PANHELLENIC RECRUITMENT

University of Colorado Boulder
GUIDEBOOK FOR PRIMARY RECRUITMENT 2024





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Introduction WELCOME TO RECRUITMENT



We are so excited for you to join us for 2024 Panhellenic Primary Recruitment! This guide contains some information about the recruitment process and sorority life at the University of Colorado Boulder as a whole. We hope that this guide provides a comprehensive example of what to expect during this time, but please reach out to us at panhellenic@colorado.edu with any further questions. Go Greek and Sko Buffs!



Greetings from President GRACE WAIDA

Welcome to the University of Colorado Boulder Panhellenic Council, home to 12 chapters and CU's largest women's organization.

We're beyond excited about your interest in the CU Panhellenic community. Whether you're a new or returning student, this year will hopefully be filled with fun and exciting moments. Each of our chapters offers a supportive, inspirational and empowering environment that enriches members' experiences at CU. While every chapter and member in our community is unique, our shared values of academics, leadership, service and sisterhood bind us together to create the incredible CU Panhellenic community. When I first arrived at CU, I was apprehensive about navigating such a large school while also seeking a close-knit community. Despite my nerves, I decided to go through the recruitment process, unsure of what to expect from Greek life beyond being part of a large group of women. Though the process was challenging and overwhelming at times, it ultimately led me to my home. Looking back, I'm amazed at the personal growth and lifelong friendships I've gained through my chapter and Panhellenic. The supportive women in our community have pushed me out of my comfort zone, inspired me and enriched my college experience beyond measure. I am grateful for the women in Panhellenic who have helped shape me into the person I am today and will always be grateful for the memories made at CU. If you're feeling unsure about sorority life, know that we are here to support you every step of the way. I encourage you to trust in the process and have confidence that you will find your place at CU Boulder.

Meet the 2024

PANHELLENIC EXECUTIVE BOARD



Grace Waida President



Amelia Lloyd VP Internal Affairs



Juliana Carpinelli VP External Affairs



Julie Munch VP Administration



Grace Cadman VP Marketing



Charlotte Cousins VP Finance



Emma Kapolnek VP Recruitment



Blair Graham Dir. Recruitment Ops.



Katelyn Trask VP Rho Gammas



Nicole Ornstein VP Member Ed.



Aspen Moore VP DEI

PANHELLENIC

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.



Here at the University of Colorado Boulder, our nine National Panhellenic Conference chapters strive to be organizations that exemplify the NPC mission. These organizations are led by the CU Panhellenic Council, which is made up of members from different NPC chapters on campus. Working with members of their chapter, members of other Greek organizations on campus, and alumnae, these women strive to make the Greek community even stronger.

Facts about CU Panhellenic:

of Women involved: 3000+ 12 chapters including 9 NPC groups and 3 associate chapters 9 Chapter Houses
First Sorority has been here since CU Founded!



NEW MEMBER: The period when a woman joins a sorority but is not initiated into the chapter.

PHILANTHROPY: A national and/or local charity that the sorority sponsors, donating time and money through service in order to promote human welfare.

POTENTIAL NEW MEMBER (PNM): Any women seeking membership in a sorority through Primary or COB Recruitment (aka you!).

PRIMARY RECRUITMENT: A designated membership recruitment period during which a series of organized events are held for the purpose of selecting new members.

CONTINUOUS OPEN BIDDING (COB): The process which allows chapters to extend Bids outside of the Primary Recruitment Process.

RHO GAMMA: An upperclassman sorority member who has disaffiliated from her chapter during Recruitment. They are specifically trained to help PNMs and answer questions during Recruitment.

QUOTA: The number of women a sorority may pledge during primary or informal recruitment.

SNAP BID: A procedure used at the close of bid matching to help chapters reach quota prior to bid distribution.

VALUE BASED RECRUITMENT: The emphasis of focusing on how your values, such as academics, equality, inclusion, and service align with different chapters' values.

ACTIVE: A sorority member currently in college, who has been formally initiated by her chapter.

ALUMNA: An initiated sorority member who is no longer active in a collegiate chapter.

BID: A formal invitation to join a sorority or fraternity.

LEGACY: A PNM whose mother or sister is an alumna of, or active member, in a particular sorority.

CAMPUS TOTAL: The allowable chapter size as determined by the College Panhellenic.

SINGLE INTENTION PREFERENCE: When a PNM attends more than one preference event but limits membership selections by not listing all her sorority options on her MRABA.

Membership Recruitment Acceptance Binding Agreement (MRABA): A document each Potential New Member completes immediately following preference round. This is a binding agreement, stating that the PNM is willing to accept a bid from any sorority she lists.

NATIONAL PANHELLENIC CONFERENCE (NPC): Founded in 19O2, NPC provides support and guidance for its 26 member sororities and women's fraternities and serves as the national voice on contemporary issues in sorority life. CU has 9 NPC affiliated sororities.

DATEBOOK: Refers to the days of Recruitment, traditionally called Datebooks by CU FSL because members would record their rounds with chapters in a small book.

PARTIES: Refers to the individual rounds within a Datebook

THE GREEK ALPHABET

Sololity Life
AT CUBOULDER

Membership in a sorority provides you with an opportunity for personal growth and life long friendships. Sorority life is like nothing you've ever experienced, offering so many unique ways for you to join a community and be your authentic self!

There are many activities sorority members can be involved in that match their interests including Community Service, Family Weekends, Philanthropy Events, Homecoming, Study Tables, Intramural Teams, Greek Week, Leadership Seminars, Date Dashes and events with other fraternities and sororities. The Panhellenic Association and individual chapters also sponsor educational programs on current and relevant topics like physical and mental wellbeing, campus safety, and financial wellness. There's always something to do and always a place for you!

When you join one of our 9 Panhellenic sororities, you also become a member of the Colorado Panhellenic Association. The National Panhellenic Conference (NPC) was founded in 1902 and is the governing organization for 26 (inter)national women's fraternities and sororities. Each member group is autonomous as a social, Greek letter society. Members are represented on more than 600 campuses in the United States and Canada, and currently there are more than 5,300 alumnae associations comprised of over 3 million sorority women.



Scholarship

Each sorority at CU recognizes the importance of scholastic excellence. Through study tables hosted by sisters in the same major to having connections to older members who can help tutor you, the goal is always to help your sisters succeed. Academic Scholarships are also available through individual chapters and the National Panhellenic Conference.

Leadership

Within each chapter there are a plethora of opportunities to further develop your leadership skills. Whether you serve on the Executive Board as Chapter President, to being Banner Chair, or evening serving on Panhellenic Exec, there really is a leadership opportunity for everyone. Sorority women are involved in campus-wide activities. Your chapter will encourage you to get involved.

