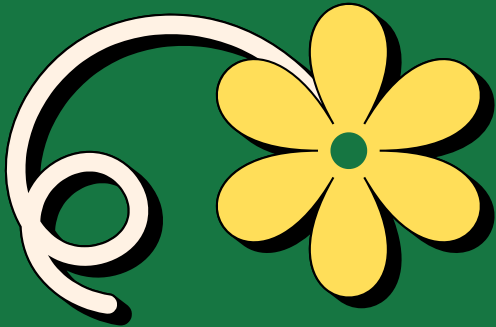
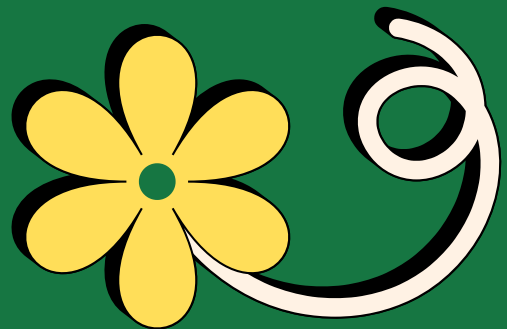


2023 Fall



PNM GUIDEBOOK

A guide to all things formal recruitment



University of Oregon Panhellenic

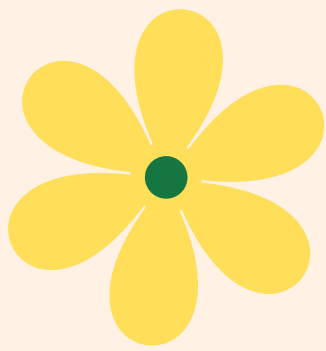
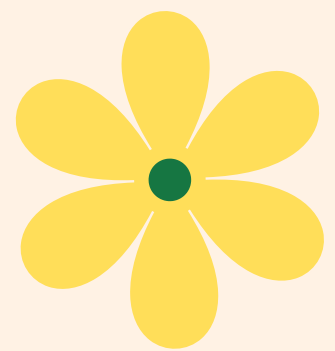


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hi, I'm so glad you're here!

and congratulations on choosing to become a Duck! Your next few years in Eugene will be filled with many special memories and amazing people.

Whether you knew you wanted to do recruitment since you graduated high school, recently got convinced, or aren't even fully on board -- welcome! I hope this manual excites you, informs you, and overall convinces you that you can find a home in Fraternity and Sorority Life at the University of Oregon. Our student organizations are composed of different women from all over the country, with different personalities, majors, goals, and aspirations. Each chapter is unique in their values, philanthropies and more, but every chapter shares the same love for sisterhood.

Joining a sorority gave me the sisters I never had. They are my biggest cheerleaders, my shoulder to cry on, and my biggest inspirations. Without the sisterhood I gained from Panhellenic, my experience of college would not be the same. That is why I am encouraging YOU to do recruitment. Try it out, see for yourself the awesome sisterhoods we have. And on top of that, our many philanthropic causes, leadership opportunities, and academic support contribute to making sororities a well rounded student organization.

Recruitment is going to be like nothing you have ever experienced before. You will meet plenty of people, gain new friendships, and learn something new about yourself. It can also be stressful at times. Lean on your recruitment counselor; they have been trained to help you navigate each chapter and your own personal needs. Your experience of recruitment will not be similar to any other university, and will certainly not be similar to any other PNM. Embrace this unique process with open arms, and I promise on Bid Day you will be welcomed to your new home with the same hospitality. I wish you all the luck as you embark on this journey, and sco ducks!



all the Panhellenic love,
Sabrina

LETTER FROM THE VICE PRESIDENT OF RECRUITMENT

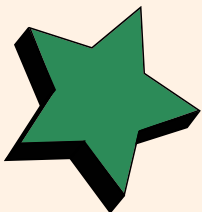


University of Oregon Panhellenic Association

ABOUT THE COUNCIL

The Panhellenic Council (PHC) at the University of Oregon includes a total of 11 Sororities on campus that strive to create a community focused around leadership, personal development, community engagement, and inclusivity. Each of our 11 Panhellenic chapters participate in philanthropic endeavors to support charitable organizations and contribute to communities on both a local and national level.

In addition, there is an executive council made up of 11 members from different chapters on campus that strive to bring out the values that we agreed to from the National Panhellenic Conference.





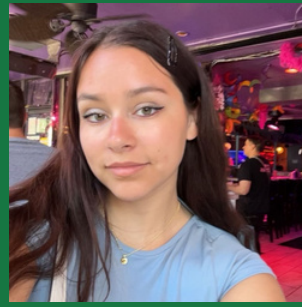
Griffin Pucher

President



Abby Konigsfeld

VP of Risk & Accountability



Sammy Suncin

VP of Recruitment



Delaney Hoenig

VP of Administration



Jordana Young

VP of Civic Engagement



Sam Negron

VP of Membership Experience



Hanna Conchas

Director of Diversity, Equity & Inclusion



Lauren Englat

Director of Educational Programming



Gena Koelzer

Director of Recruitment Operations



Kaitlyn McTaggart

Co-Director of Recruitment Counselors



Chloe Sesar

Co-Director of Recruitment Counselors



Caitlin Roberts

Director of Fraternity & Sorority Life

Panhellenic Executive Council



OUR COMMITMENT TO DIVERSITY, EQUITY AND INCLUSION

The Panhellenic community at the University of Oregon aims to create a safe, inclusive environment for all members of the Fraternity & Sorority Life community as well as all students on campus. Our members' differences in backgrounds, talents, traits, and identity is what makes our community so special. The Panhellenic community of the University of Oregon accepts all members for who they are, in hopes to encourage them to grow to become stronger leaders and advocates for change among the University of Oregon campus.

As a Panhellenic Executive Council, our goal is to create a safe, inclusive recruitment process for all Potential New Members. Additionally, the Panhellenic Community as a whole encourages all chapters to foster a supportive community during their experience within this community. For any member seeking support or assistance during the recruitment process, our Executive Team makes it an obligation to prioritize your needs in order to make this process comfortable, enjoyable, and fun for everyone!

Note about Letters of Recommendation and Legacies: As Sorority Life continues to grow at the University of Oregon, our Panhellenic Community no longer encourages letters of recommendation along with legacies. In order to promote a fair, inclusive recruitment process, we believe as a Panhellenic community it is important to recognize each potential new member for who they are as an individual and provide each PNM an equal opportunity throughout the recruitment process.

Hanna
Director of DEI



WHO DO I CONTACT?

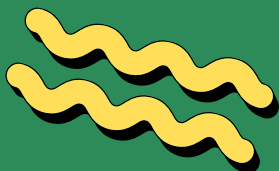
During recruitment, your form of contact will be your recruitment counselors. They are assigned at PNM orientation and are there for any help needed throughout the week!

Other questions/concerns you may have before the process starts can be sent to phcrecruitment@uoregon.edu. Excuses for recruitment should not be emailed. There will be a form released after PNM orientation where PNMs can submit their conflicts.

Follow us on Instagram!



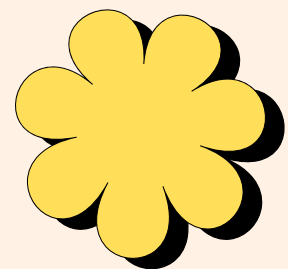
@uo_phc
@oregonfsl





Greek Alphabet

Α	alpha	Ο	omicron
Β	beta	Π	pi
Γ	gamma	Ρ	rho
Δ	delta	Σ	sigma
Ε	epsilon	Τ	tau
Ζ	zeta	Υ	upsilon
Η	eta	Φ	phi
Θ	theta	Χ	chi
Ι	iota	Ψ	psi
Κ	kappa	Ω	omega
Λ	lambda		
Μ	mu		
Ν	nu		
Ξ	xi		



WHY A SORORITY?

