

Sigma Challenge Database

Area	Theme	Type	Topic	Who Leads	Who Supports	Description	Resource	
SigEp Development	National fraternity history	Presentation	SigEp History	Alumnus, Volunteer or Regional Director	Challenge coordinator	Overview of SigEp history from 1901 to present.		
		Reading/Discussion	SigEp History		Challenge coordinator	Read the history documents and discuss important events in the Fraternity's history.	1st and 2nd 50 Years (sigep.org/about)	
		Reading/Discussion	LROB: "The American College Fraternity"		Challenge coordinator	Read pages 3-7 of the LROB and discuss the founding of Greek organizations and how it ties to SigEp.	LROB	
		Reading/Discussion	LROB: "SigEp History"		Challenge coordinator	Read pages 9-26 of the LROB and discuss SigEp's founding with a focus on the Jenkens lesson.	LROB	
	Local chapter history	Presentation	Local Chapter History	Alumnus or Volunteer	Challenge coordinator	Overview of the local chapter's history.		
		Presentation	Local Chapter History		Challenge participants	A small group of challenge participants research local chapter history and presents to other members of the Sigma Challenge.		
	National fraternity structure	Presentation	SigEp Structure	Alumnus, Volunteer or Regional Director	Challenge coordinator	Structure and organization of the national fraternity.		
		Reading/Discussion	LROB: "SigEp Structure"		Challenge coordinator	Read pages 27-39 of the LROB and discuss the different entities of the national fraternity.	LROB	
	Local chapter structure	Presentation	Local Chapter Structure	Alumnus, Volunteer, or Chapter Officer	Challenge coordinator	Local chapter structure, organization, and operations.		
		Presentation/Discussion	Alumni and Volunteer Corporation		Volunteers	Introduce Sigma Challenge participants to the AVC, its members, its structure, and its operations. Q&A to learn more about each role.		
		Discussion	Balanced Man Program	BM Steward, Regional Director, or VPMD	Challenge coordinator	Introduce the philosophy, people, process and programming of the BMP and discuss the benefits of continuous development.		
		Event	AVC Meeting		AVC President	Challenge participants attend an AVC meeting to understand the role of the AVC in chapter life.		
		Presentation/Discussion	Chapter Officer Responsibilities		Executive Board	Chapter officers present on roles and responsibilities. Q&A for challenge participants to learn more about each role.		
		Event	Executive Board Meeting		Executive Board	Challenge members attend an executive board meeting to understand the chapter's leadership structure and officer roles.		
		Event	Committee Meeting		Committee Chair	Challenge members attend a committee meeting to understand how a committee works and the roles of committee members.		
	Ritual and values	Activity	Jeopardy: Chapter Facts		Challenge coordinator		Team competition on national and local history and structure.	
		Discussion	SigEp Values	Executive board, Brother Mentor Challenge participants	Challenge coordinator	Discuss the cardinal principles of virtue, diligence and brotherly love.		
		Presentation	Understanding the Benefits of SigEp	Alumni	Challenge coordinator	Invite alumni from different generations to speak about their SigEp experience and the lifetime benefits of membership.		
		Discussion	Living SigEp Values	Epsilon and Brother Mentor challenge participants	Challenge coordinator	Junior and senior brothers share their personal stories of how they live out the values of virtue, diligence and brotherly love.		
		Discussion	Ritual Study	Chaplain	Challenge coordinator	Host ritual study after the Sigma Rite of Passage and discuss the relevance of Fraternity Ritual in today's society.		
		Event	Burning Heart Ceremony	Ritual Team	Chapter	Hold the Burning Heart Ceremony as outlined in the Fraternity's Public Ceremony Guide	Public Ceremony Guide	
		Discussion	Sigma Phi Epsilon Creed	Chaplain	Challenge coordinator	Discuss the Sigma Phi Epsilon Creed after participating in the Burning Heart Ceremony.	SigEp Creed	
		Presentation	Chapter Standards	Standards Board	VPMD	Provide the new members with a detailed understanding of the expectations and standards of the chapter.		