Philanthropy

Each chapter on our campus has a national philanthropy they support, and some also have a local organization as well. Each semester there are philanthropy events hosted by each chapter to raise money for their relative organizations. Members of each chapter show up to support one another at these events to have fun while raising money for great causes.

Community

Several times a year, the Greek community comes together to foster community. The entire Greek Community teams up to celebrate the Homecoming football game, hanging up banners to support the Buffs and teaming up with CU IFC Fraternities to decorate a float for the Homecoming Parade on Pearl Street. Each Spring the Panhellenic Association joins with IFC to host Greek Week, a week of activities meant to develop Greek relations and friendly competition amongst chapters.

A Letter From Our VP Recruitment

Dear Potential New Member,

Welcome to the University of Colorado Boulder! I hope you are so excited for the fall and are enthusiastic about all of the experiences coming your way. Boulder is truly such an amazing place to learn and try new things with so many opportunities for fun activities. One of the best parts of college is being able to try new things, embrace who you are, and step outside of your comfort zone. Recruitment is an excellent opportunity to find your community on a large campus.

When I began Recruitment as a Potential New Member (PNM), I was unsure whether or not being in a sorority would be for me. As it turns out, it is the best decision I could've made for my college experience. There truly is not one type of "sorority girl." We will accept you for who you are! There are so many diverse, inspirational, and wonderful women leading within the community. Even if you are unsure if Recruitment is for you, there is no harm in trying it out. You never know if you will meet your future best friend in line for a house, walking around the hill, or even in your Rho Gamma group.

Recruitment is an innately nerve-wracking experience. It is completely normal to feel nervous and scared of the unknown, but the excitement overshadows it! Recruitment is what you put into it; if you go in with an open mind and positive energy, I guarantee you will get what you want out of your experience. I never thought I would be in a sorority, yet here I am now running Recruitment!

Since joining a sorority (while it may sound totally cliche,) I have met my best friends for life, gained an incredible amount of leadership experience, learned how to truly give back to my community, and have developed into the person I have always wanted to be. I am so excited to enjoy Recruitment with you all in the Fall. I am with you every step of the way and cheering you all on. Enjoy your summer, get excited, and I will see you all in August! The entire Panhellenic community and I can't wait to meet you.

Sincerely, Emma Kapolnek

The Basics:

- Deadline to register is noon (12pm) MT on August 28th, 2024
- Cost to apply: \$60 (non-refundable)
- Link: https://enroll.icsrecruiter.com/pan/ucolor#!/enroll/enrollment-disclaimer

What is on the Application?

General Information asks for your name, student ID, pronouns, hometown, and any special needs you might need during recruitment.

Legacy & Past

Recruitment is where you can share if you've participated in recruitment before, pledged a chapter, or if you have a family member involved in sorority life.

High School & College section requests information about your high school, GPA, and graduation date. As well as your College Major and GPA if applicable.

Activity & Involvement

can include athletic involvement, volunteer work, clubs and organizations, scholarships, video submissions can be awards, full-time or parttime employment, etc.

Personal Values is where you will be given a list of values and have the opportunity to rank your top 5.

Additional Files to Upload

are a picture, high school or college transcripts, and video submission for Datebook One. Prompts and guidelines for pictures and found on the Panhellenic website.

Application Advice

- Take your time on the application. It does not close until 12:00 PM on August 28th, so there is no need to rush through. Be thoughtful with your responses.
- This is NOT a college application. Although you should be mindful of spelling and grammar, let your personality shine through. This is one piece of information that supports our chapters' introduction to you!
- You are more than your GPA. If you have concerns about this, there is a spot on the application where you can explain your grades.
- Be authentic to yourself and answer questions in a way that best reflects you.



RECRUITMENT SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 25	August 26	August 27	August 28	August 29 Football Game	August 30	August 31
	First day of class!		Orientation	Tootball Gairle	Datebook One	Datebook Two
September 1	September 2 Labor Day	September 3	September 4	September 5	September 6	September 7
Datebook Three	Preference Night	Bid Day!!!				KOKO. Panhel

Daily Schedule Breakdown

Morning: Morning Meetings

Start each morning off with a Rho Gamma group meeting where you will get your schedule for the day and learn more about the rounds for that day. Meetings will be hosted on Zoom and are required as they go towards your attendance for the day. Rho Gammas and Panhellenic Executive board members will be stationed in designated areas on the Hill and near campus if you need someone to talk to before the day starts. You can tune into your morning meetings from these areas if you want to get your day started closer to the Hill.

During the day: Datebook Parties

Datebooks are what we call rounds and are where you get to go to the chapters and meet members. The number of parties you will attend varies by day. Parties will be spread out throughout the day going from early in the morning to late in the evening. Just like Morning Meetings, there will be designated spaces where you will be able to find Exec board members or Rho Gammas to hang out with. You are also more than welcome to go home during these breaks!

Evening: Voting

Each day will end with voting. You will have an account in our recruitment software, ICS (the same software you used to sign up for recruitment) where you will be able to rate the houses you visited during that day. You will select the houses you would like to return to, then rank your remaining houses in preference order. We will go over voting more in depth during PNM Orientation. You MUST vote before you leave the event for the day!

About the Process

Values Based Recruitment

Each chapter under the NPC council engages and follows values based recruiting, where the focus of recruitment falls on the actual conversations that are being held between members and PNMs in accordance with member organizational values. This principle also eliminates all forms of bid promising, oral or written, to join a certain sorority before bids are distributed. Any PNM who feels an active member is not demonstrating values based recruitment should report it to their recruitment counselor immediately.

Mutual Selection Process

Recruitment is a mutual selection process that balances the preferences of each PNM with those of the existing sorority chapters. PNMs will be able to explore each of the chapters during the first Datebook, but Datebook 2, 3, and 4 will be based on the preferences of the PNM and the selections of the chapters. There is no guarantee that a PNM will receive a bid to any sorority, however if a PNM attends all the events on preference evening and lists those chapters, they are highly likely to receive a bid from one of those chapters.

Dear PNM Families,

The Panhellenic Community is beyond excited and honored that your student is attending CU Boulder and is interested in joining sorority life! Our Boulder sororities offer so much more than what meets the eye. The Panhellenic community provides many opportunities for leadership experience, academic support, networking, philanthropy and community service involvement, and meaningful friendships that truly last a lifetime.

Joining a sorority is a great way to start making our campus feel smaller. With over 30,000 students attending CU Boulder, it can be intimidating and challenging for many students to find their place among the crowd. We encourage individuals to join a sorority at the beginning of their college journey, as it can make adjusting to life in Boulder so much easier. Panhellenic still encourages students to join after their first year as there is no time frame for finding a community.

