

*Capital University*

*Panhellenic*

A GUIDE TO FORMAL  
SORORITY RECRUITMENT  
FALL 2020

# The Capital University Fraternity and Sorority Life

*Welcomes You!*

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# The Capital Panhellenic Council

The Capital Panhellenic Association (PHA), which is the local College Panhellenic, is the programming and governing body of the three National Panhellenic Conference (NPC) sororities at Capital University. Every woman who joins a Panhellenic sorority at Capital becomes a member of the Capital Panhellenic Council. We also support our local Chapter at Capital University.

The Panhellenic community at Capital is comprised of approximately 250 women with an average Chapter size of about 60. The council leaders consist of two delegates from each Chapter and five executive officers. These leaders plan and oversee the implementation of the formal recruitment process in the fall and hosts sisterhood events for the Panhellenic community to promote unity between all Chapters. They also actively support the Circle of Sisterhood Foundation.

For recruitment, the five members of the 2020 executive council, who are current sorority members, disassociate for the recruitment process to provide unbiased support for everyone involved.



## Panhellenic Creed

We, as Undergraduate members of Women's Fraternities, stand for good scholarship, for guarding of good health, for maintenance of fine standards, and for serving, to the best of our ability, our college community. Cooperation for furthering fraternity life, in harmony with its best possibilities, is the ideal that shall guide our fraternity activities.

We, as Fraternity Women, stand for service through the development of character, inspired by the close contact and deep friendship of individual fraternity and Panhellenic life. The opportunity for wide and wise human service, through mutual respect and helpfulness, is the tenet by which we strive to live.



# Greek Alphabet

A - Alpha

B - Beta

Γ - Gamma

Δ - Delta

E - Epsilon

Z - Zeta

H - Eta

Θ - Theta

I - Iota

K - Kappa

Λ - Lambda

M - Mu

N - Nu

Ξ - Xi

O - Omikron

Π - Pi

P - Rho

Σ - Sigma

T - Tau

Υ - Upsilon

Φ - Phi

X - Chi

Ψ - Psi

Ω - Omega

# PNM Bill of Rights

Every PNM has the right to...

- Be treated as an individual
- Be fully informed about the recruitment process
- Ask questions and receive true and objective answers from Rho Gammas and members
- Be treated with respect
- Be treated as a capable and mature person without being patronized
- Ask how and why and receive straight answers
- Have and express opinions to Rho Gammas
- Have inviolable confidentiality when sharing information with Rho Gammas
- Make informed decisions without pressures from others
- Be fully informed about the NPC Unanimous Agreements implicit in the Membership Recruitment Acceptance Binding Agreement (MRABA) signing process
- Make one's own choice and decisions and accept full responsibility for the results of that decision
- Have a positive, safe, and enriching recruitment and new member experience

# Recruitment Counselors

A Recruitment Counselor, better known as a Rho Gamma, is a member of the Panhellenic community who has chosen to disassociate from her own Chapter to help unbiasedly lead a group of PNM's through the formal recruitment process

What you need to know about your Rho Gamma:

- You will meet your Rho Gamma at the informational sessions before the weekend
- She is SO excited to meet you! She has been training for this position and could not be more excited to guide you through the recruitment process
- Your Rho Gamma is a resource for you at all times! Whether you have a question about what to wear to rounds, how to get to class, or you are struggling with adjusting to life away from home, your Rho Gamma will be there for you before, during, and after recruitment.
- Your Rho Gamma has disassociated from her Chapter to be an unbiased resource for you. Please do not try to reveal her affiliation before she tells you on Bid Day.
- Your Rho Gamma was chosen from a competitive pool of applicants. We love her and hope you do too!

# Weekend Schedule

## Informational Meetings-

- There are two informational meetings that you will attend before the recruitment weekend. It is mandatory to attend one of the two meetings.
- Both meetings will be held virtually through zoom
- You will...
  - Be given a debrief of the weekend and what to expect
  - Have a chance to ask questions
  - Meet your Rho Gammas, if you have not already.
- Times:
  - 9/23 from 7:00pm-8:00pm
  - 9/24 from 7:00pm-8:00pm

## Day 1 - Open House Round (9/25)

- Meet all of the Sororities, get to know each Chapter. Learn about each of their values, consider which ones you connect with the most. At the end of this round, you will prefer your top choices.
- What to wear:
  - Classic casual
    - Jeans with a nice top
    - Nice skirt with a top
- Times:
  - 6:00pm-6:45pm
  - 7:00pm-7:45pm
  - 8:00pm-8:45pm
  - 9:00pm-9:45pm

