



ALPHA KAPPA MU NATIONAL HONOR SOCIETY NEWSLETTER

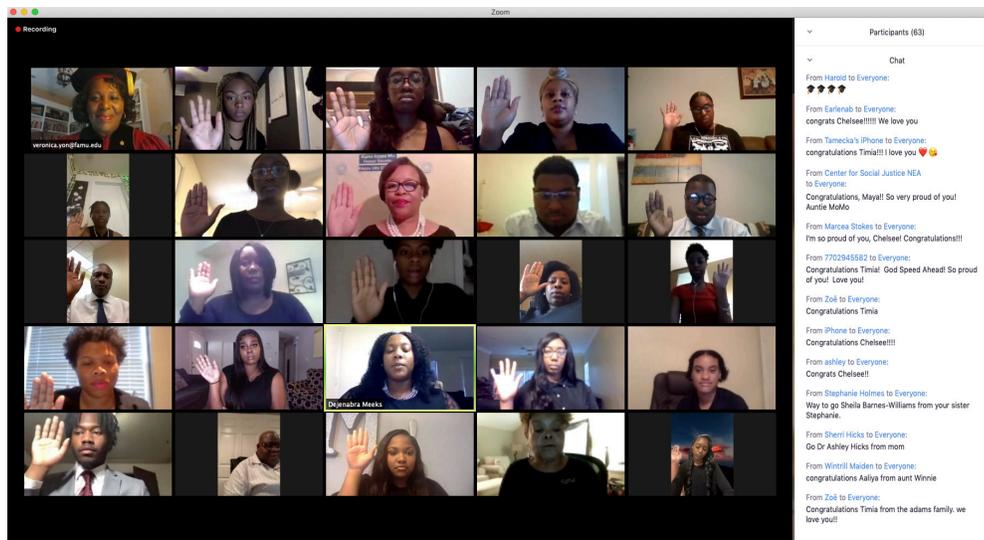
“The scholar is the delegated intellect.
He is MAN THINKING.”

- Ralph Waldo Emerson
“The American Scholar”

FAMU Welcomes Tennessee State for Virtual Induction

On Wednesday, April 22, the Kappa Iota (FAMU) Chapter of Alpha Kappa Mu (AKM) Honor Society held a virtual induction ceremony to welcome its spring initiates. While this was the society’s first online ceremony, they were not alone. In the week prior to the program, the chapter’s advisor, Dr. Veronica Yon, extended an invitation to the Tennessee State University (Phi Beta Tau) Chapter, whose induction had been canceled due to Covid-19 pandemic restrictions.

Via Zoom conference call, eighteen (18) FAMU and seven (7) TSU junior, senior, and graduate scholars accepted the charge to uphold AKM’s five principles: character, scholarship, citizenship, service, and leadership. “The



collaboration between the two chapters holds even greater significance in light of our history,” states Yon.

North Carolina Central Welcomes 200 New Inductees

By Taylore Harris, Office of Communications and Marketing Intern,
North Carolina Central University

NCCU’s Kappa Gamma chapter of Alpha Kappa Mu Honor Society initiated nearly 200 high-achieving students into the honor society on March 1, 2020. Alpha Kappa Mu was established on the campus of Tennessee State University in 1937 as the first Historically Black College University (HBCU) honor society. NCCU would later establish the Kappa Gamma chapter in 1943.

Eligible juniors and seniors with a cumulative 3.3 GPA were extended membership into the elite academic organization.

This year’s induction ceremony included supporters who filled B.N. Duke Auditorium to its capacity. Durham Public Schools Board of Education member Minnie Forte-Brown provided the keynote address. Students are expressed their excitement

to have the prestigious organization back active on campus. Senior Jasmine Howard, a psychology major, said as a member of Alpha Kappa Mu she has gained a competitive edge on her graduate school applications.