As your student is going through the recruitment process as a potential new member, or PNM, they will likely experience many different emotions. We hope that they are mainly excited, but it's possible they will be overwhelmed. Recruitment is a lot! It is very important for PNMs to remind themselves and be reminded by the people they love to be open minded and to trust the process. There really is no way to know which sorority is the best fit for them until they meet and have genuine conversations with active members of each sorority.

It may be tempting for PNMs to listen to stories about sororities, trust false information online, or join the same sorority as their friends or family. All of these situations can lead to confusion and disappointment, so we really encourage PNMs to trust the process. The PNMs who remain open minded and true to themselves throughout the entire process find people with similar values and build strong connections, and ultimately find their home in one of our incredible sororities on campus!

Your student will not be going through the recruitment process alone. At orientation, PNMs will be put into a group led by a Rho Gamma (Recruitment Counselor). A Rho Gamma is an active member of a sorority whose job throughout recruitment is to provide guidance and support to the PNMs. They are selected and given all the tools they need by the Panhellenic Executive Council to ensure that PNMs have a positive recruitment experience. Rho Gamma's are experts on recruitment and are there to support with anything PNMs may need.

Being in a sorority comes with financial, time, academic, and housing obligations. Each chapter has their own GPA expectations and financial commitments commonly referred to as dues. These dues will be discussed during the third round of Recruitment, but PNMs are still encouraged to ask questions to ensure they understand what they are paying for and what they can expect as an active member.

We acknowledge that it can be hard and intimidating to meet so many different people in the span of a few days, and encourage you, as their family member, to be their biggest fan during the process. We encourage you to support your student through this exciting yet challenging time and ultimately helping them make the best decision for themselves.

Becoming familiar with the community and the recruitment process will be nothing but beneficial for you and your student. If you ever have questions about anything, do not hesitate to contact us. We are here to support in making their recruitment and sorority experience at CU Boulder memorable. Please send any questions to panhellenic@colorado.edu with the subject line "PNM Family" and we'll get back to you promptly. Thank you for supporting your student in the opportunity to join our vibrant sorority community at CU!

Sincerely,

Panhellenic Advisor

HEALTH AND WELLNESS

Take care of yourself

Recruitment can be stressful. Below are additional campus resources for taking care of your physical and mental health during Recruitment. Remember your Rho Gamma,

Panhellenic Exec, and FSL Staff are also here for you!

STUDENT HEALTH CENTER (WARDENBURG)

- Phone: 303-492-5101 (24/7 nurse line)
- Website: https://www.colorado.edu/healthcenter/
- o Best for if you're feeling sick and need an appointment (if emergency call 911)

CU BOULDER REC CENTER (THE REC)

- Website: https://www.colorado.edu/recreation/
- Working out is a great way to destress. They have tons of machines, classes, and even a
 Wellness Suite.

COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

- Phone: 303-492-2277 (24/7 support)
- Website: https://www.colorado.edu/counseling/
- o Mental Health Resources (if emergency, call 911)

OFFICE OF VICTIM ASSISTANCE (OVA)

- Phone: 303-492-8855 (24-hour phone service)
- Webpage: https://www.colorado.edu/ova/
- Provides free and confidential support, consultation, advocacy and short-term trauma counseling to all CU Boulder students who have experienced or witnessed a traumatic, disturbing or life-disrupting event.

DIVERSITY,EQUITY,& INCLUSION

Aspen Moore, VP DEI

As the largest women's organization on our campus, the Panhellenic community shares a mission of being a safe space for all female identifying students come together in unity. We strive to continue to be a space where all sorority members feel included and celebrated. We cannot do this without acknowledging the often-non-inclusive roots of Greek life and the stereotypes surrounding it. Rather than trying to conceal this history, we use it as a basis of learning and growth.

We, as an Executive Board, have begun to foster relationships with advisors and organizations from across the country and on our very campus to provide tools to all our chapters on how to become better sisters, friends and allies. We condemn all forms of discrimination and prejudice and take these offenses very seriously. We stand for the protection and respect of all that have been minoritized. There is no space for hate in this community.

To our prospective new members, we promise that this community will be one for you to share every facet of yourself and feel included and supported. Your home away from home awaits you with open arms. Please reach out with any questions or concerns. We are here to support you.

Best of luck with recruitment and we look forward to having you in Panhellenic.

With love,

Aspen Moore, VP DEI on behalf of the Panhellenic Executive Board

Sko Buffs BOULDER BOUND

Beyond our letters, every member of our community is a proud Buff! Be sure to check out First Year and Fall Welcome opportunities organized by CU. Some of our favorites are:



Welcome Fest

is a favorite tradition for all current students. This FREE concert is happening Saturday, August 24th on Farrand Field starting at 5:30pm. Wristbands are required for entrance and you can stay up to date on all future announcements by following eprogramcouncil on Instagram.



CU Kickoff & Spirit Night.

First year students all have the opportunity to participate in a whole class photo on August 23rd. This is followed by Spirit Night where you can get free CU gear, learn more about fraternity and sorority life, and connect with local vendors and food trucks. Check out all the Fall Welcome events on your CU Boulder Life App!



Football!

The entire Boulder community is excited for the Buffs to be back in Folsom this season. Nothing is more exciting than game day on campus as the whole city comes together to cheer on our Buffs!

The first home game is the Thursday before Recruitment, so you will be able to get the full Boulder experience.

NEW MEMBER LIFE

<u>Academics:</u> Sorority membership provides plenty of ways to support your academic endeavors. Study Tables / Study Hall Hours provide you with an opportunity to study with sisters and meet other members who share the same academic interests.

<u>Panhellenic Events:</u> The Panhellenic Association has various events throughout the semester such as New Member Education, All Member Education, Community Meetings, and more to help foster a strong Panhellenic Community.

<u>Philanthropy Events:</u> Each chapter serves their national and local philanthropy through fun events each semester. Attending these is an opportunity to support friends in other chapters while also supporting wonderful organizations. These events promote unity within the chapter and the Greek community as a whole.

<u>Recruitment Events:</u> In the Spring, chapters host Recruitment workshops to start preparing for the coming Fall Semester. You also might support your chapter during Spring continuous open bidding (COB) opportunities!

New Member Programming: Each chapter has a unique New Member process that starts after Bid Day and goes until Initiation in October. Here you will learn more about your chapters history, values, and bond with other members of your Pledge Class! The goal of this programming is to help adjust you to both college and sorority life in a safe and enriching environment!

