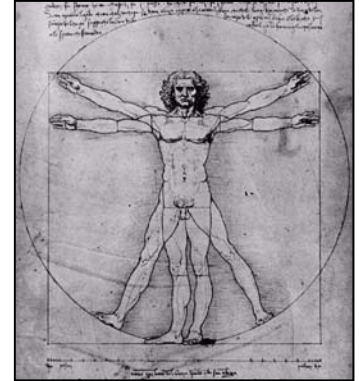


SOUND MIND IDEAS

Building a Sound Mind involves much more than your academic pursuits while in college. In order to build Sound Mind, you must consider opportunities for cultural awareness, arts appreciation, and lifelong learning. This type of personality is often referred to as a Renaissance man, one who is committed to learning as much as possible about many fields of study. Incorporate those motivating factors and find opportunities in the local community and on campus. Below are a few ideas to consider:



I. Speakers

- a. Professor of Greek philosophy
- b. Multi-cultural club presentation on minority culture
- c. Religious leader of different religion
- d. Mental health expert on self-esteem
- e. Counselor on dating and relating with women
- f. Local government official to speak on civil duties and voting
- g. Local business leader on time management
- h. Local business leader on networking
- i. Local business leader on his/her path to success
- j. Artist to speak on his/her work
- k. Musician to speak/play his/her instrument
- l. Mother/father on parenting
- m. Jeweler to speak on engagement rings
- n. Professor to speak about becoming a teacher
- o. An older individual on his/her generation
- p. Military leader on military practices
- q. Peace advocate on his/her issues
- r. Dress for success presentation with men's apparel company
- s. Holocaust survivor on his/her experience
- t. Writer on his/her writing
- u. Entertainer on the business
- v. Social worker on issues in society
- w. Speaker from Planned Parenthood on sex education
- x. History professor on his/her field of study
- y. Travel agent on traveling different parts of the world
- z. Scientist or researcher on his/her work

II. Activities

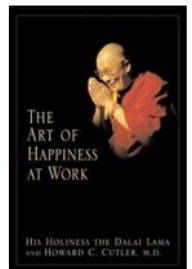
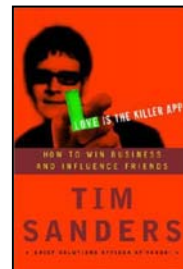
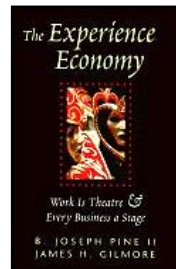
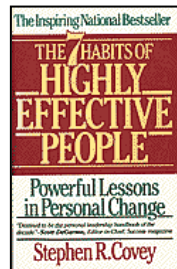
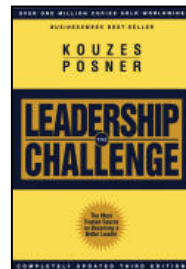
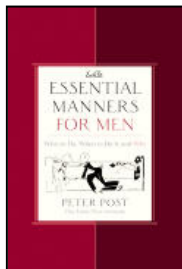
- a. Attend a play or the ballet
- b. Attend a musical or concert
- c. Attend a political rally
- d. Visit a historical site in your community
- e. Host an etiquette dinner
- f. Learn to play an instrument together
- g. Dine at an ethnic restaurant
- h. Plan a trip abroad
- i. Apply for the Balanced Man *Quest to Greece*

- j. Attend a reading by a novelist or poet
- k. Participate in a community event
- l. Participate in a community forum or town hall meeting
- m. Learn to paint or draw
- n. Visit an art museum
- o. Visit a history museum
- p. Take a class on dancing
- q. Attend a religious service other than your own
- r. Form a SigEp choir
- s. Attend a class on budgeting and investment
- t. Participate in a psychological experiment or study
- u. Create an awards banquet for academic performance
- v. Award faculty for outstanding research or teaching
- w. Host an alcohol-free dinner and dance
- x. Practice writing fiction and poetry
- y. Organize a photography contest
- z. Read a biography of a famous leader

READ A GOOD BOOK—THE SIGEP LIBRARY

Reading is a great way to learn new techniques, develop your skills, escape from a stressful day, and keep your mind engaged. Books help build a Sound Mind, and provide an opportunity to prepare yourself for your upcoming professional career. Many quality books have been written by successful business leaders and scholars on developing important leadership and professional skills. Here are just a few to consider:

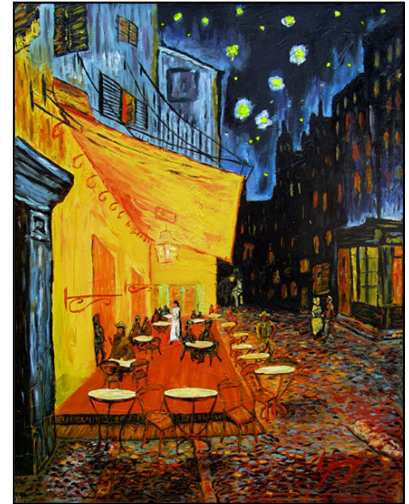
- ❑ **Essential Manners for Men, Peter Post**
- ❑ **The Leadership Challenge, Barry Posner and James Kouzes**
- ❑ **Seven Habits of Highly Effective People, Stephen Covey**
- ❑ **Good to Great, Jim Collins**
- ❑ **The Experience Economy, James Gilmore**
- ❑ **Love Is the Killer App, Tim Sanders**
- ❑ **The Art of Happiness, Dalai Lama**



THE ARTS

Attending an art museum or a concert is a great way to develop cultural awareness. Expressing an interest in the arts is also a great way to impress your date and learn about the importance of creativity. Work with your Challenge Coordinators to determine opportunities for members to appreciate the arts. Below are some examples and resources to help you program events promoting the arts:

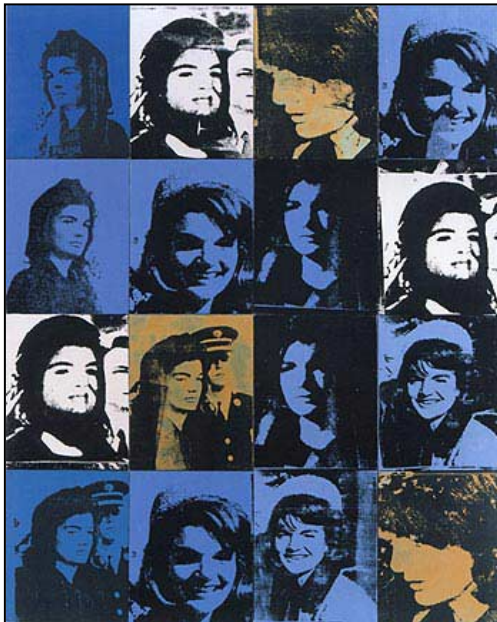
- ❑ Take an art class as a chapter or challenge.
- ❑ Invite an artist to speak about his/her work.
- ❑ Take a dance class with your date.
- ❑ Attend a musical concert on campus or in the community.
- ❑ Visit a cultural festival on campus or in the community.
- ❑ Attend a poetry reading.



Vincent Van Gogh

Some places to help you look include:

- ❑ Search for a museum in your area: <http://www.museumca.org/usa/index.html>
- ❑ Everything poetry: www.poetry.com
- ❑ The Smithsonian: <http://www.si.edu>
- ❑ Huge archive of art on-line: http://artchive.com/ftp_site.htm



Andy Warhol



Edward Hopper

KEYS TO ACADEMIC SUCCESS

Go to class!

- ❑ This one thing, more than any other, can enhance your academic success.
- ❑ Stay awake and take good notes.
- ❑ By going to class, you are introduced to the material and will learn what the instructor feels is important.



Set up a daily schedule and stick to it.

- ❑ A “to do” list that you use to check off completed things.
- ❑ Manage yourself and your time wisely.
- ❑ Do what you say you will do!

Take control of your study environment.

- ❑ Study in a place that is quiet and well lit.
- ❑ Avoid both friends and phone during your study time.
- ❑ There is a difference between being comfortable and slouching.

Shoot for an “A.”

- ❑ Grades are really important; they are a critical criteria used by recruiters when they look at your record and are also a primary admissions criteria for graduate schools.
- ❑ You may be able to rationalize that your grades are low because you are “so involved.” Research, however, shows that the most successful students are those who are involved in co-curricular activities.

Find out about exams before you take them.

- ❑ Studying for a multiple-choice exam is as different as studying for an essay test.
- ❑ Determine what information is most important to the instructor and focus your studying. Should you spend more time understanding the major concepts (essay test) or learning about more specific items (multiple choice, short answer)?