



SIGMA CHALLENGE TEMPLATE GUIDE

SigEp

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IN THIS GUIDE YOU WILL FIND THE FOLLOWING INFORMATION TO HELP YOU UNDERSTAND THE PURPOSE, DESIRED OUTCOMES AND KEY ELEMENTS THAT GO INTO THE SIGMA CHALLENGE.

PURPOSE

To adjust and acclimate to chapter, campus and community.

LEARNING OUTCOMES

As a result of completing the Sigma Challenge, brothers will have learned...

- The history, structure, benefits and values of the national Fraternity and local chapter.
- How to create a safe environment and avoid risky behavior by abiding by the national policies on member safety.
- What the ideal SigEp experience should be and feel empowered to assess and foster that experience at their chapter.
- How their values are congruent with SigEp's, and how those values impact their lives and choices.
- What it means to live a Sound Mind and Sound Body lifestyle.
- The benefits of building a personal and professional development plan through short- and long-term goal setting.
- Opportunities for growth in the areas of development SigEp addresses.
- The resources and involvement opportunities available on campus.
- How to define and recognize effective leadership, understand potential as leaders and how leadership is exemplified as a SigEp.
- The value of having exposure to people from different backgrounds, beliefs, and/or experiences and understand that diversity can enhance the chapter experience.
- The value of cultivating an inclusive environment in an effort to encourage a sense of belonging within the chapter, campus and community.

DESIRED OBJECTIVES

As a result of completing the Sigma Challenge brothers will have...

- Skills necessary to live independently, including effective time and stress management skills, test taking and study habits.
- Personal and professional SMART goals.
- Healthy relationships within and outside of the Fraternity.
- Obtain new member mentor and understand the importance of peer mentorship.
- Develop and engage in behaviors reflective of a Sound Mind and Sound Body lifestyle.
- Exhibit values-based behaviors that reflect personal and organizational values.
- Developed self-awareness and identity as a college student and a fraternity man.

SIGMA CHALLENGE PARTICIPANT EXPECTATIONS

- Length: six to eight weeks.
- Meeting frequency: weekly.
- Attend all meetings and notify challenge coordinators when absent.

- Complete two personal reflections: Done at the mid-point and end of the challenge.
- Schedule a transition meeting with challenge coordinators and vice president of member development before entering the next challenge.
- Work with the challenge coordinator to track challenge progress.
- Set defined expectations with new member mentor; meet with mentor on a weekly basis.
- Complete all designated activities laid out within the minimum and maximum time frames.

THE FOLLOWING GIVES A HIGH LEVEL OVERVIEW OF EACH MEETING IN THE SIGMA CHALLENGE. A MORE IN-DEPTH LOOK AT MEETING CURRICULUM CAN BE FOUND IN EACH MEETING GUIDE.

SIGMA CHALLENGE MEETINGS

Sigma Challenge meetings should be scheduled weekly and planned well in advance. Each meeting should be dynamic and seek to fulfill the learning outcomes and desired outcomes of the challenge in a way that allows participants to learn and grow together as men.

A good challenge meeting will include specific outcomes and a clear plan for execution. Involving content experts, such as campus professionals, community leaders and your chapter's volunteers, will elevate the content of your chapter's challenge meetings. Providing experiential learning opportunities will also improve the quality of each meeting.

For additional meeting and activity ideas use the [Sigma Challenge Database](#) and seek out ideas from the development committee and chapter to ensure that the challenge is relevant and enjoyable for brothers participating in it.

SIGMA CHALLENGE MEETING TOPICS

Members in the Sigma Challenge will participate in six to eight meetings as outlined below. It is suggested that chapters hold the first four meetings in the proposed order, while the remaining six meetings can be used and ordered as the chapter sees most effective.

- Meeting 1: Introduction to Sigma Phi Epsilon.
- Meeting 2: The Balanced Man Program, Sound Mind & Sound Body.
- Meeting 3: Organizational structure & involvement opportunities.
- Meeting 4: Building healthy relationships.
- Meeting 5: Academic & student success on campus.
- Meeting 6: Self care, stress management and mental health.
- Meeting 7: Foundations of professional development.
- Meeting 8: Introduction to diversity & inclusion.
- Meeting 9: Introduction to leadership.
- Meeting 10: Challenge reflection & Ritual preparation.