ANTI-HAZING POLICY

The Fraternity and Sorority Life does not tolerate hazing. If you feel an organization is hazing you or someone you know, the best thing you can do is report this. No student should ever feel they have something to prove in order to gain membership. All students in organizations have the right to be treated with respect and our NPC organizations have Anti-Hazing policies as well. Hazing does not promote sisterhood, and does not enhance a member's experience in an organization. Not only is it punishable through the university, but it is also punishable by law. Make the right decisions when you join an organization, and know your own rights!

CU defines Hazing as...any action or situation that recklessly or intentionally endangers the health, safety or welfare of an individual for the purpose of initiation, participation, admission into or affiliation with any organization at the university. Hazing includes, but is not limited to, any abuse of a mental or physical nature, forced consumption of any food, liquor, drugs or substances, or any forced physical activity that could adversely affect the health or safety of the individual. Hazing also includes any activity that would subject the individual to embarrassment or humiliation, the willingness of the participant in such activity notwithstanding.

If you become aware of any potential act of hazing, please visit the <u>Don't Ignore It</u> website to file a report.

Rules and Policies

PNM Expectations

- The Panhellenic Council has a mandatory attendance policy. This means that a
 potential new member is required to attend all chapter events on their schedule.
 PNMs may NOT pick and choose the chapters they wish to attend on their
 schedule. If a PNM chooses not to attend a scheduled event and does not have an
 excused absence, she will be immediately removed from the recruitment process.
 Excused absences are limited to academic conflicts, athletic conflicts, illness, or a
 family emergency. Conflicts beyond the three mentioned will not be accepted. All
 excuses must be submitted to Panhellenic using the excuse form HERE
- Panhellenic Recruitment is an alcohol and substance free process. Potential New Members found under the influence of alcohol or illegal substances during Recruitment will be dismissed from the process.
- All Potential New Members will understand and abide by the Potential New Member Code of Ethics (see next page). We strive to foster a safe and healthy environment for both Active and Potential New Members. Engaging in disrespectful behavior can result in dismissal from the process.

Recruitment Rules PNMs Should Know

- Sorority Members are not allowed to take Potential New Members to <u>any</u> events prior to Bid Day (fraternity, church, and/or private party).
- Once Recruitment has started members should <u>not</u> be contacting you via social media, text messaging, or face-to-face visits.
- Gifts of any type are <u>not</u> to be exchanged.
- No discussions or involvement of men or alcohol during the recruitment process.
- Active Members are <u>not</u> allowed to say "I can't wait to see you back tomorrow"
 "I'll see you tomorrow" "I want you as my little" or any other comments that
 promise a bid.

If this happens notify your Rho Gamma. You will not get in trouble, but we want to hold our chapters accountable for providing you with a positive experience!

PNM Bill Of Rights

- The Right to be treated as an individual.
- The Right to be fully informed about the Recruitment process.
- The Right to ask questions and receive true and objective answers from Recruitment Counselors and members.
- The Right to be treated as a capable and mature person without being patronized.
- The Right to ask how and why and to receive straight answers.
- The Right to have and express opinions to Recruitment Counselors.
- The Right to have inviolable confidentiality when sharing information with Recruitment Counselors.
- The Right to make informed choices without undue pressure from others.
- The Right to be fully informed about the NPC
 Unanimous Agreements implicit in the Membership
 Recruitment Acceptance Binding Agreement
 (MRABA) signing process.
- The Right to make one's own choices and decisions and to accept full responsibility for the results of that decision.
- The Right to have a positive, safe, and enriching Recruitment and New Member experience.

Rho Gammas & Council Exec Board will make sure that these rules are upheld during Recruitment. Individuals who have concerns about the Recruitment process are encouraged to contact panhellenic@colorado.edu

PNM CODE OF ETHICS

"We, as Undergraduate Members of women's fraternities, stand ... for maintenance of fine **standards**...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."

This is accomplished by abiding to the following agreements:

A PNM shall attend recruitment orientation and all membership recruitment events for which she receives invitations. Failure to attend events may jeopardize your ability to receive party invitations which may jeopardize your participation in recruitment.

Respect for the membership recruitment process is expected at all times. This includes respect toward chapter members, recruitment counselors, Panhellenic officers, faculty, staff and other PNMs. PNMs should refrain from sexist, homophobic, racist or otherwise abhorrent conversations.

I understand my rights under the PNM Bill of Rights, and if I experience discrimination, I know how to report it to the College Panhellenic.

Membership recruitment is a substance-free process. Women may not use or be in the presence of drugs and alcohol during the membership recruitment period. Violating this rule will result in immediate removal from the membership recruitment process.

PNM CODE OF ETHICS

PNMs should be fully aware of the financial obligations of membership before accepting a bid. It is to the PNM's advantage to ask questions during recruitment events if there are questions about finances.

PNMs agree to treat the chapter recruitment parties as confidential. PNMs will not record or share any content from recruitment events, whether in person or virtual. A breach of this agreement could result in disciplinary action.

PNMs understand that if they sign a Membership Recruitment Acceptance Binding Agreement (MRABA) after the preference round, they are bound to that document and the chapter that extends them a bid. This means the PNM is ineligible for an invitation to membership from another NPC organization until the next primary recruitment on that campus.

Failure to abide by the expectations stated above will result in the review of your status as a Potential New Member. The first offense will result in a warning from Panhellenic Recruitment Staff. The second offense will result in being released from the 2024 Panhellenic Recruitment process. If the first offense is determined to be severe enough by the Panhellenic Recruitment Staff, a Potential New Member could be subject to an immediate release from the Panhellenic Recruitment process.

MEMBERSHIP RECRUITMENT ACCEPTANCE BINDING AGREEMENT

ABOUT THE MRABA

The Membership Recruitment Acceptance Binding Agreement (MRABA), formerly known as the "Preference Card". The MRABA is a binding agreement that is effective for one calendar year. By signing this document, you as a potential new member agree that you are willing to accept a bid for membership from any sorority that you rank on the form. Please note that if you receive an invitation to membership (a bid) from any sorority that you ranked on your MRABA, then you are bound to that group for one calendar year (September 2O24 - September 2O25). Most importantly, if you receive a bid from any sorority that you listed on your MRABA, and you choose not to accept it, <u>you are not eligible to participate in Continuous Open Bidding (COB) in Fall 2O24 or Spring 2O25.</u>

WHEN DO I SIGN THE MRABA?

