



Webinar Series

Kappa Kappa Gamma is pleased to announce its first webinar series for alumna and collegiate members. Register to attend one or more of these online presentations in the comfort of your home. All you need is phone or VoIP audio technology and Internet connection. All webinars are set either for 9:00 p.m. EST during the week or 8:00 p.m. EST on Sundays and will last approximately 30–40 minutes. Attendance is free. Register at www.kappa.org.

Webinar Series:

Nov. 2 9:00 p.m. EST *(Recommended for active members)*

Scholarships: Finding and Applying for Scholarships

- Kappa Kappa Gamma Foundation will share tips and recommendations for applying for Kappa scholarships.
- Learn how to find scholarships.
- Win them over with your powerful application and essay.

Jill Nolan

Nov. 19 9:00 p.m. EST *(Recommended for active and alumna members)*

Preparing for Black Friday – Creating a Spending Plan for the Holidays

- Creating a budget and sticking to it.
- How to find those great holiday deals (Black Friday and beyond).
- Low-cost gift ideas.

Sarah Bohman

Jan. 12 9:00 p.m. EST *(Recommended for active and alumna members)*

New Years Resolutions: Cutting Out the Latte Factor

- What is your Latte Factor? Find out where your money goes.
- Cutting down your spending without cutting out your fun.
- Tips for saving money.

Janet Meinheit

Feb. 8 9:00 p.m. EST *(Recommended for alumnae)*

Food and Wine Pairings

- Tutorial from expert wine taster on the steps for wine tasting.
- Learn techniques for pairing food with wine.
- Recommendations for purchasing wine.

Kelly Magyarics

Feb. 21 8:00 p.m. EST *(Recommended for active and alumna members)*

Sisterly Love – Developing Meaningful Friendships

- Building meaningful relationships.
- Maintaining friendships through the years.
- Techniques for staying connected.
- Making time to foster new friendships and maintain old ones.

Carol Sanders

Mar. 1 9:00 p.m. EST *(Recommended for active members)*

Personal Safety: Staying Safe on Spring Break

- Planning a safe spring break.
- Personal safety when traveling.
- Basic self-defense 101.

Kylie Towers

Mar. 9 9:00 p.m. EST *(Recommended for active and alumna members)*

Be Resourceful – Using Technology and Networking Skills to Find a Job

- Technology options to consider in your job search.
- Pros and cons of various technology.
- Utilizing technology to your advantage.
- Etiquette tips.

Kim Mahan

Mar. 30 9:00 p.m. EST *(Recommended for active and alumna members)*

Interview Skills – How to Wow a Potential Employer

- Dress for success.
- Preparation and practice.
- Challenging questions and how to prepare.
- Follow-up suggestions.

Marla Williams

Apr. 6 9:00 p.m. EST *(Recommended for alumnae)*

Reading is FUN – How to Develop Your Calendar Reading List

- Where to find online book clubs, chat groups and book lists.
- Joining a book club.
- Starting a book club.

Mary Ford

Apr. 28 9:00 p.m. EST *(Recommended for active and alumna members)*

Women's Health – Eating Heart Healthy

- What does it take to be heart healthy?
- Preparing heart-healthy meals.
- Heart-healthy snacks.
- The role of exercise.

Jan Larson

May 4 9:00 p.m. EST *(Recommended for active members)*

Jobs and Internships - Making the Most of Your Summer Experience

- First day and week on the job.
- Ways to impress your employer.
- Asking for references.
- Follow up when you are done.

Felicity Meu

May 13 9:00 p.m. EST *(Recommended for alumnae)*

Out of the Nest – Preparing Your Child to Go Off to College

- Working with a college or university to plan for your child's arrival.
- Life 101 – what every child needs to know before they leave the nest.
- Helicopter parent syndrome and how to overcome this.
- Coping with change –what to do when they come home on break.

Jane Sangalis

May 16 8:00 p.m. EST *(Recommended for alumnae)*

Building Children's Self-Esteem – Raising a Confident and Caring Child

- Techniques for raising a confident and caring child.
- Recognizing problems with self-esteem.
- Self-esteem building activities.

Julie Stonehouse