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Dr. Amy Hecht

Hi and welcome to our first podcast of Connect with VP Hecht. I'm Doctor Amy Hecht, the Vice President for student affairs at Florida State University. And this podcast is aimed at educating students and others on the incredible things happening at Florida State University.

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Dr. Amy Hecht

So today's episode is going to be about getting involved on campus. How do our students get involved at FSU? We're going to talk about everything from fraternity and sorority life, to our RSO's, to club sports. So stay tuned and learn how to get involved at FSU.

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Freddy Juarez

Hi, my name is Freddie Juarez and I am the Director of Fraternity Sorority Life here in Florida State University. So here at fraternity sorority life, we call it FSL, FSL. We have four governing councils. The way I'd like to explain our governing councils: Think of them like an umbrella groups for different fraternities or sororities, depending on the council.

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Freddy Juarez

So we have our Interfraternity Council, and these are our oldest long standing fraternities here on campus. Some are housed and have facilities, some are not, and they participate in something called IFC rush. For our Panhellenic organizations, We have 17 recognized. Also, some of the oldest organizations on campus. They are sororities and exclusively affiliated with the National Panhellenic Conference,

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Freddy Juarez

and they are all housed on campus. So when you see those chapter facilities, that is referencing Panhellenic. We also have our Multicultural Greek Council. These are culturally based fraternities and sororities. We have organizations that are not exclusive to those cultures. So you don't have to be part of those cultures to join, just an appreciation and understanding of those.

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Freddy Juarez

And so these are Latino, Latina, Latinx identifying organizations, Asian-American student organizations, and also just multicultural organizations. Then we also have our National Pan-Hellenic Council, not to be confused with the other one, which is the Panhellenic Association. So N-P-H-C. These are our Divine Nine groups. And so we have our historically black organizations here on campus and their fraternities and sororities as well.

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Freddy Juarez

So we have different ways to get involved in different ways for you to join. If you're interested in joining IFC, IFC rush would be the avenue to join. And if you go to fsuifc.com, you can register for Spring Rush. And, that is going to give you an opportunity to join an organization, be able to participate in that process.

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Freddy Juarez

It is very similar to the fall process. There's virtually no difference between the fall and the spring process for our IFC organizations. For more information, [fsuifc.com] is probably the best way for you to kind of get caught up on what that looks like. for our Panhellenic organizations. If you're interested in that process. It's something called spring recruitment, and it is, continuous open bidding.

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Freddy Juarez

It's called COB. The process is way more informal than our fall process. So if you've been intimidated by the fall formal recruitment process, you will find the COB process a little bit better because it is a little bit more casual and informal. Now with that casual informal, only about half of the organizations are typically eligible and participating in COB.

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Freddy Juarez

And that changes from semester to semester. So we would not be able to tell you exactly which one's the best way for you to do that. And for you to find out who is participating. We'll be going to floridastateph.com, and that will give you all the information you need about that process. So, there is a registration process,

00;03;19;14 - 00;03;43;07

Freddy Juarez

but like I said, it's a little bit more informal. So, it'll require you to be reaching out to organizations through Instagram or some of their open events. For our MGC and NPHC groups that also is a little different, it's something called Intake. And so, if you're interested in that, the best thing to do is actually go to our website, fsl.fsu.edu and look for MGC and NPHC orientation information that is typically held once a semester.

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Freddy Juarez

and it is a requirement for you to join any of these organizations. Now Intake works a little different. It changes depending on who is interested in participating or experiencing intake. So some organizations will be open for Intake and some will not. And so the best thing for you to do is going to MGC and NPHC orientation to find out who is, and be able to get that information as best as possible for you.

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Freddy Juarez

So joining a fraternity or sorority is a big commitment. We kind of liken it to a three credit class. Right? And so if you're thinking about how much time commitment am I looking at? You're looking at about the same time commitment as at three credit class. Now who may be eligible for this or who's the best person for this?

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Freddy Juarez

It could be anyone. See, fraternities and sororities are focused on creating scholarship and academic opportunities for you. Community service and philanthropy, leadership development and training. And then also, of course, the brotherhood and sisterhood aspect. Now you can get these things at individual organizations. We have so many different organizations here on campus, and getting involved in any of them is excellent.

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Freddy Juarez

Where I think fraternities and sororities do something special. And that extra piece is that joining a fraternity sorority, you'll get all of them in one place. So it's kind of like a one stop shop that will then give you a gateway to other opportunities to get involved on campus. And so we find that mentorship opportunity is something that is helpful.

