



# MEETING 4: BUILDING HEALTHY RELATIONSHIPS

SigEp

# MEETING 4: BUILDING HEALTHY RELATIONSHIPS

## PURPOSE

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This meeting should provide attendees with an understanding of what constitutes a healthy relationship and how to build and sustain a healthy relationship.

## LEARNING OUTCOMES & OBJECTIVES

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Participants will...

- Reflect on their personal relationships.
- Understand elements of healthy relationships and how to build healthy relationships.
- Understand the importance of mentoring and opportunities for mentoring within SigEp.

## AREAS OF DEVELOPMENT

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SigEp, Intellectual.

## SESSION FACILITATORS

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- Sigma Challenge coordinator.
- Mentor/mentee pair(s) for panel.

## SESSION OUTLINE [65 MINUTES]

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[5] Welcome.

[10] Relationships reflection.

[15] Building healthy relationships.

[20] Mentoring panel.

[10] Choosing a chapter mentor.

[5] Session wrap-up.

## MATERIALS & EQUIPMENT

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- PowerPoint presentation and projector (if needed).

## SESSION PREPARATION

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- Set up room for challenge meeting.
- Verify with the guest speaker the date and time of a meeting or activity.
- Send out a reminder to challenge participants about the meeting.
- Send link to the "Building Healthy Relationships" video for participants to view prior to attending.

## **1. WELCOME [5]**

### **WELCOME**

The Sigma Challenge coordinator(s) should welcome back attendees and introduce any guests.

### **UNDERGRADUATE AND ALUMNI MENTOR GUESTS**

Any undergraduate and alumni mentors who are guests for this meeting should introduce themselves.

## **2. RELATIONSHIPS REFLECTION [10]**

**EXPLAIN THAT TODAY'S MEETING WILL BE FOCUSING ON RELATIONSHIPS AND TO START THE SESSION, MEMBERS WILL BE REFLECTING ON RELATIONSHIPS IN THEIR LIVES.**

### **IMPORTANT RELATIONSHIPS**

- As a group, brainstorm the different types of relationships they might have.
- Have each member create a list of the important relationships in his life.
- Instruct members to provide depth and detail for each of these relationships.
  - Instead of just listing "family", who in their family provides an important relationship? Siblings, parents, cousins, etc.
- Encourage members to reflect on many types of relationships including but not limited to:
  - Family.
  - Friends.
  - Dating/significant others.
  - Academic.
  - Professional.
  - Mentoring.
  - Chapter.

### **RELATIONSHIP REFLECTION**

- For each relationship listed, have members reflect on the following:
  - Why is this an important relationship?
  - What do I contribute to this relationship?
  - What do I gain from this relationship?
- If time permits, have members pair up and share portions of their reflections.

### **3. EXECUTIVE BOARD PANEL [25]**

#### **ELEMENTS OF A HEALTHY RELATIONSHIP.**

- Explain that healthy relationships will foster the development of both individuals involved in the relationship.
- In a healthy developmental relationship, each individual benefits and contributes to the relationship.
- Introduce the framework for healthy, developmental relationships<sup>1</sup>:
  - Express care.
    - Be dependable.
    - Listen and pay attention while together.
    - Believe in one another.
    - Show genuine interest in spending time with one another.
    - Encourage efforts and achievements.
  - Challenge growth.
    - Expect each other to live up to potential.
    - Push one another to achieve further.
    - Hold one another accountable.
    - Reflect on failures, learn from mistakes/setbacks.
  - Provide support.
    - Navigate and guide through tough situations.
    - Empower each other to take charge of life.
    - Advocate for one another when needed.
    - Set boundaries to keep each other on track.
  - Share power.
    - Respect one another.
    - Include one another.
    - Collaborate to solve problems and reach goals.
    - Create opportunities for each other to take the lead.
  - Expand possibilities.
    - Inspire each other to see possibilities for the future.
    - Expose each other to new ideas, experiences and places.
    - Connect each other to others who can help develop and achieve.

#### **BUILDING RELATIONSHIPS**

- Explain that building strong and healthy relationships within the chapter is important. Their fellow members in the Sigma Challenge can be an important resource and support system.
- Explain that for the next few minutes they will be having short conversations with one another where they can practice the elements of developmental relationships. Encourage members to have conversations with fellow members they know the least about.

