The Honors Journal
ΑΒΓ of Virtus Et Umbra
Alpha Beta Gamma
National Honor Society for Students Enrolled in Business and Professional Curricula at Two-year Degree Granting Institutions
Spring 2023

Annual Leadership Conference 2023

Once again, due to lingering risks posed by new Covid variants and ongoing travel restrictions by school administrators, we will not be gathering for the 2023 Annual Leadership Conference.We are again understandably disappointed about missing another conference. However, it looks promising that we will resume holding our conferences next year.

ABG members and chapters continued to work tirelessly this past year. The awards and essay winners were still decided in recognition of their efforts. The Scholarship Committee deliberated on the winners - like many people all over the country these days, it was done remotely. The winners are listed in this issue of the Honors Journal.

During the coming year the Alpha Beta Gamma National Executive Committee will canvas potential conference sites. Nothing has been decided yet, however, it looks promising that the 2024 Conference might be held in the Orlando, Florida area.

Confirmation and details regarding the 2024 conference will be sent to advisers and posted later in the year on the ABG web site.

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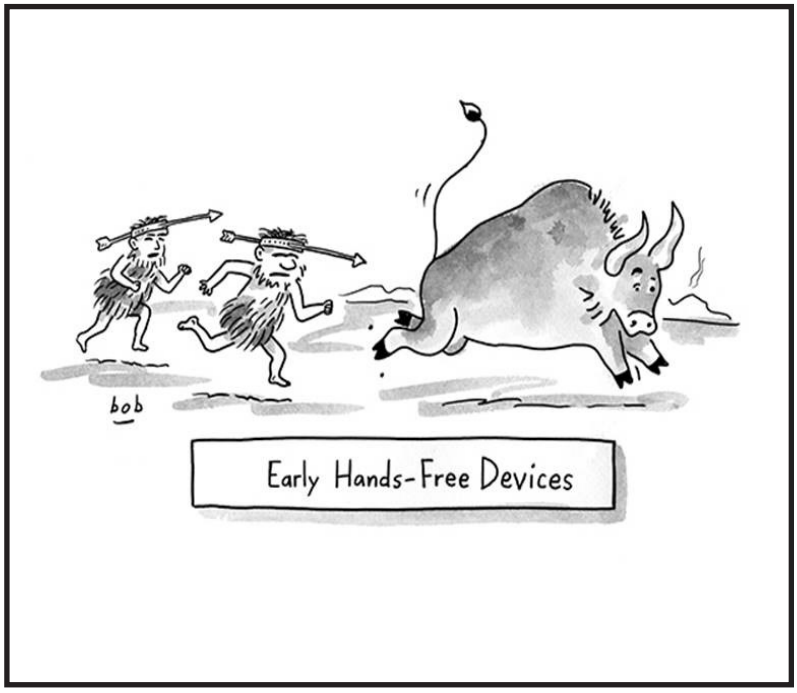

LEADERSHIP CONFERENCE 2022

Each year at the Annual Leadership Conference, Alpha Beta Gammans are selected for exceptional contributions. The 2022 award winners in each of the categories are listed below.

Chapter Awards

The Brooks College Golden Key Award
Beta Omicron,
Northern Essex Community College

Donald Bertram Community Service Award
Gamma Pi,
Bryant & Stratton College
Rochester, NY Campus

Excellence in Financial Management
Delta Sigma,
Lee College

Excellence in Recruitment
Kappa Rho
Bryant & Stratton College
Orchard Park, NY Campus

Essay Competition Awards

Read the award-winning essays throughout this edition of the Honors Journal.

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Living Life to Its Fullest

Cullen Kweti, Eta Rho

Money is always on my mind, which is not unusual because everyone is concerned with it. It is the driving force in everyone's life. Your response to it will determine whether it benefits you or complicates your life. Life would be pretty impossible without money. If one wants to "live life to the fullest," and enrich their life through their own actions, one has to choose a career that is right for them.

When I was younger, I wanted to grow up to be many things. It wasn't until I got to high school, where I realized that whatever job I choose to pursue, it would determine my financial stance. I was always told to choose the job that makes me happy and not worry so much about the money. However, I disagree with that statement, acknowledging the fact that money does matter and can open up a lot more doors.