This does not mean that a member must participate in every meeting consecutively. If the chapter brings in a new member half way through, they can onboard him with an introductory meeting (ideally with content from Meeting 1), then have him pick up wherever

others are at in the challenge. He would then complete his challenge by participating in the initial meetings at the beginning of the next term or start of a new challenge cycle.

SIGMA CHALLENGE VIDEOS

Meetings 1-4 each have an associated video to supplement meeting content. It is suggested new members are sent these videos prior to meetings so they can review the foundational content before attending.

SIGMA CHALLENGE MEETINGS

CHALLENGE MEETING 1: INTRODUCTION TO SIGMA PHI EPSILON

- Development areas: SigEp.
- Type: video, reading, presentation and discussion.
- Led by: challenge coordinator & alumnus.

DESCRIPTION

- Have participants watch the "Introduction to SigEp" video, as well as read pages 3-7 and pages 9-26 in "The Lifetime Responsibilities of Brotherhood" (LROB) prior to the meeting.
- Challenge coordinator leads a group discussion about the history and values of SigEp.
- Challenge coordinators address the role of the new member mentor and the role they play in the Sigma Challenge.
- Participants are provided with an overview of the Sigma Challenge and expectations of membership.
- Participants should view the "New Member Safety" video and discuss any policies they need clarification on.

FOLLOW UP

- Brothers should meet with their mentors to discuss their first challenge meeting and first week of being in SigEp.
- Brothers should meet with the chaplain or other member of the standards board to complete a Ritual study prior to the next meeting.

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

- Development areas: SigEp, Intellectual, Physical Health & Wellness.
- Type: video, presentation and discussion.
- Led by: vice president of member development, challenge coordinator, Sound Mind chair, Sound Body chair.

DESCRIPTION

- Have participants watch the "Balanced Man Program" video prior to attending the meeting.
- Provide each member with the One Page Guide to the BMP.
- The vice president of member development should lead a discussion about the history

of the BMP and discuss each area of the Balanced Man Program Framework (4 P's). This should include a conversation about the benefits of equal rights and responsibilities as well as a conversation about SigEp being different from other fraternities.

- Discuss the importance of a Sound Mind and Sound Body lifestyle.
- Each member should develop individualized SMART goals that will be achieved through the Balanced Man Program.

FOLLOW UP

- Write out or type goals and post in personal living space to see daily.
- Brothers should meet with their new member mentor to discuss SMART goals.

CHALLENGE MEETING 3: ORGANIZATIONAL STRUCTURE & INVOLVEMENT OPPORTUNITIES

- Development areas: SigEp.
- Type: video, presentation and discussion.
- Led by: executive board, regional director or local volunteer.

DESCRIPTION

- Have participants watch the "Organizational Structure" video prior to attending the meeting.
- Have chapter leaders and volunteers present structure of the national and local Fraternity, explaining the benefits and relationships of the two entities.
- Have a representative from the AVC present on the role the AVC plays in supporting the chapter.
- Have each executive board member explain their roles and responsibilities.

FOLLOW UP

- Brothers should attend a cabinet/committee meeting for one of the executive positions and begin planning ways to contribute to the chapter as a whole.

CHALLENGE MEETING 4: BUILDING HEALTHY RELATIONSHIPS

- Development areas: Intellectual, SigEp.
- Type: discussion and activity.
- Led by: challenge coordinator, alumni mentor.

DESCRIPTION

- Participants should view the "Building Healthy Relationships" video and read pages 147-153 in the LROB prior to attending the meeting.
- Discuss what makes a healthy relationship and tactics for healthy relationship building.
- Brothers should reflect on the relationships in their lives (friends, family, romantic, etc.) and how they can strengthen those relationships utilizing tactics for healthy relationship building.
- Discuss the importance of mentoring and the different types of mentors brothers should have.
- Outline the process for selecting a chapter mentor/big brother for members.

