

EPSILON CHALLENGE PROGRAMMING DATABASE							
AREA OF DEVELOPMENT	THEME	TYPE	TOPIC	WHO LEADS	WHO SUPPORTS	DESCRIPTION	SUPPORTING RESOURCES
SigEp Development	Brother relationships	Event	Chapter retreat	Executive Board	Chapter	Retreat to review chapter goals and priorities, and get to know each other better through team building exercises.	
		Activity	Intramural sports	Challenge participants	Sound body programming coordinator	Participate in at least one intramural sport with your brothers.	
		Event	Brotherhood events	Vice President of Programming	Chapter	Rent out a movie theater and see a film, go to a campus sporting event or any other non-alcoholic event.	
		Activity	Mentoring	Challenge participants	Challenge coordinators	Serve as a chapter or new member mentor.	
	Chapter involvement	Activity/Discussion	SWOT Analysis	Challenge participants	Challenge leaders	Complete a SWOT analysis of the chapter and present to members of the executive board with proposed solutions	
		Activity	Chapter involvement	Challenge participants		Hold a leadership or chairmanship in the chapter.	
		Activity	Empowering chapter involvement	Challenge participants	Challenge coordinators	Work with a small group of Sigma and Phi Challenge participants to discuss involvement in the chapter	
	Ritual and values	Discussion	Epsilon ROP Ritual study	Chaplain or member of Ritual team	Challenge coordinators	Study and discuss the Epsilon ROP.	Ritual Guide of Sigma Phi Epsilon
		Activity	Public Ceremony	Challenge participants	Chaplain	Plan a public ceremony with help from the Chaplain	Public Ceremonies Guide
		Activity	Ritual performance	Challenge participants	Chaplain and Ritual team	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
		Discussion	Ritual study and explanation	Chaplain	Challenge participants	Write a reflection on the Epsilon Rite of Passage and present take-aways to other challenge participants.	
	SigEp leadership events	Event	Life After College	Challenge participants	Challenge coordinator	Attend Life After College, a SigEp leadership event focused on helping brothers 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 academic success	Activity	Fantasy academics	Sound mind programming coordinator	Challenge coordinator	Epsilon challenge captains draft brothers. The highest team semester GPA wins a prize.	
		Activity	Scholarships	Challenge participants	Challenge coordinator	Apply for scholarships through the university, the SigEp Educational Foundation, and other organizations.	
	Helping others pursue a sound mind	Activity	Sound mind event	Challenge participants	Sound mind programming coordinator	Organize a sound mind event for the chapter.	
Activity/Presentation		Components of sound mind	Challenge participants	Sound mind programming coordinator	Develop a presentation on the components of a sound mind for the Sigma or Phi challenge		
Activity		Chapter book club	Challenge participants	Sound mind programming coordinator	Brothers choose a different book(s) every 3-4 weeks that they all read and discuss as a group/chapter.		
Activity		Academic support	Challenge participants	Younger brother	Help a younger member in the same major develop his academic plan		
Presentation		Avoiding Depression	Mental Health Professional	Sound mind programming coordinator	Discuss signs of depression, best practices for avoiding and how to help others who are depressed.		
Workshop	Building Self Esteem	Mental Health Professional	Sound mind programming coordinator	Share ways to build your self-esteem and help others do the same.			

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Intellectual	Mental health	Presentation	Healthy Sleeping Habits	Physician	Sound mind programming coordinator	Present on healthy sleeping habits and how sleep impacts mental health.		
		Activity/Presentation	Lessons learned on mental health	Challenge participants	Sound mind programming coordinator	Compile a list of the top 5 things they have learned about mental health and identify how to incorporate into life		
	Arts appreciation	Presentation	The Basics of Art	Local artist	Challenge coordinator	Talk about art appreciation and share basic tips for how to start painting or drawing.		
		Presentation	The Basics of Music	Local musician	Challenge coordinator	Speak on music appreciation and community opportunities. Play for the chapter.		
		Activity	Arts event	Challenge participants		Pick an art event in the local area that interests you and attend an the event with one other brother.		
		Activity	Musical event	Challenge participants		Team up with other brothers and take dates to a play, symphony, concert or another musical event.		
