



**MEETING 2:
THE BALANCED
MAN PROGRAM,
SOUND MIND-
SOUND BODY**

SigEp

MEETING 2: THE BALANCED MAN PROGRAM, SOUND MIND-SOUND BODY

PURPOSE

This meeting should allow members to gain a strong understanding of the Balanced Man Program, living a Sound Mind and Sound Body lifestyle and goal setting.

LEARNING OUTCOMES & OBJECTIVES

Participants will...

- Gain understanding of the Balanced Man Program.
- Gain understanding of living a Sound Mind, Sound Body lifestyle.
- Understand and be prepared to set S.M.A.R.T. goals.

AREAS OF DEVELOPMENT

SigEp, Intellectual, Physical Health and Wellness.

SESSION FACILITATORS

- Sigma Challenge coordinator, vice president of member development, Sound Mind and Sound Body chairmen, balanced man steward.

SESSION OUTLINE [60 MINUTES]

[5] Welcome.

[30] Balanced Man Program overview.

[10] Sound Mind, Sound Body lifestyle.

[10] S.M.A.R.T. goal setting.

[5] Session wrap-up.

MATERIALS & EQUIPMENT

- [One Page Guide to the Balanced Man Program](#) (1 per member)
- S.M.A.R.T. goal framework & worksheet (1 per member)
- PowerPoint presentation and projector (if needed)

SESSION PREPARATION

- The facilitator for the S.M.A.R.T. goal session should have a well-crafted example to guide this portion of the meeting.
- Setup room for challenge meeting.
- Send out a reminder to challenge participants about the meeting.
- Send link to the "Balanced Man Program" video to participants to view prior to attending.

1. SESSION INTRO [5]

SESSION INTRO

- The Sigma Challenge coordinator(s) should welcome members and provide an introduction to today's meeting topic.
- Re-introduce the vice president of member development who will be leading the BMP overview session.
- If the balanced man steward is available, introduce him and explain his/her role within the chapter.

2. BALANCED MAN PROGRAM OVERVIEW [30]

MEMBERS SHOULD HAVE VIEWED THE "BALANCED MAN PROGRAM" VIDEO PRIOR TO ATTENDING THIS MEETING. IF THEY HAVEN'T YET, PLAY THE VIDEO NOW.

PROVIDE EACH MEMBER A COPY OF THE ONE PAGE GUIDE TO THE BMP.

THE VICE PRESIDENT OF MEMBER DEVELOPMENT SHOULD PROVIDE AN OVERVIEW PRESENTATION OF THE BALANCED MAN PROGRAM:

HISTORY OF THE BMP

- **1989-** SigEp was facing serious issues of substance abuse, poor retention, declining academic performance, increasing risk management and hazing.
 - Grand President Donald C. McCleary formed the Committee on Self-Esteem to explore these issues.
- **1991-** Delegates at Conclave recognized same issues and passed Resolution 37 to "transform the pledging process from proving worthiness to achievement in the chapter and community."
 - The Committee on Pledge Transformation was formed by past Grand President, Frank J. Ruck Jr., and created the Balanced Man Project, which was shortly thereafter renamed to the Balanced Man Program.
 - The Committee on Pledge Transformation studied the highest performing chapters at the time. Drawing from these chapters, the committee built the BMP using these chapters' best practices and successful strategies as a foundation.
- **1993-** Grand Chapter Conclave legislation approved chapters to begin adopting the BMP.
 - Adoption was achieved through a chapter vote, but once a vote to adopt was passed, the chapter could not return to pledging.
 - 37 chapters adopted within the first six months.
- **Mid-to-late 90s-** The BMP flourishes with over 150 chapters choosing to adopt the program.
 - Researchers find that the BMP improved the chapter experience by reducing high-risk behavior while improving academic performance, social skills, interpersonal competency and the overall health of the chapter environment.
- **2000s-** A large number of fraternities began implementing continuous development/ non-pledging programs similar to the BMP and over 200 chapters operate the program.

- **2015-** Grand Chapter Conclave legislation passed that all SigEp chapters would adopt and operate under the Balanced Man Program.

