CME Database

Name: Jennifer Salvo

Chapter: Delta

University: University of Oklahoma

Name of the CME Activity: PIE

Purpose of Activity: Re-learn the secrets of TBS and purposes

Description: New and old members gather to relearn the secrets of our organization. We also eat treats, such as pie, and reminisce over our time in TBS thus far.

Materials needed: Treats brought from chapter members, and a re-ed slideshow

Name: Chelsea Zuniga

Chapter: Alpha

University: Oklahoma State University

Name of the CME Activity: Build-a-mix

Purpose of Activity: Robert’s rules, general TBS knowledge, KKPsi knowledge, and chapter history

Description: Get food items that you would put in Chex mix (like m&ms, pretzels, etc.) and have a lesson for each. People group up and complete a worksheet and if the team does well, they get a part of their Chex mix. If a group struggles, stop and review the material further. Do this to add to your mix. When finished, everyone has learned and has a snack as a reward!

Materials needed: Food (Pretzels, M&Ms, etc.), bowls or cups, worksheets on whatever you are having a lesson over.

Name: Savannah Sargent

Chapter: Epsilon Psi

University: Prairie View A&M University

Name of the CME Activity: E-Psi Meet, Greet, and Teach

Purpose of Activity: To help future members to learn their info but to help the current chapter members to brush up on their information as well

Description: Membership candidates will meet with active members of the chapter in order to get to know them and socialize with their future sisters. Prior to meeting, the chapter and the prospective members should have practice and retained their information on tau beta sigma. In meeting the girls, they help each other on memorizing their information, and find the deeper meaning in the history. After bonding, we all take a test together with the prospective members, and see the results in how we did, how we can improve and do it again if the grade was below average. This not only help future members to learn their info but to help the current chapter members to brush up on their information as well.

Materials needed: Pens, Test, snacks, binders

Name: Lana Larsen

Chapter: Delta Phi

University: Texas Lutheran University

Name of the CME Activity: Education Jeopardy

Purpose of Activity: To help current members retain the information taught to them during their membership candidate season and to further their education on topics that were not covered during the membership season.

Description: At the beginning of our weekly meetings we will play a game of jeopardy that covers the materials the current membership candidates are learning. We normally divide into two teams (different teams each week) and they compete against each other in different categories.

Materials needed: A jeopardy game board

Name: Brianna Denson

Chapter: Iota Tau

University: University of Texas at San Antonio

Name of the CME Activity: Jeopardy

Purpose of Activity: To recall chapter information in a competitive way

Description: Two teams take turns answering questions regarding to TBS History, the Greek Alphabet, and factors and ideals. Each question ranges in points and difficulty. Questions worth 100 points might ask "Who is the founder of TBS? Questions worth up to 500 points might ask the team to write in full Factor #2.

Materials needed: A jeopardy game board, a dry erase board with markers to write down answers

Name: Laneisha Hale

Chapter: Tau

University: University of Houston

Name of the CME Activity: 14 weeks of 8’s and 5’s

Purpose of Activity: A deeper understanding of the 8’s and 5’s

Description: During this activity our VPM reads aloud the quality or factor of the week. We then spend several minutes as a chapter expounding on what said quality or factor means to us and how we can apply it in our sisterly and personal lives. To go even further, you can post on social media or talk in meeting about how you incorporated that factor or quality in your life that week. The 14th week is when you read all of the 8’s and 5’s and strive to be the ideal sister. This also helps when interviews are coming up.

Materials needed: N/A

Name: Taylor Hennig

Chapter: Epsilon Beta

University: Texas A&M University at Commerce

Name of the CME Activity: Headbands

Purpose of Activity: Learning what the awards are!

Description: We had National Awards written on sticky notes and everyone partnered up. Then we would ask each other yes or no questions to guess which award we were!

Materials needed: an even number of participants, sticky notes

Name: Alexandra Guedea

Chapter: Gamma Xi

University: Arkansas State University

Name of the CME Activity: Headbandz

**Purpose of Activity**: The purpose of the event was to take all of the stuff that was on their post membership test and try to get the active members to think more critically about how to apply things like the 8 essential factors or the points of the preamble to real life. It was also used as a refresher activity to help them remember basic knowledge of Tau Beta Sigma and our chapter.

**Description**: For this activity we split up the chapter into two groups and had them play our version of headbandz. There were two rounds, the first round was easy. The first team in this round would draw a card and it would have something simple on it (i.e. Tau Beta Sigma flower, mascot) and the first team would get to choose who wears the headband on the second team as the second team has 30 seconds to try and describe to the person wearing the headband what they are. They can say things like "What is our national mascot?" and if they still don't get that then the team has to get creative with how to convey the answer without saying the answer. If the person wearing the headband gets it, the team gets 1 point. After both teams use all of the first round cards (there should be 6 to 10 of them) the next round will begin and this round is a little more complicated. For this round team 2 will go first this time and they will draw a card and choose who on team 1 will wear the headband. Once they choose the person they can either leave the room or (do like we did) and put headphones over the persons ears and play some music so they cannot hear. Team 1 will then have 1 minute to figure out how they are going to describe what is on the card. For this instance it will have something more complicated like preambles 1 through 5 and the 8 essential factors. I wanted them to try and act out a situation related to what was on the card. While the team is figuring out how they are going to describe it, the person who is wearing the headband will have an answer key to look at so that they have a chance of understanding what the team is trying to describe to them. Once the minute is up, the team now has 1 minute and 30 seconds to try and convey the thing on the card without giving away key words. If the teammate wearing the headband answers correctly then the team gets 5 points. Both teams continue until all cards run out (should be 10 of them) or until a decided amount of time runs out. This game can be long.