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Freddy Juarez

So if you're feeling a little overwhelmed about all the different opportunities to join something, fraternities and sororities and joining one, gives you an

opportunity to kind of get your feet wet in the door, and then they get you connected to other places in campus and pockets and finding more of your fit here at Florida State. Just consider that when you're thinking about who to join or what to join, or which one.

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Freddy Juarez

All of our organizations provide something unique and excellent, and they're all some of the best in the country. So picking whichever one for you is more about picking whoever you fit with. Not so much what you may see or what we think about based on social media. So a lot of people think that joining a fraternity sorority is exactly what you see, either in the movies or on Instagram.

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Freddy Juarez

And the interesting part is that some of the best moments of fraternity sorority cannot be captured in an Instagram Reel. Those are the moments that nobody ever gets to see. And the things that actually our students talk about and highlight back when they're reflecting on graduation. We just have a slew of students that are about ready to graduate, and some of their favorite moments are moments where they're having a really tough day and their brother and sister notices, and they bring them a cup of Starbucks

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Freddy Juarez

while they're studying at Strozier and it turns around their whole day. And then my biggest piece of advice besides that, is to just be yourself. And that's pretty corny and pretty, stereotypical for people will tell you. But truly, be yourself. If you are changing who you are to join this organization, then you're not joining the organization the right way, and you may find that later on down the line

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Freddy Juarez

that's not a good fit for you. And so if you're if you're yourself right off the bat, people are going to be more likely to be able to understand who you are and allow you to join in on all the fun. We actually just saw one recently that, they she just got married and her maid of honor was a sorority member that she met.

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Freddy Juarez

on her executive board. Like these million moments of joy, you can't be captured necessarily on social media. And they're not these things that you can traditionally think about when you think of fraternity and sorority. So when you think about the power of fraternity and sorority, it's the power of connecting groups of people together for a common cause, and that's what you can expect.

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Freddy Juarez

Those are the things that we can't articulate. And you may not go into it expecting that, but that's what really, when you think about it, when you reflect on that experience, that's what every alum member that comes back and talks about their experience highlights is the people they met. And that's the gift of joining a fraternity and sorority at Florida State.

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Freddy Juarez

It's the people that you're surrounded by that help you to become better and build you up to be a better student here at Florida State, and someone that is going to create a long lasting impact in this world.

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Stormy McGivern

All right. Hi everyone. My name is Stormy McGivern. I serve as a program director for the Office of Student Organizations and Involvement with the Department of Student Engagement here at Florida State.

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Amanda Fronczak

I'm Amanda Fronczak, I'm a second year student studying marketing at Florida State.

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Stormy McGivern

Amanda and I are here today to talk about involvement. Ways to get involved, how you can get involved here at FSU and just some really exciting opportunities on campus. So, Amanda, can you talk to us a little bit about what your involvement has looked like here at FSU?

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Amanda Fronczak

So I'm actually originally from Portland, Oregon, so very much out of state. Student. My brother went to FSU and we're very similar. And so he's always been super involved. We are both super involved in high school. And he got super involved at FSU. That's one of the reasons that I also came here, is just because the amount of opportunities he had, and just really the experience he had at FSU was so positive.

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Amanda Fronczak

And so I knew I wanted to get super involved. As soon as I came here. I went through like sorority recruitment, which was amazing. And I got involved with the Freshman Leadership Institute and just kind of opened a lot of doorways, through more student involvement, like student government involvement, but also like philanthropic efforts like Dance Marathon.

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Amanda Fronczak

So a little bit of everything, I kind of just got my foot in the door and then kind of went from there. So yeah.

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Stormy McGivern

That's amazing. What are you currently involved with?

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Amanda Fronczak

Okay. So currently, I work for the FSU Division of Student Affairs in the marketing communications department, which the office we're in right now. I'm a member of Alpha Chi Omega. I'm a student alumni association ambassador. I am the VP, public relations chair for class council, sophomore class counsels, and, oh, I'm also the director of chapter relations for the American Marketing Association.

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Amanda Fronczak

So a little bit of everything, I guess, a little bit everything.

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Stormy McGivern

A lot of different positions that you're holding right now to. That's awesome. What has been your favorite involvement? Oh.

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Amanda Fronczak

I would say, that's a really good question. I would say class councils. We were the first like freshman class council last year. Which was really exciting just

because, you know, it's fun to kind of see, like, us all evolve from planning, like our first events. And a lot of the same people have kind of stuck around for sophomore class councils.

