

PHI CHALLENGE PROGRAMMING DATABASE							
AREA OF DEVELOPMENT	THEME	TYPE	TOPIC	WHO LEADS	WHO SUPPORTS	DESCRIPTION	SUPPORTING RESOURCES
SigEp Development	<i>Brother relationships</i>	Event	Chapter Retreat	Executive Board	Chapter	Offsite retreat to review chapter goals and priorities, and build brotherhood through team building exercises.	
		Activity	Intramural Sports	Challenge participants	Sound body programming coordinator	Participate in at least one intramural sport.	
		Event	Brotherhood Events	Vice President of Programming	Challenge coordinator	Rent a movie theater, hold a sports competition, go to a campus sporting event or other non-alcoholic group events.	
		Activity	Hiking Trip	Challenge coordinator	Challenge participants	Plan a hiking/camping trip	
		Activity	Establish Relationships with New Members	Challenge participants		Take a new member to lunch and give him advice on being in the fraternity, school, etc.	
	<i>Your role</i>	Discussion	State of the Chapter	Chapter leaders	Challenge coordinator	Discuss the state of the chapter with members of the challenge and chapter leaders focusing on current issues and solutions	
		Activity	Leadership Interviews	Challenge participants	Executive officer or committee chair	Ask chapter officer about his role in the chapter and what they do. Identify areas of interest.	
		Activity	Chapter Committee Service	Challenge participants	Challenge coordinator	Get involved as a member of a chapter committee.	
		Activity	Chapter Involvement	Challenge participants	Chapter mentor	Discuss your current and planned chapter involvement with your mentor including potential chair or executive board positions.	
		Activity	Chapter Leadership	Challenge participants		Hold an executive board or chair position.	
		Workshop	Recruitment	Regional Director and/or VP of Recruitment	Challenge coordinator	Attend a recruitment workshop centered around the 6 steps of recruitment or the BMS.	
		Presentation	Recruiting Best Practices	Athletic Coach	Vice President of Recruitment	Discuss athlete recruitment and how it relates to fraternity recruitment.	
		Activity	Potential New Member List	Challenge participants	Vice President of Recruitment	Submit at least three names of potential new member who fit the chapter's recruitment standards.	
		Reading/Discussion	LROB: "The Ideal SigEp Chapter"	Challenge coordinator	Challenge participants	Read pages 49-56 from the LROB and discuss the ideal chapter and the concepts of "brotherhood" and the "social fraternity"	LROB
		Reading/Discussion	LROB: "Your Chapter's Operations"	Challenge coordinator	Challenge participants	Read pages 57-66 from the LROB and discuss the different aspects of chapter operations.	LROB
	Reading/Discussion	LROB: "Your Chapter's Priorities"	Challenge coordinator	Challenge participants	Read pages 67-86 from the LROB and discuss the different priorities of chapter operations focusing on chapter goals.	LROB	
	<i>Benefits of fraternalism</i>	Discussion	Issues Facing the Greek Community	Greek Life Office	Challenge coordinator	Discuss community issues, how SigEp can be part of the solution, and how to make the most of the Greek experience.	
		Presentation	Origin of Fraternalism and Greek Philosophy	Classics/Philosophy/History Professor	Challenge coordinator	Presentation on the concept of fraternalism and Greek philosophy.	
		Presentation	Greek Life Experience and Expectations	Greek Life Office	Sound mind programming coordinator	Discuss principles and purpose of fraternities, the expectations of the community and how to best represent SigEp on campus	
		Activity	Relationships with Greek Life	Challenge participants	Greek Life Office	Meet with Director of Greek Life to introduce yourself and understand his/her perspective on Greek life (group activity)	
		Activity	IFC meeting	Challenge participants		Attend an IFC meeting and learn both how IFC operates and how IFC decision affect SigEp.	
		Event	Community service and community relations	Challenge coordinator		Host an event or service project with another fraternity.	
		Reading/Discussion	"Interfraternalism" LROB Reading	Challenge coordinator	Challenge participants	Read pages 183-185 in the LROB and discuss how the concepts apply to daily interactions with other fraternities.	LROB
<i>Ritual and values</i>	Discussion	Ritual	Chaplain	Challenge coordinator	Engage in a discussion of the Phi Rite of Passage focused on the oath of obligation and basic symbolism of the Ritual.		
	Activity	Ritual Rites of Passage	Ritual Team	Challenge participants	Participate in the implementation of a Ritual Rite of Passage		
	Activity	Ritual Practice	Ritual Team	Challenge participants	Participate in a Ritual team practice.		