Academics

Chapters help support their members' academic goals in many ways, such as sister to sister tutoring, study hours/tables, referrals to campus resources, and minimum GPA requirements. Fun Fact: Students in sororities have a larger average GPA than students not in these organizations.

Sisterhood

This is often a member's favorite aspect of a sorority, as friendships created within this community are meaningful and long lasting. Sisterhood consists of the caring and supportive aspects of members to each other. It doesn't stop at undergrad, as social and professional connections often last long past graduation.



Service

Each member is expected to complete service hours every term, determined by the sorority. Each chapter also does their own philanthropic events to raise money for causes important to each chapter. Members are very passionate about the organization their chapter is partnered with.

Leadership

The Panhellenic Council is the largest women's organization on campus. We put a large emphasis on member leadership growth. Many sorority women participate in sports, honor societies, student government, and hold jobs. In addition, there are many ways to get involved in our own community!



PNM DICTIONARY

Active

A woman of a sorority who has been formally initiated

Dues

cost of joining a sorority, these cover chapter operations, events and activities

Alumna

A past active member that has graduated.

Initiation

A ritual where new members are welcomed as active members into the sorority and receive lifelong membership privileges

Bid

An invitation to join a sorority

MRABA

A one year binding agreement signed by PNMs on the last day of recruitment (see pg 24)

Big Little

A mentorship program where new members are assigned an active member to help guide them in the sorority.

New Member

A period of time directly after a member accepts a bid from the chapter before they are initiated

Chapter

A membership unit of a sorority

Panhellenic Council

The governing body of all 11 sororities at the University of Oregon



Pledge

Used as a verb, not a noun.
when new members verbally
agree to join the sorority

SIP - Single Intentional Preference

when a woman only lists one
chapter on her MRABA

Potential New Member (PNM)

A woman interested in becoming
a sorority member through the
process of recruitment

Sorority

used to refer to all women's
membership organizations within
the National Panhellenic
Conference

Preference

The final round of recruitment,
where ultimately a PNM selects
a preference for which sorority
they want

Strict Silence

Period of time between
recruitment events and bid
distribution, there is no contact
between PNMs and actives.

Primary Recruitment

Implemented and managed by
Panhellenic, refers to organized
sorority events for the purpose
of getting new members.

Values Based Recruitment

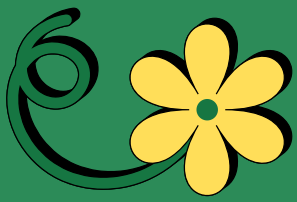
The method of which every
sorority recruits: based on
conversations (see page 24)

Recruitment Counselor

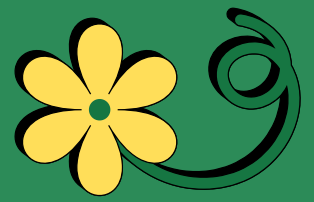
An disaffiliated member of the
Panhellenic community that is
there to help PNMs through the
recruitment process

Yapp App

App you can use that will have
information about the chapters.
Very helpful when making
selections



Meet FSL at UO



Interfraternity Council

The Interfraternity Council (IFC) at the University of Oregon represents a total of 16 chapters with over 1,300 members on campus. Since 1900, this community of leadership driven members aim to promote wellness, community involvement, and academic excellence at the University of Oregon. The Interfraternity Council is recognized as a representative community of men of the University of Oregon.



MultiCultural Greek Council

The Multicultural Greek Council (MSFC) includes Latinx and Jewish-interest Fraternity and Sorority chapters. Our Multicultural Council at the University of Oregon promotes diversity and inclusivity within the Fraternity and Sorority community. The MSFC community also encourages students to use their voices to create a positive change on campus and advocate for awareness about cultural diversity.

National Pan-hellenic Council

The University of Oregon is proudly home to 6 National Pan-Hellenic Council Organizations (NPHC). The National Pan-Hellenic Council is the organization that consists of nine historically Black, Greek letter organizations, often referred to as the "Divine Nine." At the University of Oregon, our NPHC community promotes brotherhood and sisterhood in which all of our organization's encourage academic excellence and ethical standards.



Primary Recruitment



WHAT IS IT?

Primary (or formal) recruitment is a five day process where PNMs will get a chance to converse with members from each chapter! There are 4 rounds, and each round PNMs are invited back to less events. As PNMs venture for the right home for them, they will learn about different aspects of the sorority, such as service, philanthropy, sisterhood, their values and more; while chapters also gauge if a PNM is a right fit for them.

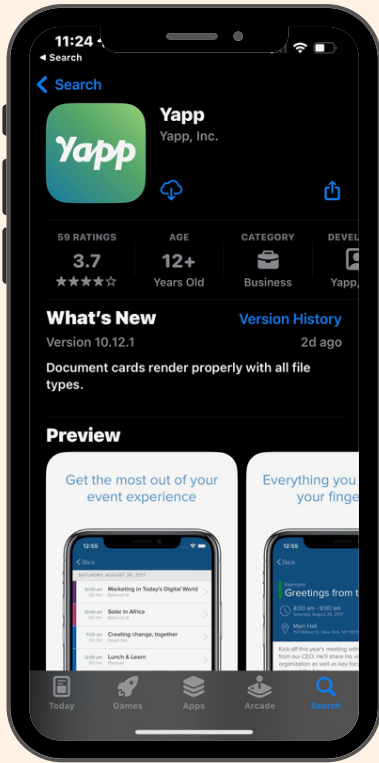
WHAT IS IT LIKE?

Recruitment is very structured. Each day, your recruitment counselor will give you your schedule, and you are expected to attend every event listed. At each event, you will be able to casually converse with multiple members from each chapter.

WHAT DO I HAVE TO DO?

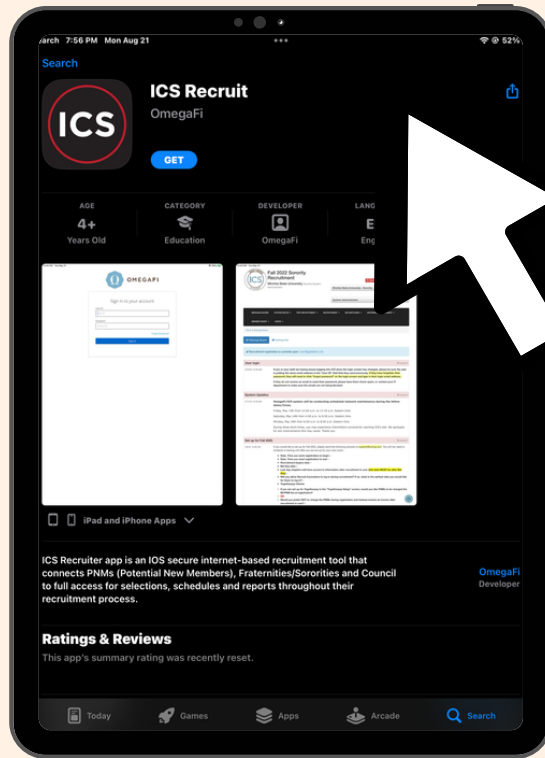
Make sure to sign up using the registration link in our Instagram bio before October 1 at 11:59pm. Priority Registration ends September 1, which just means the fee increases \$10 after September 1. Next, make sure to attend your assigned orientation date on October 1, where we will go over important recruitment information and you will meet your recruitment counselors!

Your Recruitment Resources



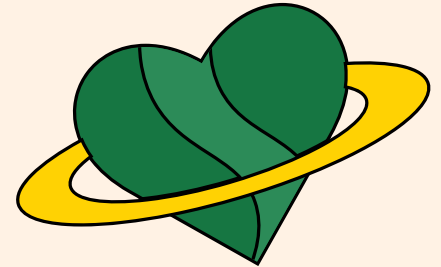
YAPP APP

This app is helpful for when you make selections. It has the schedule and chapter profiles. It has all the recruitment counselors listed as well.