		Activity	Dancing Lessons	Dance instructor	Challenge coordinator	Team up with a sorority to learn how to salsa or swing dance		
		Activity	Volunteering	Challenge participants		Pick an arts event that interests you and team up with other brothers to volunteer for the event.		
	Independent Living	Workshop	Managing Finances in College	Volunteer, university official, older brother	Challenge coordinator	Discuss smart budgeting and how to make the most of your money in college.		
		Workshop/Activity	Gun Safety	Local gun range	Challenge coordinator	Go with a group of brothers to the gun range and learn about gun safety. Practice firing weapons.		
Physical Health and Wellness	Physical health	Activity	Fitness goals and routine	Challenge participants	Challenge coordinator	Reassess fitness goals, set new ones, and establish a routine to match needs.		
		Event	Fitness boot camp	Personal Trainer	Challenge participants	Attend a fitness boot camp.		
		Activity	Food log	Challenge participants	Challenge coordinator	Keep track of the all the food consumed over a week (with times and quantity) to track eating habits.		
		Activity	Fitness classes	Campus Recreation Department		Attend fitness classes offered through your university's campus recreation department.		
		Event	SigEp Triathlon	Challenge participants		Participate in a SigEp-only or campus-wide triathlon competition.		
		Activity	Adventure sports	Challenge participants		Participate in an adventure sports event such as the Warrior Dash or Tough Mudder		
	Sexual health	Presentation	Healthy Sexual Relationships	Campus Health Center	Sound body programming coordinator	Discuss healthy relationships.		
		Presentation	Sex Education 101	Campus Health Center	Sound body programming coordinator	Present on healthy dating relationships and tips for safe sex.		
		Presentation	AIDS Awareness	Campus Health Center	Sound body programming coordinator	Present on AIDS. Help participants understand AIDS and discuss research, testing and prevention.		
		Activity/Presentation	Sexual Risk Assessment	Campus Health Professional	Sound body programming coordinator	Take an assessment on your sexual risk and discuss in small groups.		
		Activity	STD testing	Challenge participants	Campus Health Center	Get tested and bring other brothers along.		
		Reading/Discussion	"Sexual health" LROB Reading	Challenge coordinator	Challenge participants	Read pages 118-121 from the LROB and discuss concepts laid out in these sections and how to apply them.	LROB	
	Healthy Relationships	Presentation	Dating and Relationship Etiquette 101	Sorority woman	Challenge coordinator	Have a member(s) of a sorority teach the members about what women want in social settings and relationships.		
		Event	Date night	Challenge participants		Join a group of brothers and cook dinner for the night. Bring a date and practice etiquette and dating skills.		
			Presentation	Keeping Your Heart Healthy	Cardiologist	Challenge coordinator	Discuss the factors the affect heart health. Pass along tips for maintaining a healthy heart.	

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	<i>Preventative health</i>	Activity	Physiological Health Testing	Campus Health Professional	Sound body programming coordinator	Measure resting and working heart rate, blood pressure, cholesterol, lipids, white blood cells, and body fat %.	
		Presentation	Healthy Routines 101	Campus Health Professional	Sound body programming coordinator	Do an interactive workshop on how to lead a healthy lifestyle in college with tips on effective habits.	
		Workshop	Weight Control 101	Campus Dietitian/Personal Trainer	Sound body programming coordinator	Discuss how to gain and loose weight in college.	
		Activity	Blood pressure and cholesterol checks	Campus Health Professional	Sound body programming coordinator	Do blood pressure/ physicals for the challenge participants.	
		Presentation	Testicular cancer self-check	Doctor or nurse practitioner	Sound body programming coordinator	Discuss self-examinations for testicular cancer.	
		Activity	Vitals check	Challenge participants	Doctor or nurse practitioner	Go to a local clinic and get your vitals check. Share your report with other challenge participants and discuss.	
	<i>Enabling others to pursue a sound body</i>	Event	Sound body event	Challenge participants	Sound body programming coordinator	Host a sound body event for the chapter.	
		Activity	Accountabilibuddy	Challenge participants	Younger brother	Be a younger brother's exercise partner and hold them accountable to their fitness goals.	
