

SIGMA CHALLENGE REFLECTION

The Sigma Challenge has focused on experiences that aid in your development and have helped you become acclimated to the chapter, campus and community. As you prepare to begin the Phi Challenge, reflect on your experiences in the Sigma Challenge.

How have you grown in the following areas? What are examples of your development?

<u>AREAS OF DEVELOPMENT</u>	
SIGEP	
INTELLECTUAL	
PHYSICAL HEALTH AND WELLNESS	
LEADERSHIP	
PROFESSIONAL	