If you receive an invitation to the Preference round, you will make your final selection at the conclusion of your last party. Here you will rank the chapter(s) you visited in preferential order. Once you complete your rankings, you will sign a copy of the MRABA. Please note that once the MRABA has been turned in to a representative o the Colorado Panhellenic Association, it cannot be altered or changed. Prior to signing the MRABA, you have several options to consider. We suggest that you thoroughly reflect on these before signing your MRABA.

MRABA OPTIONS

- 1. You may choose NOT to complete the MRABA, thereby withdrawing from Recruitment. If you choose this option, you are eligible to accept a bid for membership from any sorority participating in Continuous Open Bidding. It is not guaranteed that chapters will be participating in COB.
- 2. You may choose to list any sorority whose preference event you attend and whom you are willing to accept a bid from. Please note that you should NOT rank a sorority on your MRABA you are not absolutely willing to accept a bid from. If you match with a sorority that you listed on your MRABA, it is important to remember that you are bound to that sorority for one calendar year, regardless if you officially accept their invitation for membership or not.
- 3. You may choose to limit your choices to just one sorority whose preference round event you attended and are willing to accept a bid from. You must understand that if you chose to single intentional preference, then you are not guaranteed to receive a bid. Only PNMs who maximize their options and list ALL the chapters that they attended during the preference round are guaranteed to receive a bid during Primary Recruitment.

Academic REQUIREMENTS

Academic Excellence is an important value for the sorority community at CU Boulder. Although Panhellenic does not require a specific GPA to participate in recruitment, each sorority has a minimum grade requirement for joining and maintaining membership. Potential members should ask each chapter about individual academic requirements during recruitment rounds.

IT IS STRONGLY RECCOMENDED THAT YOU HAVE AT OR ABOVE A 3.0 CUMULATIVE HIGH SCHOOL GPA OR A 2.5 COLLEGE GPA.

It is important to understand that if your grade point average is lower than the average chapter requirements, your chances of joining will be low. We also know that there could be extenuating circumstances that have negatively impacted your GPA. There is a GPA Explanation Form available on the Panhellenic Website!

Financial REQUIREMENTS

Each chapter has financial requirements, which students should be aware of and discuss with families if applicable before they join a sorority. Financial requirements may include membership dues, a meal plan, house fees, room and board if you live in the sorority house. It is important to know that membership fees varies by sororities. Chapter specific information can be found on the financial information page our website, <u>linked here!</u>

Chapters should share financial information on Datebook 2. Please make sure you ask questions to the chapter directly to make sure you fully understand their financial requirements of members.

Legacy INFORMATION

Being a legacy of an organization does not guarantee membership in that chapter. If you are a legacy or have questions, please refer to the specific organization's policies on legacies through their website directly.

Reference LETTERS

Reference Letters or Letters of Recommendation are NOT REQUIRED for Recruitment.

Reference letters provide an opportunity for current or alumni members of a specific chapter to share insight on a potential new member that they think aligns with chapter's values and refer her for membership. These letters are gathered through a chapter's headquarters. The chapter members have the final say in invitation to membership. For more information on reference letters, click below.

<u>Letters of Recommendation FAQ</u>

<u>Where to Submit Letters of Recommendations</u>

MEET THE

Rho Gammas



Rho Gammas are current sorority members who chose to step out of their chapter's recruitment process to support PNMs. Each Rho Gamma is trained on policies and practices of recruitment. They'll also have information on all the chapters so feel free to ask them any questions you have!

You'll have a Rho Gamma group with a designated Rho Gamma who you'll meet at Orientation and watch videos with at Datebook 1. When parties at the houses start, you might not always be with your Rho Gamma or group. Although you might not always be with your assigned Rho Gamma, you will be able to connect with them at the beginning and end of Datebooks.

Rho Gammas will be stationed around the hill and help answer questions, direct you to houses, and take attendance outside of parties. Any Rho Gamma will have a hat and pink vest identifying that they are Rho Gammas. If you need ANYTHING during recruitment, please reach out to any Rho Gamma or Panhellenic Executive Board Member; look for us in pink vests on the hill!

RECRUITMENT TIPS & TRICKS

Trust the process

Sorority recruitment is designed to provide opportunities for you to get to know the chapters and for the chapters to get to know you. At times, this process can seem chaotic and you may question how decisions are made. Feel free to ask questions but remember this process is tried and tested. It works, so trust the process.

Trust yourself

There are many variables that go into making the decision to join a sorority. You will be surrounded by opinions that may be different from your own. Don't allow others to make the decision for you. Be open. After every round of recruitment, you will receive a schedule and you may discover that you did not receive your top choices or as many sororities back as other women in your group.

Stay positive

You will see that during the course of recruitment, your opinions can change drastically. Remember, it only takes one bid on bid day to join so be open and excited about the chapters that did invite you back.

Manage your time

The recruitment period can be both exciting and intense and it is important that you figure out a way to manage your time. Allow enough time for meals, homework and sleep so you can be ready for the next day. School always comes first. Remember to do something for yourself after each day. You can never go wrong with facemasks, hot showers, or froyo from the dining hall!

Ask questions

Because this process only spans a few days, it is vital that you ask as many questions as possible. The Panhellenic Council and your Rho Gammas will be great resources during recruitment. It is also highly suggested that you ask questions of the chapters regarding membership expectations, financial obligations and housing requirements.

Be yourself

It is tempting at times during recruitment to alter your personality because you may feel that you need to fit in. However, it is so important to be true to yourself and let your own personality shine. We all want to get to know the real you!

Stay in the moment

We live in a world where it can be easy to connect with others through phone calls, text messages and social media. However, this can pull you away from being present and fully engaged in the process. If you choose to virtually engage with others, please do so in a positive and appropriate manner.

RECRUITMENT TIPS & TRICKS continued

Make informed decisions

Making the decision to join a sorority is one that can change your life. In order to make the right decision for you, you need to pay attention and understand what it takes to be a member of an organization.

Maximize your potential

In order to maximize your chances of receiving a bid, it is highly recommended that you follow the advice of the Panhellenic Council. You must attend all scheduled parties and be willing to consider all groups as you go through the process.

Stick with it

Even though this process can be stressful at times, don't forget to have fun and don't give up if it gets overwhelming. Even if you choose not to join an organization, you have the amazing opportunity to meet hundreds of great women that will make our large campus a connected community.

Come prepared

You will be provided a bag to bring with you during each round of Recruitment. Be sure to pack: Your Water Bottle (Hydrate. Hydrate. Hydrate.), Deodorant, Snacks, Brush/Comb, Breath Mints, Bandaids for your feet, Make up to touch up with.

Take notes

Keep some notes on your phone. How do you feel leaving? What did you talk about? Were you comfortable?

