



SIGMA CHALLENGE

ADJUSTING AND ACCLIMATING TO THE CHAPTER, CAMPUS, AND COMMUNITY

Research shows the first 30 days of membership in an organization are the most important in determining the quality of the experience. **Expectations, habits and affinity for the organization are all shaped heavily within this time frame.** The Sigma challenge is meant to introduce new members to the chapter and SigEp. The challenge should also help members feel comfortable at college and in the surrounding community.

The Balanced Man Program is based on five philosophical tenets. One of those tenets is equal rights and responsibilities. In action, equal rights and responsibilities takes the form of the following:

- All members vote on chapter business
- Equal expectations for behavior and participation
- Equal standards and accountability mechanisms for all members
- An expectation to attend chapter and committee meetings
- All members have the opportunity to be on a committee or hold an office
- Participation in all chapter events and programs
- All members can use the chapter house



KEY PEOPLE:

The **Sigma challenge coordinator** will directly shape each new members' experience inside the chapter. The most effective Sigma challenge coordinators will:

- Have a passion for facilitating development for new members.
- Be well-organized.
- Introduce new members to the chapter

The main responsibility of challenge coordinators is to plan and execute the weekly meetings. Beyond planning and executing weekly Sigma challenge meetings, successful coordinators will:

- Schedule the Sigma Rite of Passage as needed at regular chapter meetings
- Determine the process and qualifications for appointing new member mentors

New member mentors are assigned the first week a member joins SigEp and **play a vital role in their mentee's transition** to SigEp and college. They are responsible for building a strong, positive foundation for their mentees' fraternity experience and should be a living example of SigEp's values. These mentors should be appointed through an application process. New member mentors should meet these minimum standards:

- Have at least a 3.0 cumulative GPA
- Be in good standing as it pertains to behavior, finances and grades
- Finished the Sigma Challenge
- Be involved within the chapter (attendance at meetings and events, holds leadership positions, etc.)

PROGRAMMING:

Additional Sigma challenge resources can be found [here](#). As you build the Sigma challenge, the time you spend on each of the development areas should closely resemble this breakdown:

LENGTH: 6-8 WEEKS

MEETING FREQUENCY: ONCE PER WEEK

RECOMMENDATIONS:

6-8 MEETINGS

10-12 ACTIVITIES



SIGEP DEVELOPMENT

⌚ 50% (2-4 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Local and national SigEp history with a local alumnus
- Learn SigEp basics (structure, BMP, etc)
- Discuss benefits of joining Greek life and SigEp



INTELLECTUAL DEVELOPMENT

⌚ 20% (1-2 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Time management and study skills
- Discussion on your future in college and how to control your future
- How to maintain a healthy mind during stressful times and best practices for stress management



PHYSICAL HEALTH AND WELLNESS

⌚ 20% (1-2 Meetings)

SAMPLE CHALLENGE MEETINGS:

- SigEp Sports League
- How to eat healthy in college with a nutritionist
- Workout basics with a personal trainer



LEADERSHIP DEVELOPMENT

⌚ 5% (1 Meeting)

SAMPLE CHALLENGE MEETINGS:

- Executive board Q&A
- Watch and discuss a TED talk about leadership
- Attend an extracurricular fair led by older members



PROFESSIONAL DEVELOPMENT

⌚ 5% (1 Meeting)

SAMPLE CHALLENGE MEETINGS:

- Resume basics with the career center
- Etiquette dinner
- Dress for success