



PHI CHALLENGE

GROWING AND DEVELOPING AS A BALANCED MAN

Most members in the Phi Challenge will be second-semester freshmen and sophomores. This is a critical time in the personal development of these men, as most of their college identity will be formed during this time. The Phi challenge helps brothers continue their transition to college and helps them identify key areas for growth. **Phi challenge members should expect to develop their leadership potential, professional readiness, and their culture awareness.** The challenge will also help brothers grow intellectually and physically.



KEY PEOPLE:

The **Phi challenge coordinator** will have a large impact on the college career of members in the challenge. The most effective Phi challenge coordinators are:

- Leaders
- Passionate for facilitating the development of members' skills
- Well-organized

The main responsibility for challenge coordinators is to **plan and execute the bi-weekly meetings**. Beyond planning and executing bi-weekly Phi challenge meetings, successful coordinators will:

- Work with the standards board to address brothers not meeting minimum time frames
- Schedule and hold the Phi Rite of Passage at least three times a year
- Ensure each member in the challenge has a chapter mentor
- Develop relationships with external facilitators to ensure that all content is delivered by an expert
- Identify potential new member mentors for the Sigma Challenge

Chapter mentors are chosen by each member upon the conclusion of the Sigma challenge. This allows each brother at least six weeks to get to know the members of the chapter and identify potential mentors. This mentor plays a valuable role in the personal growth of their mentee during his middle years in college and **should be committed to seeing him succeed throughout the undergraduate experience**. Chapter mentors should meet these minimum standards:

- Have at least a 3.0 cumulative GPA
- Be in good standing as it pertains to behavior, finances and grades
- Be a member of the Phi, Epsilon, or Brother Mentor Challenge
- Be involved within the chapter (attendance at meetings and events, holds leadership positions, etc.)
- Have a personal connection with the mentee and a desire to see him grow

PROGRAMMING:

Additional Phi challenge resources can be found [here](#). As you build the Phi challenge, the time you spend on each of the development areas should closely resemble this breakdown:

LENGTH: 12-52 WEEKS

MEETING FREQUENCY: TWICE PER MONTH

RECOMMENDATIONS:

6-17 MEETINGS

13-18 ACTIVITIES



INTELLECTUAL DEVELOPMENT

⌚ 30% (2-4 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Host a movie night and show a favorite movie
- How to manage finances in college
- Spend time at an animal shelter to de-stress



PHYSICAL HEALTH AND WELLNESS

⌚ 25% (1-4 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Attend a non-traditional (not basketball or football) sporting event
- Intra-challenge fitness competition
- Host a group yoga class with a sorority



SIGEP DEVELOPMENT

⌚ 15% (1-3 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Discuss issues in the Greek community and how SigEp can be part of the solution
- Discuss athlete recruitment with a coach and how that relates to fraternity recruitment
- Hiking or camping trip



LEADERSHIP DEVELOPMENT

⌚ 15% (1-3 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Take a self-assessment test (DiSC, Myers-Briggs, etc)
- Habitat for Humanity build
- Teach life skills (i.e. how to change a tire) to other challenge participants



PROFESSIONAL DEVELOPMENT

⌚ 15% (1-3 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Networking 101 with a successful alumnus
- Internship basics seminar with the career center
- How to write a cover letter