## Day 2- Philanthropy Round (9/26)

- Continue to learn more about each Sorority, grow and develop connections and relationships with each Chapter. Dive deeper into these connections and start to consider which sorority you can see yourself in. You will pref your top choices after this round as well.
- What to wear:
  - Slightly fancy
    - Nice sundress
    - Classic romper
- Times:
  - 1:00pm-2:00pm
  - 2:15pm-3:15pm
  - 3:30pm-4:30pm

## Day 3- Ritual/Preference Round (9/27)

- Continue to connect with the Sororities. Learn and participate in their ritual. Consider all values, philanthropies, and connections before making a decision. You will pref for the last time after this round, and be asked to sign the MRABA before potentially receiving a bid.
- What to wear:
  - Fancy
    - Fancier dress
    - Classy jumpsuit
- Times:
  - 9:00am-10:15am
  - 10:30am-11:45am

*Bid Day!*

# Academic Requirements

Although Panhellenic does not set a GPA requirement to membership. It is important to recognize that your GPA may limit you in the recruitment process. There are a few important facts to note in regards to academics and recruitment. Most Chapters have approximately a **2.5** GPA requirement to be offered a bid during recruitment. We still recommend going through the formal recruitment process because GPA is not the only thing being considered when extending bids.

# Financial Obligations

Average New Member Dues: \$350

Average Initiated Member Dues: \$300

Chapter Dues- An important consideration in deciding to join a sorority should be if you are able to meet the financial requirements of membership. Membership is most expensive the first semester you join due to one-time fees. All Panhellenic sororities should be willing to work with each member individually through payment plans to meet the financial obligations of membership. Due to COVID-19, these numbers will be altered.

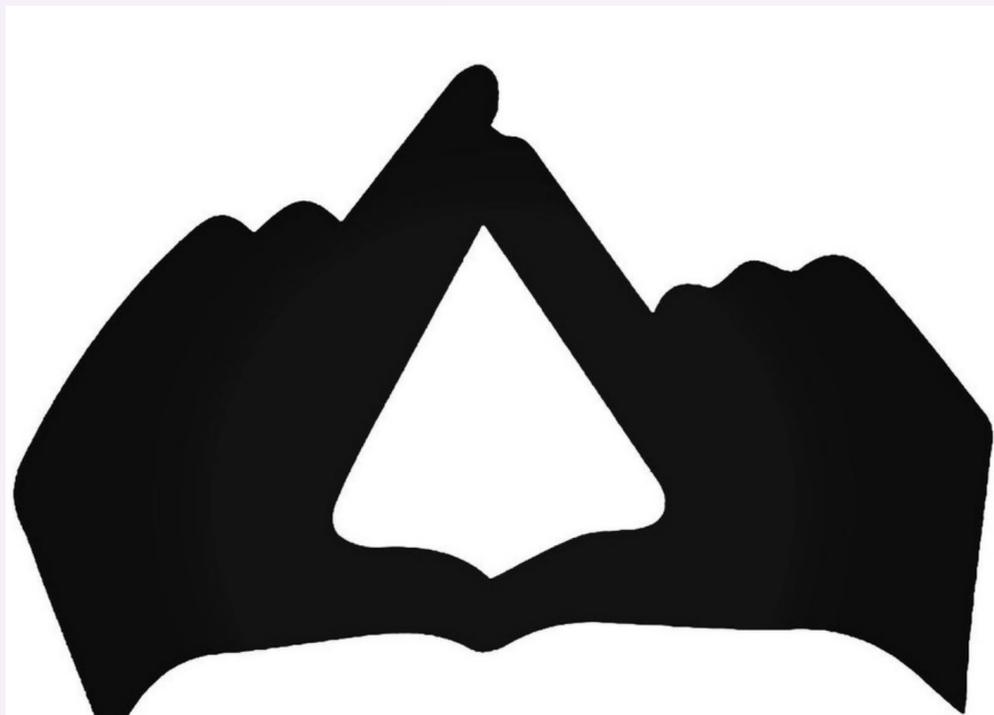
# Alpha Sigma Alpha

- Founded: 1901
- Colors: Crimson and Pearl
  - Palm green and Gold
- Symbols: Phoenix and Crown
- Philanthropies: Girls on the Run, Special Olympics, Alpha Sigma Alpha Foundation
- Motto: Aspire, Seek, Attain



# Delta Phi Epsilon

- Founded: 1917
- Colors: Royal Purple and Pure Gold
- Symbols: The Unicorn
- Philanthropies: Cystic Fibrosis Foundation, Anorexia Nervosa & Associated Disorders, Delta Phi Epsilon Educational Foundation
- Motto: To be rather than to seem to be



