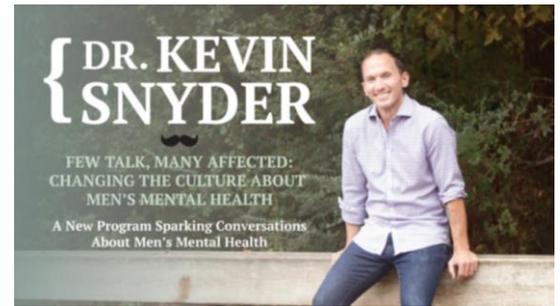


## ***Testimonials from 11/15 program at Longwood University***

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“I really enjoyed your talk tonight. You have been the best speaker IFC has brought in this year. I enjoyed the interactive nature of your talk. I appreciate the advice you gave us and the insight you provided.”



“I thought the presentation tonight was amazing. Personally walking over to Jarmin Hall I did not want to go and was thinking “another one of these corny speakers why do I even care what this guy has to say”. I was taken back by the speech and connected to you on multiple ways. When you talked about your experience, my first thought was holy shit this guy has some fuckin balls. I could not imagine how hard going through that experience was let alone telling anyone or even telling that story to a bunch of college kids you don't know. That really stood to me. I have never had a guest speaker that I was so moved and captivated by.”

“Tonight was powerful. I couldn't have shared what Kevin did. Wow.”

“I loved it. At this point in college, a lot of us are stressed about the last few years of college and what to do to get a job. Kevin's presentation helped me stir up ideas to help cope when things get stressful.”

“Kevin, thank you for your speech. I have so many other questions and will be emailing you soon.”

“Thank you so much for coming tonight! As a Greek male at Longwood I definitely appreciated your story.”

“I thought that tonight was very thought provoking. It really spoke to me that by sharing your life stories you can really touch the lives of others.”

“I really enjoyed your presentation. I appreciated that you went out on a limb and shared your personal life with us.”

“Your speech was very powerful and moving. The fact that you were willing to open up to a bunch of strangers about your past and dreams was very eye opening. I appreciate you coming and taking to all of us.”

“Pretty cool, you definitely were very vulnerable which is brave of you. It was pretty cool to hear what you had to say.”

“I think it was good that you touched on it being ok to open up as a guy to others about what you are feeling. Personally I didn't open up to people about things before joining my Fraternity, but the bonds that I have developed with my brothers has made me comfortable to talk about difficult topics with them.

“I was personally blown away by your speech and stories at the presentation. I'm a current brother of Pi Kappa Phi. I thought that it really took a lot of courage to stand up in front of all us; who you didn't even know or feel comfortable with. It shows that your willing to help and make sure we are living our lives to the fullest. One thing I'm willing to do is go to counseling, after your speech because of what I've been going through. Recently my grandfather passed away a few weeks ago, and trying to talk it out with brothers has helped. Though your brothers are always there for you , it shows how strong you are to go seek out other resources of help. Thank you again for coming out.”

“Although this event was mandatory for us, I really enjoyed your presentation and the topic tonight. I think it really opens up the minds of all fraternity men in being that it's not hard to open up to one

another. Although I don't suffer from depression, I'm one to be more open with my female friends and I should confess more to my brothers. I also notice several brothers that have anxiety/depression that never open up so your talk has given me the encouragement to speak with them and make them comfortable with speaking up about their thoughts and feelings. Furthermore, your presentation makes you really question what your personal and fraternal goals are. Awesome job tonight."

"Thank you for coming to Longwood University for the evening. Your advice has opened my thoughts up regarding many things."

"I really enjoyed your speech. I myself got into some legal trouble before attending Longwood, so when you stated your case I was more than agreeable. The experiences in life shape us whether good or bad at the end of the day it is your choice to express and implement, so thank you."

