

BROTHER MENTOR CHALLENGE PROGRAMMING DATABASE							
AREA OF DEVELOPMENT	THEME	TYPE	TOPIC	WHO LEADS	WHO SUPPORTS	DESCRIPTION	SUPPORTING RESOURCES
SigEp Development	Brother relationships	Event	Chapter retreat	Challenge participants	Chapter	Host a chapter retreat for entire chapter. Lead team building activities, give advice to the younger members and set goals	
		Event	Brother Mentor retreat	Challenge coordinators	Challenge participants	Hold a Brother Mentor retreat and discuss the upcoming semester/year. Set goals, plan events and spend time together.	
		Activity	Intramural sports	Challenge participants	Sound body programming coordinator	Participate in at least one intramural sport on a chapter team	
		Event	Brotherhood events	Vice President of Programming	Challenge coordinator	Rent out a movie theater and see a film, go to a campus sporting event or any other non-alcoholic event.	
		Event	Outdoors trip	Challenge coordinators	Challenge participants	Take a trip with to go hiking, camping, white water rafting, etc.	
		Event	Senior Reflection	Challenge participants	Chapter	Reflect on entire college experience, discuss what they do differently, and pass on general life lessons they had learned.	
	Ritual and values	Discussion	Epsilon ROP Ritual study	Chaplain or member of Ritual team	Challenge coordinators	Have the Chaplain or member of Ritual team lead a study on the Epsilon ROP.	Ritual Guide of Sigma Phi Epsilon
		Activity	Public Ceremony	Challenge participants	Chaplain	Work with the Chaplain to plan a Public Ceremony for the chapter	Public Ceremonies Guide
		Activity	Ritual performance	Challenge participants	Chaplain	Participate in the performance of the Ritual.	Ritual Guide of Sigma Phi Epsilon
		Activity	Ritual team practice	Challenge participants	Chaplain and Ritual team	Participate in ritual team practice.	Ritual Guide of Sigma Phi Epsilon
		Activity	Hoop of Steel	Chaplain	Challenge participants	Conduct this public ceremony with the challenge participants and the entire chapter.	Ritual Guide of Sigma Phi Epsilon
		Discussion	Living the Ritual	Challenge participants	Challenge coordinator	Have a conversation with a brother in the Epsilon challenge about how they can/have lived the Ritual and what they can do to continue to live the ritual as they get older/out of college.	
	SigEp leadership events	Event	Life After College	Challenge participants	Challenge coordinator	Attend SigEp's leadership event focused on helping juniors/seniors prepare for life after college	
		Event	Carlson Leadership Academy	Challenge participants	Executive Board	Challenge participants attend the Recruitment or BMP tracks at the Carlson Leadership Academy to learn more about chapter operations.	
		Activity	Ruck Leadership Institute	Challenge participants	Challenge coordinator	Apply for SigEp's top leadership institute.	
		Activity	Tragos Quest to Greece	Challenge participants	Challenge coordinator	Apply for SigEp's study abroad experience to Greece.	
		Activity	Grand Chapter Conclave	Challenge participants	Challenge coordinator	Register for Conclave.	
	Your legacy	Workshop	Leadership Lessons	Challenge participants	Challenge coordinator	Hold a series of workshops to teach younger members leadership skills. Focus on delegation, organization, and risk management	
		Event	Alumni involvement BBQ	Challenge participants	AVC	Have a BBQ with the AVC and discuss how to stay involved after graduation	
		Event	Senior Dinner	Challenge coordinator	Seniors	Hold a dinner with the entire chapter where graduating seniors share their greatest contribution to the chapter and the biggest take-away from the SigEp experience.	
		Activity	The SigEp Bucket List	Challenge participants	Challenge coordinator	Brothers compile an appropriate list of things that all brothers should do before they leave the university/chapter	
		Workshop	How to be an Alumnus	Alumnus, RD, HQ Staff	Challenge coordinator	Discuss how to be an appropriate alumnus and volunteer and how the chapter can benefit from your involvement.	
Activity		Volunteer recruitment	Challenge participants	Volunteer	Recruit a volunteer to help the chapter.		
		Presentation	Grad School 101	Young alum, career services,	Sound mind programming coordinator	Speak about the ins and outs of applying to grad school, taking entrance tests, etc.	
		Presentation	Grad School Tests	Career services	Sound mind programming coordinator	Present on the basics of grad school exams. Lay out the different options and give tips on preparation.	

