



The LowDown podcast

Reflection Guide

Use this reflection guide in conjunction with The LowDown Podcast to further your personal growth. You can use it as an aid while listening or as a reflection tool after listening to corresponding episode. Submit a podcast idea here: sigmakappa.org/podcast/submit-a-podcast-idea/

02 | An Inside Look at Fraternity and Sorority Life with Angela Guillory

What are your passions? What motivates you?

What decreases your motivation?

Are those present in your sorority experience?

How have you or your campus struggled?

What has your role been in that struggle?

What can you do today to make steps past this current struggle?

How have you benefited from your sorority experience?

What is something you are going to stop doing as a result of listening to this podcast episode?

What is something you are going to start doing as a result of listening to this podcast episode?