Since the U.S. is known as "the land of opportunities," a lot of immigrants make it a point to come here in order to provide a better life for their families. Minority parents are often stereotyped as control freaks when it comes to their children's careers by the media. They emphasize how parents instill in their children to either become a doctor, engineer, or a lawyer. While this may be true, the parents merely want what is best for their children, so they can be financially comfortable, as well as living enjoyably.

The level of income one makes determines their financial status. When I think about money, I think about social class: the rich, the financially comfortable, and those who are living paycheck to paycheck. Unfortunately, my family and I fall in the "paycheck to paycheck" category. Those who can relate, understand how hard this lifestyle can be. Especially when you only have one source of income and feel like your parents are drowning in bills.

The best way to live a full life is by choosing the right school that will have you well set up for life and lead you in the direction of living a stable lifestyle. The older you get, the more important money becomes to you and how it impacts your life. There are many families, including mine, who encourage their children to play sports so that they can get a full ride scholarship. If you cannot provide financial support for the sport due to your income, this may be difficult. My freshman year was one of the first times I considered going to a private school in order to increase my chances of receiving a basketball scholarship. Sadly, I couldn't attend because it was too expensive. As a student at a public school, I had to work ten times harder on my game, but the likelihood of me being noticed by colleges was extremely low. Getting a scholarship while attending a private school is like catching lightning. Public schools are extremely difficult for those who attend, especially if your school isn't well known.

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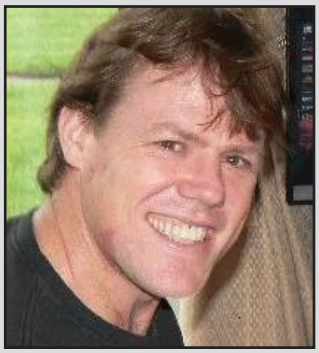


This essay competition which involves writing about the concept of Living Life to Its Fullest honors the life and practices of Keith Ulich, A.S., B.S., M.B.A , former vice president of the Delta chapter of Alpha Beta Gamma at Westchester Community College , and a member of the Board of Advisers of the Alpha Beta Gamma National Finance Committee.

*Chapter Focus - **Eta Rho***

The Eta Rho Chapter Induction Ceremony was held on November 17, 2022 on the Rockville Campus of Montgomery College in Rockville, Maryland.

*"**I'm thrilled by the energy from our students at the event and that we can do this every year again. Only about half of the new members could come but it was still super fun**" commented Chapter Adviser, Dr. Hoa Nguyen.*

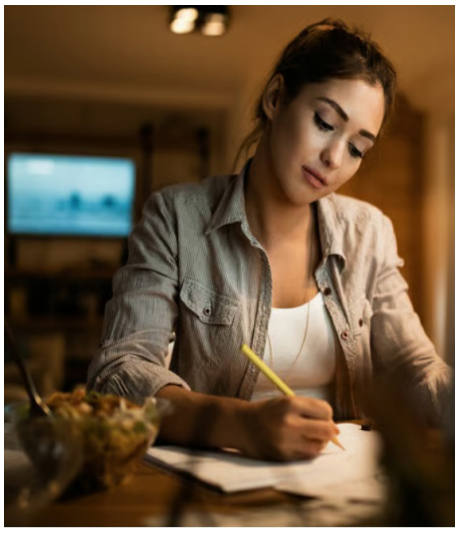
"Montgomery College (MC) students were introduced to ABG in 2017. Our Chapter has grown steadily since then, starting with 46 members in 2017 to 316 by 2022. Our members come from all walks of life, excel in a wide variety of Business-related disciplines and share countless stories in which their persistence and persevere shine bright. Despite working, taking care of families, and going through the disruptive time of Covid-19, our members maintain their academic excellence. The majority of our members transfer to the prestigious University of Maryland after their graduation at MC. Amid their busy schedules, our members volunteer in their communities, and participate in many experiential learning activities in and out of campus. Each induction ceremony is a collaboration of our Chapter and the Hospitality Management team to give our members a memorable event with their families and friends. We look forward to having more brilliant members and precious moments with them in the future."