Where Are They Now? AKM Alumni in the Spotlight

Dr. Michelle Dukes Rhodes



Dr. Michelle Rhodes

Dr. Rhodes is a proud alumnus of Clark College '85 BA-Magna Cum Laude and Clark Atlanta University '92 MBA, and Doctorate in Management- with honors from University of Phoenix- School of Advance Studies. She currently serves the Clark Atlanta University in the Office of Online Learning and Continuing Education.

Academically, Dr. Rhodes has served as an adjunct professor in Business & Management for Shorter University, Georgia Military College, and Clark Atlanta University. Professionally, Dr. Rhodes has served as Director of Business Development- Apollo Education Group; Director of Enrollment- Institute for Professional Development; Marketing Manager- Marriott Corporation; Project Manager- SunTrust Corporation and appointed the first Director of Student Activities for Clark Atlanta University during the consolidation in 1989.

Actively engaged in the community, Dr. Rhodes is a promoter of women's empowerment and youth development. She serves on the Board of Advisors for the Marvelous Light Foundation and appointed to the Board of Directors for Women's University serving the metropolitan Atlanta area and immediate past chairman of the Board for Amario's Art Academy for gifted and talented youth. Dr. Rhodes serves on the executive board of The Guild Organization that awards over 100k in scholarships to students in the fine arts and music at Clark Atlanta University and the Athletic Boosters/300 Club Organization that supports and awards scholarships to CAU athletic programs. Dr. Rhodes continues to serve the community as a member of Alpha Kappa Alpha Sorority, Incorporated, Psi Alpha Omega Graduate Chapter.

Dr. Rhodes is a PROUD 1984 inductee of Alpha Kappa Mu National Honor Society, Kappa Theta Chapter, Clark College (now Clark Atlanta University).

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." – Christian D. Larson

As students, you have it all at your fingertips. Education is the key to unlock the doors to being all you can be. Use this time to mind map your desires and pursue them. No matter what position you may hold in an organization, do your best, be the most, and represent yourself with dignity. You only have one time to make a first impression and make yours memorable!

.....
 Consider Renewing Your Membership Today!



While our inductees will always be considered AKMuans, the renewal signifies a stronger level of commitment, affords members an updated card (noting them as "active"), and assists the Society in funding its efforts.

The Cost:

\$10 yearly for undergraduates

\$15 yearly for graduate students and alumni

\$300 for life members (which can be paid in three annual installments of \$100)

To remit payment, currently enrolled students should contact their advisors, and alumni should contact the national office (Dr. Mollie Brown, Executive Secretary-Treasurer, at mbs03bs@mchsi.com). Please include your induction year and institution.

North Carolina Central

(cont. from page 1)

“Being a member has helped me stand out from other applicants seeking to admission into graduate school,” said Howard. “Alpha Kappa Mu members consist of the best students which makes it such a top tier elite organization.” After graduation, she plans to continue her education by obtaining a master’s degree in education psychology and applied developmental science.

After several years of inactive status, newly-appointed Honors Program director Karen Keaton Jackson, Ph.D. has enhanced the intellectual climate on NC-CU’s campus with the latest induction ceremony. “It’s been a privilege to be a part of reactivating this amazing honor society on our campus,” said Keaton Jackson. “The students and their families brought so much energy and excitement to the event.” Members will have leadership and service opportunities and access to academic scholarships and professional conferences, she adds.

AKMuans Attend 2020

ACHS Conference

In February, President Veronica Yon and Executive Secretary-Treasurer Mollie Brown represented Alpha Kappa Mu Honor Society at the 2020 ACHS (Association of College Honor Societies) Conference. During their time in Baton Rouge, the duo networked with other honor society personnel, addressed issues in higher education, and received best practices in student support and administrative practices. Since 1996, Dr. Brown has participated in the annual ACHS convention on behalf of AKM.



Yon and Brown with Owners of Schoen Trimming and Cord Company, Inc.



