

**Name:** Willow Frizzell  
**Pledge Class:** Spring 2020  
**Officer Position:** Legacy Rep  
**Decade:** 2020's (2010s+)

**As a prospective officer & leader of the ODPAA, what do you consider your greatest strengths? Weaknesses?**

My greatest strengths are I work well with others and have great listening skills, I also have great communication skills. My weaknesses include being a neat freak and being too focused on my work.

**If elected or re-elected to the position you seek, what is your commitment to serving out the full term?**

I am committed to the full term.

**Please describe accomplishments in your career and personal life that would benefit the ODPAA.**

During my active time at Omega, I have held many positions some of which are vice president, houseman, risk man, and treasurer. I am currently a chemistry tutor at SUNY Potsdam which allows me to still be very close to the current situations occurring at campus. I feel as though I would be a good fit for this role because I was active in the house during COVID-19 and had to work closely with other sisters in order for things to continue to go on smoothly throughout the school year.

**What is your vision for the future of the ODPAA? What changes would you advocate and why?**

My vision for the ODPAA is to create a safe space for every generation of Omega sisters so they feel as though they have a safe space to voice their opinions and concerns about the active issues that we have. I also want to be more involved with Omega within the alumni board and outside.

**If elected or re-elected, please describe what you seek to accomplish:**

If I am elected I plan on making sure everyone in the legacy that I am representing has a voice and that they all feel heard and get the answers to their comments, questions, and concerns. I also plan on keeping them up to date with any information that needs to be spread outside of the Alumni Board.

**What does Omega Delta Phi mean to you? Please describe your experience as both an active member and an alumni.**

Omega Delta Phi to me is a second family one that does not judge me for who I am and allows me to succeed in my life while being myself. It has brought me lifelong friends(sisters) and has

opened up several opportunities for me to meet new people. Omega Delta Phi has also brought me closer to my friends and family who have lost their lives due to breast cancer and suicide and it makes me feel as though I am closer to them every day.

**How would your sisters describe you?**

they would describe me as persistent, bubbly, determined, and respectful. I am very outgoing and love meeting new people as well as trying new and exciting things throughout my life.

**Please describe your approach to communicating and working with the ODPAA membership.**

I plan on communicating as much as possible with past representatives in order to get a full understanding of my role and what they expect out of the new representatives. I also plan on communicating with the president if I have any questions about my role.

**How do you deal with difficult people & situations? Please describe a situation in which you took a position that upset someone else, and explain how you handled it.**

In difficult situations, I tend to back away and look at the situation as a whole and find an alternative way to solve the situation at hand. With difficult people, I tend to do the same thing but allow them to have some time to calm down and come up with a solution that best fits both of us. In a situation that I was in that upset someone else was communicating my feelings, I tried to come up with a compromise that would work for all parties involved in order to handle the situation.

**How do you motivate others?**

I motivate others by pushing them to do their best and to do things they have never dreamed of doing in their lifetime. I also motivate others to pursue everything that they want in life while being healthy and happy. I also motivate people to try their hardest and try new things no matter their age or other circumstances.

**How do you handle criticism?**

I handle criticism very well when it comes to it I can be at times strong-minded, and I am also very open to others' opinions and thoughts when they are brought to my attention, and will look into their opinions to see which option is the best in that scenario.

**What top 3 qualities do you think a leader should have?**

the three top qualities a leader should have are respect, humility, and integrity.

**Would you rather be liked or respected? Why?**

I would want to be respected rather than liked, the reason for this being is, is that people are not always going to like everything that you are doing or saying but you can always maintain respect for them regardless of those things.

**How do you spend your free time?**

I spend my free time catching up on schoolwork, while also tutoring Chemistry 1 for SUNY Potsdam. I also like to spend time with my family and friends as well as my furry friends back home. I also like to volunteer at my Ladies' Auxiliary Club by handing out candy to kids in need, as well as raising money for the local fire department.

**For Fun: What's your 'superpower' or 'spirit animal' and why?**

My spirit animal I would have to say would be a lion because I am brave and courageous as well as protective of those that I love. If I had a superpower I believe that it would be mind-reading because I always tend to know what people are thinking before they say what is on their minds I am also really good at reading people and their true intentions in certain situations.

**Is there anything else that we haven't already covered/asked that you would you like to share with your sisters?**

As most of you I just recently became an alumni of Omega Delta Phi and I hope to make lots of new connections as well as continue my bonds with the other alumni that I have already met. As most of you know my time in Omega got cut short because of covid and other instances so I never got to experience the "full" sorority experience and I have always wanted to be more involved with our sorority even after becoming an Alumni. It would be an honor to be a part of the board and to help other sisters throughout this time. Thank you so much! LIO