"I thought tonight was very insightful. I have always felt very close to my fraternity brothers. My favorite part of tonight was when Kevin talked about the campfire that all of his fraternity went to because my fraternity also does that every semester. We call it our brotherhood retreat and it is a time where we can be open with another without fear of ever being judged, and what's said around the fire stays at the fire. I really liked the brotherhood question cards idea and may attempt to implement that into my own chapter as I will be the President this upcoming year. "

"Kevin, it hit me deep what you were saying. I was never sexually assaulted in my life, but like most people I suffered from depression. I still do at times, but like you I find joy in helping others more than myself. That is why I am able to cope with life. Whether for better or worse people seem to pick up on that. Sometimes they ask for help and sometimes they don't. My closest friend for 10 years committed suicide in junior year of high school. That title means everything that comes with it. Devastated is an understatement, and to this day I see his family regularly to comfort them. I decided to never not go the extra mile for a friend. What ifs would never be a problem again. Skip ahead to sophomore year in college and I fell for a broken girl because I wanted to fix her. It didn't work out a year and a half later, and she had a habit of not talking about her emotions to anyone but me so I did the only thing I could. I told her family about her emotional and mental state because I was worried that she would commit suicide. Her family thanked me and it made me a stronger individual. We do not talk anymore at all though. Now I am at another crossroad with a friend currently from back home in a similar situation as the past two. We live in a dead town (low birth rate is an understatement) and he is trapped there. His mom doesn't ever want to let him go and the dad is a permanent hard ass. Now that I have my thoughts I'll set what I have planned for action."

"I would first like to thank you for attending Longwood University tonight, I really enjoyed listening to what you had to say. I will admit, I did not want to come at first because I thought this was just going to be another presentation I was being made to sit through, but throughout the hour, you really have given me insight about how important it is to open up to people. I also would like to say that I feel honored to be part of an audience who heard about how your traumatic incident in Florida, I imagine that must have been very hard for you to come forward about and I really appreciate you sharing. I can also relate to how hard it is about opening up about things from the past, and I had that very opportunity during my first semester as a member of the Phi Mu Delta fraternity. At the end of every semester we have what is called a fire side chat, where we are given the opportunity to talk about anything we wish, such as struggles we have been through, or are currently facing. This was the one time I have actually felt comfortable talking about things I have been holding in for a long time, and I would have not wanted to do it with any other group of people. My story, was that I never had any intention of joining a fraternity, because of what happened to a good friend of mine that I have known since middle school. He was part of a fraternity at Ferrum College and was hazed during his "pledging process." He was basically forced to drink a substantial amount of alcohol in a short period of time, and he was later hospitalized due to being in a coma. A couple weeks later, after fighting very hard, passed away. When I heard the news, a million things began rushing through my head, one of which was "I know all fraternity's are like this, its sick that this happens, I will never in a million years join one because of this very reason." That all changed my

sophomore year, a good friend of mine from high school, convinced me (after a million tries) to come out and meet some of the brothers, and I instantly knew, that this fraternity was different. They never judged me for the person I am, and they are some of the nicest people I have ever met, and I truly appreciate them everyday. But the main thing that made me enjoy them, is they follow through with the phrase almost any fraternity brother will say "we do not haze" and I have witnessed it first hand that this is a topic they do not take lightly. Ever since I have been a part of this organization, it makes me much more confident that not all fraternity's are the same, and nothing like how they are portrayed on the news. So I think one thing that I am definitely willing to take action on, is changing the views everyone else has when they hear the word "fraternity" and show them that we are not just some "frat" that do nothing but cause hate and contempt. Thank you for allowing me to share my story with you.

PS: thank you for tossing me a book, I tried my best to be one of the loudest singers 😊 “

“Tonight was awesome. It definitely opened my eyes on a lot of levels. Your stories were great and we’ve all got one to tell. I’d love to hear you speak again. I’m going to do exactly what you do at night but I’m gonna do it a little different. Instead of looking forward to something, I’m going to set a goal for the day. Big, little, it doesn’t matter. A goal is a goal. Thank you so much for coming to speak with us. Have a great day!”

“Thank you so much for visiting and talking to us. I think that one of the most important things you reminded us is that the first step is showing up. From when I joined my fraternity to now, participation has increased tremendously and our chapters image on campus and in the Farmville community has improved dramatically. We went from being that fraternity that was only known for partying, to a real, well-rounded brotherhood.”