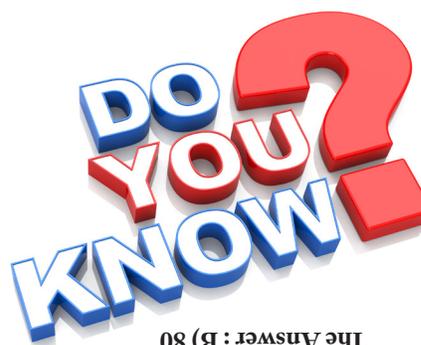
Brown and Yon with Other Conference Attendees



Benefits of Becoming a Member of Alpha Kappa Mu Honor Society:

- ▶ Growth Opportunities
- ▶ Leadership Training/Opportunities
- ▶ Scholarship Resources
- ▶ Academic Recognition
- ▶ Enrichment Opportunities
- ▶ Peer to Peer Networking Opportunities
- ▶ Development of Life Long Relationships

How many chapters are listed on the Roster posted on our National Website?



- A) 67
- B) 80
- C) 90
- D) 110

The Answer : B) 80

Just Brand It

Dr. M. Cheeks, Florida A&M University

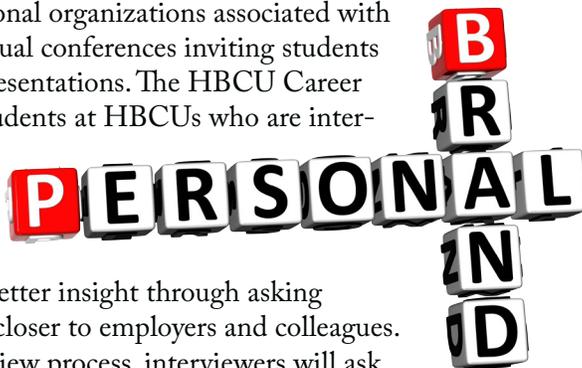
Nike is known for its motto "Just Do It." Look to Burger King and you will find the slogan "Your Way Right Away." These companies have reached millions of consumers with catchy sayings that are easy to remember. As college students, creating a brand is essential to your success in today's workforce. Employers are seeking talented individuals who are technologically savvy, socially astute, and energetically experienced in their field. Are you a guru when it comes to social media? Are you fluent in three or more languages? Do you possess certifications in Microsoft Office or other areas where there appears to be a shortage?



Dr. Makisha Cheeks

Here are five ways to build your personal brand:

1. Say Yes to Opportunities. Remember, you must crawl before you can walk, and walk before you can run. Entry level employment opportunities provide transferable skills, both soft and hard, that will assist you along the way. Actively seek out and volunteer for high-profile roles and assignments where you can demonstrate your new brand in action."
2. Make Your Research Heard at Conferences. Conference exposure may be one of the areas where you wished you had taken advantage of. Do the research and locate three professional organizations associated with your field of study. Many of these organizations host regional and annual conferences inviting students and graduates to submit proposals to participate in discussions and presentations. The HBCU Career Development and Marketplace Inc. hosts an annual conference for students at HBCUs who are interested in a career in corporate America. Conferences provide the perfect milieu for students and graduates to network and share their knowledge with others. Employers use attendance at conferences as an opportunity to secure talented individuals for their companies.
3. Ask One Question At Every Meeting You Attend. Gain better insight through asking questions. Asking questions can break the ice and bring you one step closer to employers and colleagues. Look engaged and jot down responses. For instance, during the interview process, interviewers will ask, "do you have any questions for me?" This is your opportunity to ask about professional development opportunities the company offers new employees.
4. Network Internally and Externally. Put yourself out there and make real connections. Don't allow this pandemic to hinder you from making your presence known virtually. While many students have Instagram, Snapchat, TikTok, Twitter, and, yes, Facebook, an updated LinkedIn account can connect you with professionals all over the world. Don't be afraid to send that email introducing yourself, and discussing your career aspirations.
5. Share Your Voice With Influences. Have something to say! This requires reading and becoming well-informed about the world around you and your specific field. Share your voice with commentators and journalist.



Invest in your personal brand daily. If you haven't already done so, begin the process of branding yourself and create a slogan that sells who you are and what you bring to the table. Remember, don't expect others to do what you won't do for yourself.