Know your schedule

Make it your lock screen or keep it as a favorited photo so you can check it easily. Be prepared to wake up early to be on time to morning meetings, as well as being on time to all of your parties.

Focus on your own personal experience

You may be feeling differently than your friends and that is okay! This experience is 100% your own. Wanna know a secret? Every member of the Panhellenic community has best friends in chapters other than their own! Find where you feel the best.

Plan outfits in advance

No need to be scrambling to put together an outfit at 7:00 am! Outfit Dos and Don'ts can be found below and our Pinterest is linked <u>here</u>.

Rho Gammas are there to help!

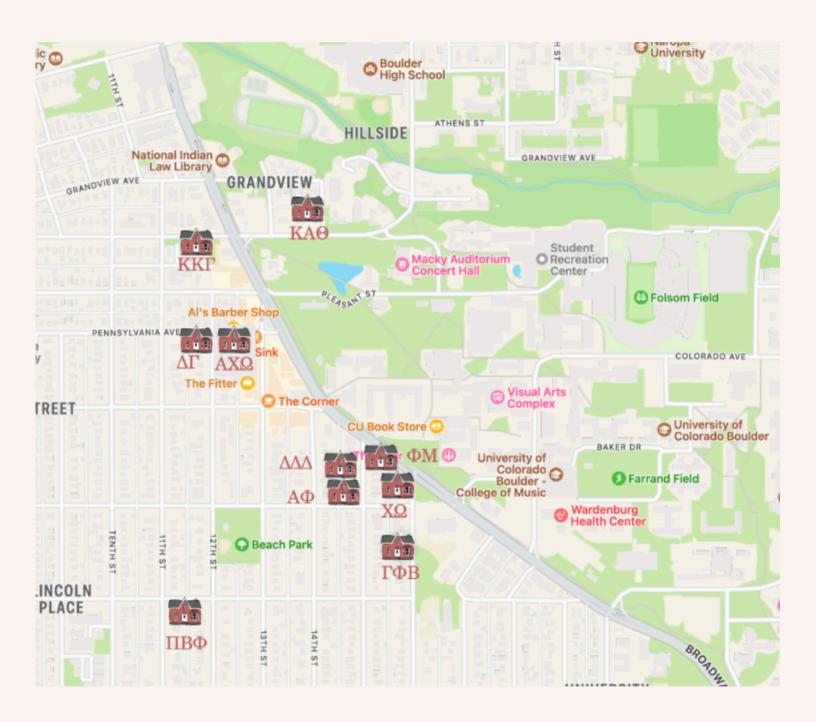
You can be open and honest with them, honesty is the best way they can help you. There are no dumb questions!!

Convelgation STARTERS

QUESTIONS FOR PNMS TO ASK RECRUITERS

- What did you do this summer?
- What is your favorite memory from your first year in the sorority?
- Why did you choose this chapter specifically?
- What makes you passionate about your philanthropy?
- What were you looking for when you joined a sorority?
- What is your favorite memory from an event your chapter put on?
- What is the biggest benefit of being in your chapter?
- How does your chapter help foster friendships between members?
- What was your favorite part about living in the house?
- What's your biggest advice for freshman year?
- What do you love about your sisters in the chapter?
- What are the best Boulder restaurants or coffee shops?
- What is your favorite Boulder activity?
- What have you learned about yourself since you joined your organization?

WHERE ARE OUR CHAPTERS?



Rho Gammas know the Hill like the back of their hand! If you get lost just text your Rho Gamma or search the house's name on Google Maps. If you have back to back parties there will be Rho Gammas outside each house to take you to your next party.

ADDRESS LIST

ALPHA CHI OMEGA

1162 12th St, Boulder, CO 80302

ALPHA PHI

1015 15th St, Boulder CO 80302

CHI OMEGA

1011 16th St, Boulder, CO 80302

DELTA DELTA

1025 15th St, Boulder CO 80302

DELTA GAMMA

1128 Pennsylvania Ave, Boulder, CO 80302

GAMMA PHI BETA

935 16th Street Boulder, CO 80302

KAPPA ALPHA THETA

1333 University Ave Boulder, CO 80302

KAPPA KAPPA GAMMA

1134 University Ave Boulder, CO 80302

PI BETA PHI

890 11th Street, Boulder, CO 80302

Reconstruct

Rounds

PLEASE NOTE

Some events will have more potential new members in attendance than others, and this is no reflection on a chapter

Recruitment PNM Orientation

Orientation marks the beginning of Recruitment! Here you will get to watch each chapters introduction video, learn about the day-to-day of Recruitment, and get to meet your Rho Gammas and Rho Gamma group! Orientation will have two sessions, Wednesday August 28th and you'll be assigned by Rho Gamma group on which session to go to.

What to Wear

Dress is extremely casual! Shorts and a t-shirt / athletic wear are perfectly acceptable. Wear whatever you feel the most comfortable in.



Datebook 1 Open House

This round of Recruitment will be virtual for Primary Recruitment 2O24. You will watch videos with your Rho Gammas, but will not be meeting face to face with the chapters. This is a great time to bond with your Rho Gamma group and make your initial first thoughts on chapters. Chapters rely on your video you made upon registering for this round on their end!

What to Wear

Some Rho Gammas might choose to set a theme for your group, like "PJ Party" or "Movie Night" so keep an eye out for a message from your Rho Gam about what your group will be doing. They might also have other activities planned for you as well to bond as a group, but a good rule of thumb is to dress for comfort!



Datebook 2 Philanthropy

Philanthropy marks the beginning of invitation only parties. You will attend <u>up to seven</u> parties, but don't worry if you don't have a full schedule. Philanthropy is a quintessential part of Sorority membership and the Panhellenic community. During this round you will get a glimpse into the fun Philanthropy Events chapters host throughout the year.

What to wear/ What not to wear

Philanthropy round is cute and casual! Think what you would wear to have brunch with friends or a day in the city! A romper, casual sundress, or a cute top and skirt are perfect!

Limit mid drift and cut outs. Avoid loungewear or anything excessively casual. If you are unsure, ask your Rho Gamma!



TIP: This is a time to think about your personal values and how they align with chapter values. What Philanthropic work is important to you? What volunteer work did you do in High School? This round is still casual so have fun and enjoy learning about Philanthropy while talking to active members!

Datebook 3 Sisterhood & House Tours

You have the opportunity to see each chapter house and learn about social events they have throughout the year. You will attend <u>up to five</u> parties this day. You will have more time to have more enriching conversations with members to find where you feel most at home. This is also the round where you will learn about the financial commitment of each chapter.

