

Annual Leadership Conference to be Held in Myrtle Beach, South Carolina

When: March 23-March 26, 2017

Where: Myrtle Beach, South Carolina

**DoubleTree Resort, Hilton Myrtle Beach Oceanfront
 3200 S Ocean Blvd.**

Cost is \$195.00 per person PRIOR to February 20, 2017. Late registration fee is \$225.00 per person.

See www.abg.org for registration form.

Letter from the Editor



The Alpha Beta Gamma National Leadership Conference is a time honored event to recognize chapter and member achievement and deal with society business. The conference gives students and advisers an opportunity to present at a national conference. It is also a wonderful way to meet your fellow Alpha Beta Gammans and establish life-long friendships. Please take advantage of attending the conference.

Consider presenting at the conference and/or submitting an essay or two in order to earn some scholarship funds (see www.abg.org for more information). Essays are available on many topics of interest and you might be able to incorporate something you have written for a class assignment. Presentations can be done singly or with your fellow chapter members—so choose a great topic and share with the group! Keep in mind that essay submission (and awards) and presentations at a National Conference look great on a resume!

Your chapter does great things—plan on submitting for a chapter award. Take photos, show results of your activities. Prepare a portfolio (see the Teepool Award) to document what you have done.

GET INVOLVED!

The conference is scheduled with presentations and meetings each morning which will allow afternoons and evenings to enjoy the location and each other. Check out the Myrtle Beach information on page 3. I look forward to meeting all of you in Myrtle Beach!

ABG National

CHIEF EXECUTIVE OFFICER
Professor John D. Christesen
Westchester Community College

NATIONAL EXECUTIVE CHAIRS
Professor Marc Zagara
Georgia Perimeter College
Professor Renee Summers-Akers
Hinds Community College
Professor Harold E. Tepool, Jr.
Vincennes University

CHIEF FINANCIAL OFFICER
Paul V. Cunningham
Metropolitan Museum of Art--New York

FUND TRUSTEES
C. George Alvey
Donald Bertram
Richard Irvine
Joseph Perry
Paul Cunningham

WEBMASTER
Danielle Lovely

FACULTY EXECUTIVE BOARD
Professor Gaye Andersen, University of Phoenix
Professor Harold E. Tepool, Jr. Vincennes University
Professor Becky Rutz, Mississippi Gulf Coast Community College
Professor Dixie Towers, The Art Institute of California-Orange County

EXECUTIVE COORDINATOR--**Brenda Bogren**
STUDENT OFFICER LIASON--**Maria Montemagno**

NATIONAL SCHOLARSHIP COMMITTEE
Professor Pamela Donahue, Chairperson - Northern Essex Community College; **Professor Gaye Andersen** - University of Phoenix; **Professor Carla Rich** - Pensicola Junior College;
Professor Rebecca Rutz - Mississippi Gulf Coast; **Professor Renee Summers-Akers**, Hinds Community College; **Professor Harold Tepool** - Vincennes University

NATIONAL STUDENT PRESIDENT, 2016
Monique Mohammed, Eta Sigma

NATIONAL STUDENT VICE-PRESIDENT, 2016
Chris Doan, Alpha Pi

STUDENT EXECUTIVE COMMITTEE, 2016
Donique Bingham, Eta Sigma
Lourdes Aquino, Delta
Breanna Nowetner, Kappa Beta

THE HONORS JOURNAL of Alpha Beta Gamma

Editor
Gaye Andersen

Assistant Editor
Danielle Lovely

Chief Executive Officer
John D. Christesen

Send newsletters to:

Alpha Beta Gamma
The Honors Journal
1160 Midland Avenue, Suite 4C,
Bronxville, NY 10708

or

E-mail to: ceo@abg.org
or gaye.andersen@abg.org

Special Features This Edition

2017 Leadership Conference

Registration Information pg 4
It's Myrtle Beach Time!.....starting pg 3

Resources for Success

Good Fences Make Us Rich pg 5
Leadership Begins with Listening..... pg 8
Your Personal Standard of Care..... pg10

PLUS

- **Tips and hints on How to Succeed**
 - **Humorous quips and quotes**
 - **Resources for Members of ABG**
- ... and much more!



It's Myrtle Beach Time!



Having never been to Myrtle Beach myself (it's on my short bucket list), I checked the internet for information on this amazing location. According to the official Myrtle Beach website, here are some of the goodies I found. . .it might be a good idea to extend your stay for a day or two!.

First the hotel—the DoubleTree Resort by Hilton Hotel Myrtle Beach Oceanfront is set across 27 acres on the south end of Ocean Boulevard, this resort has beautiful private beaches, lively entertainment and plenty of activities, with Springmaid Pier on one side and Myrtle Beach State Park on the other.