Summer and Fall Inductees, Florida A&M University



INDUCTIONS REPORT

Alpha Kappa Mu Honor Society, Incorporated
Dr. Mollie B. Brown, Executive-Secretary Treasurer

2019 SPRING, SUMMER, AND FALL INDUCTIONS - 543

CHAPTER	ADVISOR	DATE	INDUCTEES
ALPHA PSI, LIVINGSTONE COLLEGE, SALISBURY, NC	DR. OBADEMI BALOGUN	FEB 6, 2019	5
ALPHA DELTA SIGMA, WEST VIRGINIA STATE UNIVERSITY, INSTITUTE, WV	DR. SONYA ARMSTRONG	MARCH 1, 2019	14
ALPHA UPSILON, STILLMAN COLLEGE, TUSCALOOSA, AL	DR. JOSIAH J. SAMPSON, III	MARCH 25, 2019	10
ALPHA THETA, CLAFLIN UNIVERSITY, ORANGEBURG, SC	DR. CAROLETTA S. IVEY	MARCH 25, 2019	27
KAPPA BETA, LEMOYNE OWEN COLLEGE, MEMPHIS, TN	DR. DENISE FEREBEE	MARCH 25, 2019	14
ALPHA ALPHA, SAINT AUGUSTINE'S COLLEGE, RALEIGH, NC	DR. ELIZABETH FOURNIER	MARCH 25, 2019	26
PI LAMBDA PSI, MORGAN STATE UNIVERSITY, BALTIMORE, MD	DR. MILFORD A. JEREMIAH	MARCH 26, 2019	23
KAPPA TAU, CENTRAL STATE UNIVERSITY, WILBERFORCE. OH	DR. G. JAHWARA GIDDINGS	APRIL 2, 2019	27
MU THETA RUST COLLEGE, HOLLY SPRINGS, MS	MS. SUPRENA DUNCAN	APRIL 11, 2019	24
PHI BETA TAU, TENNESSEE STATE UNIVERSITY, BALTIMORE, MD	DR. CORENE JACKSON	APRIL 12, 2019	16
MU ALPHA, DELAWARE STATE UNIVERSITY, DOVER, DELAWARE	DR. SAMUEL B. HOFF	APRIL 12, 2019	1
GAMMA TAU, NORTH CAROLINA A&T UNIVERSITY, GREENSBORO, NC	DR. THOMAS C. REDD	APRIL 16, 2019	109
MU EPSILON, VOORHEES COLLEGE, DENMARK, SC	DR. LELAND C. BARROWS	APRIL 18, 2019	26
MU MU, KENT STATE UNIVERSITY, KENT, OH	H. BATE AGBOR-BAIYEE	APRIL 19, 2019	21
DELTA ETA SIGMA CHAPTER, DILLARD UNIVERSITY, NEW ORLEANS. LA	DR. RUBY BROADWATER	APRIL 22, 2019	14
RHO BETA, FAYETTEVILLE STATE UNIVERSITY, FAYETTEVILLE, NC	DR. PETER ELEY	APRIL 23, 2019	4
PI SIGMA KAPPA, PHILANDER SMITH COLLEGE, LITTLE ROCK, ARKANSAS	MRS. SHANNON M. CLOWNEY JOHNSON	MAY 2, 2019	20
MU GAMMA CHAPTER, BOWIE STATE UNIVERSITY, BOWIE, MD	DR. JOAN S. LANGDON, ADVISOR	MAY 10, 2019	6
KAPPA IOTA, FLORIDA A&M UNIVERSITY, TALLAHASSEE, FL	DR. VERONICA ADAMS YON, ADVISOR & DR. MAKISHA CHEEKS, CO-ADVISOR	JULY 31, 2019	25
BETA TAU UPSILON, TUSKEGEE UNIVERSITY, TUSKEGEE, AL	DR. CASSANDRA THOMAS	OCT 21, 2019	42
KAPPA PHI CHAPTER, JACKSON STATE UNIVERSITY, JACKSON, MS	DR. LORIA BROWN-GORDON, ADVISOR & MS. SANTAVAGA JORDAN, CO-ADVISOR	NOV 4, 2019	62
KAPPA IOTA, FLORIDA A&M UNIVERSITY, TALLAHASSEE, FL	DR. VERONICA ADAMS YON, ADVISOR & DR. MAKISHA CHEEKS, CO-ADVISOR	NOV 8, 2019	27