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Amanda Fronczak

And we've done like, involvement fair we've done like Late night at the Leach. And we kind of actually helped extend the leach hours because we, an event from like 9 to 11 p.m. and now they're open a little bit later this year, which is cool. So we kind of showed that there was a need for that.

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Amanda Fronczak

So, it's just really cool to be involved. Also over the summer, I was a senator, which was a really cool opportunity for the FSU, Student Senate. A little bit of like, I guess a side quest in a sense, but not something that like, I'm marketing major. So it wasn't like necessarily political science or anything.

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Amanda Fronczak

I was super like close to, but it was just a really cool experience. So I feel like it's cool to be involved and cool to try new things, and kind of make positive change on campus.

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Stormy McGivern

That's fantastic. So you mentioned the involvement fair. The involvement fair is an event that we have every semester during the first week of classes, and it displays some of our more than 650 student organizations on campus. Like what?

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Amanda Fronczak

What would you see, like talking with students? What do you think some benefits of being involved are?

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Stormy McGivern

Well, I think there's a ton of benefits to being involved. So number one, when you're new to campus, involvement really helps you to create a network of support on campus. So it helps you to find some friends who have common interests or maybe just want to do some similar style events, or really how you talked a little bit about your work with SGA and being able to advocate for different student needs, and so finding like minded individuals who have similar goals to you?.

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Stormy McGivern

Another benefit of it, you mentioned American Marketing Association and that you're a marketing major. And so involvement as far as aligning with your major and your post- FSU, post-graduation, career plans is really phenomenal. So it can help with that resume booster. And then sometimes it's just fun. It really is an opportunity to be able to explore different parts of campus, explore different parts of Tallahassee.

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Stormy McGivern

Our center for Leadership and Service provides a lot of involvement opportunities in the greater Tallahassee community and helps you to familiarize yourself not just with FSU's campus, but the city of Tallahassee as well.

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Amanda Fronczak

I completely agree. No. I feel like being involved gives you so many, like, cool opportunities. And like you said, even just getting out in the community, and

working, like, the Dance Marathon, they go to the high school marathons and so, we went to the Leon High School county, one, and it was just so cool to see like that.,

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Amanda Fronczak

you know, they look up to you so much, and it's cool to just see that your efforts are kind of going elsewhere and that you are, like, impacting high schoolers and people that you just would never think that you would necessarily cross paths with in Tallahassee.

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Stormy McGivern

Absolutely. So you mentioned dance marathon, Dance marathon, as well as Relay for Life at FSU, are two of our largest philanthropic programs, and they're both, ranked top five nationally for their respective philanthropy. So for Dance Marathon, that's Children's Miracle Network, and for Relay for Life, that's American Cancer Society and beyond just the high school, you're really making impacts to the greater Tallahassee area as well as at a national level.

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Stormy McGivern

So dance marathon, they raise over \$1 million every single school year. And that money goes back not just to Shands Children's Hospital in Gainesville, but also to the College of Medicine here at FSU for the community outreach programs. So, Amanda, as a seasoned student leader on campus, what are some things that maybe you wish you knew before you got involved?

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Amanda Fronczak

For sure. I would say it's never too late to, like, get started. I feel like sometimes it can be intimidating to join a new organization. You feel, oh, they're already established. You know, I'm going to be kind of the odd one out or not feel comfortable, but just know that it gets easier. I feel like the first meeting might be a little bit more intimidating, a little more scary.

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Amanda Fronczak

So I've what I've done is I've asked one of my friends,, okay, even if she's not a marketing major like the American Marketing Association, I said, can you come to the meeting with me? And just, you know, break the ice? Because when you're with someone that you feel comfortable with, it's easier to kind of talk to people around you where you're like, okay, you know, I can do this.

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Amanda Fronczak

And then, like I said, just making yourself like holding yourself accountable and saying like, okay, like I know this is going to be beneficial for me. Like, I know it might be scary, but it's important to show up and, get involved. I think also being involved adds a little bit more structure to your schedule. Like, I know that you think, oh, maybe I don't have time to, but sometimes it honestly like it helps you get more done in a sense.

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Amanda Fronczak

Because if you're so you have a meeting at six and you're like, okay, well, I have two hours before my meeting and then I have like two hours after to get all my homework done or whatever, and then you'll be more on top of it and you'll be okay, I got it, you know, got to get it done and kind of structure your day.

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Amanda Fronczak

Versus like, if you just give yourself, okay, I have six hours to my homework. It might take you six hours versus if you only have three, then you know you'll

get it done quicker and you'll be more on top of it, I guess.

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Stormy McGivern

A little bit more efficient.

