

# From Panic to Prevention

Lori Hart, Ph.D.



**THEMES  
THOUGHTS  
THINK**



## THEMES...

1. Two “first-year” classes
2. Eager to get back to “normal” ... how do we hold the “flood gates” back?
3. Knowing that things previously changed day to day, how can we keep them informed?
4. Overall uncertainty, will the pandemic shift previous practices that have worked?
5. What will the rules/regulations be at that time?
6. Expectations of the college experience being heightened by a “traditional” experience.
7. Burnout

## THOUGHTS...

1. The Federal Law never went away.
2. Everything became “unofficial” and “we” created that system.
3. Some humans/chapters operated in unhealthy ways. Some didn't.
4. “We've always done it that way” is inaccurate.
5. It's going to be a s-show if football is back, but we are telling student organizations they can't gather.

## THINK...

1. Policy, Procedures, Resources, Websites, Education Strategy ... get this done now.
2. “They” didn’t DO the hazing allegation from 2014.
3. Get your relationships right.
4. Resources – know them, love them, and share them
5. What do we want to keep from the pandemic?
6. Baseline education (e.g., how to run a chapter meeting) is critical.
7. Remain relevant.
8. Change your perspective.
9. You are the only person who can take care of you.

# From Panic to Prevention

Lori Hart, Ph.D.

404.441.5100

[drlorihart@yahoo.com](mailto:drlorihart@yahoo.com)