What to Wear/ What Not to Wear

This round is more formal than Philanthropy. A nicer sundress with wedges or low heels is recommended. Think what you would wear to an outdoor summer wedding - nice but not cocktail attire. Feel free to bring a pair of flip flops or sandals to wear between parties.



TIP: Try to picture where you could see yourself living! This might be where you eat, sleep, and hangout all the time next year. Where do you feel most at home?

Datebook 4 Preference Night

Preference is the most important night of Recruitment. On Pref you will only visit <u>up to two houses</u>. An invitation to preference means that the sorority is very interested in asking you to become a member. You will have the chance to talk privately with a member. During this time she may share why and how she made her decision and what her sorority means to her. This day can be emotional for many women - both PNMs and active members.

What to Wear/ What Not to Wear

This is the most formal round. You should wear a nice dress and heels. Think about what you would wear to graduation, a wedding, or a cocktail party!



TIP: Look around the room. Your future sisters are not only the women you've talked to, but the girls sitting next to you! Focus on connection, values, and how you feel. This is your decision and your decision alone!

BID DAY

Bid day is the day where new members find their new homes by opening bid cards and running home! Bid Day is the most exciting day of Recruitment. You might be sitting or standing during the hottest part of the day. While this day may be hot and hectic, it is a once in a life time experience that will start one of the most exciting adventures in college.

Bids will be distributed the evening of September 3rd in the Glenn Miller Ballrooms. More information will available regarding timing as we get closer to Recruitment.



Meet Our Chapters

ALPHA CHI OMEGA Chapter

We were founded in 1885 at DePauw University in Indiana on the values of Academic Interest, Character, Financial Responsibility, Leadership Ability, and Personal Development. This chapter is founded for "real, strong women" who give back to the community through service. Our chapter looks to uplift one another and bond through our sisterhood!

Founded at DePauw University on October 15, 1885

CU Founding: 1906

Philanthropy: Domestic Violence

Awareness

Motto: "Together Let's Seek the

Heights"

Flower: Red Carnation

Color: Scarlet Red & Olive Green

Symbol: Golden Lyre

TikTok: @axoboulder

Insta: @axoboulder



Beta Gamma Chapter

Alpha Phi International Fraternity is more than just a Greek Organization- it's a community of empowered women supporting one another for a lifetime. When you join Alpha Phi, you're welcomed by a community of members committed to lifelong friendships, leadership, academic excellence, and personal growth. Alpha Phi's uniqueness is rooted in the spirit of innovation originated by Alpha Phi's ten founders. They made history as the first female students on campus and created their own fraternity for women. Alpha Phi's are passionate about not only the lives of our sisters, but the lives of women around the world.



Founded at Syracuse University on October 10th 1872

CU Founding: 1924

Philanthropy: The Alpha Phi Foundation (Women's Heart Health)

Motto: "Union hand in hand"

Flower: Lily of the Valley & Forgetme-not

Color: Silver & Bordeaux

Symbol: Ivy Leaf

Insta: @boulderalphaphi

ebsite: coloradoalphaphi.com

TikTok: @alphaphiboulder

Zefa Chapter OMEGA

Chi Omega was established in 1895 and has continued to flourish as the largest and most prominent women's fraternal organization in the nation. With such a network of women, each member of our Sisterhood has immense support as we commit to our founding purposes: Friendship, High Standards of Personnel, Sincere Learning and Creditable Scholarship, Career Development, Participation in Campus Activities, Community Service.

Founded at The University of Arkansas, April 5, 1895

CU Founding: 1906

Philanthropy: Make-A-Wish

Foundation

Motto: "Sisters on Purpose"

Flower: White Carnation

Color: Cardinal & Straw

Symbol: Owl

Insta: @chiomegaboulder

Film Insta: @chi.omega.on.film

TikTok: @chiomegaboulder



DELTA DELTA DELTA Theta Beta Chaptel

The Theta Beta Chapter of Delta Delta Delta began a rich history at the University of Colorado at Boulder in 1910. This founding has allowed Theta Beta sisters to gather together and center themselves on the principles of truth, self-sacrifice, and friendship. The women of Delta Delta Delta continue to enrich their lives through lifelong bonds of friendship, high academic standards, and service in the community. Theta Beta has continued to excel in many areas including being recognized CU's Best Student Organization in 2010, Panhellenic Council's Chapter of the Year in 2011, and placing third in Greek Week 2012. We also won Greek Week in the Spring of 2018 and 2019! By holding our values of scholarship, leadership, philanthropy, and sisterhood to the highest of standards, Theta Beta ensures the success of our members in their collegiate years and beyond.



Founded at Boston University on November 27, 1888

CU Founding: 1910

Philanthropy: St. Jude (National) Children's Hospital (Local)

Motto: "Let us steadfastly love one another"

Flower: The Pansy

Color: Cerulean Blue, Silver, Gold

Symbol: Dolphin

Twitter: @BoulderTridelta.

Insta: @Bouldertridelta.

Website: colorado.tridelta.org/index

TikTok: @bouldertridelta

Phi Chapter

Delta Gamma was founded in 1873 by three best friends with hopes to create a safe and inspiring space for women. Our goal remains to be an inclusive space for women, to foster high ideals of friendship, promote educational and cultural interests, create a true sense of social responsibility, and develop the finest qualities of character.

Founded in 1873 in Oxford, Mississippi

CU Founding: 1886

Philanthropy: Service for Sight

Motto: "Do Good"

Flower: Cream Colored Rose

Color: Bronze, Pink, Blue

Symbol: Anchor

Insta: @dqboulder

TikTok: @dgboulder

Website: colorado.deltagamma.org



GAMMAPHIBETA Beta Rho Chapter

Gamma Phi Beta sorority was founded by Helen M. Dodge, E. Adeline Curtis, Frances E. Haven, and Mary A. Bingham in 1874 at Syracuse University. We were founded on the values of Love, Labor, Learning, and Loyalty. Our members constantly strive to inspire the highest type of womanhood within and outside of our chapter. We continue our founders' mission by promoting intellectual growth, female empowerment, and service to our community.



Founded at Syracuse University on November 11, 1874

CU Founding: 1954

Philanthropy: Girls on the Run

Motto: "Founded on a Rock"

Flower: Pink Carnation

Color: Brown, Blush, A-La-Mode

Symbol: Crescent Moon

Insta: @bouldergammaphibeta

Film Insta: @filmbygammaphi

Website: bouldergammaphibeta.org

TikTok: @bouldergphig

KAPPA ALPHA THETA Beta Inta Chapter

Established in 187O, Theta's mission is to uphold the values set out by our founders. Our members strive for intellectual curiosity, commitment to service, leadership potential, and personal excellence in all of our endeavors. As the first Greek letter fraternity known among women, Theta is about building one another up, and living by our motto to be leading women both in our community, and in the community at large.