FOLLOW UP

- Brothers should spend time with three to five brothers who they want to build a stronger relationship with and could potentially serve as a chapter mentor/big brother.

CHALLENGE MEETING 5: ACADEMIC AND STUDENT SUCCESS ON CAMPUS

- Development areas: Intellectual, SigEp.
- Type: presentation and activity.
- Led by: campus professional (i.e. academic success center, tutoring center, involvement center), resident scholar, faculty fellow.

DESCRIPTION

- Bring in an expert to give a seminar and workshop on effective study skills and academic resources.
- Bring in an expert to present on resources and opportunities for involvement on campus.
- Hold a small panel of student leaders to discuss the importance of extracurricular involvement outside the chapter.

FOLLOW UP

- Meet with new member mentor and commit to three new study skills that you will practice over the next semester. Check in weekly to discuss progress.
- Select a club, organization or club sports team to join outside the chapter.

CHALLENGE MEETING 6: SELF CARE, STRESS MANAGEMENT, & MENTAL HEALTH

- Development areas: Intellectual, Physical Health & Wellness.
- Type: presentation and activity.
- Led by: campus or community professional.

DESCRIPTION

- Invite a campus or community professional to host a discussion on the importance of self care, including strategies for stress management and maintaining mental health.
- Facilitator should discuss the available resources on campus and in the local community for stress management and mental health.
- If possible, have an older member who has used these resources discuss their journey through college and the value that these resources provided him.

FOLLOW UP

- Brothers should designate their personal strategies for self care and stress management and discuss with their new member mentor.

CHALLENGE MEETING 7: FOUNDATIONS OF PROFESSIONAL DEVELOPMENT

- Development areas: Professional.
- Type: activity and discussion.
- Led by: campus professional and/or AVC member.

DESCRIPTION

- A campus professional should be invited to discussion resources and opportunities available for students' career preparation.
- Discuss the basics of professional development including finding work experience, creating a resume, personal branding and networking basics.
- If available, have an AVC member discuss the value that beginning career preparation early can have on future success.

FOLLOW UP

- Brothers should set individual SMART goals for professional development.
- Discuss goals with a member who has similar career interests.

CHALLENGE MEETING 8: INTRODUCTION TO DIVERSITY & INCLUSION

- Development areas: Leadership.
- Type: presentation and activity.
- Led by: campus professional.

DESCRIPTION

- Prior to the meeting, have brothers read pages 177-179 in the LROB.
- Discuss the importance of diversity.
- Explore individual identities and culture.
- Develop awareness for different identities, cultures and backgrounds.

FOLLOW UP

- Each brother should select one way they will commit to honoring diversity as outlined on page 178-179 in the LROB.

CHALLENGE MEETING 9: INTRODUCTION TO LEADERSHIP

- Development areas: Leadership.
- Type: discussion.
- Led by: challenge coordinator, local community leader, campus professional.

DESCRIPTION

- Develop a definition of effective leadership.
- Participate in a group activity that is focused on better understanding or developing leadership skills.
- Recognize leadership opportunities within SigEp and on campus.

FOLLOW UP

- Meet with a brother who you admire as a leader in the chapter. Discuss how he feels he's grown as a leader during his time in college.

CHALLENGE MEETING 10: CHALLENGE REFLECTION & RITUAL PREPARATION

- Development area: SigEp.
- Type: discussion.
- Led by: chaplain, challenge coordinators.

DESCRIPTION

- Members of the challenge should participate in a group conversation about the Sigma Challenge and how the experience has impacted them. Coordinators should lead the discussion and prompt brothers by asking guided questions.
- The chaplain should review elements of the Sigma Rite of Passage with brothers and prepare brothers for the Phi Rite of Passage by discussing the importance of the Ritual and specific portions to note including the oath of obligation.

FOLLOW UP

- Write a thank you note to a person who has impacted each brother thus far in the chapter.

CHALLENGE ACTIVITIES:

These are requirements that member should complete during the challenge but are not necessarily a part of a specific meeting. They should be completed by each participant within the given time frame for the challenge. Ensure that every activity has an intended outcome that aligns with the BMP philosophy.