Pictured: (Left to Right) Dr. Maurice Shihadi, Business Department Chair on Germantown, Takoma Park and Silver Spring campuses; Steve Durante; Lizz Durante, Payroll Network, Inc., Ceremony Speaker; Alton Henley, Dean of Instruction for the Business Department; Dr. Hoa Nguyen, Business Department Chair on Rockville Campus and Eta Rho Chapter Adviser

7 Ways Students Can Maintain Good Study Habits During COVID-19

Due to the COVID-19 pandemic, remote-learning students are running into all sorts of barriers to learning. Instructors are seeing that previously learned study strategies and habits are falling by the wayside as a result of too much unstructured time and relatively isolated campus living therefore creating challenges for even the best-equipped and disciplined students.

A guide from the Center for Academic Innovation at the University of Michigan advises students to be patient with themselves, their peers and instructors during this challenging time, and recommends that students make a plan and adjust studying to help regain just a little sense of control over this situation.



The guide also offers seven strategies that instructors can communicate to help students alter their study habits when learning remotely.

1. Stay organized. It's easy to get overwhelmed with assignments and course requirements when doing them independently. Students might want to keep track of important dates and course milestones for each class in a single chart or spreadsheet, noting how the remote classes are held and including links to lectures and office hours for handy retrieval.

2. Don't multitask. It's easy to get sidetracked and distracted when time is less structured than usual and students are doing more work independently. While it might be tempting to do multiple things at once – like playing a video game or checking social media during an online lecture or while working on a paper, for instance – most students can do two things at once without problems. For instance, assignments take longer when students return to the academic task. Switching between tasks tires out the brain and leads to more errors. And when student attention is divided between two activities, the brain doesn't commit the learning to long-term memory as well as if the student concentrated on just one thing. Advise students to focus on one thing at a time, take breaks between tasks and try focusing on work for solid 25-minute to 50-minute periods and then use a five- to 10-minute break as a reward.

3. Make the most of video lectures. Encourage students to stick to the instructors' schedules whenever possible to keep a routine going and to prevent falling behind. Provide a chat feature and a discussion forum to help keep students engaged. Help students focus on the lecture by asking them to close any distracting tabs and apps that might compete for their attention. Ask students to take notes as if they

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were in a typical classroom. And finally, some students might be tempted to watch lectures at 1.5x speed to save time. Strongly suggest that students watch lectures at normal speed to ensure they're learning and retaining the material.

4. Set a schedule. Students' time is much less structured during remote learning, with fewer social opportunities and perhaps even restricted movement around campus. Setting a schedule can help students develop structure for their daily activities. A weekly or daily calendar or even a spreadsheet can help students organize their study and personal time.

5. Swap out study strategies. The old study routines from pre-COVID semesters may no longer work. Students can adapt usual habits for the new situation or develop entirely new strategies. For instance, if a student previously preferred to study in a library or coffee shop, he or she might want to try re-creating that environment in a dorm room by studying in a chair rather than at a desk, or listen to music, if background noise helps him or her hit the books. Phone-based or virtual study sessions can help students who like to study in groups.

6. Collaborate remotely. Some assignments require students to collaborate, which isn't as easy as when students saw one another during classes and around campus. Help students work together by advising that them to avoid procrastination by making small progress and staying in touch consistently. Recommend or require students to meet or check in at least every few days, to talk about progress and plans. Ask students to set up meetings with a clear objective or purpose and take notes in a shared document. Keeping videos open and seeing teammates can help students stay connected to one another. Encourage students to check on each other and request that teammates alert the instructor if a student has been MIA from meetings.

7. Stay connected to others. It's easy for students to feel isolated and cut off from other people in this COVID learning environment. In-person, face-to-face communications may be limited, so staying in touch with instructors, classmates and peers is very important to student learning and success. Let students know to call or do video chats with friends and family. Use hangouts apps to connect with classmates. And encourage students to visit instructors' during virtual office hours, if necessary.

ABG and me

The first Kappa Gamma chapter induction was in May of 1996. This April (2022) the Kappa Gamma chapter of Alpha Beta Gamma held an in-person induction ceremony with 75 people present. It was our first induction ceremony since April of 2018. It was also the first in-person event at CUNY's Bronx Community College (BCC) since COVID hit us in March of 2020.