ICS APP

This app is mandatory during recruitment. This is where you will be making your selections every round (with the exception of preference).



RECRUITMENT COUNSELORS



This is your best (human!) resource for all things recruitment! They are trained to appeal to YOUR needs and will also help you download and navigate these apps!

COME SAY HI!

(BEFORE RECRUITMENT)

You will be able to meet Panhellenic Exec, FSL advisors, recruitment counselors, and members from each chapter at the following events:



Flock Party

When: Friday September 22,
8-9pm

Who: PHC Exec, FSL Advisors

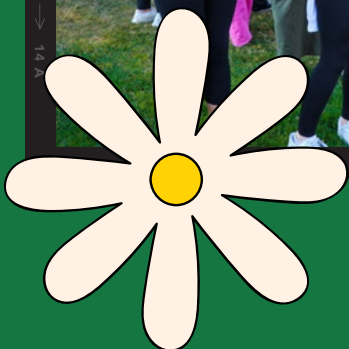
Where: Hayward Field

Fall Tabling Fair

When: Tuesday & Wednesday,
Sept 26/27, 11-2

Who: PHC Exec, FSL Advisors,
Recruitment Counselors, &
Chapter Members

Where: EMU Green





Recruitment Schedule



Sunday, October 1

PNM Orientation

Short orientation where PNMs will learn about the recruitment schedule, what to wear, and basic information about FSL life at UO.

Sunday, October 8

Membership Experience Round

PNMs will be invited back to up to 6 chapters in a 45 minute party. This is all day on Sunday.

Thursday, October 5

Conversation Day 1

PNMs will visit every chapter in a 30 minute party. This is split up between Thursday and Friday, starting later in the day.

Monday, October 9

Preference Round

PNMs will be invited back to up to 2 chapters in a 60 minute party. This takes place in the evening of Monday.

Friday, October 6

Conversation Day 2

PNMs will visit every chapter in a 30 minute party. This is split up between Thursday and Friday, starting later in the day.

Tuesday, October 10

Bid Day

PNMs will receive a bid to join a chapter and then become new members, followed by a fun celebration.

Saturday, October 7

Philanthropy Round

PNMs will be invited back to up to 8 chapters in a 40 minute party. This is all day on Saturday.

Timing

For rounds that happen on school days (conversation days, preference round, and bid day), the parties do not start until the later afternoon. For excusals, Panhellenic will release a form during PNM orientation that you MUST fill out. We cannot guarantee that you will get your excusals, but will try to work around your schedule!

Conversation Day

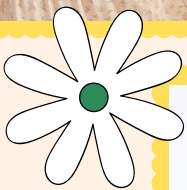
What To Expect

Also known as Open House, or Convo Day, this is the first round of recruitment. Every PNM will be given the chance to meet every chapter. Conversations are based on getting to know the PNM and basics of sorority life. PNMs will stay with their group and be led by their recruitment counselors.

Oct 5-6

Thursday: first event starts @ 5:15pm, last event ends @ 9:55pm

Friday: first event starts @ 4:25pm, last event ends at 9:55pm

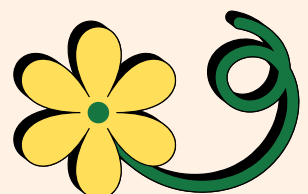
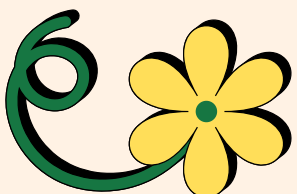


What To Wear

This is the most casual day of recruitment! Wear good fitting, comfortable shoes (boots, sneakers, sandals) as you will be walking from chapter to chapter. For what to wear, think a cute first day of school outfit. Make sure to bring a jacket for the night!

GENERAL NOTE:

While we are giving you all inspiration for outfits for recruitment, you do not have to strictly follow this guide! In addition, you are not required to buy all new outfits for recruitment. Use what you have in your closet first and utilize thrift stores!



Philanthropy Round

What To Expect

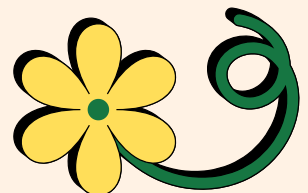
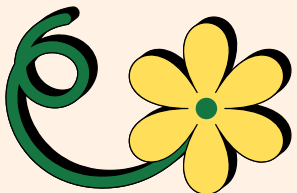
This is the second round of recruitment. PNMs will be given the chance to learn about each chapter's national philanthropy, local philanthropy, and philanthropic events each chapters puts on. Conversations are focused around service, values, and leadership.

Oct 7

first event starts at
10:30am, last event ends
at 8:50pm

What To Wear

Philanthropy day is another cute and semiformal dress day. Think about going to a casual interview or going to a nice lunch with friends. This could look like a casual dress, a cute pair of pants, long or short skirts with a nice top.



Membership Experience Round

What To Expect

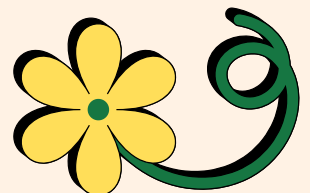
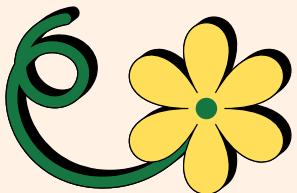
This is the third round of recruitment. This includes a tour of the chapter facility (if the chapter has one), a breakdown of finances, and overall conversations about sisterhood. PNMs can expect to talk about values in sisterhoods and experiences within the sorority.

Oct 8

first event starts at 10:30am, last event ends at 6:45pm

What To Wear

For this round, think of a nice brunch with family and friends. A nice top and pants/skirts with heels and platforms is appropriate, as well as casual dresses. There will be facility tours this day, so make sure to wear shoes you can walk up stairs in, or bring shoes to change into.



Preference Round

What To Expect

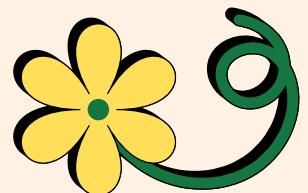
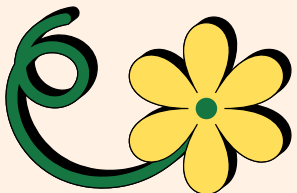
This is the last, most personal round of recruitment. PNMs can expect to enjoy an intimate night with up to two sororities. This round may involve songs, a ceremony, or speeches. This is a PNMs last chance to meet with a house before their decision!

Oct 9

first event starts at
5:20pm, last event ends
at 9:00pm

What To Wear

The attire for this round is usually dresses (cocktail, sundress or midi/maxi), rompers, and jumpsuits of any color and design. Think of what you would wear to a graduation or a wedding. Heels are definitely popular (but not required), and don't forget to bring a jacket.



Bid Day!!!!

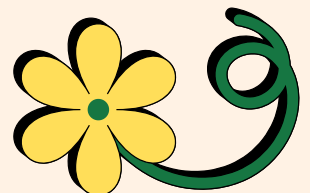
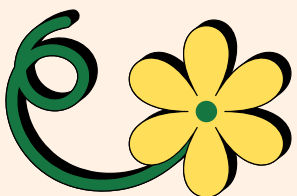
What To Expect

This is known as every actives' and PNMs' favorite day of recruitment. PNMs will be able to open their bids, and then run home to their new sorority! Each sorority has a theme for Bid Day, and it's a fun party with the whole chapter welcoming new members home.

Oct 10
starts at 5:30 with bid
distribution!

What To Wear

On Bid Day, new members (formally PNMs) will receive a shirt to wear from their chapter. We recommend wearing something easy to change out of on top, such as a tank top, and jeans, skirts, leggings are all good options for the bottoms.



