

INTRODUCTION: HEY EVERYONE, I'M ALLY TACK, A DELTA ZETA ALUMNA FROM OUR BETA KAPPA CHAPTER AT IOWA STATE UNIVERSITY. WELCOME TO THE TRULY; A WEEKLY MEMBERSHIP MOMENT OPEN TO THE PUBLIC BUT DESIGNED FOR OUR DELTA ZETA MEMBERS.

WE KNOW THIS IS A SPECIAL TIME OF YEAR FOR GRADUATING SENIORS. IT'S NOT THE EXPERIENCE WE'D DREAMED OF, BUT WE'RE STILL MOVING FORWARD AND THAT'S EXCITING!

LAST WEEK, WE TALKED ABOUT HOW FOR OUR GRADUATING SENIORS, POSSIBILITIES AND DREAMS MAY LOOK A LITTLE BIT DIFFERENT RIGHT NOW WITH OUR GUEST MOLLY MEALER. TODAY, WE WANT TO TALK ABOUT HOW YOU MIGHT BE ABLE TO TAKE BACK SOME CONTROL OF YOUR CIRCUMSTANCES AND PLAN YOUR NEXT STEPS.

WE WANT TO DISCUSS HOW BEING YOU IS EXACTLY THE RIGHT THING TO DO, AND THAT YOU HAVE A PLACE NO MATTER THE CIRCUMSTANCES.

TO HAVE THIS CONVERSATION TODAY, WE HAVE INVITED ALUMNA MEMBER LEAH GEORGES. NOW YOU MAY RECOGNIZE LEAH'S NAME AS SHE WILL ALSO BE PROVIDING THE KEYNOTE DURING OUR FIRST EVER ONLINE SENIOR CELEBRATION NEXT WEEK.

WE'RE NOT GOING TO STEAL THE THUNDER FROM HER KEYNOTE, BUT SHE HAS SOME PRACTICAL IDEAS FOR US THAT MIGHT NOT BE PART OF THAT ADDRESS AND THAT YOU MIGHT PUT TO WORK FOR YOURSELF RIGHT AWAY. IDEAS ABOUT OWNING YOUR JOURNEY AND BRINGING YOUR WHOLE SELF TO WHATEVER YOU'RE DOING. MAYBE THAT'S WORK, MAYBE IT'S POST GRADUATE STUDY, MAYBE IT'S DECIDING WHERE TO VOLUNTEER OR HOW TO MAKE A DIFFERENCE IN YOUR COMMUNITY.

AND IF YOU ARE NOT A GRADUATING SENIOR, I CAN PROMISE YOU THERE'S STILL SO MUCH IN LEAH'S MESSAGE FOR YOU TO CARRY FORWARD! LEAH WAS A LEADER WITHIN HER CHAPTER AND HAS VOLUNTEERED FOR DELTA ZETA. SO NO MATTER WHERE YOU ARE AT IN YOUR DELTA ZETA JOURNEY, I CAN PROMISE YOU, YOU WILL RELATE TO LEAH TODAY!

LET'S ADD LEAH INTO LIVE

AT: HEY, LEAH! THANKS FOR JOINING US TODAY. HOW ARE YOU?

LEAH: XXXX

AT: SO LEAH, I KNOW WE EACH HAVE OUR OWN UNIQUE DELTA ZETA EXPERIENCE SO, TELL US ABOUT YOUR DELTA ZETA EXPERIENCE.

LEAH: XXXXX

AT: WHAT ARE YOU DOING NOW? AND HOW'D YOU GET THERE?

LEAH: XXXXX

AT: WHAT A JOURNEY! WHAT PLANS AND GOALS DO YOU HAVE FOR THE FUTURE?

LEAH: XXXX

AT: (SOMETHING PERSONAL IN RESPONSE TO HER COMMENTS) WE WOULD LOVE TO HEAR FROM YOU ABOUT WHAT OUR GRADUATING SENIORS CAN DO TO PREPARE FOR THE FUTURE. FOR THOSE WHO JUST GRADUATED, NOW WHAT?

LEAH: YOU'RE FINISHED LEARNING, BUT WE SHOULD KEEP LEARNING. THE REQUIREMENTS OF A CLASS DAY OR ASSIGNMENT AND TEST OR CREDITS TO EARN HAVE PASSED, BUT KEEP LEARNING. LOOK FOR WHERE YOUR HEART DRAWS YOU FIRST OR MOST AND GO LEARN MORE ABOUT THAT....(LEAH TO MAKE THIS HER OWN)

AT: I LOVE THE CONCEPT OF NEVER STOPPING LEARNING. I THINK THAT IS SO IMPORTANT! I KNOW WHEN I WAS GETTING READY TO GRADUATE THERE WAS SO MUCH PRESSURE TO CHOOSE THE RIGHT JOB, MOVE TO THE RIGHT CITY. HOW CAN WOMEN MANAGE THIS PRESSURE?