The guest rooms all have ocean views and private balconies, complimentary WiFi, a 40-inch HDTV, mini-refrigerator, microwave and coffee maker.

You'll find beautiful landscapes and a wealth of resort activities at the Myrtle Beach hotel, mini-golf, a pier tackle shop, a fitness center with free weights and cardio equipment, and each resort building has an indoor/outdoor pool.

Off the resort, in the surrounding area, there are also many things to do: you can rent jet skis, kayaks, banana boats (ride tandem with friends behind a jet ski at 35 mph), segways, and parasails. You can go go-karting, take a tour boat, go deep sea fishing, ride on a sail boat for an hour or half of the day, or take a helicopter tour of the beach area for only \$20. There are over fifty miniature golf courses in the area priced at around \$8. There is shelling at Myrtle Beach State Park where you can find awesome shells and shark's teeth. The area provides many opportunities for shopping and

Continued page 6

NATIONAL LEADERSHIP CONFERENCE

ACCOMODATIONS AND REGISTRATION

When: March 23-March 26, 2017

Where: Myrtle Beach, South Carolina

**DoubleTree Resort, Hilton Myrtle
Beach Oceanfront**

3200 S Ocean Blvd.

**Cost is \$195.00 per person PRIOR to February 20,
2017. Late registration fee is \$225.00 per person.**

See www.abg.org for registration form.

Conference fee includes Reception on Thursday, breakfast on Friday & Saturday, lunch on Friday, Advisers Dinner on Friday night, Awards Banquet on Saturday night, plus a group activity to be announced at a later date.

Hotel reservations must be made directly with the DoubleTree Resort. Phone 1-800-770-6895, Group code is ABG. The room rates are \$114.00 plus 11% tax a night for a King or 2 Queen beds, this includes the mandatory resort fee of \$15.99 per night.

Reservations at this rate must be made before 2/20/17. Rate is honored 3 days before and 3 days after the Conference dates.

**Resort Amenities: Miniature golf course, beach volleyball, fishing from private pier, discounts in gift shop and on beach rentals, exercise room, business center, parking

Included: Unlimited Internet access in room, complimentary domestic phone calls, bottled water in room.



**Myrtle Beach Airport is approximately 3 miles from Resort*

Good Fences Make Us Rich

I've been thinking about the line from Robert Frost that "good fences make good neighbors." I'm convinced that the most over-looked essential for success is the skill of "good boundaries."

High achievers do one thing at a time. They are focused, determined and persistent (a polite word for stubborn). But more than anything else, success requires that we are not distracted, that we don't waste our time and energy chasing non-essentials. Most of us do too much of that and wonder why we don't achieve more in life.

This week I've had several conversations about this key issue. One friend laughed out loud when I asked him to set limits on his work and "just say no" to outrageous demands. He argued that he would lose customers, that he prides himself on responding to his clients and that, "I just couldn't do that." As a result, he works long hours doing trivial things that are "urgent" for other people! He's exhausted and, of course, he is not building his own business.

I was reminded of Michael Gerber's famous dictum to "work on your business rather than in your business." In my friend's case, my fear is that neither his business nor his life will flourish because of the time and energy he spends on petty interruptions.

Highly successful people build tight fences around their work. They define what they do, decide what you won't do, and they stick to it.

A second essential is to "fence out" new opportunities. Yes, you read that right. We live in a world of endless opportunities. You can go to school, start a new business, travel the world, or buy a rental property any time you wish. Opportunities abound! Television may be our most common distraction, but I'm convinced having too many opportunities may be our most expensive distraction.

The key to success is to do one thing well. And do a lot of it. And sell it at a price that is a "bargain" for your customers and profitable for you. Failures are always chasing the "next big

thing." They are experts at "starting over." Successful people are narrow-minded and they persist. They put good fences around "opportunity."

A final boundary is to put boundaries around our friends and loved ones. This is tough! And, obviously, I'm not talking about putting limits on the quality of our relationships. Love and friendship is what life is all about! But, I don't answer my phone every time it rings.

One of the toughest things in life is to be disciplined about balancing our friendships with our work. "All work and no play makes Jack a dull boy." We all know tragic stories of people who spent their lives working and ended up alone and bitter. Don't do that! In my work, however, I see more instances of people who are so caught up in their friends, family, or community that they fail to focus on their work. That, too, is a failure of boundaries.

We want to be "nice." We value our relationships. Our friends and family are wonderful people! No wonder we "put them first." That's a good thing! But so is fulfilling our work, pursuing our passion and building our business. Balance and boundaries are the key.