Intellectual	<i>Your future academic success</i>	Activity	Grad school application	Challenge participants		Finalize application and apply for grad school.	
		Activity	Dean's list	Challenge participants		Make Dean's List at least one semester.	
		Activity	Scholarships	Challenge participants	Sound mind programming coordinator	Apply for scholarships available through your university, the SigEp Educational Foundation, and other organizations.	
	<i>Stress management</i>	Presentation	Stress Management in the Working World	Young professionals	Sound mind programming coordinator	Discuss how to manage stress in the professional world. Give tips and best practices for keeping a sound mind after college.	
		Presentation	Stress Management in Graduate School	Grad students	Sound mind programming coordinator	Discuss stress management in graduate school and how to keep a sound mind after time as an undergraduate.	
		Presentation	Real Estate	Real estate agent	Challenge coordinator	Help participants gain an understanding of renting vs. buying a house, different factors to consider, market conditions, etc.	
		Presentation	Investment Basics	Stock broker	Challenge coordinator	Present on the basics of investing- why, how, when, etc. Discuss savings and retirement funds.	
		Presentation	Insurance 101	Insurance agent	Challenge coordinator	Talk about the basics of insurance- what to get, benefits, etc.	
		Presentation	Understanding Taxes	CPA	Challenge coordinator	Discuss taxes- key points, how to budget, how to file, best practices, etc.	
		Presentation	Financial Planning 101	Financial planner	Challenge coordinator	Present on purchasing a new car, credit scores, paying off student loans, etc.	
		Presentation	Economics 101	Economics Professor,	Sound mind programming coordinator	Host a seminar/class on basic economics and other business skills.	
	<i>Life skills</i>	Presentation	Basics of Jewelry Shopping	Jeweler	Challenge coordinator	Teach participants about what to look for in engagement rings and other pieces of jewelry they will purchase for significant others.	
		Presentation	Basics of Home Improvements	Home improvement specialist	Challenge coordinator	Go to a local home improvement store and have a specialist to teach basic home improvement tips and skills	
		Workshop	Basics of Automobile Maintenance	Mechanic	Challenge coordinator	Go to a local mechanic shop and have them teach the basic car care and maintenance. This should include changing a tire and other necessary skills. Practice these skills onsite.	
		Presentation	Basics of Gender Communication	Professor/ professional	Challenge coordinator	Discuss best practices for social interactions outside of college.	
	Workshop	Wine Tasting	Alumnus or local wine specialist	Challenge coordinator	Cover the basics of wine tasting. Discuss grape varieties, history, and etiquette.		
	Workshop	Cigar Tasting	Alumnus or local cigar specialist	Challenge coordinator	Cover the basics of cigars. Have them talk about the cutting and lighting process, size, composition, history, and etiquette.		
	Workshop	Golf Lessons	Local golf pro	Sound body programming coordinator	Deliver basic lessons on the game and tips for improvement.		
	Activity	Dancing Classes	Challenge coordinator	Sorority Seniors and Juniors	Challenge participant will participate in dancing lessons with the Seniors and Juniors of a Sorority on campus.		
	<i>Physical health</i>	Activity	Fitness goals and routine	Challenge participants	Challenge coordinator	Reassess your fitness goals, set new ones, and establish a routine to match.	
		Event	Fitness boot camp	Personal Trainer	Challenge participants	Attend a fitness boot camp- it's more fun with brothers so invite them as well.	
		Activity	Food log	Challenge participants	Challenge coordinator	Keep track of the all the food you eat over a week (with times and quantity) to see how much you're really eating.	
		Activity	Fitness classes	Campus Recreation Department		Attend fitness classes offered through your university's campus recreation department.	
		Event	SigEp Ironman	Challenge participants		Participate in a SigEp-only or campus-wide Ironman competition.	
		Event	Endurance challenge	Challenge participants		Participate in an endurance challenge like Tough Mudder.	
		Event	Physical competition		Brother Mentor/Mentee	Participate in a physical competition with a mentee. Examples: 5k, 10k, triathlon, etc.	
		Presentation	Lifetime sports	Athlete	Sound body programming coordinator	Speak on lifetime sports.Discuss different options and tips for getting started.	

