



Lessons to Our Younger Selves

Fraternity Value: Lifelong Commitment, Sincere Friendship

Time: Approximately 20–30 minutes

Suggested Facilitator: Alumnae Club President, or other Exec member

Goals:

- Share life experience with new and younger Pi Phis.
- Engage a local (or not so local) chapter with personal correspondence.
- Memorialize advice older Pi Phis wish they'd known as undergraduate women or as young alumnae.
- Celebrate Pi Beta Phi's 150th anniversary.

Room set-up/materials needed:

- Pens, pencils, colored pencils or markers
- Postcards on cardstock paper (postcards included in this seminar)
- Copies of Inspiring Women worksheet (worksheet included in this seminar)
- Space and surfaces to write and/or color postcards
- Address of the chapter to which you are sending the postcards
- Large mailing envelope
- Stamps

Getting Started

Talking points are indicated with a callout bullet (☛). Please use these as speaking guidelines but be sure to jazz up the presentation with your own personality. Facilitation instructions are indicated with an arrow (➤) and serve as hints you might find helpful when administering the material. Most importantly, have fun!

- This seminar is a casual club activity to memorialize and share advice to younger Pi Phis. You can do this activity at a holiday party or during a club meeting.
- Print out either the postcards that are already colored or the postcards that can be colored depending on how long you would like to spend on this activity and the interest in coloring.
- These postcards are intended to be mailed to a local chapter, preferably the one your club supports.
- Print a few copies of the Inspiring Women worksheet (enough for every two or three women to share).
- Make sure there are comfortable spaces for members to sit and enough surface area for each woman to decorate and write her postcard.

Instructions

→ Introduce the activity:

● Today we are going to talk about advice we wish we'd known as undergraduates or young alumnae, or things we've learned over the years we'd like to share with chapter members today. As lifelong members of Pi Beta Phi and sincere friends to our collegiate sisters, we are going to share some of the advice we have with <insert chapter>.

● Pi Phis have a wealth of wisdom to share and nearly 150 years of sisterhood behind us!

→ Pass out the Inspiring Women worksheet.

● Adrian Larssen of The Muse collected essays from several women who hold powerful positions. These quotes are the distilled version of their advice to their younger selves. Let's read a few of these.

→ Read through the document and ask the following questions. Allow a few minutes for discussion and sharing of answers to these questions.

● Which quotes resonate with you? Is any of it advice you wish your younger self had known?

● Was there a mentor or sister who gave you advice that you found really useful in college or as a young alumna?

● If you could give your younger self one piece of advice, what would it be? Take a few minutes to think about what you would tell yourself.

→ Pass out the postcards. If you are also taking the time to color the postcards, pass out the postcards that are just the black and white outline and markers or colored pencils. If you are short on time or not interested in coloring, feel free to use the postcards that are already colored for you.

● Let's take a few minutes to write down our advice to younger Pi Phis.

● Make sure to sign the postcards and include your chapter and alumnae club name.

Final Wrap-Up

→ Collect the completed postcards and place them in a large mailing envelope. Address the envelope to your local chapter and affix the appropriate postage. You can find mailing addresses for all Pi Beta Phi chapters on the Pi Beta Phi website.

● We will send these postcards to the local chapter to share our advice for them. I will follow up with the Alumnae Advisory Committee (AAC) Chair to ensure the chapter shares the postcards with their members!

→ Call or email the AAC chair for the chapter to which you are sending the postcards. Ask them to encourage the chapter to share some or all of the postcards in a chapter meeting and/or display in the chapter house.

Inspiring Women

Adapted from The Muse article “Lessons to My Younger Self” by Adrian Granzella Larssen
www.themuse.com/advice/lessons-to-my-younger-self-a-series-by-inspiring-women

“Know Your Worth” *Hilda Solis, U.S. Secretary of Labor*

When Hilda Solis was in high school, her career counselor told her she wasn’t “college material” and that she should become a secretary. Turns out, she did: The U.S. Secretary of Labor.

“Speak Up” *Liza Donnelly, Staff Cartoonist, The New Yorker*

When Liza Donnelly began selling her work to The New Yorker in 1979, she was the youngest cartoonist there and one of only three women. Things have changed, thankfully, but one thing has lingered: the failure of women to speak our minds. You must speak up, Liza tells her younger self. (She’s now making up for lost time at TED, the United Nations, and on TV interviews worldwide.)

“Confidence is Beautiful—And So Are You” *Cindy Gallop, Founder & CEO, If We Ran the World*

From the moment we’re born, the world conspires to make us feel insecure, says Cindy Gallop. And she wants to change that: she seeks to redefine the way society thinks an older woman should act and look, and she would remind her younger self that she’s beautiful—exactly the way she is.

“Live on Your Terms” *Joanne Wilson, “Gotham Gal” Blogger & Angel Investor*

As a young woman, Joanne Wilson charged full-speed ahead in her career, constantly desiring to successfully move forward. It got her great places, but she’d tell her younger self to not be so concerned with what’s next, and instead, enjoy each moment.

“Be Open to Change” *Carole Geithner, Clinical Social Worker & Assistant Clinical Professor*

Carole Geithner is a successful Clinical Social Worker, Assistant Clinical Professor, and author. If she could give her younger self some advice, she would tell her to stop worrying about having a plan all of the time and to embrace the changes life throws at you.

“Write Down Your Goals” *Julie Bornstein, Senior Vice President, Sephora Direct*

Put it on paper. That’s the advice Julie Bornstein would give her younger self: to write down her dreams and goals for the future—from the lofty to the mundane. It sounds simple, but it can also be a powerful anchor for your future.

“Let Go of the Guilt” *Neale Godfrey, Chair, Children’s Financial Network*

Neale Godfrey had it all—family, friends, and a fabulously successful career—but constantly felt bad about not being able to do it all, all the time. She wishes her younger self could let go of that guilt.