Robert Frost observed that "good fences make good neighbors" and I would add that good boundaries make us rich, in every sense of the word. Good boundaries are essential to build your business, to create and maintain healthy relationships, and to enjoy the life you truly want. Maintain your boundaries.



Philip Humbert
Resources for Success!™
Copyright (c) 2016, all rights reserved.
U.S. Library of Congress ISSN: 1529-059X
www.philiphumbert.com

Continued from page 3

souvenir gathering, a must to visit is Hudson's Myrtle Beach flea market which has over 250 vendors selling new and used merchandise and specializing in beach t-shirts and hats, etc. You can visit Family Kingdom amusement park for less than \$26 for an all day pass but admission to the park is free.

Need a rush? For \$25 the Slingshot is a backward bungee jump that catapults you 180 feet into the air. . .bouncing you up and down—they say it gives you a great view of the ocean and the Myrtle Beach area—if you can open your eyes and quit screaming long enough to look.

La Belle Amie Vineyard is a popular attraction which hosts many popular festivals throughout the year. Vineyard guests can sample the private label wines and a variety of gourmet foods. The price to sample 5 wines is only \$5.

If the Atlantic Ocean and the five pools at the resort are not enough water for you, you can visit Splash Oceanfront Water Park to enjoy water flumes, a lazy river ride or some wild speed rides at a price of just under \$21 for the entire day.

Like to explore the history of an area? Some of the historical sites include: Brookgreen Gardens; Atalaya Castle; iconic Peaches Corner which is one of the oldest cities in the Carolinas; Georgetown Front Street ; Hobcaw Barony (a 16,000 acre wildlife refuge that was once part of 14 plantations and the winter home of a wall street millionaire; and the South Carolina Hall of Fame.

Looking for night life? Myrtle Beach offers these options:

Alabama Theatre. Voted # 1 year after year with hot concert acts and huge variety show ONE. ONE the show features America's favorite music Country, Broadway, Pop, Gospel, hilariously original Comedy and everything in between.

GTS Theatre. New Myrtle Beach shows and attraction. The Motown Tribute Show has all ready won the Bravo Award from Trip Advisor for all 5 Star Ratings. See the Wild 4 Hypnosis Comedy Show with 2 versions one for the whole family and one just for the adults. Or take in another musical with Golden Age of Hollywood – A Tribute to Hollywood Musicals. Plus, a show just for the Adults Vaudeville the Show – A Late Night Burlesque & Variety Show and

Continued on next page

One Minute Tips

Random action won't achieve your most important goals and highest aspirations. Hard work won't do it, no matter how hard you try! Periodic short bursts of effort won't do it. Only INTELLIGENT (smart, well-thought-through), DAILY (persistent, continuous), EFFECTIVE ACTION will get you there!

For better or worse, life is made up of our small daily habits. High achievers have habits that reflect their values and aspirations in life. Unfortunately, most people have habits that keep them comfortable but do not achieve the things they want in life. Over time, work to remove habits that hold you back, but it's even more important to add positive daily habits that reflect your highest and best qualities.



don't forget Holiday Time is great at GTS Theatre too! Every show has audience & cast interaction.

Carolina Improv Company. While improvisational comedy is an admired art, what most people don't understand is that it's not a natural gift - it's a skill that is learned. The Carolina Improv Company trains and also entertains with nightly shows including "Whose Beach Is It Anyway?" and "Whose High School Life Is It Anyway?" You won't want to miss this improv comedy club at Uptown Theater in Myrtle Beach.

Carolina Opry. The 2,200-seat venue offers a medley of music, including country, pop, gospel, Broadway, jazz and more, plus generous helpings of comedy and dance.

Thunder & Light. Calvin Gilmore's newest show at The Carolina Opry. This entirely new live production stars the nationally renowned clogging group *All That!* combined with a multi-million dollar laser light show and features the magic of The Wagsters.

The House of Blues. The House of Blues attracts standouts in the world of blues, jazz, gospel and rock. Norah Jones, Edwin McCain, Counting Crows, Keith Urban, Hootie & The Blowfish, and Chris Isaac are just a few of the headliners who have appeared here. Other big draws include the Sunday Gospel Brunch, Teen Dance Night, and Murder Mystery Dinner Theater.

Legends in Concert. The World's Greatest Live Tribute Show direct from Las Vegas. Legends In Concert features 5-6 tributes in each show that look like and sound like the stars they re-create from Elvis, Dolly Parton, Madonna, Michael Jackson, Whitney Houston, The Temptations and many more! This is the ultimate live concert experience appearing nightly from February through December at Broadway at The Beach.

Medieval Times Dinner & Tournament. At Medieval Times Dinner & Tournament, knights on Andalusian stallions compete for the audience's attention. Every performance features thrilling action and four-course feasting.