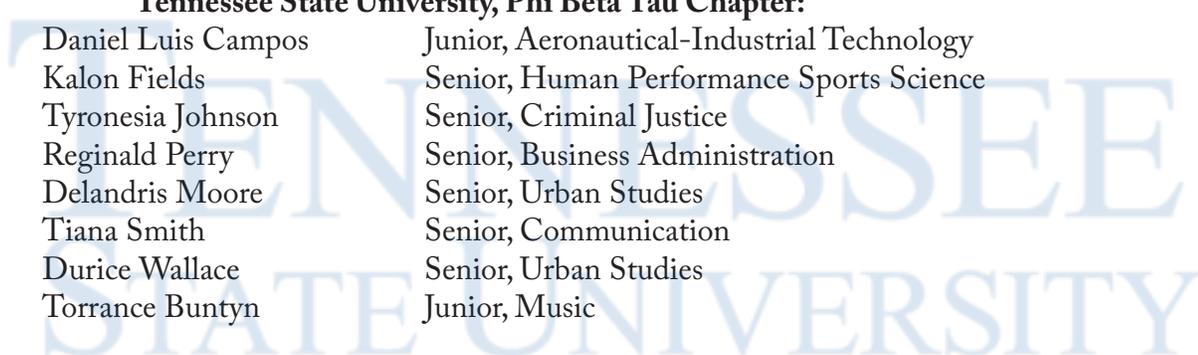
2020 SPRING INDUCTIONS - 355

CHAPTER	ADVISOR	DATE	INDUCTEES
KAPPA TAU CHAPTER, CENTRAL STATE UNIVERSITY, WILBERFORCE, OH	DR. G. J. GIDDINGS	FEB 28, 2020	24
KAPPA GAMMA, NORTH CAROLINA CENTRAL UNIVERSITY, DURHAM, NC	DR. KAREN KEATON JACKSON	MARCH 1, 2020	200
ALPHA DELTA SIGMA CHAPTER, W. VIRGINIA ST. UNIV. INSTITUTE, WV	DR. SONYA ARMSTRONG, ADVISOR	MARCH 13, 2020	9
KAPPA PI, BENEDICT COLLEGE, COLUMBIA, SC	DR. GWENDA RICHBURG, ADVISOR & MRS. LAURA E. DANIELS POSTELL, CO-ADVISOR	MARCH 21, 2020	8
KAPPA PHI CHAPTER, JACKSON STATE UNIVERSITY, JACKSON, MS	DR. LORIA BROWN-GORDON, ADVISOR & MS. SANTAVAYA JORDAN, CO-ADVISOR	MARCH 30, 2020	39
KAPPA UPSILON CHAPTER, ALCORN STATE UNIVERSITY, ALCORN, MS	MRS. SHAVONDA MCDANIEL JACKSON, ADVISOR	APRIL 3, 2020	8
RHO BETA CHAPTER, FAYETTEVILLE STATE UNIVERSITY, FAYETTEVILLE, NC	DR. PETER ELEY, ADVISOR	APRIL 6, 2020	6
MU EPSILON CHAPTER, VOORHEES COLLEGE, DENMARK, SC	DR. LELAND BARROWS, ADVISOR	APRIL 16, 2020	27
KAPPA IOTA CHAPTER, FLORIDA A&M UNIVERSITY, TALLAHASSEE, FL	DR. VERONICA YON, ADVISOR	APRIL 22, 2020	18
PHI BETA TAU CHAPTER, TENNESSEE STATE UNIVERSITY, NASHVILLE, TN	DR. CORENE JACKSON, ADVISOR & MS. TRUDIE THOMAS, CO-ADVISOR	APRIL 22, 2020	8
KAPPA PI CHAPTER, BENEDICT COLLEGE, COLUMBIA, SC	DR. GWENDA GREENE, HONORS PROGRAM DIR. & MS. LAURA DANIELS-POSTELL, HONORS PROG. ASST	MAY 17, 2020	8

Congratulations Inductees!