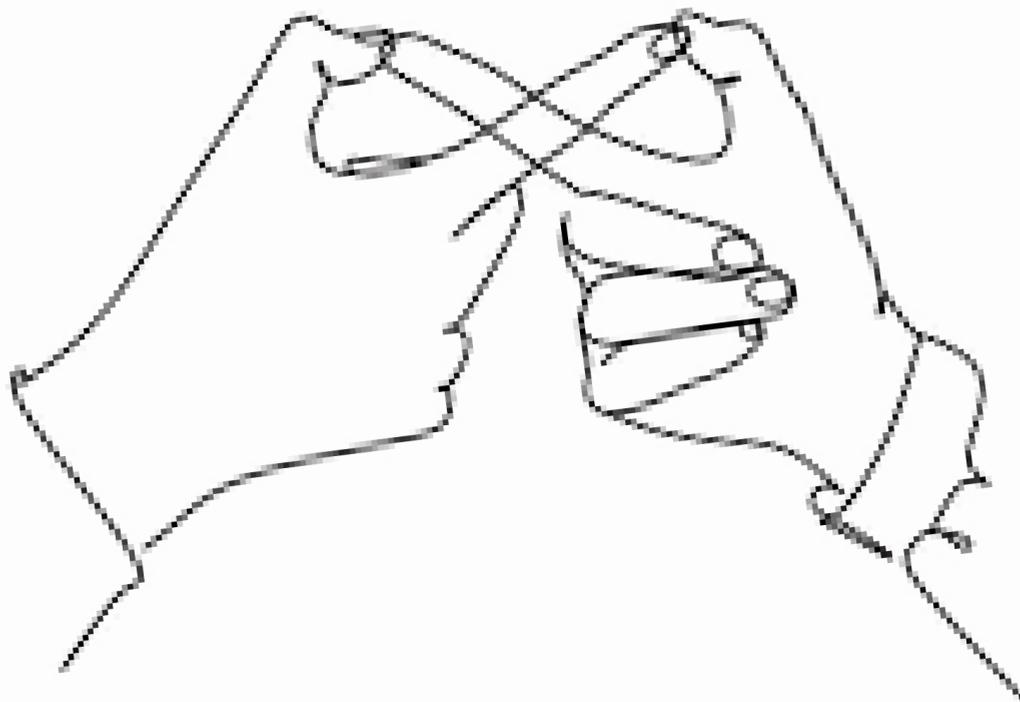
# Phi Sigma Sigma

- Founded: 1913
- Colors: King Blue and Gold
- Symbols: The Sphinx
- Philanthropies: The Phi Sigma Sigma Foundation, Alexandra Leigh Goodwin Angel Scholarship
- Motto: Aim High



# Pi Phi Epsilon

- Founded: 1963
- Colors: Green and White
- Symbols: The Panda Bear
- Philanthropies: Ronald McDonald House, To Write Love on Her Arms
- Motto: Love and Service



# Frequently Asked Questions

## **-How do I know if joining a sorority is right for me?**

The best way to know if being a sorority woman is right for you is to participate in recruitment. You will get to meet sorority women, ask questions, learn about benefits and expectations of membership to make an informed decision if the experience is right for you.

## **-How do you know which sorority is right for you?**

When you go through recruitment, it can be difficult knowing which chapter is best for you. Pay attention to how you feel visiting each chapter. Consider these questions:

- Do you feel a connection to members you meet?
- Do you feel listened to?
- Can you see yourself as a member of that chapter?

Trust your own feelings and not the opinions of others

## **-What is it like to go through recruitment?**

When you meet each chapter through recruitment you'll learn about their sisterhood, service and philanthropy opportunities, academic support, personal development opportunities, and more.

## **Why else should I join other than having fun?**

Sorority membership comes with many benefits. You find a group of supportive women to develop lifelong relationships with. You develop skills like time management, leadership, communication, and more. You find academic support. And you get to volunteer and fundraise for local and national organizations.

## **-Is it hard to balance a job, a sorority, and school?**

While trying to juggle all of your responsibilities can be difficult, sorority can help teach you skills like time management through educational workshops. These workshops and experiences can give you actionable steps to finding a balance between your job, sorority, and school.

## **-Is the stereotype of sorority shown in movies true?**

What sorority is like in movies and what it is like in reality are totally different. The sorority community has women who are strong, smart, leaders and who come from many different backgrounds.

## **-How does the sorority experience look different with COVID-19?**

Membership is going to look different this fall. Events like Bid Day, chapter meetings and coffee dates may be held virtually or properly spaced with the necessary precautions in place for the safety of members. Even in a virtual environment, sorority still has benefits to make lifelong friendships, find academic support and develop skills.