

BALANCED MAN PROGRAM

Ninety percent of college happens outside the classroom. In these fun, unstructured hours, students discover their passions and plan their futures. For SigEps, much of this time is spent with their chapter brothers; it's where they build close bonds of friendship and become balanced men with a sound mind and a sound body. The Balanced Man Program (BMP) guides their experience. With no pledging, no hazing, and a focus on continuous development and equal rights and responsibilities, the BMP fosters brotherhood while letting SigEps personalize their experience and achieve their goals.

01 FOUR PILLARS OF DEVELOPMENT

KNOW THYSELF

Reflect on personal values, identity, and purpose. Explore communication styles and identify individual strengths and growth areas.

SEEK BALANCE

Practice mental and physical wellness. Learn to manage stress and prioritize well-being.

BUILD RELATIONSHIPS

Improve communication and empathy. Learn conflict resolution and strengthen lifelong connections.

PURSUE EXCELLENCE

Build academic, professional, and financial literacy. Learn self-discipline and long-term planning.

02 CHAPTER-WIDE CORE EXPERIENCES

SigEps experience the BMP through local (chapter-wide core experiences and challenge-based activities), regional, and national programming.

KNOW THYSELF

- The Ritual (Rite of Brotherhood) & Public Ceremonies
- DiSC

SEEK BALANCE

- Sound Mind
- Sound Body

BUILD RELATIONSHIPS

- Brotherhood
- Chapter Retreat

PURSUE EXCELLENCE

- Professional Development
- Personal Finance

03 THE FOUR CHALLENGES

SIGMA

Learn about SigEp and the Ritual.

PHI

Learn how to embody the Balanced Man Ideal.

EPSILON

Learn how to lead.

BROTHER MENTOR

Learn how to be a mentor to others and prepare for life after graduation.