I joined BCC as an adjunct in the spring of 2004 and as a full-timer in the fall of 2011. I became the faculty advisor to our chapter in the 2014-2015 academic year. I facilitated my first induction ceremony in April of 2015. I had to take the fall 2015 semester off due to cardiothoracic (open-heart) surgery and its complications. I returned to campus for the spring 2016 semester and resumed my duties as faculty advisor to Kappa Gamma and ran an induction ceremony in April. Our annual induction ceremony in April was growing as interest on our campus for Alpha Beta Gamma had been growing. Each of the following years (2017 and 2018) saw a larger number of our students being inducted into Alpha Beta Gamma.

Our chapter had a joint activity with the unlikely partner, the Chemistry Club. Early the summer of 2017, the American Chemical Society held a Chemical Educators Conference on our campus. Alpha Beta Gamma members acted as hosts and guides for the weekend event.

I became very ill at the beginning of January 2019 I needed more cardiac artery bypass surgery and was required to take the entire calendar year off for medical purposes. I was placed in a medically-induced coma for 21 days. Initially, I was too weak for the necessary additional coronary artery bypass surgery. I flat-lined on the table twice during the procedure. When I was finally awaked, the medical professionals did not know what state I would been in: Would my mind work again? Would my body work?

Low-and-behold, I fought to get back to my old self. I even lost two fingers on my right hand from necrosis. I spent over 6 months in-and-out of the hospital and the rehab center. A few short weeks after I finally came home in June of 2019, I had a massive heart attack! Yet, not only did I survive, but I am back to where I had been physically and mentally.

There were no ABG induction ceremonies in 2019. I began pulling one together in the spring of 2020. COVID hit us and there was no induction ceremony. I held a virtual one in January of 2022 for those six people who completed their applications before being sent home. These six people were invited to attend and to participate in the April 2022 ceremony. Four of the six availed themselves of this opportunity. The President of Bronx Community College, Dr. Thomas Isekenegbe, attended the 2022 induction ceremony and thanked us for hosting the first large in-person activity on campus since COVID hit.

The Importance of Teaching Business

Daniella Rivera, Eta Rho

In honor of Professor Cornelia Blackwell, I am going to explain my views on the importance of teaching business. Business is a very broad field because they are many jobs within the business field. All attributes to business are essential to teach and are essential to learn. The most important business attribute to me is finance. I am a first-year college student at Montgomery College Takoma Park/Silver Spring Campus in Takoma Park, Maryland. I am also a business major. Learning about finance is essential for all of out lives. Professors like Professor Cornelia Blackwell is the reason why I want to learn about business and what I can do to better our world. It is so important to learn about this field because in business you will learn about money, the importance of finance and budgeting, and you will learn how to become your own boss and maybe start your own business one day.

We all know the importance of money. Money is an essential part of each and every one of our lives. That is why it is crucial to learn about money in school and in life. If you do not know how to use money or manage your own money, then that could be an issue that will eventually affect your life. Without the education of money and business, how would someone know to become financially stable? I believe teaching and learning about money and business is so important in our lives. Learning these concepts can help in the long run. Money connects to financing and budgeting as well, which are both essential to teach and learn.

Finance and budgeting are some of the biggest concepts in business. Finance is a major part of business because it is connected to so many attributes surrounding businesses. Finance keeps businesses alive. Finances tell businessowners what they need to do to keep their businesses alive. Financial literacy is important to learn. I had the opportunity to take a financial literacy and business class in high school. Both of these classes helped me understand money, budgeting, taxes, and all the aspects of business in general. I think financial literacy classes should be part of the curriculum in all schools. Teaching this subject will help students understand the concepts of business, finance, and budgeting.

Professor Cornelia Blackwell's legacy will live on as more and more students are getting involved in business programs across the country and all over the world. Professor Blackwell's work at Westchester Community College lives on. Professor Blackwell assisted so many students and Alpha Beta Gammans to achieve their goals. As a new member of Alpha Beta Gamma, I hope I will make her proud. I will continue on my college journey through the field of business and finance. That is the importance of teaching business.

An essay competition entitled "The Importance of Teaching Business" was established by colleagues and friends of Cornelia Blackwell whose career in the Registrar's Office of Westchester Community College demonstrated incredible assistance to students and especially to Alpha Beta Gammans.

