

| BROTHER MENTOR CHALLENGE PROGRAMMING DATABASE | | | | | | | |
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| 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. | |

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| 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. | |

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| 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

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| 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 | |