Emily Whiteman
Gamma Zeta

Emily joined the Gamma Zeta chapter of Sigma Sigma Sigma at Slippery Rock University in the fall of 2012 with her best friend Charlene Klinger. It's an experience she will never forget. She studied K-12 physical/health education and served as the Vice President of Operations when the position was established during 2014. She graduated in 2015 and has since moved to Kansas where she currently attends Kansas State University pursuing another degree in Criminology as well as an active cadet in Army ROTC.

Compassion.
What does it mean to be compassionate and how will compassion change the world?
Compassion is a sense of wanting to help, wanting to give back, being a true sister and a friend to all without judgment. To be compassionate means to help, to understand, to care and to love. To be compassionate also means to live up to our Sisterhood's mission statement: "To establish among its members a perpetual bond of friendship, to develop in them strong womanly character, and to impress upon them high standards of conduct".

Two years ago, I attended Sigma Sigma Sigma Officer's Academy when I was Vice President of Operations. One of the many aspects that I took away with me were the Pillars of Character: trustworthiness, respect, responsibility, fairness, caring and citizenship. All of these pillars fall within the realm of what it means to be compassionate and to spread our compassion to change the world. Trustworthiness means to be able to be dependable, keep my promises and follow through with them. How can I expect someone in unfortunate circumstances to trust me, when I'm not showing them the compassion that they so deserve? Respect all that you come across, we have no prior intellect on their pasts; thus, it is important to treat everyone with dignity and how we would expect to be treated. Trustworthiness also goes hand-in-hand with responsibility, because it's essential to be a dependable person and keep the promises that I make. Respect and Fairness are also in the same realm to spread compassion amongst the world, because we must treat everyone with dignity and respect and also we must not discriminate against other. To be caring means to show love and compassion, it's also important to remember that Love is one of our core values. Citizenship is being a good sister and giving back to the community. Each pillar carries some meaning as to what it means to be compassionate.

How will compassion change the world? Even if it's through the spreading of love, showing understanding and simply being a friend for someone, one person at a time can make a difference. The end results of many small differences will make a grander impact. A simple act of compassion such as standing up for someone when they aren't able to stand up for themselves just yet will make a larger difference in the world than what we realize. When we spread love, kindness and generosity through our compassion, the better our world will be. When we place our minds into a more compassionate state, the world around us will profoundly change for the better.