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		Activity/Discussion	Ritual Journal	Challenge participants	Challenge coordinator	Write a reflection on the ritual experience once after participating in the ROP and again after observing the Phi ROP. Topics can include: how to live out the ritual in everyday life and how to educate brothers on the values based on their own ritual experience. Discuss with other challenge participants.	
	<i>SigEp leadership events</i>	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	Attend the Grand Chapter Conclave.	
		Reading/Discussion	LROB: "Leadership Programs"	Challenge coordinator	Challenge participants	Read pages 211-213 from the LROB and discuss SigEp leadership events and how to get involved.	LROB
<b>Intellectual</b>	<i>Your academic success</i>	Activity	Scholarships	Challenge participants	Challenge coordinator	Apply for scholarships available through your university, the SigEp Educational Foundation, and other organizations.	
		Activity	Academic Major	Challenge participants	University advisor	Meet with a university advisor to discuss different options for your major.	
		Activity	Academic Major	Challenge participants		Declare your major.	
		Activity	Academic Major	Challenge participants	Older brothers	Get help from an older brother with the same major to map out courses. Ask about specific courses and professors.	
		Activity	Professor Relations	Challenge participants	Professors	Have individual meetings with each professor to introduce yourself and discuss how to be successful in the class.	
		Activity	Professor Relations	Challenge participants	Challenge coordinator	Write a thank you note to 2 of your professors or university officials and thank them for all they do	
	<i>Practicing time and stress management</i>	Activity	Weekly Planning	Challenge participants	Chapter mentor	Meet weekly with mentor to map out a weekly schedule. Include classes, events, meetings, study hours, and workouts.	
		Activity	Time at an Animal Shelter	Sound mind programming coordinator	Challenge coordinator	Take all the challenge participants to local animal shelter to volunteer. Studies show animals relieve human stress.	
		Discussion	Best practices sharing	Challenge coordinator	Challenge participants	Discuss with challenge participants as to how they manage their time and stress..	
	<i>Spiritual awareness</i>	Presentation	Religion 101	Theology professor	Challenge coordinator	Discuss the different religions around the world.	
		Activity	Religion		Challenge participants	Attend a religious service outside your personal faith.	
		Activity	Spirituality	Challenge participants		Read a spiritual text you aren't familiar with	
		Activity	Spirituality	Challenge participants	Challenge coordinator	Attend a spiritually based speaker	
		Discussion	Ritual and spirituality	Chaplain	Challenge participants	Lead a discussion on spiritual texts and their relevance to SigEp's values.	
		Presentation	Ritual and spirituality	Challenge participants	Challenge coordinator	Participants present how the values relate to a faith or spiritual belief other than their own.	
		Reading/Discussion	LROB: "Spirituality and Religion"	Challenge coordinator	Challenge participants	Read page 181 in the LROB and discuss the concepts outlined in this section and how they apply them.	LROB pg. 181
		Presentation	Traveling the World	Travel agent	Challenge coordinator	Present on traveling in different parts of the world.	
		Presentation	Life in the Military	Military leader	Challenge coordinator	Invite a military leader to come speak about life in the military and basic military practices.	
		Presentation	Societal Issues	Social worker	Challenge coordinator	Invite a social worker to come speak on current issues in society.	
		Presentation	Surviving the Holocaust	Holocaust survivor	Challenge coordinator	Invite a holocaust survivor from the local community to speak about their experience.	

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	<i>Cultural awareness</i>	Discussion	Greek Humility	Philosophy professor	Challenge coordinator	Invite a philosophy professor to lead a discussion on the Greek origins of "sophomore" as "wise fool," and the role of humility	
		Discussion	Lecture Series	Professor of choice	Challenge coordinator	Bring in a professor (political science, philosophy, etc..) to give a lecture relevant to society	
		Activity	Study Abroad	Challenge participants	Study abroad office	Attend a study abroad information session. Study abroad offices host regular information sessions on potential experiences.	
		Activity	LGBT Issues	Challenge participants		Attend a seminar on LGBT issues or meet with a LGBT ally.	
		Event	Obscure Sports	Challenge participants	Sound body programming coordinator	Learn an obscure sport and host a tournament for the chapter.	
		Event	Movie Night	Challenge participants	Challenge coordinator	Host a movie night and show favorite movie.	
		Event	Service Project	Challenge participants	NPHC or multicultural organization	Team up with a NPHC or multicultural organization and host an event or service project.	
<b>Physical Health and Wellness</b>	<i>Physical health</i>	Presentation	Fitness Goals and Workout Routines	Certified Personal Trainer,	Sound body programming coordinator	Bring in a certified personal trainer to help brothers set fitness goals and establish an appropriate workout routine.	