Palace Theatre. With more than 2,600 seats, the majestic Palace Theatre offers a nostalgic trip down memory lane with Frankie Vallie and the Four Seasons in Hot Jersey Nights and a top touring illusion production with special effect and elaborate scenery, Illusions of Magic.

The Whole Shebang. The Whole Shebang is

Myrtle Beach's newest live entertainment option. Among the shows will be the history of Rock n' roll musical, music of the 80's, an eclectic variety show, and a musical sketch comedy show. With dinner, drinks and dancing on the menu each night, the Whole Shebang has locals and visitors alike clamoring to see the area's hottest new show.

Check out the Myrtle Beach Official site for more information—and coupon books to save you money. There are also local coupon books available. Try Groupon for deals on some of the local eateries and activities.

 **Warning – Major Groaners Ahead!** 

How do crazy people go through the forest?
A: They take the psycho path.

How do you get holy water?
A: Boil the hell out of it.

What did the fish say when it hit a concrete wall?
A: "Dam!"

What do Eskimos get from sitting on the ice too long?
A: Polaroids.

What do prisoners use to call each other?
A: Cell phones.

What do you call a boomerang that doesn't work?
A: A stick.

What do you call cheese that isn't yours?
A: Nacho Cheese.

What do you call Santa's helpers?
A: Subordinate Clauses.

Leadership Begins With Listening

Too often, leadership is defined as giving orders. Many entrepreneurs and professionals still used a model of leadership that is best suited to the military or other situations where life and safety are critical concerns, but in business that is rarely the case.

More often in business, leadership is about listening to people and helping them get what **THEY** want in the light of a larger context.

Effective leadership is about working **WITH** your staff to help them get what they truly want, whether it is recognition, respect, job satisfaction or income, in the context of the business' over-all goals for growth, customer loyalty or increased sales.

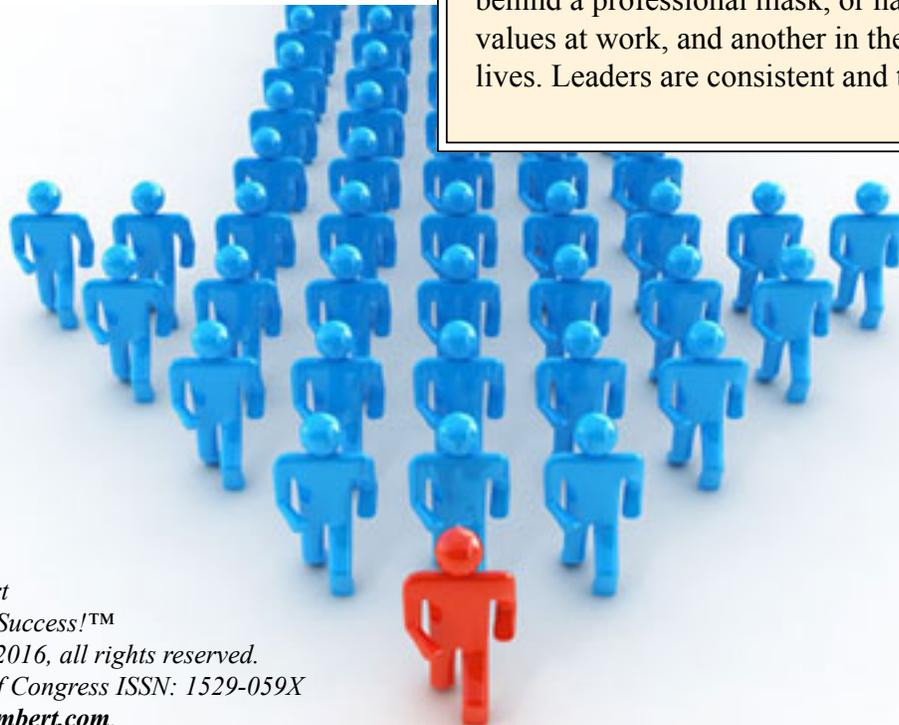
Effective leadership is about listening!

Remember the old saying that we were born with two ears and one mouth. The obvious lesson is to listen twice as much as we speak. I think it was Yogi Bera who once observed, "You can learn an awful lot by listening." In business, that is certainly true.

Success is always about leadership

John Maxwell has written extensively about the techniques of effective leadership. Three key points he emphasizes are:

1. **Competence.** Successful leaders know their jobs and they are very, very skilled. Professionals are often insulted to be told they must get better at what they do but the truth is that unless you have all the clients you can handle, are earning all you want, and working only as much as you desire, there are additional skills to master. Leadership is about competence.
2. **Credibility.** Successful leaders earn our trust. Every business decision is, in some measure, about trust. It's obvious that we must trust our doctors, our lawyers and the people who teach our children. But we also trust (or don't trust) the people we do business with every day.
3. **Congruence.** Leaders "walk their talk", there is a consistency to who they are, what they do, and how they treat people. They don't hide behind a professional mask, or have one set of values at work, and another in their personal lives. Leaders are consistent and transparent.