PNM Bill of Rights

As a Potential New Member, you have the right to:

- Be treated as an individual
- Be treated with respect
- be fully informed about the recruitment process
- Have a positive, safe and enriching recruitment and new member experience
- Have inviolable confidentiality when sharing information with recruitment counselors
- Be fully informed about the binding agreement implicit in the preference card signing
- Make your own decision and accept full responsibility for the results of that decision
- ask questions and receive true and objective answers from recruitment counselors
- be treated as a capable and mature person without being patronized
- make informed choices without pressure from active members or anyone else involved in the recruitment process
- not be subjected to competitive recruitment related conversations or situations (i.e. Unethical Recruiting) with active members at any time
- Receive an accurate picture of sorority membership and the obligations associated with it

Any potential new member who experiences something contrary to the above, or Code of Ethics statement should contact their Recruitment Counselor or Panhellenic recruitment staff.



PNM Code of Ethics

Potential New Member Code of Ethics and Agreement of Mutual Respect at University of Oregon College Panhellenic

"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:

1. A potential new member (PNM) shall attend recruitment orientation and all membership recruitment events for which she receives invitations.
2. 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 potential new members. PNMs should refrain from sexist, homophobic, racist or otherwise abhorrent conversations.
3. 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.
4. Potential new members as well as sorority members must do their best to not touch or shake hands in any way. This helps prevent the spread of illness.
5. 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. Violation of this rule will result in immediate removal from the membership recruitment process.
6. Potential new members 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.
7. Potential new members agree to treat the chapter videos and recruitment parties as confidential.
8. Potential new members will not share any video or recruitment event, including a video in its entirety, or recordings, clips, screen shots, and/or quotes from video or virtual recruitment event.
9. Potential new members understand that any breach of this agreement could result to disciplinary action.
10. Potential new members understand that if they sign a Membership Recruitment Acceptance Binding Agreement (MRABA) after preference round, they are bound to that document and the chapter that extends them a bid. This means that 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 2023 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.

Let's Talk:



Mutual Selection Process

Recruitment is a mutual selection process that balances the preferences of each potential new member with those of the existing sorority chapters. PNMs will be able to visit each of the chapters during the first round, but rounds 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.

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.

The MRABA Contract

After a PNM finishes their final event of recruitment on preference evening, PNMs will be given the option to sign the MRABA, Membership Recruitment Acceptance Binding Agreement. This contract must be signed before a Potential New Member can receive and accept a bid from a sorority. There will be volunteers during selections to support PNMs in fully understanding the MRABA.





Let's Meet the CHAPTERS

PANHELLENIC CREED

We, as undergraduate members of women's fraternities, stand for good scholarship, for the guarding of good health, for the maintenance of fine standards, and for serving, to the best of our ability, our college community. Cooperation for futhering 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 development of character inspired by the close contact and deep friendship of individual fraternity and Panhellenic life.

ALPHA CHI OMEGA



AXΩ



QUICK FACTS

Founding Date:

October 15, 1885

Nickname: achio, alpha chi

National Philanthropy:

Domestic Violence

Awareness, Prevention and Education

GPA Requirement: 3.0

Colors: Scarlet Red and Olive Green

Flower: Red Carnation

Symbol: Lyre

Live In Requirement: 2 years



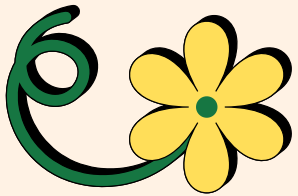
SISTERHOOD

A sisterhood event that Alpha Chi Omega brought back after COVID was the sisterhood retreat in Florence, OR. They spend the entire day at the coast together doing scavenger hunts, photoshoots, a mini hike and a sunset dinner. For new members, one event they do is Dream Cake, an Alpha Chi tradition where members receive a sweet treat and a poem about joining AXO.

ALPHA CHI OMEGA

PHILANTHROPY

Fall term, Alpha Chi Omega hosts Alpha Chi Icon. Spring term, they host Walk-A-Mile, a nationally known event. Among those philanthropic events, they also do smaller ones such as Alpha Chi Rodeo, Fries and Alpha Chi's, With Love, Alpha Chi. With Love, Alpha Chi is usually during winter term for Valentine's Day and Healthy Relationships Week. They support various domestic violence awareness causes.

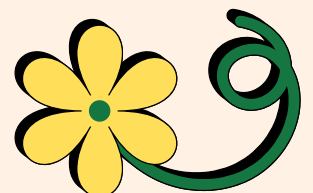


What Alpha Chi Means to us

Coming to the University of Oregon as an out-of-state student, I knew right away I had found my home away from home at Alpha Chi Omega. This chapter has encouraged me to take risks, try new things, be myself, and truly find comfort in the friendly faces I meet. Because of Alpha Chi Omega, I now have a large handful of women I can call my best friends, women I can lean on no matter the issue, and women who have shaped me into who I am today!



*Kayleigh & Simran,
VP Recruitment*



ALPHA PHI



AΦ



QUICK FACTS

Founding Date:

October 10, 1872

Nickname: aphi

National Philanthropy:

Women's Heart Health

GPA Requirement: 2.7

Colors: Silver and Bordeaux

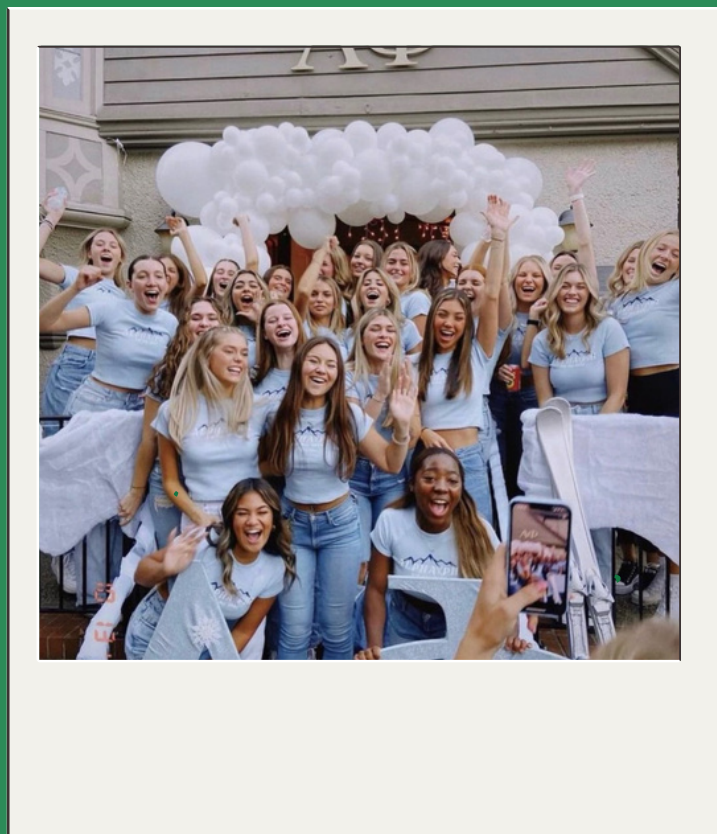
Flower: Lilly of the Valley,

Forget-Me-Not

Symbol: Ivy Leaf

Live In Requirement: 2

years



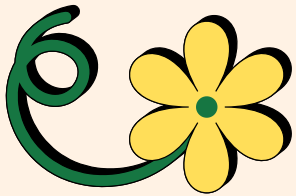
SISTERHOOD

Alpha Phi celebrates sisterhood with fun trivia nights hosted by their chef, Shauna! For new members, they do a variety of events to help new members get to know each other and other members of the chapter, such as paint nights, yoga classes, and nights at the trampoline park. In addition, they do Den Groups where older members lead five new members in group activities.