Tennessee State University, Phi Beta Tau Chapter:

Daniel Luis Campos	Junior, Aeronautical-Industrial Technology
Kalon Fields	Senior, Human Performance Sports Science
Tyronesia Johnson	Senior, Criminal Justice
Reginald Perry	Senior, Business Administration
Delandris Moore	Senior, Urban Studies
Tiana Smith	Senior, Communication
Durice Wallace	Senior, Urban Studies
Torrance Buntyn	Junior, Music



In Memory of Dr. Truby Bernard Clayton



It is with heavy hearts that we announce the passing of Dr. Truby Bernard Clayton, former Advisor at Wiley College and Regional VII Director.

We will forever cherish the occasions on which he beautifully played and sang our national hymn. We express our sincerest prayers of comfort and strength to his family and friends during this difficult time.



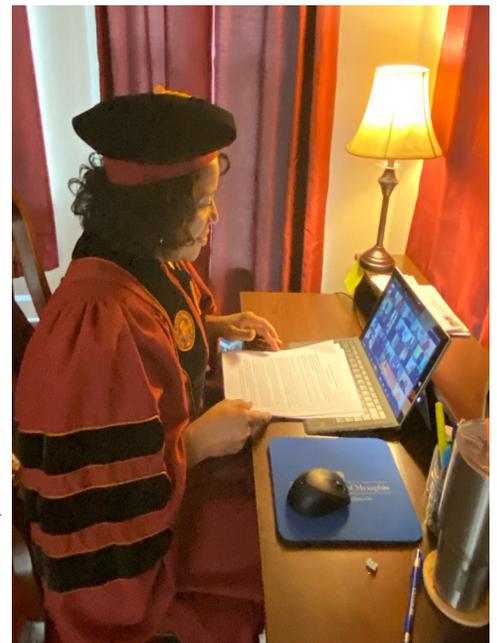
FAMU Welcomes Tennessee State for Virtual Induction (cont. from pg. 1)

Alpha Kappa Mu was founded in 1937 at Tennessee State University (Tennessee A&I College, at the time) by Dr. George W. Gore, who later became the fifth president of Florida A&M University in 1950. “It is ironic that it took a pandemic to bring about such a symbolic partnership. I look forward to our chapters working together again.”

The event featured heart-felt renditions of the AKM Hymn by flutist Timia Williams and vocalist Darien Bolden, Jr. Both students were inducted into the FAMU Chapter. FAMU officers, Dejenabra Meeks (president, graduate), Jorge Del’Angel (vice president, junior), and Kamaria Jacobs (secretary, graduate) assisted Yon in facilitating the program.

Included in the list of attendees were Dr. Coreen Jackson, Advisor and Interim Director of the Tennessee State University Honors Program; Ms. Trudie Thomas, TSU Co-Advisor; and Dr. Mollie Brown, AKM National Executive Secretary-Treasurer, along with family and friends.

In closing, Dr. Jackson offered words of encouragement to the inductees: “Continue to represent Alpha Kappa Mu as well as your honors colleges, your university, and your family. Represent them with distinction and with honor.... Remember that God has all power and all knowledge, and as you put your trust in Him, He will continue to lead and direct your life.”



Dr. Yon Conducting Virtual Induction

We Need You To Survive

Dr. Mollie B. Brown, Executive Secretary-Treasurer

I have been affiliated with Alpha Kappa Mu Honor Society since 1963 when I was inducted into Alpha Iota Chapter on the campus of Albany State College (University) in Albany, Georgia. Alpha Kappa Mu was the premier honor society on campus.