Philip Humbert
Resources for Success!™
Copyright (c) 2016, all rights reserved.
U.S. Library of Congress ISSN: 1529-059X
www.philiphumbert.com

**ATTENTION
Alpha Beta Gammans!**

WE WANT YOUR NEWS!



**Has your chapter done something that makes you proud?
Share your news with Alpha Beta Gammans and inspire
other chapters to do amazing things!**

Please let us know what is going on with your chapters—we
want to let others know about the great things you are doing.



*Send your submissions to
gaye.andersen@abg.org
for publication in the next Honors Journal.*

Your Personal Standard of Care

Many years ago when I was a practicing Psychologist, a key ethical principle was that every patient receive a high “standard of care.” The medical, legal and most other professions, all require that the client receive the highest “standard of care.”

Since you are in charge of your life, what standards of care do you set for yourself?

This is a vital question. In fact, I’m convinced that one of the easiest and most reliable ways to take your life to the “next level” of success, happiness and personal fulfillment is to change your “standard of care.”

We all have standards for every area of our lives. We have a standard for how we take care of ourselves, what we’ll eat, how much we exercise and how we dress. We know when a dirty shirt violates our standards of appearance. We know when the house is unusually messy or when our standards are violated in a restaurant.

But how about your standards for success? What are your minimum standards for personal development, for achievement and pursuit of your most important goals? What are your absolute standards in personal relationships, in spirituality or for your savings account? If you raise your standards, you transform your life.

I’ll use President Obama because he makes an easy example. Have you ever seen him looking tired, disheveled or confused? Ever seen a spot on his tie? Have you ever seen him out of control, distracted or wearing a wrinkled shirt? I’m sure all of these things happen to him occasionally, but his standards in these areas are very high and we all know it.

Think of the people you know and respect. I suspect one of the things you admire is that they are “put together.” They have very high personal standards and it shows in everything they do.

Examine your standards. You have them, even if you haven’t thought about them before. Are you happy with your standards for dress, for health, for income? Your standards in relationships? How about your minimum standard for personal growth? Or your standard for success and achievement? Raise your standards. Even a small change in just one area--clean your kitchen at night--can change your day, and lots of good days will change your whole life!

Philip Humbert
Resources for Success!™
Copyright (c) 2016, all rights reserved.
U.S. Library of Congress ISSN: 1529-059X
www.philiphumbert.com



*For late-breaking news, time sensitive
announcements, and all kinds of good
stuff, check out our website
www.abg.org*

More One Minute Tips

If you have a goal or project that you really want to achieve, find a way. There's a wonderful quote from Hannibal, "We will find a way, or make one." Take baby steps if you must. Ask for help. Try a different way. Hire a coach. But never, never, never settle for stuck! Giving up, giving in, settling and sighing with regret are the only failures. Everything else is success-in-the-making.



*Philip Humbert
Resources for Success!™
Copyright (c) 2016, all rights reserved.
U.S. Library of Congress ISSN: 1529-059X
www.philiphumbert.com*

Quotes to Live By

"If you are clear about what you want, the world responds with clarity."

-- Loretta Staples

"It only takes one person to change your life - you."

-- Ruth Casey

"Enthusiasm finds the opportunities, and energy makes the most of them."

-- Henry Hoskins"

"I couldn't wait for success, so I went ahead without it."

-- Jonathan Winters

"Some men see things as they are and ask why. Others dream things that never were and ask why not."

-- George Bernard Shaw

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind."

-- William James

"Inspiration grows into full-scale creation through persistence and imagination."

-- Carol Lloyd

"Courage is the price that life exacts for granting peace. The soul that knows it not, knows no release from little things."

-- Amelia Earhart

**We would like
to share in your
accomplishments!**

Please submit any news you have of your personal achievements—Did you recently get married? Have a new baby? Graduate? Get a new job? Get a promotion on your current job? Let us know so we can share your good news! Send your “brags” to gaye.andersen@abg.org for publication in the next edition.

Humor: Love Is...