ALPHA PHI

PHILANTHROPY

Alpha Phi has three main philanthropy events. They do Heart Days in winter term where they sell baked items around Valentine's Day. Last year, they brought in baby goats to the EMU lawn. In spring term, they do Phifa, a soccer tournament and their main event, the Red Dress Gala, where members wear red dresses. The money they raise mostly goes to supporting women's heart health.

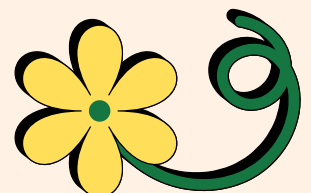


What Alpha Phi Means to me

I joined Alpha Phi because every woman I talked to during recruitment welcomed me in as if I were family. Every woman in Alpha Phi shares the same values of academics, service, and sisterhood, but is so unique in their own way—which is so special to me. I feel so grateful to have met and become sisters with women from different backgrounds and perspectives. This chapter has provided me with so many opportunities and experiences, and I can confidently say that joining Alpha Phi helped me grow into the woman I am today.



*Tierney,
VP Recruitment*



CHI OMEGA



XΩ



QUICK FACTS

Founding Date:

April 5, 1895

Nickname: chio

National Philanthropy:

Make-A-Wish Foundation

GPA Requirement: 3.0

Colors: Cardinal and Straw

Flower: White Carnation

Symbol: Owl

Live In Requirement: 2 years



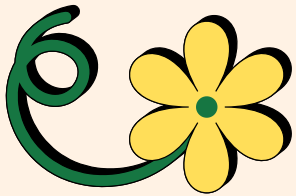
SISTERHOOD

Chi Omega puts on multiple sisterhood events per term. In the past, they have done ice skating, tote bag painting, movie/Bachelor/Euphoria nights, workout classes and more. Chi Omega helps integrate new members during their new member meetings and through Owl Pal dates, where upperclassmen meet with new members for dinner, coffee, or a walk to get to know new members one on one.

CHI OMEGA

PHILANTHROPY

Chi Omega hosts two events every year to support the Make-A-Wish foundation. In 2023, their main event was the Chi O Spring Carnival. The event included live music, baby goats, carnival games, a dunk tank, hot dogs, and lots of carnival snacks.



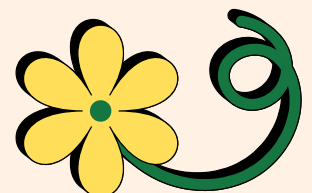
What Chi Omega Means to me

I joined Chi Omega because I truly felt like myself when walking through the front doors. I admire how unique each and every woman in our chapter is as they inspire me to be my truest and best self.

Not only have I been able to make life-long friends, but I have been able to work along side some of the most amazing women who have made my experience being a Chi Omega at the University of Oregon the best years of my life.



*Keeley,
VP Recruitment*



DELTA GAMMA



ΔΓ



QUICK FACTS

Founding Date:

December 25, 1873

Nickname: dg

National Philanthropy:

Service for Sight

GPA Requirement: 2.0

Colors: Bronze, pink and blue

Flower: Cream Colored Rose

Symbol: Anchor

Live In Requirement: 2 years



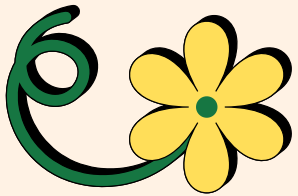
SISTERHOOD

Delta Gamma helps integrate the new members into their sisterhood by doing weekly check-ins with new members to ensure they are adjusting not only to the sorority, but to college itself. In the past, they have also taken all the new members to the trampoline park for fun bonding! Some other sisterhood events Delta Gamma does are painting classes, bowling and arcade dates, and a movie night at a movie theater.

DELTA GAMMA

PHILANTHROPY

Delta Gamma hosts philanthropy events throughout the year that benefit the visually impaired through their mission, Service for Sight. They have fundraisers such as Slices for Sight and various profit shares. Their main event is Anchor Bowl in spring term, which is a university wide flag football tournament, where teams compete for the title of Anchor Bowl Champs!

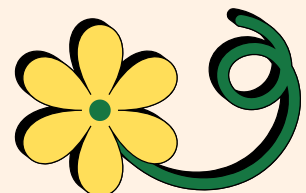


What Delta Gamma Means to me

I decided to join Delta Gamma because when going through recruitment I always felt comfortable and at home when talking to Delta Gamma's members. I instantly was drawn to the connections that each member has with one another and their shared passion for giving back to the community. The past three years being a Delta Gamma has helped me grow as a person and pushed me in many aspects of life. I am forever grateful for the opportunities and friendships that Delta Gamma has provided me with.



*Elle,
VP Membership*



DELTA DELTA DELTA



QUICK FACTS

Founding Date:
November 27, 1888
Nickname: tri delta, tri delt
National Philanthropy:
St. Jude Research Hospital
GPA Requirement: 2.85
Colors: Silver, Gold Blue
Flower: Pansy
Symbol: Trident
Live In Requirement: 2
years



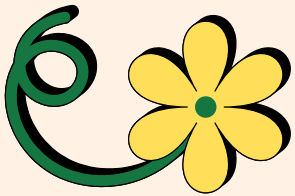
SISTERHOOD

Tri Delta strengthens sisterhood through events such as the New Member Retreat. This retreat is a big sleepover for all new members and included planned activities and a movie night. It is also their first sisterhood together as a new member class! In addition, an upperclassman is assigned to each new member as a sponsor, where each sponsor supports the new member throughout the initiation process.

DELTA DELTA DELTA

PHILANTHROPY

Tri Delta holds a philanthropy event each term of the school year. Their largest event is Delta Desserts in Fall term, where Tri Delta hosts an all you can eat dessert bar. In addition, they do a letter writing campaign called Sincerely Yours in the winter. Last year, they did Sunny DDDays in spring term. Their fundraising supports research for childhood cancer through St. Jude Research Hospital.

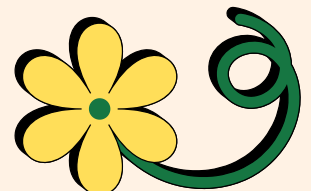


What Tri Delta Means to me

3 years ago when I accepted a bid from Tri Delta I would've never imagined the impact this chapter would have on my life. Tri Delta not only gave me lifelong friends but helped me grow into the person I am today. It's safe to say that being apart of Greek Life has made me more confident and given me the opportunity to meet the amazing people in this community and so forth. The support I have received from the community and my chapter was phenomenal and it continues to push me to learn more about myself. From countless movie nights in the Delta Dream to becoming an impromptu Red Bull barista at Sunny DDDays, to hearing contagious laughs during sisterhoods— these are the memories that I hold close to my heart and remember why I chose to be a Theta Delta.



*Bella,
VP Membership Experience*



GAMMA PHI BETA



ΓΦΒ



QUICK FACTS

Founding Date:

November 11, 1874

Nickname: gphi, gamma phi

National Philanthropy:

Girls on the Run

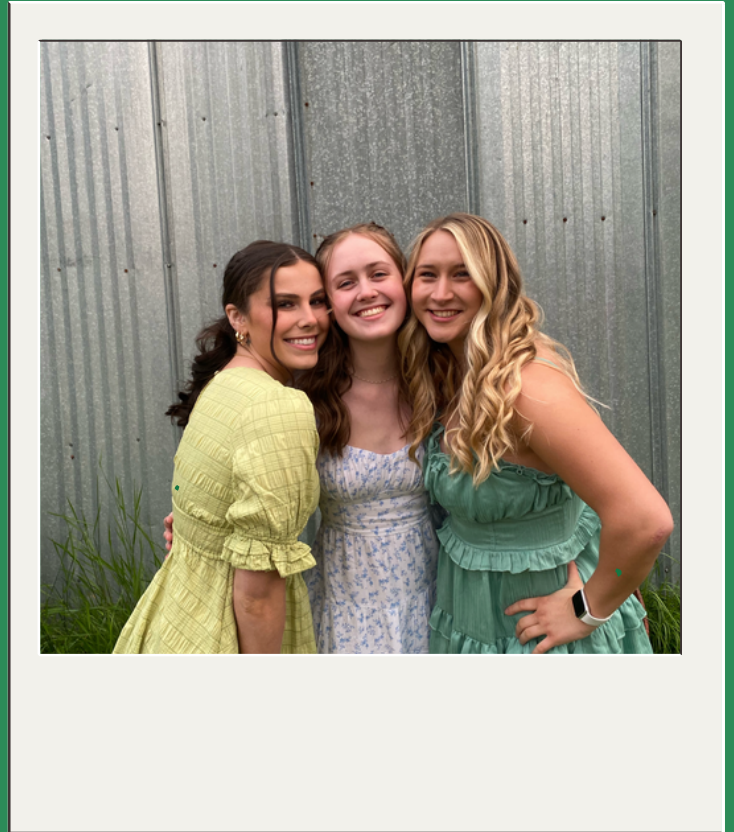
GPA Requirement: 2.8

Colors: Brown and Blush

Flower: Carnation

Symbol: The Crescent

Live In Requirement: 2 years



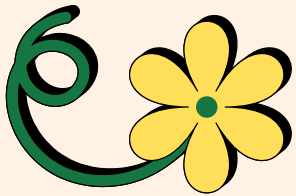
SISTERHOOD

Gamma Phi Beta values their sisterhood by doing events for the whole chapter. Last year, they had build-a-bear come to their chapter facility and all the members made their own bear and watched a movie together. It happened right after bid day and matched their bid day theme! For new members, they do crescent dates where initiated members go on dates with new members to get to know them one on one.

GAMMA PHI BETA

PHILANTHROPY

Gamma Phi Beta supports their national philanthropy, Girls on the Run through multiple fundraising efforts. One event they do is Moonball, which is a basketball tournament made up of teams from both FSL and UO community. In spring term, they do a pancake philanthropy event and invite girls from Girls on the Run who are preparing for a 5k race.

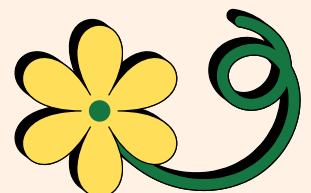


What Gamma Phi Beta Means to me

Coming from New Jersey, I was nervous about finding my place on campus, but the moment I met women from Gamma Phi Beta I immediately felt at home. Being a part of Gamma Phi Beta has truly been such a rewarding experience because of the constant support and unconditional love of my sisters who have helped me grow into who I am today.



*Charlotte,
VP Membership*



KAPPA ALPHA THETA



KAO



QUICK FACTS

Founding Date:

January 27, 1870

Nickname: kat, theta

National Philanthropy:

Court Appointed Special Advocates (CASA)

GPA Requirement: 2.75

Colors: Black and Gold

Flower: Black and Gold

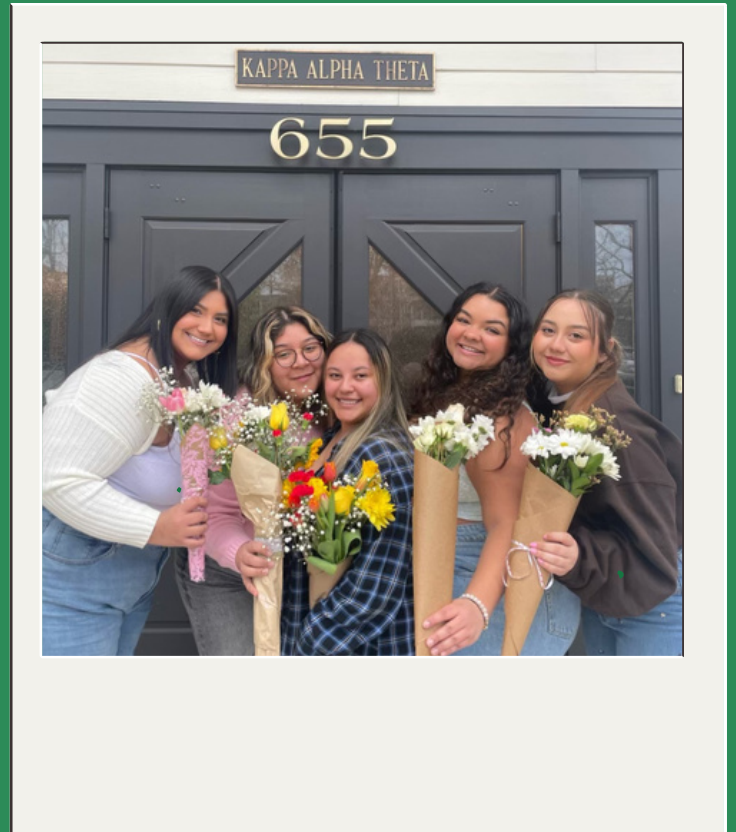
Pansy

Symbol: Kite and Twin

Stars

Live In Requirement: 2

years



SISTERHOOD

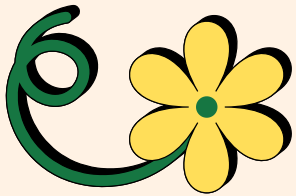
Kappa Alpha Theta celebrates sisterhood through their annual sisterhood retreat in the spring. They enjoy campfire stories, s'mores, sunshine, and celebrating the unique personalities and characteristics of Theta. For new members, they have a lot of events leading up to initiation where new members get time to interact with older sisters through crafting, watching movies, or playing fun games!

KAPPA ALPHA THETA



PHILANTHROPY

One of Kappa Alpha Theta's core values is commitment to service, which they achieve through their fundraising efforts for CASA of Lane County and Theta Foundation. They host two philanthropic events a year, with their main one in the spring. Their fall term philanthropy, CASA carnival, raised \$3000. Their spring term philanthropy, Rock the Casa, was a battle of the bands competition with local food trucks and student vendors. They raised \$8500 from Rock the Casa!

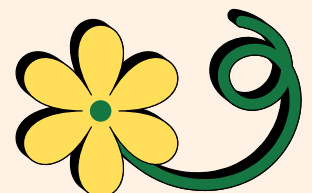


What Kappa Alpha Theta Means to me



I joined Kappa Alpha Theta because I felt so incredibly welcomed while being able to be my truest self. Kappa Alpha Theta is composed of incredible women with so many different personalities, all which come together to better each other and ourselves. Being apart of this chapter is such a fun and supportive environment surrounded by an amazing sisterhood!

*Chloe,
VP Membership*



KAPPA DELTA

KA Δ



QUICK FACTS

Founding Date:

October 23, 1897

Nickname: kd

National Philanthropy:

Girl Scouts of America,
Looking Glass Station 7, and
Child Abuse Prevention

GPA Requirement: 2.25

Colors: Olive Green and
Pearl White

Flower: White Rose

Symbol: Nautius shell and
dagger

Live In Requirement: 2
years



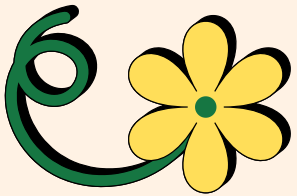
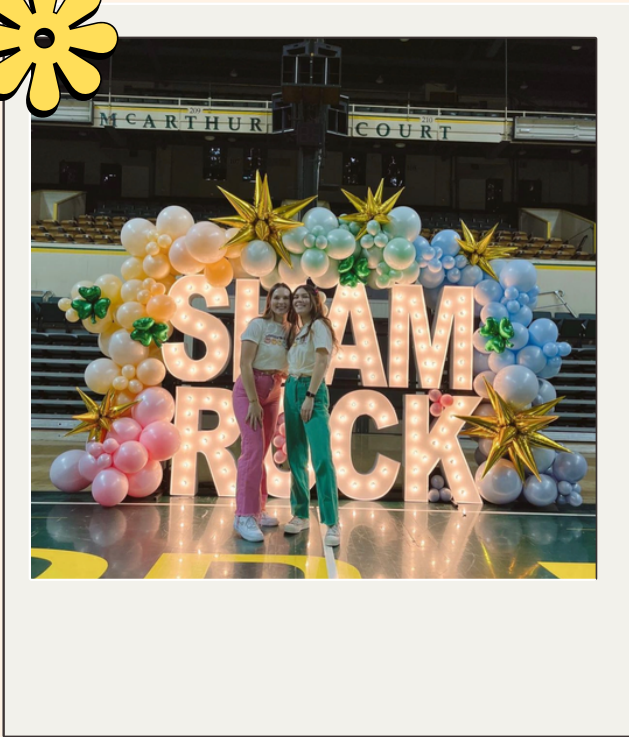
SISTERHOOD

Kappa Delta celebrates sisterhood in multiple ways. One of their main ways of celebration is through a "you make me smile" sisterhood week, where each day is a new event, such as after chapter game nights, bracelet making, bouquet making, and so much more.