	<i>Passions, personality and strengths</i>	Activity	Leadership style assessment	Challenge participants	Career Center	Take assessment and discuss with career services professional. (StregthsQuest and StrengthsFinder 2.0)	
		Activity	Journaling	Challenge participants		Journaling can be helpful as both a stress reliever and to help work out things that are causing stress.	
		Activity/Discussion	Leadership Challenge	Challenge participants	Challenge coordinator	Learn about the 5 practices of exemplary leadership, assess leadership strengths, identify opportunities, and discuss with other mmembers of the challenge.	
		Activity/Discussion	DISC assessment	Challenge participants	Challenge coordinator	Retake the DISC assessment online to find out your personality style and discuss changes.	Search DISC Assessment
		Reading/Discussion	LROB: "Knowing Yourself and Your Road to Success"	Challenge coordinator	Challenge participants	Read pages 133-135 from the LROB and discuss the concepts outlined in the section.	LROB
	<i>Going outside your comfort zone</i>	Activity/Discussion	Three Famous People	Challenge participants	Challenge coordinator	Make a list of the three people (living) you would most like to talk to in the world, develop a plan to contact each and attempt it.	
		Activity	Three Fears	Challenge participants	Challenge coordinator	Make a list of your three biggest fears and analyze why you're scared of them. List things you could do to tackle each fear. Enlist the help of a brother and do one of these activities.	
		Reading/Discussion	LROB: "What It Means To Be A Man"	Challenge coordinator	Challenge participants	Read pages 136-137 from the LROB and discuss how brothers can push eather other outside of their comfort zone with respect to being a man.	LROB
	<i>Civic engagement</i>	Discussion	Current Civic Issues	Local community official	Challenge coordinator	Research and pesent on local/civic issues.	
		Presentation	Civic Duties	Local government official	Challenge coordinator	Speak on civic duties and the importance of voting.	
		Discussion	Political forum	Political science professor	Challenge coordinator	Facilitate a political debate between two opposing parties.	
		Activity	Community participation	Challenge participants		Identify a cause that you are passionate about and participate in a community activism project/effort.	
		Activity/Presentation	Community meeting	Challenge participants	Challenge coordinator	Attend a community political or civic meeting and report back to the group on what you learned..	
Activity		Community service	Challenge participants		Participate in at least 15 hours of community service with one organization to better understand the struggles of the non-profit.		
Activity/Presentation		Local politics	Challenge participants	Challenge coordinator	Research a balloted topic and present the information to challenge participants. If possible, vote on the issue.		
Activity		Campus politics	Challenge participants		Research a student issue that you are passionate about and voice your opinion at a student government meeting.		

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Leadership Development		Event	Alternative spring break trip	Challenge participants	Challenge coordinator	Take a road trip to a city where you can do a week long service project.		
		Event	Athletic tournament for children	Challenge participants	Boys and Girls Club	Team up with a local charity and host a tournament for children in the community.		
		Activity	Local historical site	Challenge participants		Visit a historical site in your community.		
		Activity/Presentation	Political rally	Challenge participants	Challenge coordinator	Attend a political rally in the community with several brothers. Present on your experience at the next meeting.		
	Skill development and practice		Presentation	Personal Organization	Local leader	Challenge coordinator	Present on best practices for personal organization.	
			Presentation	Inspiration and Motivation	Sports coach, President of university	Challenge coordinator	Discuss how to inspire and motivate.	
			Presentation	Emotional Intelligence	Communications professional	Challenge coordinator	Teach the art of emotional intelligence.	
			Workshop	Public Speaking 101	Communications professional	Challenge coordinator	Teach the best practices of public speaking skills. Have participants practice these skills and get feedback	
			Presentation	Running Effective and Efficient Meetings	Corporate Executive or Business Professor	Challenge coordinator	Lead a session on running an effective and efficient meeting. Cover setting and following an agenda, proper prework and follow-up.	
			Presentation	Organizational Behavior 101	Management Professional	Challenge coordinator	Discuss different models of organizational behavior, how it applies to student organizations and beyond	
			Presentation	Personal Brand 101	Marketing Professional	Challenge coordinator	Lead a session on personal brands. Talk about how to create a strong personal brand.	
			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 university is invited.	
