tau?

A: I look forward to continuing to help and grow Sig Tau as much as possible, whether that is donating to the Sig Tau Foundation, helping my chapter, or helping other chapters. I become an alum in a couple of years, and I really look forward to the future of Sig Tau.



Name: Alex Grey, Kansas State

Major: Supply chain and operations management

Expected Graduation: May 2019



Join Alex in supporting the Founders Day Challenge. Every dollar we receive on or before June 30, 2017 gets us one step closer to our \$97,000 goal and supports the 16-17 Noble Man Annual Fund. To make a gift, visit www.sigtau.org/donate.



SIG TAU MARKETPLACE

MARKETPLACE ITEM OF THE MONTH

The Marketplace Item of the Month features the new official Sig Tau belt. This belt features the Sig Tau Logo on grey ribbon over a navy backing with leather tabs. This belt is custom made-to-order in the USA and comes in many different sizes. Visit the Sig Tau Marketplace to order yours today.