KAPPA DELTA

PHILANTHROPY

Kappa Delta supports three major philanthropies throughout the year, including PCAA, the Girl Scouts of America, and the local homeless shelter called Looking Glass Station 7. They have supported the Girl Scouts by doing house tours, sisterhood events, and Girl Scout cookie sales at the house. For fundraising events, they do a Shamrock and Roll lip-sync battle, Grilled Cheese with KDs, and more to fundraise for all of their philanthropies.



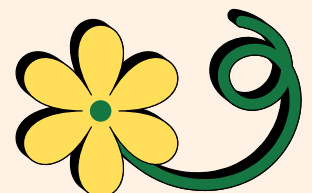
What Kappa Delta Means to me



I decided to join Kappa Delta because I found a sense of belonging with these women. KD is welcoming, fun, and crazy and I believe that makes our chapter unique. Kappa Delta has made me into a strong leader, a supportive friend, and a more ambitious person, without KD I wouldn't be the person I am today.



*Catherine,
Vice President*



KAPPA KAPPA GAMMA

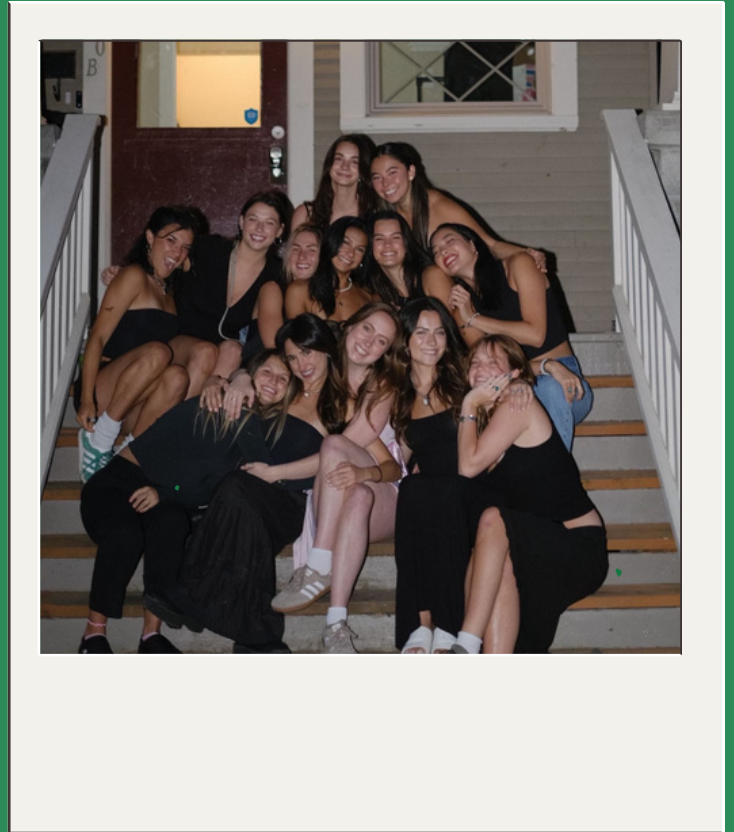


KKΓ



QUICK FACTS

Founding Date:
October 13, 1870
Nickname: kappa, kkg
National Philanthropy:
Jed Foundation
GPA Requirement: 2.75
Colors: light blue and dark blue
Flower: fleur-de-lis
Symbol: key
Live In Requirement: 2 years



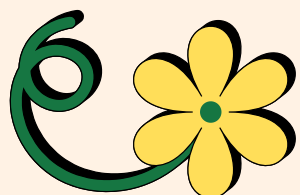
SISTERHOOD

Kappa Kappa Gamma supports sisterhood through an annual Mother's Day card making. KKG provides the materials and members write letters to anyone who has made an impact on their childhood. KKG helps integrate new members through a week of welcome, where new members have a night with each PC leading up to initiation. Each night they do a different activity and get to meet all members of the chapter.

KAPPA KAPPA GAMMA

PHILANTHROPY

Kappa Kappa Gamma helps support various organizations that support mental health and well-being by doing fundraisers throughout the school year. Their main philanthropy, Kappa dodge ball, is held during winter term, and is open to the UO community to make teams. Other fundraising efforts have included a lemonade stand, clothing drive, canned food drive, and a carnival.



What Kappa Kappa Gamma Means to us

Joining Kappa Kappa Gamma has helped me navigate my college years tremendously. Being a part of a group of women who are confident, authentic and motivated has been so special in finding my own voice and path here at UO. I am so fortunate to have such a unique and solid support system! My time throughout Kappa Kappa Gamma has shown me the value in being true to yourself, not to take life too seriously and all the ways you can show up for your friends in big or small ways.

Shea,

Director of Primary Recruitment



Coming into college, I knew no one at the University of Oregon. I was so shy and nervous I wasn't going to make friends.

After going through the recruitment process and meeting other girls in my PC, I immediately felt like Oregon could feel like home. From living in the house my sophomore year to going on countless crazy adventures with my friends, and now living with 12 other girls in my PC, I can full-heartedly say that Kappa has been the best decision I could've made for myself in college. I wouldn't be where I am today without the amazing support system I gained the second I joined Kappa!

Ella,

VP Recruitment

PI BETA PHI

ΠΒΦ



QUICK FACTS

Founding Date:

April 28, 1867

Nickname: piphi

National Philanthropy:

Read > Lead > Achieve

GPA Requirement: 2.0

Colors: wine and silver blue

Flower: wine carnation

Symbol: arrow

Live In Requirement: 2 years



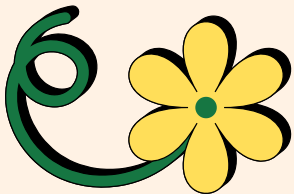
SISTERHOOD

Pi Beta Phi helps strengthen the sisterhood in their chapter through many ways. They do glow yoga, sisterhood walks to Autzen, charcuterie board, and letter writing sisterhoods to old folk homes in surrounding areas. They also love going joint sisterhoods with other chapters on campus, such as 'Galentine's Day' where they made cookies and valentines for each other.

PI BETA PHI

PHILANTHROPY

Pi Beta Phi helps support their national philanthropy, Read > Lead > Achieve, which supports literacy across the US through multiple fundraising efforts throughout the year. They have done Pizookies with Pi Phi in the fall and Pie a Pi Phi in the spring. In addition, they frequently hold book drives and canned food drives.

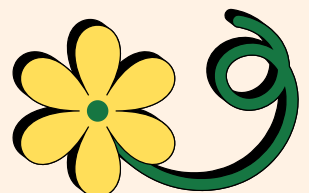


What Pi Beta Phi Means to me

I joined Pi Beta Phi because I had that "aha" moment that you hear so many people talk about. I had a really enjoyable recruitment experience and met so many wonderful people. When I was touring Pi Phi's house and saw all the pictures of the girls having fun together I could instantly tell how genuine and strong their friendships were with one another. I can truly say that the relationships I have made through Pi Phi have changed my life for the better. I have learned and grown so much from meeting all the incredible women in this chapter. I cannot wait for recruitment and the chance to share our home with you all!