“Thank you for sharing your life with us. I really appreciate it because I went through similar stuff. I've struggled with depression since I was 15 years old. I've recently have been living happier, but every now and then I get somewhat depressed. I just have to keep looking forward and learning from what I've done. I struggled my first year in college and I've been making up for it since. I am going to take action to graduate on time or else I'll be paying out of pocket. Thank you for coming tonight it really meant a lot to me.”

### ***What are willing to take action after tonight’s program?***

“Not putting on a mask and trying to be what I think ppl want me to be.”

“I am willing to take action and make sure all of my brothers know my door is always open. I am willing to make sure my community knows Greeks are gentlemen. I am willing to write three positive thoughts on what I did after my day and three things I want to work on. “

“One thing I am willing to take action is my anxiety and depression. I struggle with both of these and am not very vocal on either subject because I feel that if I do I will be a burden to others. However, tonight inspired me to start talking about these things more.”

“The talk tonight has inspired me to talk with my friend more. He suffers from severe anxiety and depression. Through talking with him and letting him know my stories I can help him overcome his challenges.”

“I was recently elected into 3 positions in my fraternity and am going to have to work hard to do all of them to the best of my ability. I have to take action to take control and do my best for my fraternity.”

“One thing I’m willing to take action on is waking up with a good mood. Your mood every morning affects how you go about your day. Waking up with a good mood will better affect everything that happens that day.”

“One thing you’re willing to take action - the one thing I am willing to take action on is fulfilling my dream of working in DC in either the CIA, FBI, etc. Your speech motivated me to chase my dream and take the necessary steps to achieve it.”

“I’m a newly elected president of a smaller membership fraternity. I want to try and live up to the name of the fraternity in being top dog socially, but also attract some of the guys that are willing to put in hard work for the fraternity itself. It seems as though as of late we’ve just been attracting the social people. I want to increase membership so that I can come back to something.”

“I’m willing to take action for anything that will improve the image of Fraternities across the country because of the negative connotation that we endure through the media. Fraternities have so many positive attributes, such as philanthropy, brotherhood, a place of belonging, etc., that are overshadowed by the tragic stories that the media cover. This means that actions must be taken in order to change the public perception to keep ourselves alive and relevant in the country.”

“Personally one thing I’d like to take action on is getting my fraternity’s name more recognized on campus, but not through the traditional event nor party. I’d really like to become more involved with the other greek life on campus, including NPHC and CPC chapters. I feel that when people think of mixers, they only think of social parties, and that’s not all we as a fraternity have to offer.”

“I am willing to remain open to my brothers and fellow students about issues and listen to them when the time is given.”

“Something I am willing to take action on is making sure that my chapter will win a national award. Recently, I was just elected President of Theta Chi Fraternity. I have been evaluating what our chapter has done good and what we need to improve on. Before I finish my position of President, I will set my chapter up to succeed.”

“My plan for action pertains to my friend. I will continue to offer him a safe haven away from his family. I will continue to be the person he vents to. I will reach out to him and let him know he isn’t alone and needs to keep communicating. I hope he reads the book I got for him from you.”

“One thing I’m willing to take action on is myself. I plan on talking more about my problems to others and not holding emotions inside myself. I personally hate to get out of bed in the morning and am very excited for putting to use the advice you said about thinking about something to look forward to before you go to bed and also downloading your app. I love motivation and am always looking at ways to get better at something. Thanks again for taking time out of you’re schedule to talk with us tonight I know a lot of other guys really enjoyed it just as much as me.”

“One thing I am willing to take action on is continuing to try to improve the negative views of Fraternities. Ever since I joined a fraternity I have been correcting people that refer to us as “frats.” Another thing I am willing to act on is the segregation of the Greek community. The rivalries between organizations have been slowly fading out, but there is still tension in some relationships. I am willing to try to put that aside and join together with these other fraternities to save face here at Longwood and regain the community support that Greek life once had.

**To view a program description about this new presentation, visit**

**[www.CAMPUSPEAK.com/SNYDER](http://www.CAMPUSPEAK.com/SNYDER)**