		Discussion	The Sigma Phi Epsilon Ritual	Chaplain or Standards Board	Challenge coordinator	Have a discussion on why the Fraternity has a Ritual, what it means to be a SigEp, and the difference between Ritual (big R) and ritual (little r).	EDGE Guide	
		Activity	Sign Membership Agreements		Challenge participants	Review membership agreement and ensure all challenge participants have signed a copy of the agreement		
		Reading/Discussion	LROB: "The Lifetime Journey Begins"		Challenge coordinator	Challenge participants	Read pages ii-vii in the LROB and discuss the cardinal principles and SigEp creed. Focus on "why Greek letters?" and the true meaning of brotherhood.	LROB
	Reading/Discussion	LROB: "Our Ritual"		Challenge coordinator	Challenge participants	Read pages 41-43 in the LROB and discuss the significance of our Ritual and how it ties to SigEp's values.	LROB	
	Reading/Discussion	LROB: "Our Symbols"		Challenge coordinator	Challenge participants	Have participants read pages 45-47 in the LROB. Discuss our symbols and the significance of these symbols.	LROB	
	SigEp leadership events	Activity	EDGE		SigEp Facilitators and Staff	Challenge coordinator	New members attend Edge (register online at www.sigep.org)	EDGE
		Activity	CLA Recruitment and BMP Track		SigEp Facilitators and Staff	Challenge coordinator	Sigma Challenge participants attend the Recruitment or BMP tracks at the Carlson Leadership Academy to learn more about chapter operations.	CLA
Panel Discussion		SigEp Leadership Events		Chapter members	Challenge coordinator	Have at least one brother represent each challenge and host a panel discussion about the different leadership events and their benefits		
Brother relationships	Activity	Intramural Sports		Sound body programming coordinator		Participate on at least one SigEp intramural sport team.		
	Event	Chapter Meals		Challenge coordinator	Chapter	Host a chapter dinner and pair new members with older brothers.		
	Event	Chapter Retreat		VPMD or Development Committee		Hold a chapter retreat focused on team building, vision statements, goal setting, and bonding.		
	Activity	Helium Stick (or Hula Hoop) Activity		Challenge coordinator		See the effects of strong/weak communication skills. See instructions on website. Discuss lessons learned from the activity.	http://www.teampedia.net/wiki/index.php?title=Helium_Stick	

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	Brother Relationships	Activity	Cross the Line	Challenge coordinator		Create a list of statements that help participants better get to know each other. Everyone lines up horizontally and steps forward after coordinator reads a line that	
		Activity	High or Low Ropes Course	Leadership Center/Local Camps	Challenge coordinator	Challenge members participate in high ropes course to develop skills as a team. This is best done when facilitated by a leadership professional.	
		Activity	Egg Drop	Challenge coordinator		See instructions on website. After the activity, discuss team strategy: what made teams successful, challenges faced, and how issues were addressed.	http://www.teampedia.net/wiki/index.php?title=Egg_Drop
		Activity	Strategic Tug of War	Challenge coordinator		See instructions on website, complete the activity, and discuss lessons learned.	http://www.teampedia.net/wiki/index.php?title=Topsy_Tug_of_War
Sound Mind Development	Time and stress management methods	Workshop	Time and Stress Management	Academic resources professional/ Wellness professional	Sound mind programming coordinator	Seminar on effective time and stress management techniques.	
		Workshop	Time Management	Time management professional	Sound mind programming coordinator	Discuss the structure, tools, and implementation of time management practices.	
		Panel Discussion	Stress Management	Mental health specialist	Sound mind programming coordinator	Discuss how to keep your mind healthy during stressful periods of college, warning signs of stress, and best practices to help brothers relieve stress.	
		Activity	Implementing Time Management Techniques	Challenge participants	Challenge coordinator	Practice methods learned in the seminar (task lists, mole skins, Google calendar, etc.)	
		Activity	Relieving Stress	Sound mind programming coordinator		Host an activity for all challenge participants around first test/midterms or finals to relieve stress (laser tag, bowling, batting cages, massages, etc.)	