*Some adults asked a group of children, "What does love mean?"
The answers were broader and deeper than most could have imagined.
See what you think:*

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love." Rebecca- age 8

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." Billy - age 4

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other." Karl - age 5

"Love is when Mommy gives Daddy the best piece of chicken." Elaine-age 5

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs." Chrissy - age 6

"Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford." Chris - age 7

"Love is what makes you smile when you're tired." Terri - age 4

"Love is when your puppy licks your face even after you left him alone all day." Mary Ann - age 4

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK." Danny - age 7

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones." Lauren



"Love is what's in the room with you at Christmas if you stop opening presents and listen." Bobby - age 7

"If you want to learn to love better, you should start with a friend who you hate," Nikka - age 6 (we need a few million more Nikka's on this planet)

"Love is when you tell a guy you like his shirt, then he wears it every day." Noelle - age 7

"During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore." Cindy - age 8

Alpha Beta Gamma International Business Honor Society

Eligible Disciplines

Accounting	Electronics Servicing Technology	Marketing Management
Advertising	Environmental Design	Media Arts & Animation
Agricultural Business	Economics	Medical Assisting
Architectural / Design Construction	Entrepreneurship	Medical Secretary
Arts Management	Fashion Design	Mortuary Science
Aviation Management	Fashion Marketing & Management	Motor Vehicle Technology
Baking & Pastry	Fashion Merchandising	Office Technologies
Banking	Finance	Operations Research
Broadcasting, Radio, TV	Fire Science Technology	Paralegal
Business Administration	Game Art & Design	Personnel Administration
Business Economics	Graphic Design Technology	Postal Services Management
Business Journalism	Health Insurance Claims Management	Public Administration
Business Management	Health Information Technology	Public Relations
Business Statistics	Health Services Administration	Range Management
Casino Management	Horticulture Technology	Recreational Management
Civil Construction Technology	Hotel Management	Restaurant Management
Communications	Human Resource Management	Safety and Health Technology
Communication Technology	HVAC	Secretarial Science
Computer Aided Design/Drafting	Industrial Design	Small Business Management
Computer and Electronics Service	Industrial Management	Sport Management
Computer Information Systems	Interior Design	Systems Analyst
Computer Network Technology	International Business	Taxation
Computer Programming	International Studies	Textile Engineering
Conservation & Regulation	International Public Relations	Theatre Management
Construction Mgmt. Technology	Industrial Relations	Trade Management
Culinary Arts	International Public Relations	Transportation Management
Culinary Management	Investments & Securities	Travel & Tourism
Dairy Management	Legal Secretary	Visual & Game Programming
Data Processing	Library Science Assistant	Visual Effects & Motion Graphics
Digital Photography	Management Information Systems	Web Design & Interactive Media
Electrical & Electronics Engineering	Management Science	Wildlife Management
Electrical Technology	Market Research	Word Processing

Humor: Daffynitions

ADULT: A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR: A place where women curl up and dye.

CANNIBAL: Someone who is fed up with people.

CHICKENS: The only creatures you eat before they are born and after they're dead.

COMMITTEE: A body that keeps minutes and wastes hours.

DUST: Mud with the juice squeezed out.

EGOTIST: Someone who is usually me-deep in conversation.

GOSSIP: A person who will never tell a lie if the truth will do more damage.

HANDKERCHIEF: Cold Storage.

INFLATION: Cutting money in half without damaging the paper.

Transferring - Which School is Right For You?

Members of the Accreditation Council (AACSB)

(Only Schools with at least Bachelors, no MBA only schools)

The American Assembly of Collegiate Schools of Business, an organization of institutions devoted to higher education for business administrations and management, was formally established in 1916. The membership of the Assembly has grown to encompass not only educational institutions but business, government, and professional organizations as well, all seeking to improve and promote higher education for business and working to solve problems of mutual concern.