		Presentation	Muscle Management	Athletic trainer	Sound body programming coordinator	Host an athletic trainer to show proper massage and foam rolling techniques.	
		Presentation	Personal Hygiene	Doctor	Sound body programming coordinator	Proper hygiene and how to maintain it in college.	
		Activity	Fitness Test	Sound body programming coordinator	Challenge participants	Use at least the same criteria used in the sigma challenge to test your fitness. Feel free to add more measurements.	
		Event	Fitness Classes	Challenge participants	Athletic trainer	Participate in at least one fitness class outside your comfort zone. Examples: Zumba, yoga, pilates, spin class, etc.	
		Event	Sports Tournament	Challenge participants	Chapter	Choose a sport and work with other members in the challenge to host a tournament for the chapter.	
		Event	Local Sporting Events	Challenge participants		Go to a university or community sporting event.	
		Event	Yoga	Certified Yoga Instructor	Challenge participants	Hold a group fitness class for all members of the challenge.	
		Presentation	First Aid/CPR Training	Red Cross	Sound body programming coordinator	Host a CPR/First Aid certification course.	
		Event	Blood Drive	Challenge participants	Challenge coordinator	Team up with a local organization and host a blood drive for the university.	
		Activity	Donate Blood	Challenge participants		Go to your local blood bank and donate blood.	
		Reading/Discussion	LROB: "Physical Health"	Challenge coordinator	Challenge participants	Read pages 113-116 from LROB and discuss how to apply the concepts discussed to their lives.	LROB
	<i>Nutritional health</i>	Presentation	Healthy Cooking	Local chef	Sound body programming coordinator	Have a local chef teach simple, healthy meals on a budget.	
		Presentation	Chemistry of Cooking	Local chef	Sound body programming coordinator	Have a local chef teach participants about the chemistry of cooking.	
		Presentation	Superfoods Shopping 101	Nutritionist	Sound body programming coordinator	Invite a nutritionist to educate participants on the newest trends in superfoods, and try a few.	
		Presentation/Activity	Navigating the Grocery Store	Nutritionist	Sound body programming coordinator	Recruit a nutritionist and take a field trip to the grocery store and learn what to buy and what not to buy.	
		Presentation	Eat This Not That	Nutritionist	Sound body programming coordinator	Have a health professional give healthy alternatives to popular junk foods.	
		Presentation	Eating Healthy in College	Nutritionist	Sound body programming coordinator	Recruit someone to lead a workshop on eating healthy in college and how to shop and cook on a budget.	
		Presentation	Learning about the Vegetarian Lifestyle	Nutritionist/Vegetarian	Sound body programming coordinator	Invite a vegetarian or nutritionist to speak about being a vegetarian.	
Activity		Food Log	Challenge participants	Challenge coordinator	Keep a food log for one week. Record everything you eat and what time of day you eat it.		
Activity/Discussion		Healthy Eating	Challenge participants	Challenge coordinator	Have challenge participants create a handout on healthy eating in college and present to members in the sigma challenge.		

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		Reading/Discussion	LROB: "Nutritional Health"	Challenge coordinator	Challenge participants	Read pages 116-117 from the LROB and discuss tips for eating healthy and how to apply them.	LROB
Leadership Development	Mentoring	Workshop	Mentor Recruitment	A mentor	Challenge coordinator	Have an expert mentor host a conversation on how to recruit a mentor.	
		Presentation	How to mentor	Campus professional	Challenge coordinator	Have a campus professional discuss how to mentor. This should be required for those who want to be a mentor/ big brother.	
		Activity	Thanking mentors	Challenge participants		Write a mentor a thank you note. Tell the mentor specific things they have done for you and thank them for investing in you	
	Foundations of leadership	Presentation	Fundamentals of Leadership	Faculty member	Challenge coordinator	Invite a faculty member (or staff from leadership office) to present on the different leadership styles	
		Activity	Involvement	Challenge participants	Challenge coordinator	Get involved with at least one other campus organization. Attend 1-3 meetings of organizations and join at least one.	
		Activity	Leadership Self-Assessment	Challenge participants	Challenge coordinator	Take a leadership self-assessment and discuss results with a campus professional.	
		Activity	Guided Reading	Challenge participants	Challenge coordinator	Participate in a guided reading of a leadership book (eg The Servant or The Leadership Challenge).	
		Activity/Presentation	Leadership Shadowing	Challenge participants	Chapter/campus leader	Spend time with a chapter/campus leader to learn how they approach their position. Conduct an interview and do a presentation afterwards.	
		Activity	Student Senate	Challenge participants		Challenge participants attend a student senate meeting to learn more about student leadership.	
