

Student Leaders at Meredith: How to Get Involved and Be Effective in Your Position

Mary Balnes, staff writer

There are many opportunities for students to get involved at Meredith College, especially if they take an interest in one of the many student clubs and organizations. Below are a few ways for student leaders to get involved and be effective in their position.

Why Be a Student Leader? Director of Student Leadership and Service, Cheryl Jenkins explains that "it is valuable to be a student leader because you gain skills that you need for life and your career. You gain skills in teamwork, communication, initiative and analytical skills that help you to be more marketable to employers. You also feel more connected to Meredith College and make valuable contribu-

tions to the 'life of the College' and to your community." She elaborates that "some of the best qualities or skills needed by an effective student leader are delegating responsibilities or tasks, being a good listener and having a passion

for what that student is doing." The Office of Student Leadership and Service can aid students in their goal to be an effective student leader by showing students what organizations currently have a presence on campus in addition to many of the programs they offer through their office.

Get Involved in an Organization: If you have passion for an organization that is currently on campus you should take initiative to get involved. By playing an active role in an organization, you can make the move to being an officer and a larger leader within the organization giving you a bigger presence on campus. If you do not know where to start but are longing to get involved, turn to the back of your student planner or pull up the student handbook found on the Meredith website and take a look at all the opportunities available. With over 90 clubs and organizations and seven intercollegiate athletic teams, there are many ways to become a leader on campus.

Annual Programs Offered Through the Office of Student Leadership and Service: The Office of Student Leadership and Service is

dedicated to aiding students as they enhance both their passion for leadership and their desire for service. To assist students in their leadership development, the office has designed several programs that take place every year. These programs include Sloan Leadership Circle, Emerging Leaders Seminar Series and the LeaderShape Institute. The Sloan Leadership Circle serves as an opportunity for students to delve deeper into concepts of leadership and social change and is offered in the fall semester. The Emerging Leaders Seminar Series is designed to help students develop a better understanding of their own leadership skills and aid them in expanding their understanding of leadership concepts. This series is offered at the beginning of the spring semester. The LeaderShape Institute is an internationally recognized six-day leadership program that is available to many academic institutions. Participants delve into

their own passion for how they envision a change in the world and work towards creating a vision and a plan to create change. The LeaderShape Institute takes place at the end of the spring semester.

Sophie Lanneau Women's Leadership Development Program: Sophie Lanneau is a program that allows students to work in conjunction with other programs offered by the Office of Student Leadership and Service while working to increase ones knowledge in areas of leadership, specifically on the personal, group, and community levels. Cheryl Jenkins notes that "In this program students can earn levels of recognition (Foundations of Leadership, Silver Leaf and Gold Leaf) by completing various requirements. Many of these requirements can be fulfilled by participating in annual programs such as Emerging Leaders Seminar, the LeaderShape Institute and the Sloan Family Student Leadership Programs (like the spring break trip and the Leadership Circle)." She encourages students to get involved in these programs for they can assist students in becoming better leaders.

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Sustainability (cont)

be as sustainable as they claim.

Belk Dining Hall has pioneered many initiatives to increase campus dining sustainability. According to Food Service Director, Scott Lamond, Belk Dining Hall was able to compost 161,725 pounds of food scraps in one year. Food Services staff also supply students with reusable take out trays and cups.

Looking at the community impact of the food served in the dining hall, the dining services website states that five to 10 percent of the food is locally grown. However, they define "locally grown" as North Carolina, South Carolina, Georgia, Tennessee and Virginia. While transporting food from these locations emits less carbon than buying food internationally, it still has a negative impact on the environment. As for the small percentage locally grown, Lamond reports that "We are always trying to increase that percentage. We are currently working on a local purchasing plan to do so, and we participate in the Goodness Grows in N.C. campaign."

