¡Bienvenidos!
I hope you enjoy the fifth issue of Sigma Delta Pi Ideas: the Sigma Delta Pi newsletter run by the Board of Student Advisers.

This newsletter gives insight to chapter activities across the nation and provides useful information for students and advisors alike. We provide well-researched information that we hope is useful to our readers.

If you have questions or feedback regarding the newsletter, please don't hesitate to reach out through email (SDP.BSA@gmail.com).

¡Hasta pronto!
Annette Zapata, BSA Chair

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**WELCOME**

**DID YOU KNOW?**

When dancing the Tango in Buenos Aires, Argentina, there is a particular way to go about asking someone to dance. In the Argentine Tango, there is not a need for verbal communication. In fact, it is against Tango etiquette.

When asking someone to dance, one gives the mirada, or “the look.” The hope is that the one receiving the mirada responds with the cabeceo, or “the nod.” If someone does not want to dance, then they should not make eye contact or respond with the cabeceo. However, if the cabeceo is not returned, the one giving the mirada has nothing to fear.

The use of nonverbal communication in the Argentine Tango has two purposes: one, so the person being asked to dance does not feel pressured to agree to do so, and two, so the one asking does not have to deal with rejection.

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**CONGRATS TO THE NEW BSA MEMBERS!**

**MARINA COX**

¡Hola! I am from Greenville, SC. I am a junior at Furman University and I am a double major in Spanish and Communication Studies. During my free time I love to travel and take pictures. I am half Spanish and trilingual in English, Spanish and Catalan. I visit my family in Barcelona, Spain twice a year and it is by far one of my favorite places in the world. I am currently studying abroad in Edinburgh, Scotland where I am interning at the Scottish Parliament and taking a couple classes at the local university.

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**BAILEY MITCHELL**

Hi! I am a senior at Eastern Illinois University. I love participating in organizations in my community that promote language and cultural awareness, and especially enjoy being in Sigma Delta Pi! I am excited to be on the board of student advisers this year and to learn how chapters are active in different areas around the country.
This summer, members of Sigma Delta Pi attended the AATSP conference in Salamanca, Spain. Auxi Castillo Soto, a Women’s and Genders Studies graduate student in Granada, Spain spoke a bit about her experience with Sigma Delta Pi and presenting in the sixth annual Best Practices session:

“I was introduced to Sigma Delta Pi during the completion of my first master’s degree at West Virginia University. I fell in love with Sigma’s values and work, and I have been a member since the spring of 2016. The main reason for attending the AATSP conference in Salamanca was to share Delta Tau’s accomplishments at WVU during the 2016-2017 academic year. Definitely, this experience’s highlight was to present at the Sigma Delta Pi Best Practices and Informative Session. The presenters did a great job and the session was really interesting. The audience also participated, and we had an active discussion. I felt proud about the interest and the union that Spanish offers to people from all over the world”.

As a Sigma Delta Pi member, you have the opportunity to represent your chapter at annual conferences while receiving a stipend to support your travels to the conference. To apply, see sigmadeltapi.org or email delmastromp@cofc.edu.

MIDTERM TIPS

It’s that time of the semester when midterm exams are right around the corner. You are not alone! It may feel like this is the most stressful time of the year, but if you plan ahead and follow some study strategies, you will be prepared and ready to ace your tests. Here are 6 ways to study for midterms:

1) Organization is Key

Last minute cramming can cause you to become more stressed out. It may feel like the only thing you’ll be doing is studying, but if you organize your week by making time each day to study, you’ll come out feeling much better. Make a midterm schedule by making a list of questions or topics that you need to cover or work on.

2) Ask Questions

When studying for midterms, your professors are great resources to ask questions. Ask whether or not the professor is having a review session or if the midterm is cumulative. You can also ask if your professor is willing to meet with you individually, so you can ask questions about the format of the exam or any study suggestions.

3) Sleep, sleep, sleep

Although you might be tempted to pull an all-nighter, a good night’s sleep is key. In fact, getting about 7-8 hours of sleep each night is more beneficial than not sleeping. Make sure you get into a healthy sleep routine so that your mind is fresh and ready to do well on your tests.

4) How do I study?

Everyone has their own study method. Whether that means going over past tests or making flashcards, make sure you choose a method that helps you understand the material. Starting out with your notes and tests will allow you to see what you should focus on.

5) Study Groups

A great way to go over information and learn it is to study with your peers. You might be a great note-taker and your peer might have a different way of studying that you didn’t think of. If you do choose to study in a group, make sure you are using your time efficiently. Go over each chapter and make sure everyone understands it.

6) Don't Overstress

Staying positive and relaxed during exam week is hard, especially if you have experienced test anxiety. By having an organized study plan for the week and a positive attitude, you will have the confidence to do well. You can do this!

NEWSLETTER SURVEY

The BSA wants to hear from you! Please complete our brief survey at the following link: https://docs.google.com/forms/d/1swlKoe4Lr1xAsuvlu6_kJAIS-37seHAMjxGyUVAM/viewform?edit_requested=true.

Any and all feedback is greatly appreciated, as we wish to keep this publication student-centered.

Thanks to those who previously participated in our survey and providing us with feedback.