Physical Health and Wellness		Presentation	Cooking After College	Chef	Sound mind programming coordinator	Teach members the basics of preparing a healthy and cheap meal.	
		Workshop	Mastering the Grill	Local BBQ shop	Challenge coordinator	Go to a local BBQ shop and have the employees teach basic grilling techniques.	
		Presentation	Maintaining a Sound Body After College	Fitness professional	Sound body programming coordinator	Talk about how to maintain a sound body after college- eating healthy, workout schedule, best practices, etc.	
	Preventative health	Presentation	Overcoming Bad Habits	Health professional	Sound body programming coordinator	Discuss strategies for overcoming bad habits.	
		Presentation	Alcoholism	Recovered alcoholic	Sound body programming coordinator	Present on alcoholism. Discuss signs to look for, how to help and how to prevent.	
		Presentation	Drug Use	Recovered drug abuser	Sound body programming coordinator	Present on drug abuse. Discuss signs to look for, how to help and how to prevent.	
		Presentation	Dangers of Steroids	Doctor or personal trainer	Sound body programming coordinator	Present on the dangers of steroids.	
		Activity and Presentation	AA meeting	Challenge participants	Challenge coordinator	Team up with other brothers and attend an AA meeting. At the next meeting present on what you learned.	Research AA meetings in your area.
		Activity and Presentation	Overcoming bad habits	Challenge participants	Challenge coordinator	Have each participant commit to overcoming one bad habit and share what they learn from the process.	
		Reading and Discussion	LROB: "Alcohol and drugs"	Challenge coordinator	Challenge participants	Read pages 121-123 from the LROB and discuss risks associated with drug and alcohol abuse.	LROB
Enabling others to pursue a sound body	Event	Sound body event	Challenge participants	Sound body programming coordinator	Host a sound body event for the chapter		
		Fitness Accountabillbuddy	Challenge participants	Younger brother	Be a younger brother's exercise partner and hold them accountable to their fitness goals.		
Leadership Development	Civic engagement	Discussion	Volunteering After College	Volunteer	Challenge coordinator	Discuss how to stay engaged in the community after college- where to get involved, what to do, the benefits of volunteering, etc.	
		Activity and Presentation	Volunteering After College	Challenge participants		Select an organization to volunteer with after college. Connect with this organization and discuss opportunities.	
	Skill development and practice	Activity	Civic leadership position	Challenge participants	Local government	Hold a leadership position within the community, not related to the university.	
		Activity	Facilitate at Carlson	SigEp HQ	Challenge participants	Reach out to your regional director and ask about opportunities to facilitate an Carlson	
		Presentation	Lessons learned	Challenge coordinator	Brother Mentor/Epsilon	Present on a past internship. Talk about lessons learned and your biggest takeaways.	
		Activity	Internship help	Challenge participants	Epsilon challenge participant	Guide a member of the epsilon challenge in a similar career field get an internship.	
		Activity	Leadership position	Challenge participants		Hold a leadership position on campus or within the chapter.	
		Activity	Event planning	Challenge participants		Work with other brothers to plan and lead a large scale event. This can be a concert, community service project or any other event where the entire campus community can attend.	
		Reading and Discussion	LROB: "Ethical Decisions"	Challenge coordinator	Challenge participants	Read pages 159-165 from the LROB and discuss ethical leadership.	LROB
		Reading and Discussion	LROB: "Practicing Servant Leadership and Improving Continuously"	Challenge coordinator	Challenge participants	Read pages 217-220 in the LROB and discuss applying lessons to leadership positions.	LROB
Reading and Discussion	LROB: "Mentoring"	Challenge coordinator	Challenge participants	Read pages 221-223 from the LROB and discuss application to mentoring and leadership.	LROB		
	Presentation	Business Etiquette 301	Business etiquette specialist	Challenge coordinator	Build off the session during the Epsilon challenge. Discuss interview, office, and dinner etiquette for the professional world.		
	Presentation	Dressing for Objectives 301	Local clothing store	Challenge coordinator	Build off the session during the Epsilon challenge. Discuss dressing in a professional setting and buying dress clothes on a budget.		
	Roundtable Discussion	Professional Lessons from Alumni	Alumni	Challenge coordinator	Recruit a panel of alumni to come speak out their lessons learned and give advice to older members		