LEAH: TAKE SOME PRESSURE OFF OF YOURSELF. GIVE YOURSELF SOME GRACE. YOU DON'T HAVE TO MAKE THE RIGHT CHOICE FOREVER. YOU CAN MAKE THE RIGHT CHOICE FOR NOW. MAKE THE CHOICE THAT FITS RIGHT, RIGHT NOW....(LEAH TO MAKE THIS HER OWN)

AT: (RELATE, THEN) WHAT IF YOU'RE EXCITED ABOUT WHAT YOU'RE LEARNING BUT MAYBE NOT SURE IT'S THE RIGHT THING FOR YOU...

LEAH: SHARE IT WITH SOMEBODY ELSE. YOU'RE TEACHERS AS MUCH AS LEARNERS. WHEN YOU LEARN SOMETHING THAT MIGHT BE USEFUL TO OTHERS, SHARE IT... (LEAH TO MAKE THIS HER OWN)

AT: IT HAS BEEN SO GREAT TO HEAR FROM YOU TODAY LEAH. I SERIOUSLY WISH I COULD HAVE HAD THIS CONVERSATION WITH YOU BEFORE I GRADUATED! KEEP LEARNING. EXTEND GRACE TO YOURSELF EVEN AS YOU WOULD OTHERS. SHARE WHAT YOU KNOW AND LEARN. WE CAN ALL LIVE THOSE THINGS, I REALLY THEY ARE SO CONSISTENT WITH OUR SORORITY VALUES.

SO AS OUR VIEWERS PREPARE TO TAKE THEIR NEXT STEP, WHAT'S SOMETHING ACTIONABLE – MAYBE EVEN SOMETHING FROM YOUR OWN EXPERIENCE—THAT THEY COULD PRACTICE RIGHT AWAY?

LEAH: REACH OUT TO THAT ONE PERSON YOU'D REALLY LIKE TO KNOW OR WHO YOU'VE COME ADMIRE. IT'S OKAY TO REACH OUT TO A STRANGER. MAYBE IT'S SOMEONE YOU FOLLOW ON SOCIAL MEDIA, SOMEONE YOU'VE MET THROUGH FAMILY OR FRIENDS BUT HAVEN'T SPENT MUCH TIME WITH. IT'S OKAY TO SAY, "I SEE WHAT YOU'RE DOING AND REALLY ADMIRE IT. I'D LOVE TO SHARE WITH YOU HOW THAT'S IMPACTED ME OR MAYBE I'D LOVE TO TALK ONE ON ONE WITH YOU ABOUT A PARTICULAR IDEA YOU'VE SHARED OR THE ROLE YOU'RE IN..." (LEAH, OF COURSE WILL MAKE THIS HER OWN)

AT; TO EVERYONE WATCHING, I HOPE THAT YOU'RE ENCOURAGED BY WHAT'S BEEN SHARED TODAY. I KNOW I CERTAINLY AM! LEAH, WE CAN'T WAIT TO HEAR MORE FROM YOU ON MAY 18TH DURING OUR SR. CELEBRATION ON FACEBOOK LIVE!

THANKS FOR BEING WITH US TODAY. YOUR THOUGHTS REMIND US WE REALLY ARE HERE FOR EACH OTHER. AND THANK YOU FOR CONTINUING TO LIVE TRULY.

THAT IS IT FOR THE TRULY THIS WEEK AND THIS IS OUR FINAL SHOW FOR THE SEMESTER. WE HAVE LOVED BEING ABLE TO CONNECT WITH YOU EACH WEEK AND WE HOPE TO SEE YOU AGAIN SOON. SO STAY TUNED FOR INFORMATION REGARDING THAT.

| AS ALWAYS. AFTER TODAY'S EPISODE, WE'LL POST ADDITIONAL THOUGHTS AND RESOURCES FOR YOU. SIMPLY VISIT THE NEW TRULY BLOG AT DELTAZETA.ORG/THETRULY.

| YOU'VE INSPIRED US TO TRY NEW THINGS – LIKE INSTAGRAM LIVE! THANK YOU FOR WATCHING, FOR YOUR COMMENTS, AND YOUR SUPPORT.

(AT: FEEL FREE TO ADD YOUR FAVORITE CREED REFERENCE OR SIGN OFF IN A DELTA ZETA TRULY STYLE)