	Passions, personality, and strengths	Activity	Self Assessment	University's career services office or psychology prof	Challenge coordinator	Take a self assessment test (DISC, Myers-Briggs Type Indicator, Big Five, and StrengthsQuest)	
		Activity	Journaling	Challenge participants		Keep a journal (at least 2x per week). Journaling can be helpful as a stress reliever and relaxation technique.	
		Activity	Self-inventory	Challenge participants		Use the flower exercise in "What Color Is Your Parachute?" to help determine transferable skills, knowledge, and preferences.	Bolles: What Color is your Parachute
		Activity/Discussion	DISC Assessment	Challenge participants	Challenge coordinator	Take the DISC assessment online to identify your personality style. Discuss what each mean and how to communicate with different communication styles	Search for DISC Personality Test
		Discussion	"Who Am I?"	Member in the Epsilon or Brother Mentor Challenge	Challenge coordinator	Complete the personal inventory exercise. to map out career interests.	What Color is Your Parachute Pg 191
		Presentation	Life Skills	Challenge participants	Challenge coordinator	Teach the challenge participants a skill (how to tie a bow-tie, changing oil in a car, compass navigation, etc.)	
	Conflict resolution	Workshop	Conflict Resolution	Professional Mediator	Challenge coordinator	Host a workshop on resolving conflict and have participants practice the skills they learned.	
		Activity	Mock Conflict	Professional Mediator	Challenge coordinator	Invite a professional mediator to role play different scenarios give feedback on performance.	
		Activity/Discussion	Conflict log	Challenge coordinator	Challenge participants	Record every major conflict or disagreement for a set period of time including the issue and the outcome and discuss.	
		Presentation	Lessons learned on conflict management	Challenge participants	Challenge coordinator	Present on experiences managing conflict during projects.	
		Reading and Discussion	"Conflict resolution" LROB Reading	Challenge coordinator	Challenge participants	Read pages 150-153 from the LROB and discuss conflict management.	LROB
Community involvement	Activity	Big Brothers and Sisters program	Challenge participants	Challenge coordinator	Participate in the Big Brother and Big Sisters Program to understand the importance of being a good role model		
	Event	Lunch pals with elementary school	Challenge coordinator	Challenge participants and Chapter/ Sorority	Partner with a local elementary school to mentor students one hour a week. (consider inviting a sorority to join)		
	Event	Habitat for Humanity	Challenge coordinator	Chapter and challenge participants	Partner with the local Habitat for Humanity office to create a service project.		
	Event	Walk for a Cause	Challenge coordinator	Challenge participants/Chapter/Sorority/Campus Organization	Create a team and raise money to participate in a walk against cancer or walk to cure diabetes, etc.		
	Event	Community involvement	Challenge coordinator	Chapter and challenge participants	Choose an organization not listed here and host a community service event for the challenge participants and/or chapter members.		

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Professional Development	Undergraduate internship	Workshop	Resume Basics	Career Services Professional	Challenge coordinator	Workshop on how to build a basic resume.	
		Presentation	"Internships 101" Presentation	Career Services Professional	Challenge coordinator	Discuss internships: what to look for, how to get them, when to get them, etc.	
		Activity	Resume Development	Challenge participants	Older brother	Work with an older brother in the chapter to build a resume.	
		Activity	Resume Development	Challenge participants	Career Services	Meet with a career services officer to discuss your resume and get feedback.	
	Fundamentals of professional development	Presentation	Networking	Career Services/Young Professional	Challenge coordinator	Teach how to network and build at connections well before you need to use them.	
		Presentation	Dressing for Objectives 101	Local clothing store	Challenge coordinator	Talk about the basics of dressing professional and the "essentials" for any professional wardrobe.	
		Presentation	Business Etiquette 101	Etiquette teacher	Challenge coordinator	Host a seminar on business etiquette. Discuss the basics for how to act in a professional setting.	
		Activity	Networking	Challenge participants	Challenge coordinator	Reach out to 5 professional contacts. Set up 30 minutes to talk with them about their career field and ask for advice or help.	
		Reading/Discussion	"Career Achievement" LROB Reading	Challenge coordinator	Challenge participants	Read pages 187-190 in the LROB and discuss professional development.	LROB
	SMART goals	Activity	SMART Goals	Challenge participants	Mentor	Develop three written SMART goals for challenge as well as at the beginning of each new semester while in the challenge.	LROB pg. 104-105
		Activity	SMART Goals	Challenge participants	Mentor	Evaluate previous SMART goals with your mentor. Discuss where you were successful and opportunities for improvement.	