WHY?-PHILOSOPHICAL TENETS

- Explain that the BMP is rooted in five philosophical tenets. These tenets serve to explain the "why" behind the BMP.
- These tenets span all four challenges and should guide the developmental programming for the chapter:
 - Equal rights and responsibilities - All members are brothers from the moment they sign their bid.
 - **Note:** This tenet benefits the chapter as members have agreed the rights and responsibilities that are afforded to all, which means members experience benefits from the very beginning but also are responsible to foster the success of the chapter.
 - Continuous development - Personal growth throughout your entire life.
 - **Note:** This tenet reframes the idea that development only takes place as a new member. This focuses members on intentional and ongoing growth throughout college and life.
 - Accountability - Committing to SigEp's high standards.
 - **Note:** This tenet guides the importance of holding ourselves and each other to a high standard for behavior and development.
 - Living the Ritual - Incorporating SigEp's values into everyday actions and decisions.
 - **Note:** This tenet benefits the chapter as it sets a baseline and ideal for actions, behaviors and decisions as a group and for individual members.
 - Mentoring - Maximizing personal growth through guidance and support.
 - **Note:** Mentoring provides additional support for chapter members at all stages of the membership experience.

WHO?-VICE PRESIDENT OF MEMBER DEVELOPMENT, THE DEVELOPMENT COMMITTEE, AND VOLUNTEERS

- Explain that the vice president of member development serves as the chair for the development committee, where he supports and provides oversight for:
 - Challenge coordinators
 - Sound Mind coordinator
 - Sound Body coordinator
 - RLC chairman
- The development committee collaborates to ensure successful implementation of the BMP, including planning and executing meetings and events.
- The vice president of member development and development committee are supported by volunteers who provide advice and guidance.
 - The balanced man steward is a direct mentor to the vice president of member development. The balanced man steward provides expert advice for quality programming and a sounding board for the vice president of member development.
 - Committee mentors directly mentor challenge coordinators.
 - Faculty fellows and resident scholars assist the development committee by providing

academic support to brothers and mentor chapter leaders. They should collaborate with the sound mind and or RLC chairmen to provide intellectual development programming.

- Resident experts are alumni and volunteers who specialize in specific areas of development. Resident experts facilitate programming in their area of expertise.

HOW?-THE PROCESS OF THE BMP

The BMP process aims to uphold the philosophical tenets in the following ways:

Philosophy	Process
Equal Rights & Responsibilities	Single-tiered membership No pledging No hazing
Continuous Development	Four self-paced challenges with defined minimum and maximum time frames
Accountability	Membership lapsing
Living the Ritual	Ritual experiences through Rites of Passage
Mentoring	Formal and emphasized mentoring program

WHAT?-PROGRAMMING IN THE FIVE AREAS OF DEVELOPMENT

- Explain that the philosophy, people and process work together to deliver programming in five areas of development:
 - SigEp.
 - Intellectual.
 - Physical Health & Wellness.
 - Leadership.
 - Professional.

IMPACT OF THE BMP

- You should now have a coordinator or older brother in the chapter discuss the impact that the Balanced Man Program has had on them.
 - They should discuss the value of the program and how, despite potential campus pressure to incorporate elements of pledging into the program, we need to be confident as SigEps that the BMP is the strongest way to develop as brothers.

3. SOUND MIND, SOUND BODY LIFESTYLE [10]

EXPLAIN THAT TO ACHIEVE SIGEP’S MISSION OF “BUILDING BALANCED MEN,” WE MUST STRIVE TOWARDS LIVING A LIFESTYLE THAT BALANCES A SOUND MIND AND SOUND BODY.

BEGIN BY DISCUSSING WHAT IT MEANS TO HAVE A SOUND MIND LIFESTYLE:

- Intellectual development and pursuing a sound mind lifestyle is more than just

academic success and GPA. Expand and challenge your mind inside and outside of the classroom.