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Amanda Fronczak

Oh for sure,

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Stormy McGivern

With your schedule and your time for sure. And I know that we've mentioned that there's 650 student organizations. I think it's important to break down kind of what types of organizations are included in that list. So 650. So we mentioned academic and leadership honor societies. We have groups that are based in service and leadership.

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Stormy McGivern

We have our sport clubs, which you're going to hear a lot more about as well as fraternity and sorority life. We have special interest groups, so if there's a specific hobby that you're interested in, whether that is thrift club or plants or skateboarding, we've got something for everyone. If we don't have an organization that currently interests you, you can also create your own student organization, and all you need is that five of your closest friends.

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Stormy McGivern

So six students to start a student organization and then meeting with the staff in the student organization and involvement office to really help develop out what that plan for our new student organization can look like.

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Amanda Fronczak

I know it can seem daunting and there's so many different student organizations. So how would you recommend students find out about other organizations or just kind of like, I guess, break it down for us a little bit?

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Stormy McGivern

Sure. So I mentioned the involvement fair, and that's definitely a great way to get involved each semester. But if you miss the involvement fair, it's not the only way to get involved. So we host a website called NoleCentral here at FSU, and it works as a search database for all of our student organizations. So you can type in any organization, name or any keyword and be able to find a group that is going to have that as part of their involvement.

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Stormy McGivern

So I like to use basketball as an example. If I were to type in the word basketball into Nole Central, it's going to pull up our club basketball team that is operated under Campus Recreation or it's also going to pull up any organization that says they play pickup basketball, maybe on Thursday nights on the West Side courts. So maybe it's a leadership and service group that also happens to play pickup other game.

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Stormy McGivern

I pick up basketball occasionally. You can find anything that you're interested in getting involved with through Nole Central. And that's going to show you all of our current active registered student organizations with the university. Another opportunity happens weekly and that's Market Wednesday. So Market Wednesday is a really cool event that's unique to FSU. It happens from 11 to 2

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Stormy McGivern

on Legacy Walk. We have more than 100 groups out every single week tabling, promoting events, recruiting new members. We also have a variety of local vendors who are selling goods, jewelry, maybe some vintage FSU merch that are also on Legacy Walk. And then from 12 to 1, fraternity and Sorority Life host Sound Hour.

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Stormy McGivern

And so you can meet with many of our different chapters. Learn more about what it means to get involved with FSL, and what that journey can look like for you.

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Amanda Fronczak

Well, I love it. Thank you for telling us all about those amazing, you know, ways to get involved and kind of make an impact on campus.

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Stormy McGivern

Absolutely. I think the most important thing to remember is that your involvement doesn't have to look the same every semester. So you've mentioned that you had some different involvements over the summer versus the fall. There's some things that you've been a member of since you started here at FSU, and some things that you've joined along the way, and that that involvement can look different each semester or each year.

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Stormy McGivern

Your involvement can change as your interests and hobbies change. And that's really important to remember. One thing that I always recommend to students is really to be selective about what you want to be involved with. Being overly involved can really detract from your academic, where we see that some level of involvement really helps to promote your academic success and help you to graduate from FSU for sure.

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Amanda Fronczak

No, I completely agree. I feel like it's not fair to the other people in the organization. And not fair to like the community members that you're impacting administration, all that, when you're too involved because, yeah, then you just, you know, you can't do it all. You're only human. And it's also important that, you know, you're studying and you're working on your future, but also being involved and, you know, spending time for yourself and all of that.

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Amanda Fronczak

So I completely agree. And I think that's a really important thing to remember. And especially like when you're coming in and you're, you know, starting to get involved in stuff, if something becomes too much. I feel like everyone understands that, like that is going to happen and that is okay. And sometimes it's completely okay to take a step back, and prioritize like the things that you really are passionate about, because that's really important for your mental well-being and just you as a person for sure.

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Stormy McGivern

Absolutely. And if you have any questions about getting involved or want to learn more, please feel free to stop by our office on the third floor of the Student Union, suite 3201.

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Jennifer Fasano

My name is Jennifer Fasano. I'm the sport club's coordinator here at Florida State University, and I oversee the 44 sport clubs that we currently have. We have tons of sport clubs that range in level of competition,

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Jennifer Fasano

they can be just recreational fun, they can be instructional or they can be competitive to the point of you're trying to go win nationals. We have multiple diverse different sports. We have clubs like badminton all the way to quad ball and rugby and ultimate frisbee and multiple in between.