Groaners

How does NASA organize a company party? They planet.

**I cannot believe I just got fired from the calendar factory.
All I did was take one day off.**

**I found a job helping a one-armed typist type capital letters.
It's shift work.**

**As a scarecrow, people say I'm outstanding in my field.
But hay, it's in my jeans.**

Teamwork is important; it helps to put the blame on someone else.

**Last night my girlfriend and I watched three movies back-to-back.
Luckily, I was the one facing the TV.**

**I wondered why the baseball kept getting bigger.
Then it hit me.**

Of course I talk like an idiot. How else could you understand me?

Quotes to Live By

*"Learn as if you will live forever, live like you will die tomorrow."
— Mahatma Gandhi*

"Success is not final; failure is not fatal: It is the courage to continue that counts." — Winston S. Churchill

*"It is better to fail in originality than to succeed in imitation."
— Herman Melville*

*"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success."
— Dale Carnegie*

*"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind."
— Mister Rogers*

*"Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."
— John Wooden*

"I never dreamed about success. I worked for it." — Estée Lauder

Welcome New and Reactivated Chapters

As always, we like to see chapters get a fresh start. Even better, we like to see new chapters join our society. We hope these chapters have productive activities and projects, and successfully gain new members.

New Chapters

Andrew College, Cuthbert, GA.
Dr. Robert Kortbawi, adviser
Iota Chi Chapter

Jefferson Community College, Watertown, NY
Irene Wilder, adviser
Iota Eta Chapter

Santa Ana College, Santa Ana, CA
John Strong, adviser
Iota Lambda Chapter

Columbia-Greene Community College, Hudson, NY
Paula Shelley, adviser
Iota Omega Chapter

Reactivated Chapters

Valley Forge Military College, Wayne, PA
Jesse Phillips, Adviser
Iota Kappa Chapter

Central Louisiana Technical Community College
Lisa Henton, adviser
Chi Tau Chapter

Gadsden State Community College, Gadsden, AL
Angie Waits, adviser
Gamma Delta Chapter

Georgia Highlands College, Rome, GA
Dr. Jed Gillespie, adviser
Eta Gamma Chapter

Trenholm State Community College, Montgomery, AL
Kenny Ward, adviser
Delta Beta Chapter

Make Yourself Recession-Proof

Steps to Take NOW to Prepare Your Finances for a Recession

The first thing to know is that a recession, "a period of declining economic performance across an entire economy that lasts for several months," is a normal part of the economic cycle. Since World War II, there's been a recession about every five years, each lasting just under a year.

Recessions can cause rising unemployment, declines in stock values and other assets, and shrinking wages, so we're certainly not dismissing the possibility of very real economic pain. But to paraphrase a famous British World War II slogan, "stay calm and read on."

1. Be Invaluable at Work

Probably the toughest part of a recession is that people lose their jobs, with an even harder time finding a new one. So, if you don't love your current job, or your opportunities are limited, or your current employer may need to downsize, begin networking immediately. Explore new job opportunities, and think about additional training or education to be competitive.

2. Lower Your Debt

Any excess debt is a financial albatross, especially during a recession. It can sabotage your personal finances by eliminating flexibility in your monthly budget. And as interest rates rise, it's going to get even more expensive. Start attacking that balance now, don't charge any more if you can possibly avoid it, and pay off the cards with the highest interest rate first.

3. Live within Your Means

In trying to "live the American dream," many people end up living beyond their means, especially in long bull markets where we become used to extended periods of economic stability. As you work on your personal finances for a possible recession, consider reducing some big-ticket expenses like cars with high monthly payments in favor of less expensive options. Don't necessarily compromise your lifestyle because you're afraid of market activity, but it's always a good idea to assess what you can afford during recession.

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4. Identify Discretionary Expenses

Excess subscriptions for everything from multiple streaming services to health clubs, to cable or satellite TV, to expensive cell phone plans are all items you should consider cutting back on. Take a look at those expenses now and prioritize eliminations if you needed to tighten your belt for a while.