Upon arrival on campus in 1961, I noticed students walking around campus in black robes. I was informed that they were prospective members of Alpha Kappa Mu Honor Society. I located information about requirements to become a member of Alpha Kappa Mu in the Albany State College Catalog and becoming a member became my goal. I was invited to membership in May 1963 and have been affiliated since that date. After graduation in 1965, I became an employee of Albany State College as secretary to the Director of Admissions and Records and served as co-advisor with Mrs. Eddene Williams Johnson, who also worked in the Registrar's Office. I have served as advisor, regional director, president and now national executive secretary-treasurer



Dr. Mollie B. Brown

The Alpha Iota Chapter on the campus of Albany State was chartered in 1951. When I retired in 2003, Alpha Iota Chapter of Alpha Kappa Mu Honor Society was a line item on the Student Activities Budget, because our former President, Dr. Thomas Miller Jenkins (Dr. Jenkins came to us from Florida A&M University and admired Dr. George W. Gore, Jr., our founder), felt that all students enrolled were eligible for membership and we should have a part of the budget.

Why was Alpha Kappa Mu founded by Dr. George W. Gore, Jr.? Alpha Kappa Mu was founded in 1937 because the African- American colleges and universities needed to have an organization of honor students in order to meet accreditation requirements. None of the major honor society organizations would permit our students to join their organizations. Fast forward to 2018, we can become members of any campus organization. Most of them just require one to pay the fees and they are members. What makes Alpha Kappa Mu different—we want our members to become involved in sharing their knowledge with the campus and community in which they are located. Anybody can join, but we want involvement!!

I have been National Executive Secretary-Treasurer since 2008. The biggest dilemma that I have is that advisors are leaving institutions and not informing this office, even though we have requested that they do so. I know that advisors are not getting credit toward tenure for their service. Students today don't want to complete the community service and other items that are required to make Alpha Kappa Mu Viable and Visible on their campuses.

Advisors leave and there is no one willing to serve as advisors. WE are trying our best to put things in place that will make it easier for the advisor. In some years, students are exceptional and assist the advisors in getting things done. In other years, once students are inducted, you never see again –unless its graduation and they want to wear AKMu stoles or cords. What do we do? What do I do?

A problem now, advisors are not holding inductions. Without inductions, we will not survive. I realize that you are all very, very busy, but please help us. We need you to survive!!!!

Recommendations for Inductions During Covid-19 Restrictions

(excerpted from AKM President's Message to Advisors, 3/20/20)

I would like to reiterate AKM's recommendations with regard to the recent Coronavirus pandemic. With most, if not all, schools now operating remotely, we are making the following induction recommendations, which are also in concert with those recently made by the ACHS (Association of College Honor Societies):

1. Extend Spring Deadlines and adjust payment options to online (ex. PayPal, CashApp, GooglePay) --or use snail mail
2. Hold Virtual Induction Ceremonies (via Zoom, Skype, BlueJeans, etc.) and mail certificates to students, especially those who are graduating. [Note: If your university is not offering a free virtual platform, please let me know, and I'll get you set up on AKM's BlueJeans account.]
3. Continue Intake without Inductions and mail certificates to students, especially those who are graduating
4. Move Inductions to Summer or Fall

In the midst of these trying times, I ask that you still do everything possible to continue AKM's intake process. As you are aware, most of our students are inducted during the same year (or semester) they graduate; consequently, if our chapters are to thrive, yearly inductions are paramount!

Again, I wish you well as you adjust to the changes that are taking place. Press on, for "this too shall pass," and we'll come out more resilient than ever!

Blessings to you,

Veronica Adams Yon, Ph.D.
President



Dr. Veronica A Yon

Congratulations Inductees!