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Jennifer Fasano

We have a lot of questions about what's the difference between us and intramurals. Intramurals is a fun way to go recreate with your friends without really that full level of competition or anything required to be like a full teammate to somebody. You can be a free agent in intramurals. You can join whatever specific sport you want to join, but with sport clubs, you go and you join a team and you join a family and you join a community.

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Jennifer Fasano

When talking about sport clubs level of commitment, there are some more clubs that are laid back because their goals are to teach or to just recreate where there's other clubs whose goals are to make it all the way. We want to go to playoffs, we want to win nationals, we want to we want to win regionals. Whatever that goal is can change the level of commitment that club may require from somebody.

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Jennifer Fasano

So there may be two practices a week that they expect you to go to. There may be five plus where they go. You got to show up. We're trying to go win nationals. We want you to qualify things like that. Each sport club is different just depending on their sport and what pathway they have. Joining any sport club has multiple benefits and there's multiple reasons why you might personally want to join.

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Jennifer Fasano

But the fact of the matter is you're going to you're going to find a family, a community of shared goals, visions, things like that. At minimum, you're going to exercise a little. And we know exercise is great for your mental health, as well as your physical well-being. And it gives you something to do that's not just academic focus, although there's studies out there that academically, you also might just do better.

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Jennifer Fasano

You also most likely stay, and retain yourself here at FSU where you're going to be committed to not only this school, but your teammates and and the vision that you all have together. You meet a bunch of friends that are willing to not only hang out, but maybe study together. Let alone go compete on the field or court or wherever with you to go win something

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Jennifer Fasano

and that just creates a different level of bonding. A lot of sport clubs also travel, so outside of practice and home events, you'll travel away to go compete against other schools in the state or in the region or nationally. And those trips also bring, a lot of bonding opportunities between students. On top of that, sport clubs helps you kind of gain a lot of leadership skills.

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Jennifer Fasano

There's an opportunity to be an officer, for a sport club. And those help you just gain a lot of skills that make your resume more comprehensive. You're a little bit more well-rounded student, and you'll have the opportunity to actually work on these skills of being a leader currently. Right now, if you would like to join, it'll be up back on our Campus recreation website where you can join and register for your club.

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Jennifer Fasano

And I always highly suggest this is go find your club or a sport that you're interested in on their social media. If you don't know what we have to offer, check out our website. See all the 44 clubs that we have. Go find their Instagrams and follow them. See when they're practicing or when they're doing tryouts. Things of that nature.

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Jennifer Fasano

We also have all of them on Nole Central, so you can always type in something you might be interested in just to see if they exist and what they do. Our office, the Sport Clubs office also is always willing and open to answer any emails or phone calls you all have, which you can find our contact information on the website as well.

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Jennifer Fasano

But we actually recently did a survey with over 380 of our students answering, and 25% of them never played the sport that they're playing right now. They found it here. They found their community, they learned about the sport. And every club that we have here is not only competing at this level for these sports, but they're also teaching you to compete at those sports.

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Jennifer Fasano

So if you've never played soccer before or rugby or anything like ice hockey, we have a space for you and they're going to teach you how to play that sport and you can come on out. We have recruitment nights in the beginning of spring and fall falls, usually our largest one, but spring does pretty well. And we like to hang out on Landis so that all of those who are in dorms or anything like that can come by and find us.

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Jennifer Fasano

And then we get all of our contact information out from there.

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Dr. Amy Hecht

We're going to close out our episode with the segment called Ask Amy. This is the part of the podcast where I answer frequently asked questions from you, our students and parents. So let's get into it. The question today is, Dear Amy, hi, I'm a senior in high school and I've been accepted at FSU, but I've also received acceptance letters at two other universities in Florida.

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Dr. Amy Hecht

And I can't decide where to go. All of my friends decided to go to schools out of state, so I feel a little lost. Why should I choose FSU? That is a great question. There are so many reasons to choose Florida State, but first and foremost, we are a family. And for our students that come here, they come here because we believe in them and we're going to invest in you as one of our students to help accomplish whatever it is you dream of doing.

00;24;01;20 - 00;24;34;14

Dr. Amy Hecht

We have students in leadership roles in SGA service through dance Marathon and Relay for life. We have incredible housing, activities, Faculty, research. Florida State is a place that is going to invest in you and make you into who you want to be. It really is a family, and I think all of our students feel a part of FSU, even though we're 45,000 students, it really does feel like home, and our students do feel a part of the bigger Seminole community.

00;24;34;16 - 00;24;46;05

Dr. Amy Hecht

So that is why I would choose Florida State University. But that is it for our episode today. Let's stay connected and Go Noles!