5. Save, Save, Save

Having a sufficient emergency fund will help you avoid having to sell stocks that have dropped in value to pay for unexpected expenses. A common rule of thumb is to save between 3-6 months' worth of non-discretionary living expenses in an emergency fund. This includes expenses like mortgage or rent, utilities, insurance, groceries and transportation.

Park those funds in a 100% liquid account that is FDIC insured so you can access your money easily (and penalty-free) when you need it. And be careful! Yes, it's nice to earn interest on your emergency fund, but your primary goal is to keep the money safe and liquid. Some accounts will have withdrawal limits, restrictions or even hidden bank fees.

6. Don't Lose Sight of the Long-Term

While you reduce your debt and maintain your emergency savings fund, it's also important to not lose sight of your long-term financial goals — especially saving for retirement. Therefore, you should try to continue making regular contributions to your retirement savings account even while you're paying down debt.

It's easy to become alarmed by dropping stock market prices, but this isn't the time to bail. By getting out now, you only insure your losses. In fact, while prices are down it may just be the ideal time to increase your holdings. Of course, be mindful that your investments stay balanced between stocks, bonds, and cash to fit your time frame for using the money and your tolerance for risk.

Conclusion

The bottom line is that it makes sense in times like these to practice some personal and financial examination. Taking a critical look at your finances now and following these steps will give you a leg up on making sure you'll be in good shape when we come out of a recession.

Helping Others Through Entrepreneurship

Patrick Ibanez, Eta Rho

Ever since I was in the second grade, I considered myself an inventor. My dad and I would eat at my favorite restaurants, and I would use that time to discuss products I deemed as "revolutionary". One of the inventions that stuck with me was this hat that adjusts its temperature based on the climate. This would comfort the wearer by keeping their body at a relatively stable thermal equilibrium. I admired my child-like self for my creativity; however, my mission was not to help others but to become rich to spend the rest of my life in paradise.

As I grew up, I became more aware of natural disasters and the effects they have on communities. I had relatives suffer from typhoons in the Philippines while my friends had relatives endure hurricanes and homelessness in Haiti. I felt useless in these situations because all I could do was listen and empathize. Imagining my life in paradise while other people suffered from natural disasters felt despicable. I did not want people that I cared about as well as the people they cared about struggle to obtain necessities, such as food, water, and shelter. Knowing that there will always be people struggling, I planned to use my inventions to help as many people as I can.

Because of climate change, there are more frequent and intense heatwaves, droughts, and storms that destroy communities of both people and animals. The current problem is that most people are not aware of how significant their everyday activities contribute to the excess of carbon emissions. In addition, persuading people to alter their daily activities for the preservation of the environment is difficult. Now that I am a sophomore in college, I plan to develop products to reduce our carbon emissions by improving people's daily activities to become more environmentally friendly. I want to increase our use of solar panels by placing them on roofs of houses, cars, and planes to decrease our reliance on gas.

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This competition honors a true supporter of the Eta Delta Chapter who took a very special interest in Alpha Beta Gammans by being their greatest cheerleader and supporter. The mother of adviser Nancy Rocky, Ester Cross-Carter attended chapter eetings and events and was proud of her affiliation with Alpha Beta Gamma. She was the wind beneath the wings of the Eta Delta Chapter.

"I choose a lazy person to do a hard job, because a lazy person will find an easy way to do it."
-- Bill Gates

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As opposed to public schools that have fewer to none scouts per game, private schools typically have 15 or more scouts. Individuals who have the funds to hire a trainer, attend exposure camps, play for club teams (AAU), or hire someone to create highlight videos have an advantage.

If one wants to have a bright future, he or she needs the education to back them up. Oftentimes parents pay a lot of money to get extra help for their kids who are struggling academically. I took an SAT prep course during my junior year and found it difficult to retain the information. It was clear to me that I needed a tutor, but I was reluctant to let my parents know because I knew how expensive he or she would be. I eventually had to tell my parents because my stress was too much to handle. Due to my experience with this, it is apparent that those who have the money have no problem paying thousands of dollars for a tutor. Others, however, have difficulty obtaining such an amount.

In times like these, I turn to God to guide me on the right path, so that I could provide a better life for my family in the future. One has to enrich their lives through their own actions in order to live a better life. It is my belief that money makes for a happy life and I refuse to be convinced otherwise.