University of Akron	nardino	Georgia Southern University
University of Alabama	Canisius College	Georgia State University
University of Alabama at Birmingham	Carnegie Mellon University	Gonzaga University
University of Alabama in Huntsville	Case Western Reserve University	University of Hawaii
University of Alaska Anchorage	University of Central Arkansas	Hofstra University
University of Alaska Fairbanks	University of Central Florida	University of Houston
University of Albany	Central Michigan University	University of Houston – Clear Lake
University of Alberta	Central Missouri State University	University of Houston – Downtown
Alfred University	University of Cincinnati	Howard University
The American University	Clark University	University of Idaho
Appalachian State University	Clark Atlanta University	Idaho State University
University of Arizona	Clarkson University	University of Illinois at Chicago
Arizona State University	Clemson University	University of Illinois at Urbana-Champaign
Arizona State University West	Cleveland State University	Illinois State University
University of Arkansas	College of Charleston	Indiana State University
University of Arkansas at Little Rock	College of William and Mary	Indiana University
Arkansas State University	University of Colorado at Boulder	Indiana University-Northwest
Auburn University	University of Colorado at Colorado Springs	Indiana University - Purdue
Auburn University at Montgomery	University of Colorado at Denver	Indiana University at South Bend
Aurora University	Colorado State University	Indiana University Southeast
Babson College	University of Connecticut	University of Iowa
Ball State University	Creighton University	Iowa State University
University of Baltimore	University of Dayton	Jackson State University
Baruch College	University of Delaware	James Madison University
Baylor University	University of Denver	John Carroll University
Bentley College	DePaul University	University of Kansas
Binghamton University	University of Detroit Mercy	Kansas State University
Boise State University	Drake University	Kennesaw State College
Boston College	Drexel University	Kent State University
Boston University	Duquesne University	University of Kentucky
Bowling Green State University	East Carolina University	Lamar University
Bradley University	East Tennessee State University	La Salle University
Brigham Young University	East Texas State University	Universitie Laval
Bryant College	Eastern Illinois University	Lehigh University
The University of Calgary	Eastern Michigan University	Louisiana State University
University of California at Berkeley	Eastern Washington University	Louisiana State University in Shreveport
California Poly. State Univ., San Luis Obispo	Emory University	Louisiana Tech University
California Sate Polytechnic University, Pomona	University of Florida	University of Louisville
California State University, Bakersfield	Florida Atlantic University	Loyola University
California State University, Chico	Florida International University	Loyola University Chicago
California State University, Fresno	Florida State University	Loyola College in Maryland
California State University, Fullerton	Fordham University	Loyola Marymount University
California State University, Hayward	Fort Lewis College	University of Maine
California State University, Long Beach	Francis Marion University	Marquette University
California State University, Los Angeles	George Mason University	University of Maryland
California State University, Northridge	George Washington University	University of Massachusetts Amherst
California State University, Sacramento	Georgetown University	University of Massachusetts Lowell
California State University, San Ber-	University of Georgia	Massachusetts Institute of Technology
	Georgia Institute of Technology	

