

FEBRUARY 2024 | ISSUE 3

FEBRUARY NEWSLETTER

USC Phi Alpha Honor Society



Executive
Board
Members
at our Spring
2024
Hybrid Mixer

WELCOME TO OUR PHI ALPHA MONTHLY NEWSLETTER

MENTAL HEALTH TIPS

- *Get enough sleep*
- *Eat a healthy diet*
- *Exercise*
- *Keep in touch with family and friends.*

We would like to thank those who attended our first hybrid event of the year. It was fun chatting and getting to know some new faces.

Here you will find all of our upcoming events that as Phi Alpha Honor Society members can participate.

If you have any questions, please send all inquiries to:

uscphialphahonorsociety@gmail.com



VOLUNTEER MEMBER OF THE MONTH

In December 2023, James volunteered to make blankets for the unhoused with the CSULA Rehabilitation Counseling Association (RCA) program. He also volunteered for two days at the Midnight Mission in the DTLA Skid Row community to support the development of Santa's Village for children and families living in impoverished communities. James continues to lend his voice as a volunteer with the Bidd Mason Charitable Fund Foundation, helping to shape policies and programs for former foster youth in Los Angeles County. On MLK Day in January 2024, James volunteered to help feed the unhoused and work at the Los Angeles City Food Bank. James further purchased and passed out 75 umbrellas to the people on the streets of Skid Row in December 2023. He also volunteers to lend his voice to the US Military and Veteran Affairs Lived Experience Advisory Committee, helping to advise the LA County Board of Supervisors on how to support justice-impacted veterans.

FEBRUARY EVENTS

Para Los Niños



Donation Drive:
Deadline for donations is February 26, 2024

Phi Alpha is collecting items for hygiene kits that will be passed out to Para Los Niños 5th graders (male and female)

Here is a list of the products needed:

- toothbrush
- toothpaste
- mouthwash
- floss
- deodorant/body spray
- body wash
- body lotion
- shampoo and conditioner
- brush and/or comb
- small baggy/box to store items

Beach Clean up



Phi Alpha is participating in a Heal the Bay Nothin' But Sand Beach Cleanup

Date: Saturday, February 17, 2024
Time: 10:00 AM - 12:00 PM.

Location: Cabrillo Beach
3800 Stephen M White Dr, San Pedro, CA 90731

Participants must sign a [waiver form](#) and bring it with them, [submit a digital waiver](#), or sign a waiver upon arrival.

Buckets and gloves will be provided on a first-come-first-serve basis, so members are encouraged to bring their own buckets and gloves. Reusable gloves are best for the environment :)

RESEARCH SYMPOSIUM

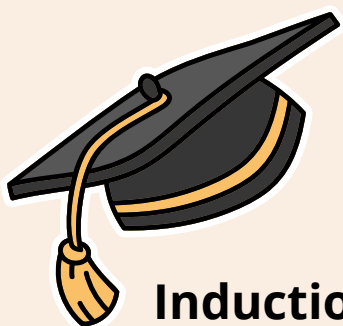


MONTHLY AFFIRMATION

*My heart is always
with me. My heart will
never leave me. My
heart will keep on
beating through it all.*

Welcome our newest
E-Board Member
Valett Bunns-Langford

Fundraising Chair



SAVE THE DATE

**Induction / Graduation
Ceremony**

When: May 9, 2024

Time: 11am-1pm

Location: TBD (In-Person)