			Activity	On-campus leadership events	Challenge participants		Attend any relevant on-campus leadership event.	
			Reading/Discussion	LROB: "Relationships and Friendships"	Challenge coordinator	Challenge participants	Read pages 147-150 and discuss the concepts outlined in this section and leadership applications	LROB
			Reading/Discussion	LROB: "Understanding Servant Leadership"	Challenge coordinator	Challenge participants	Read pages 193-198 in the LROB and discuss how it applies to leadership positions.	LROB
			Reading/Discussion	LROB: "Leadership Built on Authority, Service and Sacrifice, and the Cardinal Principles"	Challenge coordinator	Challenge participants	Read pages 199-207 the LROB and discuss how it applies to leadership positions.	LROB
			Reading/Discussion	LROB: "Servant Leadership, Sigma Phi Epsilon, and You"	Challenge coordinator	Challenge participants	Read pages 209-213 in the LROB and discuss the 5 practices of exemplary leadership and how to apply them	LROB
					Workshop	Job Specific Resumes 101	Career Center	Challenge coordinator
Presentation	Dressing for Objectives 201	Local clothing store			Challenge coordinator	Build off the session during the phi challenge. Discuss how to dress in a professional setting.		
Presentation	Business Etiquette 201	Business etiquette specialist			Challenge coordinator	Discuss interview, office, and dinner etiquette for the professional world.		
Presentation	Informational Interviews 101	Career Center			Challenge coordinator	Discuss the basics for informational interviews. Pass along do's, don'ts and best practices.		
Panel 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.		
Activity	Update resume	Challenge participants				Update your resume and cover letter and have it reviewed by someone in your specific job field.		
Activity	Mock Interviews	Challenge participants			Career Center	Participate in a mock interview session with the career center. Get feedback on your performance.		

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Professional Development	<i>Skill development and practice</i>	Activity	Professional Mentor	Challenge participants	Challenge coordinator	Recruit a professional mentor before entering the brother mentor challenge	
		Activity	Internship opportunity	Challenge participants	Career Center, personal network	Secure a career-specific internship opportunity.	
		Activity	Strong Interest Inventory	Challenge participants	Career Services	Take an assessment that addresses how interests align with the interests of professionals in career fields.	
		Activity	Career-specific testing	Challenge participants	Career Services	Consult career counselor on timeline for career-specific testing (eg CPA, CFA, PMP, CISSP, Six Sigma, etc.). Develop a plan to achieve a relevant certification.	
		Presentation	Social Media and Your Personal Brand	Communications Professional	Challenge coordinator	How to manage your personal brand through social media.	
		Activity/Presentation	Informational interviews	Challenge participants		Reach out to 5 companies of interest and learn more about the organization and present outcome to others	
		Event	Alumni networking	Challenge participants	Alumni	Coordinate alumni networking events for brothers in the Epsilon and Brother Mentor challenge	
	<i>SMART goals</i>	Activity/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/Discussion	SMART goals	Challenge participants	Chapter mentor	Evaluate previous SMART goals with your mentor. Discuss successes and opportunities for improvement.	
	<i>Life skills</i>	Workshop	Etiquette Dinner	Etiquette specialist	Challenge coordinator	Host an etiquette dinner with a sorority on campus. Recruit an etiquette specialist to discuss the basics of fine dining. Topics to include: how to manage a formal table setting, the do's and don'ts of RSVPs, table manners, eating with chopsticks, how and where to sit.	
		Workshop/Activity	Thank You Notes 101	Older Member(s)	Challenge coordinator	Teach participants how to write a thank you note. Write one to a parent, teacher, or mentor	LROB pg. 174
		Discussion	The Art of Good Conversation	Older Member(s)	Challenge coordinator	Hold a discussion based off of Dale Carnegie's "How to Win Friends & Influence People" Pg 53. Ch 1-2	<i>How to Win Friends and Influence People</i>
		Activity	Thank you notes	Challenge participants		Write 5 thank you notes to people that have helped you over the past year.	
		Reading/Discussion	"Etiquette" LROB Reading	Challenge coordinator	Challenge participants	Read pages 167-176 in the LROB and discuss the concepts outlined in this chapter and how they apply them.	LROB