

# OMICRON-PSI E-NEWSLETTER

Volume 3, Issue 1

March 2007

## THE POWER OF POSITIVE THINKING

### Why Think Positively?

All of our feelings, beliefs and knowledge are based on our internal thoughts, both conscious and subconscious. We are in control, whether we know it or not. We can be positive or negative, enthusiastic or dull, active or passive.

The biggest difference between people is their attitudes. For some, learning is enjoyable and exciting. For others, learning is a drudgery. For many, learning is just okay, something required on the road to a job.

Our present attitudes are habits, built from the feedback of parents, friends, society and self, that form our self-image and our world-image. These attitudes are maintained by the inner conversations we constantly have with ourselves, both consciously and subconsciously.

The first step in changing our attitudes is to change our inner conversations.

One approach is called the three C's: Commitment, Control and Challenge.

### Commitment

Make a positive commitment to yourself, to learning, work, family, friends, nature, and other worthwhile causes. Praise yourself and others. Dream of success. Be enthusiastic.

### Control

Keep your mind focused on important things. Set goals and priorities for what you think and do. Visualize to practice your actions. Develop a strategy for dealing with problems. Learn to relax. Enjoy successes. Be honest with yourself.

### Challenge

Be courageous. Change and improve each day. Do your best and don't look back. See learning and change as opportunities. Try new things. Consider several options. Meet new people. Ask lots of questions. Keep track of your mental and physical health. Be optimistic.

Studies show that people with these characteristics are winners in good times and survivors in hard times.

Research shows that, "... people who begin con-

sciously to modify their inner conversations and assumptions report an almost immediate improvement in their performance. Their energy increases and things seem to go better ..."

Commitment, control and challenge help build self-esteem and promote positive thinking. Here are some other suggestions.

### 7 Suggestions for Building Positive Attitudes

1. In every class, look for positive people to associate with.
2. In every lecture, look for one more interesting idea.
3. In every chapter, find one more concept important to you.
4. With every friend, explain a new idea you've just learned.
5. With every teacher, ask a question.
6. With yourself, keep a list of your goals, positive thoughts and actions.
7. Remember, you are what you think, you feel what you want.

Copyright 1991 Donald Martin, How to be a Successful Student

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### Special Point of Interest

- Omicron-Psi's Web Site.
- Omicron-Psi has added a new member to it's staff
- Membership dues now include honor cords.
- All newsletters will be quarterly with news updates on the web site.

### 2006 Scholarship Recipients

William H Jones—Trinity Bible College/Grand Canon University

Karie L. Mcneil—Indiana-Purdue University at Fort Wayne

Beverly Williams—Nyack College

## WHAT MAKES A PERSON GREAT BY WILLIAM H. JONES

Depending on your frame of reference, greatness can be defined in many ways on many levels. Does wealth or fame, power or prestige, position or prominence make up great? Do the places we live, the jobs we have, the people we know make us great? Perhaps it is the things we do or more importantly the things that we don't, how we use our time, how we choose to invest our lives, where we put our energies that makes us a great person.

I propose it is some of the above, but certainly not all. Could it be that greatness is not measured in the way we are accustomed? Cultures and societies are fickle and I doubt we would call the historical fiends great. No, I think that greatness comes in small packages, one thing at a time; the child's cry, the story at bedtime, the listening ear, the guidance and counsel, the soft touch of a tender hand. Maybe it's the ability to see or choose not to see the ugliness of the world and in spite of that focus on the good, pure, lovely and creative. It comes in the new born birds' song, the majesty of the mountains, the roar of the ocean, the grandness of the sky, and the simple song of the cricket.

Greatness is not about the ladder to success we climb nor who we know or how much knowledge we accumulate. It is found in the choice of those who enrich the lives of others or who lay down their lives and wishes for someone else's dreams to happen.

My plan? It is simple for life is way too complicated. A simple prayer, a kind deed, the power

*It's seeing a need and instead of turning away, doing your best to meet it even if it means self sacrifice.*

of influence that we all have, channeled in the right direction begs for more. It's seeing a need and instead of turning away, doing your best to meet it even if it means self sacrifice. The actions and influence we have with others is our legacy. That is what matters. Who can place a monetary value on the investment of a life over time to reach future generations? What makes a person great? To be able to serve without expecting anything in return, doing something for others just because it's the right thing to do,

hoping they will pass the hope action and inspiration along to others.

Simply look at what you can do, what you're made of, how you're wired and it won't take long to realize that you too can be remembered. It is of little concern if I am considered great, it is more concern if I am remembered. Maybe it is the story we tell to a child, maybe it's the time we spent fishing with our kids or grand kids. Perhaps it's not the grand things that we all place over indulged optimism in. Greatness is a service, and service is an attitude of the heart and the motivation to accomplish something with what you have, not hoping that someday your ship will come in so you can accomplish the grandiose. A statement I have remembered for many years, "people don't lack the ability, they lack the motivation". What are you good at? Do it. In this way you will be remembered because when our eyes grow old and shut, the only thing that will be remembered is the offering of our lives in sacrifice and service as servants to others. This is true wealth and true greatness. Wouldn't you agree?