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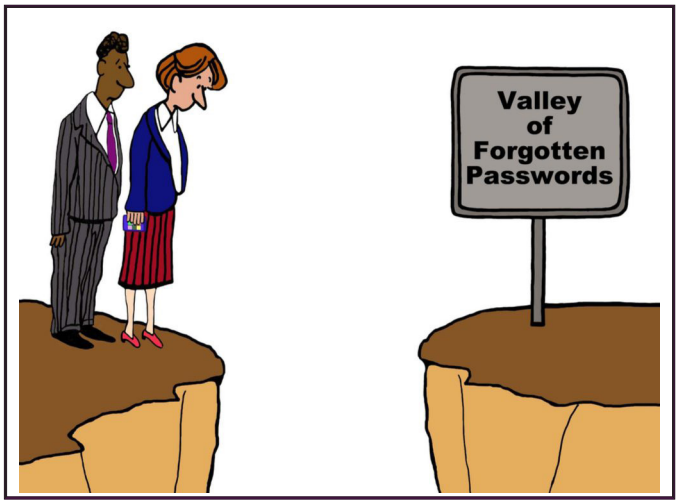
I want buildings to be scaled with moss and public areas to have bins that convert leftover meals into compost for farms and gardens.

I plan to help others indirectly through innovation. With environmentally friendly products, I want people to continue to live their life with a greener effect. In the future, I plan to develop other products that are solar or wind-powered as an environmentally friendly alternative to shift our reliance away from gas and oil companies. The development of eco-friendly products will help decrease our carbon footprint for the preservation of our ecosystem. A healthy ecosystem reduces the severity of natural disasters which protects our communities and livelihoods. My goal is to develop products to preserve the environment for the development of humanity for this and future generations.



For late-breaking news, time sensitive annoucements, and all kinds of good stuff, check out our website

www.abg.org

Alpha Beta Gamma International Business Honor Society

Eligible Disciplines

Accounting
Actuarial Science
Advertising
Agricultural Business
Architectural / Design
Construction Technology
Arts Management
Automotive Technologies
Aviation Management
Baking & Pastry
Banking
Biological Sciences
Biotechnology
Broadcasting, Radio, TV
Business Administration
Business Economics
Business Journalism
Business Management
Business Statistics
Casino Management
Cardiovascular Sonography
Civil Construction Technology
Communications
Communication Technology
CAD and Drafting
Computer and Electronics Service Technology
Computer Information Systems
Computer Network Technology
Computer Programming
Conservation & Regulation
Construction Mgmt Tech
Cosmetology
Criminal Justice
Culinary Arts
Culinary Management
Cyber Crime Technology
Dairy Management
Data Processing
Dental Hygiene
Digital Photography
Drug and Alcohol Counseling
Early Childhood Education
Ecological Economics
Electrical Electronics Engineering Technology
Electrical Technology
Electronics Servicing Technology
Environmental Design
Economics
Entrepreneurship
Exercise Science/Personal Training
Fashion Design
Fashion Marketing & Management
Fashion Merchandising
Finance
Fire Science Technology
Game Art & Design
General Studies
Graphic Design Technology
Health Insurance Claims Management
Health Information Technology
Health Services Administration
Horticulture Technology
Hotel Management
Human Resource Management
HVAC
Industrial Design
Industrial Management
Interior Design
International Business
International Public Relations
Industrial Relations
International Public Relations
International Studies
Investments & Securities
Legal Secretary
Library Science Assistant
Management Information Systems
Management Science
Market Research
Marketing Management
Media Arts & Animation
Medical Assisting
Medical Secretary
Mortuary Science
Motor Vehicle Technology
Occupational Health & Safety Technology
Office Technologies
Operations Research
Paralegal
Personnel Administration
Postal Services Management
Public Administration
Public Relations
Range Management
Recreational Management
Restaurant Management
Safety and Health Technology
Secretarial Science
Small Business Management
Sport Management
Systems Analyst
Taxation
Textile Engineering
Theatre Management
Trade Management
Transportation Management
Travel & Tourism
Veterinary Technology
Visual & Game Programming
Visual Effects & Motion Graphics
Web Design & Interactive Media
Wildlife Management
Word Processing