Energy used to produce the food in the dining hall and utilities across campus is another factor in Meredith's environmental impact. The dining hall uses gas for energy, while the rest of campus uses natural gas, coal and nuclear energy. Nathan Holder, the Meredith College Energy Manager from Advanced Energy, reports that "In terms of clean energy, Meredith has looked into solar thermal panels for heating water, as well as solar PV panels for powering exterior lighting. Some clean energy projects can be very cost effective, whereas some clean energy projects can cost substantially more. Also, clean energy projects sometimes cost more initially but have a lower life cycle cost... and produce energy many years in the future."

Holder argues that "the biggest strategy that colleges can do now to cut down on energy usage without any investment or cost, is to turn any device off when it is not in use; such as office/classroom/residence hall lights, office equipment, etc." Most classrooms' lights are turned off at the end of the day, but many are still left on, emitting unnecessary carbon each year. Many hallway lights in buildings and dorms are also left on throughout the night. The fluorescent lights used and require less energy than other types of lights, but Holder presses that the "'greenest' energy" is the energy that is NOT used."

From Afghanistan to Meredith College

Marzia Nawrozi, staff writer

Reflection – My arrival to Meredith College was, and still is, a dream come true for me. I have learned so much from my professors and have made so many good friends here. In so many ways, Meredith College has become my home. I do not, after all, get to travel home on breaks, and I do not speak with my family very often.

In Afghanistan, it is very difficult for a woman to leave home alone to pursue an education in the United States. The selection process for the opportunity to be a part of the Initiative to Educate Afghan Women is extremely competitive, and that hurdle was nothing compared to the struggle I had with my family to get their approval for me to leave Afghanistan. Even now my family has to hide the truth about my whereabouts from relatives and others for security reasons.

When I compare myself now to the first day I came to Meredith, I see that I have changed a lot. Meredith has made me a better person with improved ideas and more confidence. I also have a visible and valuable keepsake: my class ring. I love my onyx; it is a symbol of success, independence, pride and friendship. My onyx represents the wonderful result of the risks I took to get my education and my four years of hard work. My onyx is not only a reminder of the past, but also the future. It is a reminder that I am responsible to use the knowledge I have gained at Meredith College to help my community and women in the world. My education here has taught me that we as students are connected like sisters and are here to help one another. In Afghanistan, less than 15 percent of women can read and write. I am one of few educated enough to help the women in my country and other countries to break the cycle of poverty. Half the Sky by Nicholas Kristof shows how women are oppressed in much of the world; it is our obligation to do something to help these women because of how much we have been given and how much achieved.

As my college career comes to an end, I would like to thank my professors, friends, The Initiative to Educate Afghan Women program and the local families who made these four years very special for me. I believe we learn from our environment as much as we learn from our books. And I am so thankful for what I have learned here.

CAMPUS ANNOUNCEMENTS

Sociology/Criminology Club will be selling Halloween Candy Grams this week! They will be distributed on Halloween! Find them on first Cate for \$1 from 10 a.m. to 2 p.m. through Friday.

The Weems Gallery is sponsoring the first ever "Holiday Art Make-and-Take!" The craft night will begin at 6 p.m. on Thurs, Nov. 8 in GHA129 For \$5 you get ALL of your craft supplies and free food! If you're interested or want to reserve a spot (spaces are limited) email chappell@email.meredith.edu!

From the Registrar's Office -- *Friday, October 26:* Last day to request a leave of absence, withdrawal or drop a class with a grade of "W" for the fall 2012 semester. *Monday October 29:* Spring 2013 pre-registration begins. Meet with your advisor as soon as possible to obtain registration clearance before pre-registration opens. The pre-registration schedule is available online at: <http://meredith.edu/registrar/spring-semester.htm>.

Penny Barrels is a friendly, fundraising class-competition organized by RHA. Also known as Coin Wars, the goal is for each class to accumulate the most non-silver coins (quarters, dimes, nickles). The buckets will be located in SMB from 9-11 a.m. and in BDH from 11:30 a.m. - 1:30 p.m. during Cornhuskin' week. On Friday, Nov. 2, Penny Barrels will only be open 9-10 a.m. in SMB, then the totals will be tallied. All donations will go to Stop Child Trafficking Now and the Daisy Trade Too.