Florida A&M University, Kappa Iota Chapter:

Sheila L. Barnes-Williams	Graduate, Curriculum and Instruction
Darien Bolden, Jr.	Junior, Music Education
Kevin Channey	Senior, African American Studies
Chelsee Crawford	Graduate, Counselor Education
Ashley Hicks	Senior, Pharmacy
Jada Hoyle-Gardner	Graduate, Environmental Science
Maya Hughes	Junior, English
Hashanna Jallow	Junior, Biology/Pre-Medicine
Cierra McKenzie	Senior, Social Work
Keiara Payne-Nevels	Senior, African American Studies
Chante Powell	Graduate, Business Administration (Online)
Aaliya Rashad	Junior, Public Relations
Destyny Sparks	Junior, Psychology
Laniya White	Junior, Business Administration
Maya Williams	Junior, Psychology
Justin B. Williams	Graduate, Public Health
Timia Williams	Junior, Biology/Pre-Medicine
Mercedez Wood	Junior, Health Science



Thursday April 16th 2020 marked the induction into full membership of Alpha Kappa Mu Honor Society, Mu Epsilon Chapter, of twenty-six deserving Voorhees College Juniors and Seniors.

A formal and public induction ceremony was supposed to have been organized for these students in the Lawrence Memorial Auditorium of Massachusetts Hall. The ceremony was to have been led by the three chapter officers: the President, Ms. Shakaria Bethea, a Biology major; the Vice President, Ms. Christina Donovan, a Mass Communications major, and the Secretary, Ms. Denise Freeman, also a Biology major. Unfortunately, the COVID-19 pandemic led to the cancellation of the planned ceremony. Nevertheless, Voorhees College can take pride in recognizing twenty-six new members of Alpha Kappa Mu Honor Society among its students. The list of their names their class levels, and their majors follows:

Calvin Hurley Coach III	Junior	Sports Management
Marrisa Michelle Coffing	Senior	Criminal Justice
Quatasia Amour Donaldson	Junior	Psychology
Kimberly Denise Eagle	Junior	Emergency Management
Tymia T. Exum	Junior	Computer Science
Katrina Sabrina Faulkner	Senior	Criminal Justice
Dyanna L'Shai Freeman	Senior	Business Administration
DeAngela LaRose Fuller	Junior	Organizational Management
Andretta Lynette Gandy	Senior	Organizational Management
Lakeveundra Keonshae Hillard	Junior	Criminal Justice
Patricia A. Holmes-Reed	Junior	Theological Studies
Melvin Jackson Jr.	Senior	Computer Science
Jewel Kluttz	Senior	Psychology
Stacy Da'Shon Masten	Senior	Biology
Chad Lee Matthews	Senior	Sports Management
Charlie L. Murray Jr.	Junior	Organizational Management
Tynasha Sha Nelson	Senior	Emergency Management
Benny Patterson Jr.	Senior	Organizational Management
Denise Renae Person	Junior	Criminal Justice
Dontavious Ladelle Patrick	Senior	Sociology
Zandreia Moeshia Scott	Junior	Criminal Justice
Juanisha Nacole Sease	Senior	Interdisciplinary Studies
Stacia Grant Townsend	Senior	Criminal Justice
Denzel James Antonio Walls	Junior	Business Administration
Joslyn Desirée Williams	Junior	Psychology
Temah Esther Yarsiah	Senior	Business Administration

Submitted by:

Dr. Leland C. Barrows
 Professor of History
 Faculty Advisor
 Mu Epsilon Chapter

CDC Shares How to Mentally Cope with Covid-19

Information taken from Center Disease Control.
 “Mental Health and Coping with Covid-19”
 Web. 5 May 2020



The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Everyone reacts differently to stressful situations

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- People who have mental health conditions including problems with substance use

Take care of yourself and your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - o Take deep breaths, stretch, or meditate.
 - o Try to eat healthy, well-balanced meals.
- Avoid alcohol and drugs
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Call 911
- Visit the Disaster Distress Helpline, call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224

Dr. Makisha Cheeks, Director of Public Relations, needs your information.

Please send original poems, scholarly activities, chapter news, reflections, successes, etc. to makisha.cheeks@famuedu.

Note: Please do not “lay out” your submissions (i.e., text boxes, special alignments, multiple font points, etc); this process will be handled by the newsletter staff.

Thank you!



**ALPHA KAPPA MU HONOR SOCIETY, INCORPORATED
MEMBER (ACHS) ASSOCIATION OF COLLEGE HONOR SOCIETIES**

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Facebook: www.facebook.com/AKMNational

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President: Dr. Veronica Yon
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