Professional Development

Skill development and practice

SMART goals

Workshop and Activity	Public Speaking 201	Professional facilitator	Challenge coordinator	Educate participants on giving effective presentations, PowerPoint, use of visual aids, audience participation, etc.	
Presentation	Job Searching 101	Volunteers, Career services	Challenge coordinator	Teach participants about the art of the job search.	
Presentation	Email and Phone Etiquette 101	Communications professional	Challenge coordinator	Discuss professional expectations around phone and email.	
Presentation	Penmanship Best Practices	Someone who writes well	Challenge coordinator	Help participants improve their writing skills.	
Presentation	Sexual Harassment Awareness	Human Resources Professional	Challenge coordinator	Educate participants on sexual harassment in the workplace- what is and what is not appropriate.	
Presentation	Cultural Sensitivity	HR Professional or other cultural professional	Challenge coordinator	Discuss cultural sensitivity in the work place.	
Workshop and Activity	Building a LinkedIn Profile	Career Services	Challenge coordinator	Help participants build a LinkedIn profile. Discuss best techniques for leveraging LinkedIn	
Presentation	Social Media in the Workplace	Communications professional	Challenge coordinator	Discuss what is appropriate on your social media profiles as a professional.	
Presentation	Communicating SigEp Competencies	Alumnus	Challenge coordinator	Discuss communicating SigEp Skills (recruitment, development) to practical job skills (sales and product development).	
Discussion	Using the SigEp Network	Alumnus	Challenge coordinator	Discuss how to leverage their SigEp network and how to use it to benefit their career development.	
Event	SigEp Career Fair	Alumnus	Challenge coordinator	Host a number of alumni to talk about different career options and job opportunities they have in different industries.	
Activity	Leveraging your SigEp experience activity	Challenge participants	Challenge coordinator, alumni	Develop a summary of SigEp experiences and how to articulate it to a future employer.	
Activity	Professional Conference/Workshop	Challenge participants	Professional Association	Attend a conference or workshop related to your particular field of interest.	
Activity	Job specific resume	Challenge participants	Professional in your job field	Update your resume and cover letter and have it reviewed by someone in your specific job field.	
Activity	Mentor recruitment	Challenge participants		Recruit a professional mentor to help secure an ideal job after college and beyond.	
Activity	Internship opportunity	Challenge participants	Career Center, personal network	Secure a career-specific internship opportunity.	
Activity	Internship database	Challenge participants	Challenge coordinator	As a group, create an internship database. Challenge participants compile a list of all their internships to share with brothers.	
Activity	Mock interviews	Challenge participants	Career Center	Participate in a mock interview session with the career center. Get feedback on your performance.	
Event	Alumni networking	Challenge participants	Alumni	Challenge participants coordinate different alumni networking events for brothers in the epsilon and brother mentor challenge	
Presentation	International Travel	Travel Agent	Challenge coordinator	Host a discussion on how to travel internationally and what you need to know.	
Activity and Discussion	SMART goals	Challenge participants	Chapter mentor	Set new SMART goals and share them with someone who will hold you accountable- friends, family, and mentors.	LROB pg. 104-105
Activity and Discussion	SMART goals	Challenge participants	Chapter mentor	Evaluate previous SMART goals with your community mentor and discuss successes and opportunities for improvement	