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<sup>1</sup>Adapted from Search Institute. (2016). The Developmental Relationships Framework. Retrieved from <http://www.search-institute.org/downloadable/Developmental-Relationships-Framework.pdf>

- Have members find their first partner. Give pairs a few minutes (2-3 minutes) to chat and provide the following prompt:
  - What has been one way you have succeeded this semester? What is one way you have failed this semester? What did you learn from these experiences?
- Have members find another partner. This should be another person they can learn about and build a new relationship. Give pairs a few minutes (2-3 minutes) to chat and provide the following prompt:
  - Who is someone new that you've met this semester? What impact have they made on your life?
- Have members find another partner. This should be another person they can learn about and build a new relationship. Give pairs a few minutes (2-3 minutes) to chat and provide the following prompt:
  - What have you enjoyed most since joining SigEp? What are you most looking forward to?
- Bring the group back together and revisit the tactics for developmental relationships. Ask members how they or one of their partners used these tactics in their conversations.

#### **4. MENTOR PANEL [20]**

##### **HAVE AN UNDERGRADUATE MENTOR PAIR SHARE THEIR STORY INCLUDING:**

- How they became a mentor/mentee pair.
- How their relationship has helped their SigEp experience.
- Advice in choosing a mentor.

##### **THE MENTEE SHOULD DISCUSS THE IMPACT HIS MENTOR HAS PLAYED IN HIS SIGEP EXPERIENCE. THE MENTOR IN THE PAIR SHOULD ALSO DISCUSS WHY HE GIVES BACK TO THE CHAPTER AS A MENTOR.**

##### **IF POSSIBLE, BRING IN AN ALUMNI/VOLUNTEER AND UNDERGRADUATE PAIR TO DISCUSS:**

- The importance of a professional mentor to the undergraduate experience.
- Why alumni/community members support undergraduates as professional mentors.
- The benefits of having a professional mentor.

##### **DURING THE LAST FEW MINUTES, ALLOW MEMBERS TO ASK QUESTIONS TO THE MENTOR/ MENTEE PAIRS.**

#### **5. CHOOSING A CHAPTER MENTOR [10]**

##### **HAVE EACH MEMBER TURN TO PAGE 222 IN THE LROB THAT OUTLINES CHOOSING A MENTOR. DISCUSS THE IMPORTANT ASPECTS OF CHOOSING A CHAPTER MENTOR:**

- Someone you respect because of his talents, values and experiences.
- Someone you can learn from and who will provide feedback and advice.
- Someone who will provide regular communications and clear expectations.

**EXPLAIN THAT EFFECTIVE CHAPTER MENTORS/BIG BROTHERS DO THE FOLLOWING:**

- Help with goal setting and achievement throughout the BMP.
- Find ways for the mentee to be involved on campus.
- Help mentee identify passions, strengths and areas for growth.
- Spend time together weekly.
- Share meals weekly.
- Discuss your values and SigEp's Cardinal Principles with you.
- Engage in community service together.
- Help you succeed academically.
- Help in setting goals and priorities.
- Help you with time management.
- Help you build relationships with other members.

**HAVE EACH MEMBER CREATE A LIST OF THINGS HE IS LOOKING FOR IN A CHAPTER MENTOR/BIG BROTHER. THESE COULD INCLUDE:**

- Fields of study.
- Interests/hobbies.
- Career interests.
- Involvement on campus and in the community.

**AS FOLLOW UP FOR THIS MEETING, MEMBERS SHOULD SPEND TIME WITH 3-5 BROTHERS OVER THE NEXT WEEK WHO THEY WOULD BE INTERESTED IN HAVING AS THEIR MENTOR/BIG BROTHER.**

- Members will create a list of potential mentors/big brothers to be given to the Sigma Challenge coordinator and vice president of member development at next week's meeting.

**5. WRAP-UP [5]**

**LESSONS LEARNED:**

Provide an opportunity for a few members to share the most important thing they learned from today's meeting.

**FOLLOW UP:**

- Set expectations for members to complete by the next meeting or event:
  - Meet with their new member mentor.
  - Create a list of five brothers they would like to have as their mentor/big brother.
- Set time and place for next week's meeting.

**QUESTIONS**

Provide an opportunity to answer any questions members have from this meeting and in preparation for the next meeting.