SIGEP DEVELOPMENT

REQUIRED ACTIVITIES:

- Participate in a Sigma Rite of Passage Ritual study with the chaplain or another member of the standards board.
- Read, discuss and sign your chapter's membership agreement.
- Acquire and read select sections of "The Lifetime Responsibility of Brotherhood" then discuss with your new member mentor.
- Read and discuss the SigEp Creed with a group of chapter brothers.
- Meet with a member of the executive board or standards board to discuss the topics of brotherly love, standards and accountability.
- Meet with your new member mentor to discuss takeaways from your challenge meetings and goals set throughout the challenge.

SELECT TWO OF THE FOLLOWING:

- Attend an executive board meeting and meet with an executive officer to discuss his role and reasons for joining SigEp.
- Attend a cabinet/committee meeting for one of the executive board members.
- Participate in one of SigEp's public ceremonies and discuss the meaning with a chapter brother/group of brothers.
- Read a copy of the SigEp Journal and discuss it with a group of brothers.
- Create your own SigEp development activity to complete. (Ensure that it is approved by a challenge coordinator.)

INTELLECTUAL DEVELOPMENT

REQUIRED ACTIVITIES

- Practice methods learned in the time management seminar. Be prepared to discuss at

your transition meeting.

- Participate in a stress management activity during finals week.
- Meet with your new member mentor to discuss your current academic performance and academic goals for the semester.
- Attend offices hours for two of your current professors and discuss how you can be successful in their course.
- Visit a local museum or art gallery with a group of brother.

SELECT TWO OF THE FOLLOWING

- Meet with faculty fellow or academic advisor.
- Attend a minimum of one tutoring session per class.
- Meet with a brother who is in your same major and discuss his experience, advice he can provide, and how to be successful within the major.
- Create your own intellectual development activity to complete. (Ensure that it is approved by a challenge coordinator.)

PHYSICAL HEALTH AND WELLNESS DEVELOPMENT

REQUIRED ACTIVITIES

- Attend a yoga or group exercise class (consider inviting a sorority).
- Attend and participate in a proper weight training class or presentation from a certified trainer.
- Attend the university gym/exercise facility with a brother who is familiar and get acquainted with the fitness opportunities on campus.

SELECT TWO OF THE FOLLOWING

- Keep a journal of your exercise and eating habits and set a goal based on the patterns before completion of the challenge. (Complete it in the following challenges.)
- Participate in an intramural sport for an entire season.
- Attend an adventure program put on by the recreation facilities or outdoor club.
- Schedule a non-member certified trainer to hold physical fitness tests. (40-yard dash, sit and reach, pull ups, etc.). Set goals based on results.
- Create your own sound body development activity to complete. (Ensure that it is approved by a challenge coordinator.)

LEADERSHIP DEVELOPMENT

REQUIRED ACTIVITIES

- Meet with new member mentor weekly.
- Complete at least 10 hours of community service and read the Community Involvement and Service Learning section in Part II, Chapter 6 of the LROB.
- Watch a TED Talk about leadership with a group of brothers and discuss it afterwards.

SELECT TWO OF THE FOLLOWING

- Attend a leadership event or conference not related to SigEp.
- Take a college class that focuses on leadership development.
- Read a book on leadership of your choosing. ("The Servant," "Good to Great," "The

Student Leadership Challenge," etc.)

- Create your own leadership development activity to complete. (Ensure that it is approved by a challenge coordinator.)

PROFESSIONAL DEVELOPMENT

REQUIRED ACTIVITIES

- Read Section I, Chapter 4: Career Achievement in the LROB.
- Create a LinkedIn profile.
- Develop a resume with the support of your school's career services center.

SELECT TWO OF THE FOLLOWING

- Meet with an alumnus from the chapter in a career field that you are interested in.
- Attend a seminar/event about dressing professionally.
- Participate in an etiquette dinner.
- Visit the university career services center to have your resume reviewed.
- Attend SigEp's Life After College program.
- Create your own professional development activity to complete. (Ensure that it is approved by a challenge coordinator.)