### William H. Jones

*Joshua holds a 3.75 at Trinity Bible college and Seminary. He is continuing his education at the Grand Canon University in AZ.*

*His college/community activities include:*

*Founding the Hope First Foundation*

*Interim music minister at his church*

*Provides pulpit supply to local area churches*



### Scholarship Tips

When filling out a scholarship application please include the name and address of your College or University. Do not however place your name or College/University on the actual essay. Scholarships are solely based on the essay and complete anonymity is required.

## Habitat for Humanity

Since its founding in 1976 by Millard and Linda Fuller, Habitat for Humanity International has built and rehabilitated more than 200,000 houses with families in need, becoming a true world leader in addressing the issues of poverty housing.

Habitat for Humanity has many different ways to volunteer your time. From Youth Programs, Woman's Building, to Disaster Response, there are many opportunities to get involved to make communities better. If time is a issue for some, they also accept donations.

Why not give to those who are in need? For more information on Habitat for Humanity, visit their website at [www.habitat.org](http://www.habitat.org) to learn how to extend a helping hand.



Omicron Psi would like to introduce Jennifer Weinmeyer as it's newest member to our staff.

Jennifer started with Omicron at the beginning of 2006 and has been a great assets to our organization. Her duties include but are not limited to answering questions from students and advisors, filling the membership orders, writing letters of recommendation for students, and assisting Diana Maunu (the President and Founder) in any and all activities. Jennifer has proven to be hard working and dedicated. She

has shown the ability to go above and beyond her means to help meet the expectations of the members of Omicron Psi.

In her spare time, Jennifer enjoys reading, shopping, hanging out with friends and Texas Hold'em.

Since the addition of Jennifer, we are now requesting that all questions, inquiries, and applications be directed to our office in Minnesota at

1415 Ruth St. N

St. Paul, MN 55119

417-543-3788

[jen@omicronpsi.org](mailto:jen@omicronpsi.org)

## WHAT IS INCLUDED WITH OMICRON-PSI MEMBERSHIP

Membership dues for both the Silver Program and the Gold Program remain at \$35.00. With membership the following items are included:

- Membership Pin
- Membership Certificate
- Graduation Honor Cords

Student Plaques may be purchased online at [www.omicronpsi.org](http://www.omicronpsi.org).



## The Message Box

Now you can send a message to your students by logging in on [www.omicronpsi.com](http://www.omicronpsi.com) and clicking on edit. Scroll down to find a message box. Anything that you type here will show up under your University/College info for your student to see. Here you can put dates for deadlines and induction ceremonies. If you are handling applications on campus only, let your students know who they can contact and where they can pick up an application.

Remember only advisors can approve members applications both online and on campus. Online just log in and approve. By clicking on the name of the applicant you will see all their application information. Just copy for your records.

You can always call for any help at 417-543-3788 or email us at [jen@omicronpsi.org](mailto:jen@omicronpsi.org).



Stop and Smell the Flowers

## HONOR KEY



Can be purchased online at [www.omicron-psi.org](http://www.omicron-psi.org)

This honor Key comes in:

- Tie Tac
- Pin
- 10KT Necklace
- Charm

## NATIONAL OMICRON-PSI HONOR SOCIETY

1415 Ruth St N  
St. Paul, MN 55119

Phone: 417-543-3788  
Email: [jen@omicronpsi.org](mailto:jen@omicronpsi.org)



### *WE ARE NOT JUST ANOTHER HONOR SOCIETY*

Omicron-Psi members are dedicated to becoming active participants in community activities. We recognize the need to reach out and make the difference in our homes and neighborhoods. As members we continually press on towards a higher purpose. That purpose is one that lies outside of ourselves and reaches into the depths of others. Too many in our society have taken a non-involvement nap yet awoken just long enough to complain about the environment in which they are a part of. We assess the needs of our environment and take an active position in helping others. It is important to become part of the solution, to remain inactive is to remain part of the problem.

Always keep in mind that Omicron-Psi stands for honor, honesty, integrity and service. As an Omicron-Psi Chapter you are dedicating yourself to continually encourage your chapter members to live by Omicron-Psi standards of conduct in every aspect of their lives.

Be dedicated to become the example for future generations.

We are on the Web.  
[www.omicronpsi.com](http://www.omicronpsi.com)

## *God Bless America*



Omicron-Psi symbolizes honor and service. We want to take this opportunity to let our service men and women know that we stand behind you and appreciate your service for our country and for the people you are liberating in Iraq. You are all truly heroes and fulfill all Omicron-Psi requirements for service honors. Our prayers are with you for your safety and speedy return home. May God truly bless you and your families.