



Founders' Day Table Topics

Honor our past. Celebrate our present. Plan for our future.

Instructions

These table topics are a great way for a large group or even two sisters to spend time reflecting on and talking about Sigma Kappa. The founders gave us the gift of sisterhood and a place to feel empowered by other women. Use these table topics to learn more about Sigma Kappa, yourself and your sisters all at the same time!

Honor Our Past

There will always be a past, present, and future for Sigma Kappa. Going back to 1874, the past was a Colby College without women in attendance. The present found five young college women often together on Colby's campus bonding as friends. Their future was creating Sigma Kappa.

Our founders provided the foundation of Sigma Kappa; a history that we look back on, learn from, and grow because of.

Table Topics - Past

- Did you know Ida Fuller Pierce's brother refused to go to Colby since his sister was admitted and planned to attend? Have you experienced or know of similar circumstances in today's time?
- Our founders were very progressive in attending college as young women, breaking past barriers of their time. What are some barriers you have experienced in your life?
- Looking back at our founders' progress it is amazing. When you read about their recollection, it appears they did not see their progress as monumental but as steps that were still progressing. Do you think that in our lifespan we will see progress as monumental or as small steps in progress?
- What from our founders' accomplishments are you most thankful for?
- Which founder do you most look up to and why?
- Which founder do you relate to the most?
- What has been your favorite Sigma Kappa experience that relates to one of our values?
- What is your favorite Sigma Kappa memory?

Celebrate Our Present

Celebrating where we are today, from our five founding sisters we have grown into a national organization. We have Sigma Kappa sisters all around the world composed of all ages, backgrounds, and walks of life.

During the 50-year Golden Anniversary Convention, all four founders who were still alive attended. At that time it was said, "Five decades have passed since then, but Sigma herself is unchanged that is the fascinating thought." 'It is just the same,' was the pleased comment I overheard of one of the older Alpha alumnae as she left the Initiation hall. Yes, it is just the same and Sigma will ever be! Although some of our policies and external methods may change with growth and for progress, still Sigma, as she was created fifty years ago, will eternally be."

Table Topics - Present

- Why did you join Sigma Kappa?
- How has your membership in Sigma Kappa evolved?
- What is your favorite aspect of Sigma Kappa?
- As you look at Sigma Kappa today, what are some of the same elements and principles of Sigma Kappa from when we were founded?
- What do you see as progress within our organization?
- What individual commitments can you make today to add to Sigma Kappa and its values?
- What can you do today to commit to your relationship with Sigma Kappa?
- What can you do today to commit to your Sigma Kappa sisters?
- What Sigma Kappa value do you feel most connected to?
- What strengths do you have that you contribute or can contribute to Sigma Kappa?
- What are you most thankful for that Sigma Kappa provides to you?
- How do you serve others or your community?
- How do you take responsibility for your own personal growth?

Plan for Our Future

Sigma Kappa is growing and advancing every day. Let us use our past and our present as a guide to growth for our future.

As Eredene Gage stated in 1924, "May the Founders infinite love, deep wisdom, friendly humor, and keen brilliance live in the years to come, as it has lived to the present time!"

The founders' dreams and hopes were for the future of college women and that the Sorority would not limit itself.

Table Topics - Future

- How will you continue to be an active member of Sigma Kappa?
- What do you hope Sigma Kappa's future will entail?
- How can you leave a legacy with your chapter of initiation?
- As an alumna, in what ways can you work to leave a legacy for our Sorority?
- What would you change about the world?
- What would you like to see Sigma Kappa recognized for?
- What would you like to accomplish in the next year?
- What is your favorite dream for your future? How can Sigma Kappa exist in that dream?
- What is the best piece of advice you have ever been given?