

GREATER NORTHWEST REGION



STRESSED OUT?

Stressed out seems to be the way the world works. As the new quarter begins remember college is hard, especially when you are balancing other important aspects of your life, such as work and families. Symptoms of stress:

- Difficulty concentrating
- Increased worrying
- Trouble completing assignments on time
- Not going to class
- Short temper or increased agitation
- Tension
- Headaches
- Tight muscles
- Changes in eating habits (e.g., “stress eating”)
- Changes in sleeping habits

See Page 3 for healthy tips to help you avoid that

STRESSED feeling!

UP your leadership game, have fun with cool people and give back to our PTK community, apply for one of four open regional officer positions. You just might be the right fit in something bigger that makes a difference! Examine the reason you're not applying, is it a legitimate excuse?

The applications can be found at www.gnrptk.org.

Regional Team

Contact Information

Regional President:

Melinda Dourte

melindad@bigbend.edu

District I VP:

Vacant

District II VP:

Jennifer White

jwhite97929@tacomacc.edu

District III VP:

Vacant

District IV VP:

Vacant

District V VP:

Vacant

Regional Coordinator:

Dr. Tomas Ramos

tramos@tacomacc.edu

Associate Regional Coordinator:

Michaelann Allen

Michaelann.M.Allen@seattlecolleges.edu

Fall District Conferences

Join Beta Iota at
Grays Harbor College
November 12
or

Rho Zeta at
Big Bend Community College
in Moses Lake
November 19

Leadership and opportunities to
write for Honors in Action and/or
College Projects.

Want to boost your chapter
status up another star?

Participate in a your district
conference and network with
fellow nerds! **Advisors:** See more
about district conference opportunities
on the last page.

STRESSED OUT?

Tips to avoid or decrease the edgy stressed out
feelings before you become overwhelmed.

- Get enough sleep
- Eat well
- Exercise
- Avoid unnatural energy boosters
- Get emotional support
- Don't give up your passions
- Try not to overload yourself
- Avoid relaxing with alcohol
- Breathe
- Get a massage

[Read more... and even more...](#)

PTK.org features HIA and College Project recorded

WEBINARS

Another benefit of your PTK membership

How to LinkedIn: Building Your Profile

Date: Thursday, September 29 Time: 7:30-

8:15 p.m. CT

[register here!](#)

What does a distinguished chapter member do?

Shows strong initiative in helping implement major activities related to both HIA and chapter development, has positive, substantial impact at the chapter, college, community AND in or beyond the region, and a powerful presence among peers." [Read more...](#)

This could be you!

Scholarship News



\$\$ SHOW ME THE MONEY! \$\$

Did you notice the new feature spot-lighting members who have received scholarships due to their PTK involvement in last month's newsletter? Scholarships are a major benefit of PTK membership and activity.

There are millions of dollars available to you.

We want to celebrate your scholarships news region-wide.

Please share your good \$\$\$ news with Melinda or Jennifer!

Henry Vu served his PTK community, which resulted in \$\$\$. "I was selected as a member of the 2016 All-Washington Community College Academic Team. I attended Bellevue College before transferring to UW Bothell with a major in Educational Studies. I am planning to major in Computing and Software Systems as well. I was the Vice President of Service of my chapter at Bellevue College, as well as the Regional Vice President for District I. The PTK scholarship I was awarded was the All Washington Academic Award."



Way to go Henry!! Thank you for you many contributions to the Greater Northwest Region of PTK!

Interested in Running for Regional Office?

There are many perks that come with being a Greater Northwest Region, Regional Officer. The opportunity to travel, at the region's expense, to NerdNation, Honors Institute, and many regional conferences. You truly build lifelong relationships with the other officers and the advisors. Time commitment is minimal considering the opportunities given. There are monthly video chats which last no longer than one hour. The week before any sort of conference will be the busiest with constant emails back and forth, just to be sure everything is in order. This is the same just before NerdNation and Honors Institute, just to be sure everything is squared away, and the officers are prepared.

Applying is simple. Go to gnrptk.org and click on the [Greater Northwest Region Resource Page](#), click on the [Regional Officer Application](#), read through the application and be sure everything is understood. Complete two copies, be sure to have your advisor fill out their information, and get your college president's signature, which allows Dr. Ramos and Michaelann to know you are eligible to be in the position. Follow directions to mail a copy to both Dr. Ramos and Michaelann by

October 6 at 5:00 p.m.

If you have any questions, any officer would be more than happy to answer them or contact Dr. Ramos or Michaelann.

Formerly NerdNation...



Let's do this! [More...](#)

Advisors:

Interested in Presenting at a District Conference?

Stipend of \$400

Please submit a letter of intent demonstrating your authority in the relevant HIA theme(s) and provide a synopsis of your presentation and how it relates to one or more HIA themes.

Presenter/Presentation Requirements:

1. Current advisor from the Greater Northwest Region
2. Area of expertise relevant to the Honors in Action Theme(s)
3. Currently working with chapter to develop and submit Honors in Action to headquarters
4. Attending Fall District Conference at Grays Harbor College, Saturday, Nov 12 or Big Bend Community College, Saturday, Nov 19.
5. 60-minute presentation based on area of expertise including 5 qualified resources to support the high quality of a regional level seminar/workshop.

The selection committee (Regional Coordinator Tomas Ramos, Ph.D., Associate Regional Coordinator Michaelann Allen, Regional President Melinda Dourte, and Regional VP of District III Jennifer White) will select one speaker to participate in each of the two conferences. Candidates traveling more than 150 miles may request up to \$200 for travel expenses.

Letter of intent with all relevant information to be mailed to tramos@tacomacc.edu and Michaelann.M.Allen@seattlecolleges.edu by September 7, 5:00 p.m.