Founded at Indiana Asbury (DePauw) University on October 10th 1870

CU Founding: April 23, 1921

Philanthropy: CASA (Court Appointed Special Advocates) and Boulder Voices

for Children (BVFC)

Motto: "Leading Women since 1870"

Flower: Pansy

Color: Black, Gold, White

Symbol: Kite

Insta: @bouldertheta

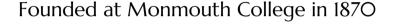
Website: colorado.kappaalphatheta.org

TikTok: @bouldertheta



Beta KAPPA KAPPA GAMMA Mu Chaptel

Kappa Kappa Gamma was founded by Mary Louise Bennett and Hannah Jeannette Boyd at Monmouth College in 1869. At Kappa, we unite women to learn, grow and inspire positive change throughout their lives. Our values are staying true, creating lasting connections, respecting and embracing differences, leading with optimism, building and applying knowledge and rising to the occasion.



CU Founding: 1901

Philanthropy: Mental Health and Wellbeing

Motto: "Dream Boldy, Live Fully"

Flower: Fleur De Lis

Color: Light Blue & Navy Blue

Symbol: Golden Key

Insta: @boulderkkg

Website: colorado.kappa.org

TikTok: @boulderkkg



PIBETAPHI Colorado Alpha Chapter

Pi Beta Phi was founded on April 28, 1867, at Monmouth College in Monmouth, Illinois. It was the first established Fraternity for women. Everyday, the women of Pi Beta Phi strive to live out the Pi Phi Core Values of integrity, lifelong commitment, honor and respect, personal and intellectual growth, philanthropic service to others, and sincere friendship. CO Alpha prides itself on sincere friendship.

Founded at Monmouth College on April 28, 1867

CU Founding: 1884

Philanthropy: Read Lead Achieve

Motto: "Friends and Leaders for Life"

Flower: Wine Carnation

Color: Wine & Silver Blue

Symbol: Arrow and Angel

Insta: @piphiboulder

TikTok: @piphiboulder



ASSOCIATE CHAPTERS

The University of Colorado Boulder College Panhellenic Council has three Associate Chapters, Kappa Beta Gamma, Phi Sigma Rho, and Sigma Alpha Epsilon Pi who do not participate in formal Fall Recruitment. These chapters offer the same benefits as the other Panhellenic chapters at CU. They participates in Greek Week, Homecoming, and all other Panhellenic sponsored events, while providing an opportunity to join a close-knit sisterhood. Here are a few frequently asked questions.

What does "Associate Chapter" mean?

The term "associate" simply means that this organization has a national organization that is NOT part of the National Panhellenic Conference.

Do I have to register for Primary Recruitment to Join this chapter?

No. Our Associate Chapters not affiliated with the Primary Recruitment Process. Reach out to them directly to hear about their Recruitment Opportunities.

What are some differences about an associate chapter?

Associate chapters are often based around a specific interest. Phi Rho is for Women in STEM, and SAEPi is a Jewish Sorority. Their founding values are rooted in these interests. Associate Chapters are also smaller in size and function a little differently than our NPC chapters.

KAPPA BETA GAMMA Intellest Gloup

Kappa Beta Gamma is a unique, independent, and self-governing panhellenic sorority. We cultivate an environment for women to develop socially, morally, and intellectually through their college years and beyond. Our members are more than friends and Chapters, we're Sisters and Family! We work together to ensure that all of our Sisters enjoy an unmatched sorority experience. Be apart of founding this chapter on our campus!

Founded at Marquette University on January 22, 1917

CU Founding: 2024

Philanthropy: The Special Olympics

Motto: "Character, Culture, Courage"

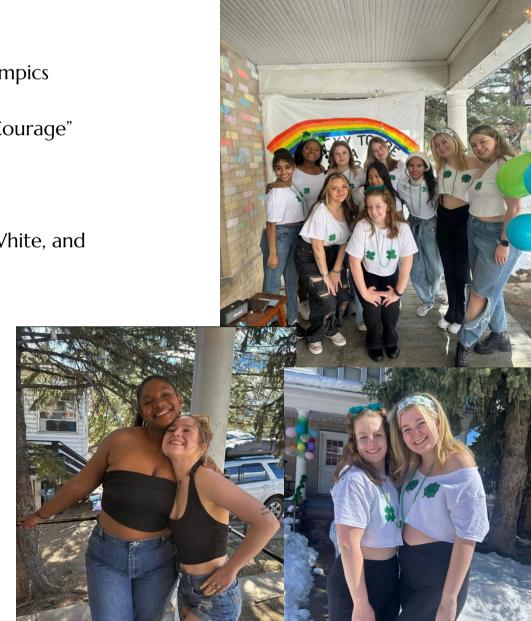
Flower: Forget-Me-Not

Color: Deep Sapphire, Pearl White, and

Old Gold

Symbol: The Five-Point Star

Insta: @kbg_boulder



PHI SIGMARHO Alpha Mu Chapt

Founded by Abby and Rashima in 1984 at Purdue University with the goal of creating a social sorority for women in STEM who did not have the time for a traditional rush process. Here at the Alpha Mu chapter at CU Boulder, founded in 2017, we are a sorority striving to grow with fellow women in stem. Our sisters focus on creating relationships with each other while supporting those through the stress of classes and everyday life in our values of scholarship, encouragement, and friendship.



CU Founding: 2017

Philanthropy: Leukemia and Lymphoma Society

Motto: "Together We Build the Future"

Flower: Orchid

Color: Red Wine & Silver

Symbol: Pyramid

Insta: @boulderphisigmarho



SIGMA ALPHA EPSILON PI Upsilon Chapter

A collegiate experience with Sigma Alpha Epsilon Pi will provide you with a Jewish experience, lifelong friendship, leadership development, professional experiences and an opportunity to serve your community. Our organization prides itself on embracing Jewish diversity and on having a group of dedicated members from many different backgrounds.

Founded at UC Davis on October 1, 1998

CU Founding: 2018

Philanthropy: American Jewish

World Service

Motto: "Spirit, Strength, Sisterhood"

Flower: Blue Iris

Color: Blue and Gold

Symbol: Lioness

Insta: @saepi boulder



Panhellenic CONTACT INFORMATION

Email Us At panhellenic@colordo.edu

<u>College Panhellenic</u> <u>Prospective Members</u> <u>Website</u>

Follow Us on Instagram @boulderpanhellenic

Find Us on Facebook
CU-Boulder Panhellenic
Association

Check Out our TikTok @boulderpanhellenic

FSL Office 303-492-7172 UMC 416