- Have members brainstorm in small groups ways they can live a sound mind lifestyle:
 - Finding healthy ways to manage stress.
 - Techniques for academic success.
 - Developing effective study habits.
 - Exploring new topics and areas of study.
 - Developing lifelong-learning habits and intellectual stimulation.
- After a few minutes of brainstorming, have small groups come back and present the lists they've developed.

NEXT, DISCUSS WHAT IT MEANS TO HAVE A SOUND BODY AND IT'S IMPORTANCE:

- A sound body is a healthy body that serves as a vessel for a sound mind.
- Explain that a sound body lifestyle expands beyond physical fitness and exercise.
- Have members brainstorm ways they can live a sound body lifestyle:
 - Understanding nutrition.
 - Developing habits of fitness and exercise.
 - Engaging in preventative health.
 - Understanding and promoting sexual health.

Note: As an alternative to the Sound Mind/Sound Body brainstorming activities, feel free to bring in a brother who exemplifies a well-balanced lifestyle. Have him talk about ways that he maintains both a Sound Mind and Sound Body in his daily life.

PROCESSING QUESTIONS:

- Who are some people you most admire that exemplify a Sound Mind and Sound Body?
- What are some of the most common ways that college men struggle to foster a sound mind? What about a sound body?
- How will developing strong habits surrounding the Balanced Man Ideal help you after college?

4. GOAL SETTING [10]

DIRECT MEMBERS BACK TO THE BMP PHILOSOPHICAL TENET OF CONTINUOUS DEVELOPMENT. EXPLAIN THAT CONTINUOUS DEVELOPMENT REQUIRES THAT WE SET EFFECTIVE GOALS AND PLANS TO ACHIEVE THOSE GOALS.

PROVIDE EACH MEMBER A S.M.A.R.T. GOAL SETTING OVERVIEW AND WORKSHEET.

DISCUSS WHAT CONSTITUTES A S.M.A.R.T. GOAL:

- **Specific** - To make goals specific, they must express exactly what is expected, why it is important, who is involved, where it is going to happen and which attributes are important.
- **Measurable** - The second term stresses the need for concrete criteria for measuring progress toward the attainment of the goal. The thought behind this is that if a goal is not measurable, it is not possible to know whether progress is being made towards a

successful completion.

- **Attainable** - The third term stresses the importance of goals that are realistic and attainable. While an attainable goal may be a stretch to achieve, the goal is not extreme. That is, the goals are neither out of reach nor below standard performance, as these may be considered meaningless.
- **Relevant** - The fourth term stresses the importance of choosing goals that are relevant to who you are. A goal is probably relevant if it applies to your interests. Additional ways to know: Have you accomplished anything similar in the past? What conditions would have to exist to accomplish this goal?
- **Timely** - The fifth term stresses the importance of grounding goals within a time frame, giving them a target date. A commitment to a deadline helps to focus efforts on completion of the goal on or before the due date.

EXPLAIN THAT S.M.A.R.T. GOALS PROVIDE MORE STRUCTURE AND ACCOUNTABILITY FOR OUR GOALS.

TO PRACTICE THIS SKILL, HAVE EACH MEMBER CREATE A S.M.A.R.T. GOAL FOR EITHER A SOUND MIND OR SOUND BODY GOAL.

AFTER A FEW MINUTES OF GOAL SETTING, HAVE MEMBERS SHARE WITH A PARTNER AND PROVIDE FEEDBACK TO ONE ANOTHER ON THEIR GOALS.

IF TIME PERMITS, ALLOW FOR A FEW VOLUNTEERS TO SHARE THEIR GOALS.

ENCOURAGE MEMBERS TO UTILIZE THE SMART GOAL FRAMEWORK TO CREATE GOALS WITH THEIR NEW MEMBER MENTORS AND HAVE THEM COMMIT TO HANGING THE GOALS WHERE THEY WILL SEE THEM EVERYDAY.

5. SESSION 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 by the next meeting or event: View video, meet with their new member mentor, complete new member registration online, etc.
- Set time and place for next week's meeting.

QUESTIONS

Provide an opportunity to answer any questions members have from this meeting and in preparation for the next meeting.