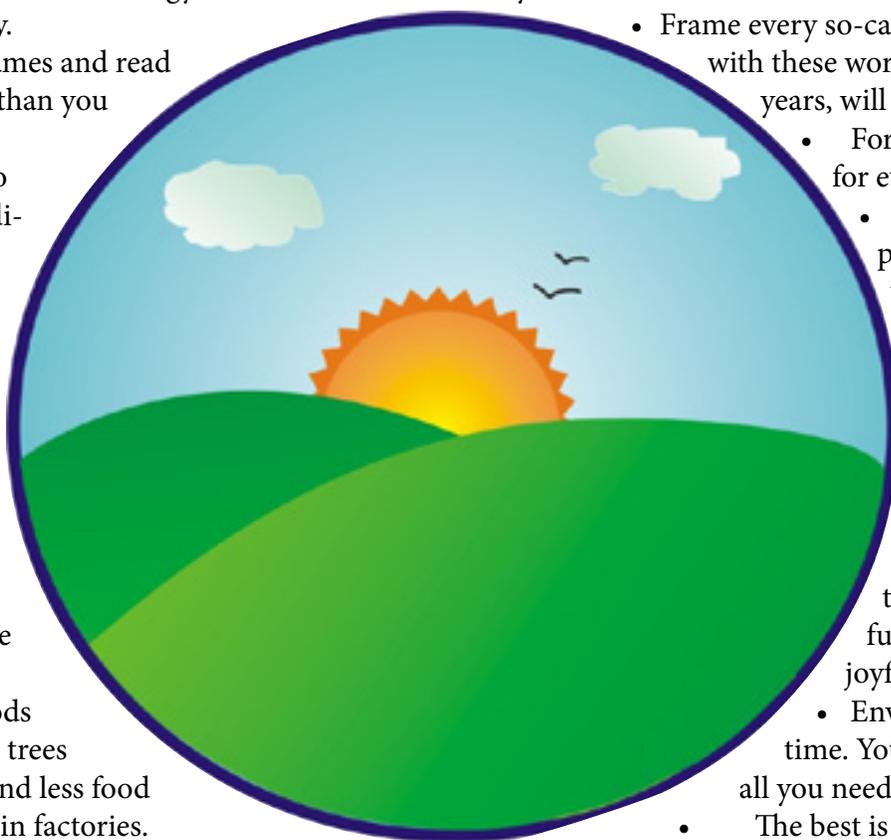
continued on next page

Continued from previous page

McNeese State University
The University of Memphis
University of Miami
Miami University
The University of Michigan
The University of Michigan – Flint
Michigan State University
Middle Tennessee State University
Millsaps College
University of Minnesota
University of Mississippi
Mississippi State University
University of Missouri – Columbia
University of Missouri – Kansas City
University of Missouri – St. Louis
University of Montana
Montana State University
University of Montevallo
Murray State University
University of Nebraska - Lincoln
University of Nebraska at Omaha
University of Nevada, Las Vegas
University of Nevada, Reno
University of New Hampshire
University of New Mexico
New Mexico State University
University of New Orleans
New York University – Stern
Nicholls State University
Norfolk State University
The University of N. Carolina, Chapel Hill
The University of N. Carolina, Charlotte
University of N. Carolina at Greensboro
University of N. Carolina at Wilmington
North Carolina State University
University of North Dakota
University of North Florida
University of North Texas
Northeast Louisiana University
Northeastern University
Northern Arizona University
University of Northern Colorado
Northern Illinois University
University of Northern Iowa
University of Notre Dame
Oakland University
The Ohio State University
Ohio University
The University of Oklahoma
Oklahoma State University
Old Dominion University
University of Oregon
Oregon State University
Pace University
Pacific Lutheran University
University of Pennsylvania – Wharton
The Pennsylvania State University
University of Pittsburgh
University of Portland
Portland State University
Purdue University
Radford University
Rensselaer Polytechnic Institute
The University of Rhode Island
University of Richmond
Rider University
University of Rochester
Rochester Institute of Technology
Rollins College
Rutgers University – Camden
Rutgers University – New Brunswick
Rutgers University – Newark
Saint Cloud State University
St. John’s University
Saint Louis University
Salisbury State University
University of San Diego
San Diego State University
University of San Francisco
San Francisco State University
San Jose State University
Santa Clara University
Seattle University
Seton Hall University
Shippensburg University
University of South Alabama
University of South Carolina
University of South Dakota
University of South Florida
Southeastern Louisiana University
University of Southern California
Southern Illinois University at Carbondale
Southern Illinois University at Edwardsville
Southern Methodist University
University of Southern Mississippi
Southwest Missouri State University
SUNY Buffalo
Stephen F. Austin State University
Suffolk University
Susquehanna University
Syracuse University
Temple University
The University of Tennessee at Chattanooga
The University of Tennessee at Knoxville
The University of Tennessee at Martin
Tennessee State University
Tennessee Technological University
The University of Texas at Arlington
The University of Texas at Austin
The University of Texas at El Paso
The University of Texas at Pan American
The University of Texas at San Antonio
Texas A&M University
Texas Christian University
Texas Tech University
University of Toledo
Towson State University
Tulane University
University of Tulsa
University of The Pacific
University of Utah
Utah State University
Valdosta State University
Valparaiso University
University of Vermont
Villanova University
University of Virginia – McIntire
Virginia Commonwealth University
Virginia Polytechnic Institute
Wake Forest University – Wayne Calloway
University of Washington
Washington University
Washington & Lee University
Washington State University
Wayne State University
Werber State University
University of West Florida
West Georgia College
West Virginia University
Western Carolina University
Western Illinois University
Western Kentucky University
Western Michigan University
Western Washington University
Wichita State University
Winthrop University
University of Wisconsin – Eau Claire
University of Wisconsin – La Crosse
University of Wisconsin – Madison
University of Wisconsin – Milwaukee
University of Wisconsin – Oshkosh
University of Wisconsin – Whitewater
Wright State University
University of Wyoming
Xavier University

Tips for a Better Life

- Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
- Sit in silence for at least 10 minutes each day.
- When you wake up in the morning complete the following statement, 'My purpose today is to _____.'
- Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
- Play more games and read more books than you did last year.
- Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.
- Spend time with people over the age of 70 and under the age of 6.
- Eat more foods that grow on trees and plants, and less food that is made in factories.
- Try to make at least three people smile each day.
- Clear clutter from your house, your car, your desk and let new energy flow into your life.
- Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out allowance.
- Don't take yourself so seriously. No one else does.
- You don't have to win every argument. Agree to disagree.
- Make peace with your past so it won't spoil the present.
- Don't compare your life to others. You have no idea what their journey is all about.
- No one is in charge of your happiness except you.
- Frame every so-called disaster with these words: 'In five years, will this matter?'
 - Forgive everyone for everything.
 - What other people think of you is none of your business.
 - However good or bad a situation is, it will change.
 - Get rid of anything that isn't useful, beautiful or joyful.
 - Envy is a waste of time. You already have all you need.
 - The best is yet to come.
 - No matter how you feel, get up, dress up and show up.
- Do the right thing!
- Each night before you go to bed complete the following statements: I am thankful for _____. Today I accomplished _____.



*Philip Humbert Resources for Success!*TM
 Copyright (c) 2016, all rights reserved. U.S. Library of Congress ISSN: 1529-059X
www.philiphumbert.com