		Reading/Discussion	LROB: "Overcoming Stress"	Challenge coordinator	Challenge participants	Read pages 136-137 of the LROB and discuss how to effectively manage stress.	LROB
		Reading/Discussion	LROB: "Time Management"	Challenge coordinator	Challenge participants	Read pages 99-103 from the LROB and discuss tips for managing your time and how to apply them.	LROB
	Campus resources	Tour	Campus Orientation Tour	Older brothers	Sound mind programming coordinator	Guided tour of campus including the career center, counseling center, service learning office, Greek life office, student activities office, etc.	
		Tour	Campus Facilities Tour	Older brothers	Sound mind programming coordinator	Tour of the library, gym, and other places to know on campus.	
		Activity	Campus Academic Learning Center	Challenge participants	Sound mind programming coordinator	If offered, attend a minimum of 2 sessions at the campus learning center.	
		Activity	Club Sports	Challenge participants	Challenge coordinator	Identify and join a club sports team	
		Activity	Campus organizations	Challenge participants	New member mentor	Identify and join a campus organization	
		Activity	Student Organization Fair	Challenge participants		Attend student organization fair to learn more about options for getting involved.	
		Activity/Discussion	Campus Orientation	VPMD	Chapter	Develop a comprehensive resource with a campus map, campus resources and contacts, a list of places to study, and cool and unusual facts	
	Relationships with faculty	Presentation	Intro to Faculty Fellow	Faculty Fellow	Challenge coordinator	Introduction to Faculty Fellow position and overview of support available to members	
		Presentation	Leadership on Campus	Dean of Students/President/ University Administrator	Sound mind programming coordinator	Highlight expectations of being a leader in the Greek or campus community	
		Presentation	Making the Most of Freshmen Year	Professors	Sound mind programming coordinator	How to make the most of freshmen year inside and outside the classroom and to leverage the SigEp experience.	
		Activity	Thank you notes	Challenge participants	Challenge coordinator	Have each challenge member write a thank you note to everyone that speaks to the chapter for practices and to build faculty relationships.	
		Activity	Professor Interaction	Challenge participants	Professors	Challenge participants meet with one or more of their professors to introduce themselves, discuss performance, and build a relationship.	
		Activity	Four Year Academic Plan	Challenge participants	Faculty Fellow	Meet with the faculty fellow to map out academic courses in order to graduate in the appropriate time.	
	Study and test taking skills	Presentation	Effective Studying in College	University Tutor	Sound mind programming coordinator	Effective study habits and learning methods	
Discussion		Lessons Learned from College	Epsilon and Brother Mentor Challenge participants	Challenge coordinator	Share studying and test taking lessons and the top 10 things they wished they knew as a new student		
Activity		Implement Study Skills	Challenge participants	Mentors	Meet with mentor and commit to 3 new study skills that you will practice over the next semester. Check in weekly to discuss progress.		
Activity		Tutoring Sessions	Challenge participants	Tutors	Take advantage of University tutoring sessions for current classes		
Reading/Discussion		LROB: "Habits of a Good Student"	Challenge coordinator	Challenge participants	Read pages 105-106 from the LROB and discuss the 6 habits of a good student.	LROB	
Reading/Discussion		LROB: "Study Skills and Test Taking"	Challenge coordinator	Challenge participants	Read 106-111 from the LROB and discuss how to apply these concepts.	LROB	
	Activity	Physical fitness test	Personal Trainer	Sound body programming coordinator	Schedule a non-member certified trainer to hold a physical fitness tests. (40 yard dash, sit and reach, pull ups, etc.). Set goals based on results.		
	Tour	Gym Orientation	Sound body programming coordinator		Tour campus fitness facilities.		
	Presentation	Mental Impact of Exercise	Personal Trainer	Sound body programming coordinator	Discuss the impact of exercise on academic and mental performance		
	Activity	Weight training	Personal Trainer/Exercise Science Professor	Sound body programming coordinator	Proper weight training techniques and sample weight lifting programs		
	Activity	Yoga and flexibility training	Yoga instructor	Sound body programming coordinator	Attend a yoga or group exercise class (consider inviting a Sorority)		

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Sound Body Development	Physical health	Activity	Personal training sessions	Personal Trainer	Sound body programming coordinator	Schedule a trainer to hold weekly sessions for all chapter members.	
		Activity	Mentor/Mentee Physical Challenge	Sound body programming chair	Mentors	Host a competition for percent improvement based on physical ability in different categories among mentor/mentee pairs.	