*Jacqueline,
VP Recruitment*



SIGMA KAPPA

ΣΚ



QUICK FACTS

Founding Date:

November 9, 1874

Nickname: sk, sigkap

National Philanthropy:

Sigma Kappa Foundation,
Inherit the Earth, Gerontology,
Maine Seacoast Mission,
Alzheimer's Association and
Research

GPA Requirement: 2.5

Colors: lavender and maroon

Flower: wild purple violet

Symbol: dove and heart

Live In Requirement: none



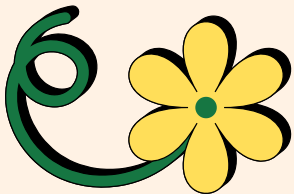
SISTERHOOD

Sigma Kappa helps integrate their new members right after bid day. They do sisterhoods every two weeks, where they complete crafting events, charcuterie board making, ice skating, and more. They even do sisterhood retreats in the fall and spring. In fall, they visited Camp Harlow and bonded over rope courses and fun games. In spring, they had a day at the lake and rented paddleboards and kayaks.

SIGMA KAPPA

PHILANTHROPY

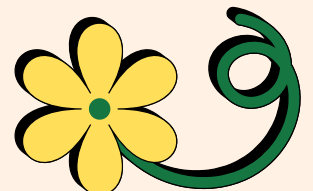
Sigma Kappa stays busy the entire year by putting on multiple fundraising efforts for their philanthropies. They have a week of giving in November where they locally support Eugene. Their main philanthropy is in winter term with Kappatizers, an all you can eat appetizers event. Last year, they had fun games and live music. They also make sure to do a philanthropy spring term, such as a clothing swap or a spikeball tournament.



What Sigma Kappa Means to me

I joined Sigma Kappa because of how welcoming all the members I met during recruitment were and because I knew I could be my authentic self and would be supported 100%. Sigma Kappa has helped me grow as a leader and helped me increase my confidence. I have gained my best friends on campus from Sigma Kappa and am forever grateful for that!

*Brynn,
VP Recruitment*





TIPS FOR RECRUITMENT

1. Take notes after every round! These will be beneficial for when you make selections! You should take notes on the names of the women you talked to, what you talked about, and any other notes.
2. Curate your outfits based on comfortability! Not only are you going to be doing a lot of walking (which you should take into account), but wear something you feel confident and comfortable in.
3. Come in with questions! What is something you want to know about this chapter?
4. Go into each round with one thing you want a chapter to know about you, and don't leave without them knowing!
5. Stay true to yourself. Although you may have friends going through the process as well, your experience will be different than theirs, and you will have differing opinions on chapters. That is completely okay!
6. Look at each chapter as a whole. The entire chapter is not represented by just one woman.
7. Stay positive throughout the process! Recruitment is what you make of it, so don't let a couple thorns ruin the beauty of a rose.
8. Make decisions during recruitment based on your own individual experiences and values.
9. Get plenty of sleep, drink water and make time to eat. It can be a stressful and fast process, but taking care of yourself is the number one priority.
10. Have fun! Recruitment is a great way to get to know people and might be one of the 'most social' six days of your life. I guarantee you will be a different person than when you walked in to your first event. :)



CONVERSATION 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?

(If they have a chapter facility) What was your favorite part about living in?

What's your biggest advice for freshman year?

What do you love about your sisters in the chapter?

What are the best Eugene restaurants or coffee shops?

What is your favorite Eugene activity?

What have you learned about yourself since you joined your organization?

HAZING POLICY



From the State of Oregon: ORS 163.197 - Hazing

1) A student organization or a member of a student organization commits the offense of hazing if, as a condition or precondition of attaining membership in the organization or of attaining any office or status in the organization, the organization or member intentionally hazes any member, potential member or person pledged to be a member of the organization.

2) (a) A student organization that violates subsection (1) of this section commits a Class A violation. (b) A member of a student organization who personally violates subsection (1) of this section commits a Class B violation.

3) Consent of the person who is hazed is not a defense in a prosecution under this section.

4) As used in this section:

(a) "Haze" means: (A) To subject an individual to whipping, beating, striking, branding or electronic shocking, to place a harmful substance on an individual's body or to subject an individual to other similar forms of physical brutality; (B) To subject an individual to sleep deprivation, exposure to the elements, confinement in a small space or other similar activity that subjects the individual to an unreasonable risk of harm or adversely affects the physical health or safety of the individual; (C) To compel an individual to consume food, liquid, alcohol, cannabis, controlled substances or other substances that subject the individual to an unreasonable risk of harm or adversely affect the physical health or safety of the individual; or (D) To induce, cause or require an individual to perform a duty or task that involves the commission of a crime or an act of hazing.

(b) "Member" includes volunteers, coaches and faculty advisers of a student organization.

(c) "Student organization" means a fraternity, sorority, athletic team or other organization that is organized or operating on a college, university or elementary or secondary school campus for the purpose of providing members an opportunity to participate in student activities of the college, university or elementary or secondary school. [1983 c.202 §2; 1999 c.1051 §152; 2009 c.493 §1; 2017 c.21 §42]

HAZING POLICY

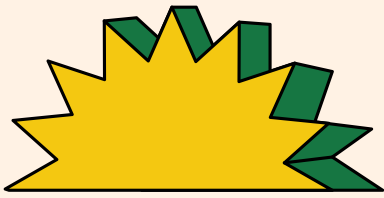


From the Student Code of Conduct at the University of Oregon

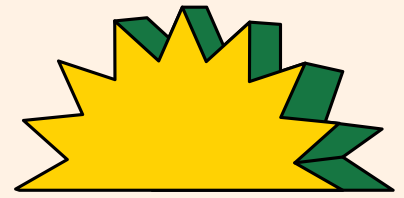
Article III - General Misconduct:

h. Hazing: Intentionally subjecting another to a situation or action that a reasonable person would foresee as causing mental or physical discomfort, embarrassment, injury, or ridicule. Individual acceptance of or acquiescence to any activity does not affect a determination of whether the activity constitutes hazing. This includes compelled participation in behavior which would violate the law and/or University Policy. Hazing may include, but is not limited to, sleep deprivation or causing excessive fatigue, physical or psychological shock, compelled ingestion of a substance, and other activities not consistent with the parent organization's rules and regulations.

The University of Oregon Fraternity and Sorority Life does not tolerate hazing. However, the office cannot take action unless it is reported. 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. 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!



FAQS



Do I need to have a minimum GPA to go through recruitment?

No! There is no minimum GPA to join a chapter, however there is a GPA requirement you must uphold as an active/new member!

Can I go through recruitment as a sophomore?

Yes! Recruitment is open for everyone, not just for freshmen.

How much are dues?

Dues vary based on each sorority. During recruitment, PNMs will receive a statement of the financial commitment for each chapter. It is super important that all PNMs understand the finances before committing to join a chapter.

Is there a dress code for recruitment?

No, there is not! The only requirement is to come in an outfit you are confident and comfortable in.

Is PNM orientation mandatory?

Yes! Going to PNM orientation is mandatory to go through the process and will provide necessary information for recruitment.

Should I skip class/Get Explicit for events?

No! Do not skip class or Get Explicit for recruitment. Instead, fill out the excusal form for conflicts.

Am I allowed to know which chapter my recruitment counselor is in?

Not yet... recruitment counselors remain disaffiliated until bid day. They are unbiased sources of recruitment information and advice for you, so use them and listen to them carefully! They are here for you throughout recruitment.