**Materials needed**: Pieces of paper with answers written on them, answer key for hard questions, stop watch (phone), tape for the "headband"

Name: Johanna Balboa

Chapter: Xi

University: West Texas A&M University

Name of the CME Activity: Wava’s Weekly Words of Wisdom

Purpose of Activity: Refresh concepts that are the foundation of TBS

Description: The Vice President will present Wava's Weekly Words of Wisdom as part of continuing education. We discuss important things such as the 5's and 8's as well as review ritual meanings to remind our members the foundation of our organization. We also include fun facts about tbs that we sometimes forget.(When TBS became co-ed, who the original exec was..etc)

Materials needed: Ritual book, TBS Guide to Membership, etc.

Name: Stormy Semich

Chapter: Alpha Upsilon

University: Lamar University

Name of the CME Activity: Tau Beta Spotlight

Purpose of Activity: Applying the 8’s and 5’s to personal life

Description: Each week, we take an essential factor or quality and break down the meaning of it. We go through the definition of certain words, break down the meanings of specific phrases, and apply quotes that relate to the factor. We also go into discussion of what it means to us and how we can apply it within the chapter, within school, and within our personal lives.

Materials needed: Handout made each week by the Vice President

Name: Morgan Darling

Chapter: Gamma Tau

University: University of Central Arkansas

Name of the CME Activity: Ritual Workshop

Purpose of Activity: Running rituals smoothly

Description: Before rituals take place, it is important that everyone is on the same page of what happens before and during ritual. So, to make sure all parts work smoothly, host a ritual workshop for the sisters as a dress rehearsal before the real thing.

Materials needed: Ritual regalia

Name: Morgan Darling

Chapter: Gamma Tau

University: University of Central Arkansas

Name of the CME Activity: Pin Attire Fashion Show

Purpose of Activity: Recognizing pin attire and proper wear of jewelry

Description: This can be something to show the MCs and current members what to wear to rituals, how to behave while wearing letters or pins, and the appropriate times to wear a pin. A lot of times, "pin attire" can be vague, so to clear this up, host a funny fashion show! Start with sweatpants, then casual clothes, letter shirts, business casual, pin attire, and formal wear. While each model is presented, ask "Is this something you should wear a pin with?" It's a good way to not only introduce the concept of pin attire to new members, but also refresh current members before rituals!

Materials needed: “models”, funny clothes, professional clothes, and pin attire clothes

Name: Morgan Darling

Chapter: Gamma Tau

University: University of Central Arkansas

Name of the CME Activity: I have, who has?

Purpose of Activity: Memorizing the 8’s and 5’s and purposes

Description: Each name of an ideal of Tau Beta Sigma is written out on an index card (ie: 1st Purpose, 5th Quality). Then, the cards are turned over and mixed, with the written out version of each ideal (ie: "Generosity of mind, heart and hand"). Then, each sister is handed a card. One person starts by reading off one side of their card. They say "Who has \_\_\_\_\_\_\_\_ (example: The 6th Factor) ?" then, the person with the corresponding card says the written out version of the ideal: "I have \_\_\_\_\_\_ (Generosity of mind, heart, and hand." Then that person reads off the back of his or her card in the "I have" format and the game continues!

Materials needed: Index cards, markers

Name: Haley Long

Chapter: Beta Zeta

University: Stephen F. Austin State University

Name of the CME Activity: Active Quiz

Purpose of Activity: To refresh our knowledge of Tau Beta Sigma in order to continue our traditions and help guide our new actives.

Description: VPME gives each active and conditional member a quiz over national and chapter history

Materials needed: quiz handouts

Name: Shannon Lotti

Chapter: Gamma Nu

University: University of Texas at Arlington

Name of the CME Activity: Unscramble the 8’s and 5’s

Purpose of Activity: Memorizing the 8’s and 5’s

Description: Print the 8s and 5s in large font, and cut out the words a few at a time. Scramble the words together. Put actives in teams of about 5, and have a race to see who can unscramble them the fastest!

Materials needed: Paper and scissors

Name: Natalie Irvin

Chapter: Psi

University: University of Arkansas

Name of the CME Activity: Discovering Idealistic Connections

Purpose of Activity: Connections with the 8’s and 5’s with other outlets around us

Description: Each member of the chapter is asked to pick one of the 5 qualities or 8 essential factors that they feel the least familiar with and find a quote, article, song, or some form of media that they feel represents or explains the quality or factor that they chose. The week after this assignment is given, in chapter we will break up into small groups of 4-5 and discuss what each member found to represent their quality or ideal. After the group session, members will be asked to share with the entire chapter.

Materials needed: Sources of media, internet, magazines, newspaper, etc. based on what each chapter member chooses

Name: Katie Knight

Chapter: Alpha Omicron

University: Sam Houston State University

Name of the CME Activity: Ping Pong Ball Trivia/Charades

Purpose of Activity: Refreshing actives about general facts about TBS

Description: This activity includes passing around a jar of ping pong balls. On these, you will find written questions, certain TBS topics to discuss, and even a few that will ask you to act out certain things (ex. How TBS was founded). The member will talk about it, or ask questions in order to understand the subject better! This offers a way to get people engaged while adding an element of fun!

Materials needed: a container, ping pong balls, a sharpie to write on them