		Event	Design a workout	Challenge participants	Sound body programming coordinator	Organize a workout for the entire chapter or members of the sigma challenge.	
		Activity	Workout Journal	Challenge participants		Track workouts during the Sigma challenge.	
		Discussion	Off Campus Physical Activity	Sound body programming coordinator		Highlight ways to get physical activity while experiencing local surroundings or fun attractions.	
		Event	Adventure Programs	Recreation Center Staff		Attend an adventure program put on by the recreation facilities	
	Nutritional health	Presentation	Healthy Eating on Campus	Local Chef	Sound body programming coordinator	Teach challenge participants how to cook several cheap and healthy meals in the dorm.	
		Activity	Healthy eating habits	Challenge coordinator		List 5 ways to eat healthy in college and present to the group.	
Sexual health	Discussion	Sexual Health Education	Campus health professional	Sound body programming coordinator	Discuss smart sexual health in college. Suggested topics include: condom use, the science behind birth prevention, STDs, etc.		
	Activity	STD Testing	Health and Science Center		Get tested for STDs on campus or have challenge tested at one time.		
Personal Development	S.M.A.R.T. goals	Activity	Goal Setting	Chapter President/Coordinators		Go over S.M.A.R.T. goals and have members set 30, 60, and 90 day goals.	LROB pg. 104-105
		Activity	Personal Road Map for Success	Challenge participants		After attending EDGE, map out action plans for remaining goals and identify and what SigEp will/can do to help achieve these goals.	EDGE
		Activity	Review Goals with Mentor	Challenge participants	Mentors	Review your goals with new member mentor.	
		Reading/Discussion	LROB: "Goal Setting"	Challenge coordinator		Read pages 104-105 from the LROB and discuss setting SMART goals.	LROB
	Independent living	Presentation	How To Do Laundry	Local Parent or Older Member	Challenge coordinator	Teach members how to do laundry in college.	
		Workshop and Activity	Eating Away From Home	Older Member or Volunteer	Challenge coordinator	Teach basic cooking lessons to members and hold a cooking competition among small groups of challenge participants.	
		Presentation	Living on a Budget	VP Finance or Finance/Economics Professor	Challenge coordinator	How to live on a budget in college.	
		Presentation	Ironing 101	Volunteer or Older Member	Challenge coordinator	Teach challenge participants how to iron clothes correctly.	
		Workshop	How To Tie a Tie	Volunteer or Epsilon and Brother Mentor challenge participants	Challenge coordinator	Teach challenge participants the different tie knots, and how to tie each knot.	
		Presentation	Social Media Safety	Technology Center Specialist	Challenge coordinator	Learn how and the importance of, proper social media projection, safety, and etiquette.	
		Presentation and Activity	Effective Budgeting	Challenge coordinator		Practice building a budget and present on best practices and skills	
		Activity	Register To Vote	Challenge coordinator		Have all the brothers register to vote or obtain an absentee ballot.	
	Discussion	Masculinity	Challenge coordinator		Continue the discussion of masculinity as it relates to being in a fraternity and in college.	EDGE	
	Presentation	Self Defense Training	Self Defense Guru		Invite a Self Defense Guru to teach challenge members basic self defense skills. Team up with a sorority for this event.		
Leadership Development	Mentoring	Discussion	Effective Mentoring	Challenge coordinator	Mentors	Coordinator's review expectations of the mentor-mentee relationship with both groups in the room.	
		Activity	Meet with Mentor	Challenge participants	Mentor	Meet with challenge mentor a minimum of once every 2 weeks.	
	Community involvement	Presentation	Volunteering in College	Volunteering Representative	Challenge coordinator	Have a representative from the non-profit community present on the importance of volunteering during college and the opportunities available.	
		Event	Community Service	Challenge participants		As a group, go to a local service organization and volunteer for an afternoon.	
Discussion	Lessons Learned	Challenge coordinator		Each week/month have each member report on one cool thing they learned about their surrounding campus community.			
Professional Development	Foundations for professional development	Presentation	Introduction to Professional Development	Career Counselor	Challenge coordinator	Discuss the basics of professional development including finding work experience, applying for internship opportunities, creating a resume, and networking basics.	