



**MEETING 10:
CHALLENGE
REFLECTION
AND RITUAL
PREPARATION**

SigEp

MEETING 10: CHALLENGE REFLECTION AND RITUAL PREPARATION

PURPOSE

This meeting should provide members an opportunity to reflect on their experiences in the Sigma Challenge and prepare for the Phi Rite of Passage.

LEARNING OUTCOMES & OBJECTIVES

Participants will...

- Reflect on their experiences in the Sigma Challenge.
- Understand the importance of relationships and expressing gratitude.
- Prepare for the Phi Rite of Passage.

AREAS OF DEVELOPMENT

SigEp.

SESSION FACILITATORS

- Sigma Challenge coordinator.
- Chaplain.

SESSION OUTLINE [65 MINUTES]

[5] Welcome.

[15] Sigma Challenge reflection.

[15] Relationships & gratitude.

[20] Phi Rite of Passage preparation.

[5] Session wrap-up.

MATERIALS & EQUIPMENT

- Sigma Challenge reflection worksheet (1 per member).
- PowerPoint presentation and projector (if needed).

SESSION PREPARATION

- Set up room for challenge meeting.
- Send out a reminder to challenge participants about the meeting.

1. WELCOME [5]

WELCOME

- The Sigma Challenge coordinator(s) should welcome members and introduce today's meeting topic: challenge reflection and Rite of Passage preparation.

GUEST INTRODUCTIONS

- The Sigma Challenge coordinator(s) should introduce today's guests, the chaplain.

2. SIGMA CHALLENGE REFLECTION [15]

REFLECTING ON WHY AND WHAT?

- Pass out the index cards that members completed during their first meeting where they answered the following question:
 - Why did you join SigEp?
 - What do you want to get out of this experience?
- Have members reflect on the answers they listed at the beginning of the Sigma Challenge.
 - Would you change your responses now that you completed the Sigma Challenge?
 - If so, what would you change?
- Provide each member a copy of the Sigma Challenge reflection worksheet. Give members a few minutes to reflect and complete the worksheet:
 - What are some examples of your development in the following areas:
 - SigEp.
 - Intellectual.
 - Physical Health and Wellness.
 - Leadership.
 - Professional.
 - This should include one piece of knowledge and one skill you developed.
- Have members pair off and share their reflection with a partner.
- After a few minutes, have a few volunteers share portions of their reflections.

3. RELATIONSHIPS & EXPRESSING GRATITUDE [15]

ON THE SECOND PAGE OF THE SIGMA CHALLENGE REFLECTION WORKSHEET, HAVE MEMBERS REFLECT ON THE RELATIONSHIPS THEY'VE BUILT DURING THE SIGMA CHALLENGE. THEY SHOULD LIST SOMEONE WHO HAS HELPED THEM DEVELOP IN EACH OF THE FOLLOWING AREAS OF THE BMP:

- SigEp.
- Intellectual.
- Physical Health and Wellness.
- Leadership.
- Professional.

AFTER MEMBERS HAVE HAD A CHANCE TO COMPLETE THEIR REFLECTION ON RELATIONSHIPS, HAVE A SHORT DISCUSSION ON THE IMPORTANCE OF GRATITUDE:

- Why should we express gratitude?
- What are the impacts of expressing gratitude?

STUDIES FROM THE UNIVERSITY OF CALIFORNIA-BERKELEY INDICATE THOSE WHO REGULARLY PRACTICE GRATITUDE EXPERIENCE POSITIVE PHYSICAL, PSYCHOLOGICAL AND SOCIAL OUTCOMES:

- Physical-stronger immune systems, lower blood pressure, more sleep.
- Psychological-higher levels of positive emotions, feeling alert and alive, more optimism and joy.
- Social-more helpful, generous, outgoing, forgiving, feel less lonely and isolated.

ASIDE FROM THE PHYSICAL, PSYCHOLOGICAL AND SOCIAL BENEFITS, HOW IS EXPRESSING GRATITUDE IMPORTANT FOR OUR RELATIONSHIPS?

- It is a relationship-strengthening emotion.
- We recognize and affirm the good and the impact others have made.

NEXT, INTRODUCE A SIMPLE WAY TO EXPRESS GRATITUDE: WRITING THANK YOU NOTES. PROVIDE AN OVERVIEW OF THE ELEMENTS OF A GREAT THANK YOU NOTE:

- Re-introduce yourself if necessary.
- Be specific.
 - "Thank you so much" vs. "Thank you so much for helping me learn about how to get involved on campus."
- Be sincere.
 - "Our conversation truly made an impact on me and helped inspire me to find an involvement opportunity that I'm passionate about."
- Be enthusiastic.
 - "I'm excited to pursue these opportunities on campus."
- Provide follow-up information if necessary.
 - "I hope we can stay in touch. My contact information is..."
 - "I really enjoyed our conversation and hope we can connect soon."
- Should always be handwritten.

AS A WRAP UP FOR THIS PORTION OF THE SESSION AND THEIR FOLLOW-UP ACTIVITY, NEW MEMBERS SHOULD WRITE THREE THANK YOU NOTES. THEY SHOULD SELECT SOMEONE WHO FILLS INTO THE FOLLOWING ROLES:

- An older chapter member.
- A guest speaker/facilitator.
- An alumni/volunteer.
- Another brother in the Sigma Challenge.

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

THE SIGMA CHALLENGE COORDINATOR(S) AND VICE PRESIDENT OF MEMBER DEVELOPMENT SHOULD HELP MEMBERS FIND ACCURATE CONTACT INFORMATION/ ADDRESSES FOR RECIPIENTS OF THEIR THANK YOU CARDS.

4. PHI RITE OF PASSAGE PREPARATION [20]

THE CHAPLAIN SHOULD LEAD A DISCUSSION THAT WILL PREPARE MEMBERS FOR THE PHI RITE OF PASSAGE.

TOPICS CAN INCLUDE INCLUDE:

- Revisiting Virtue, Diligence and Brotherly Love.
 - How have the definitions changed for brothers?
 - Where have they seen these principles exemplified during their SigEp experience thus far?
 - Which principle do they struggle with most? How do they hope to improve?
- Understanding SigEp's oath of obligation.
 - What is an oath?
 - Deep dive into SigEp's oath of obligation.

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 a transition meeting with the vice president of member development, challenge coordinators and their mentor.
- Ensure that brothers know the date, time and location of the upcoming Phi Rite of Passage.

QUESTIONS

Provide an opportunity to answer any questions members have from this meeting and in preparation for the upcoming Rite of Passage.