



Monthly Mentor Guide – Balanced Man Steward

As a balanced man steward, you will be working with your chapter's vice president of member development to properly implement the Balanced Man Program (BMP). The BMP can be a complex program for an undergraduate to run and requires tailored guidance from the balanced man steward. These are general topics that apply to most chapters. Keep in mind that the timeframe of some of these topics may be dependent on the university academic calendar and chapter-specific programming, so adjust accordingly. For instance, the table below outlines a chapter that operates on a November election cycle and has formal recruitment in the fall and spring.

These questions are suggested as a general discussion guide – don't limit yourself to only asking these questions.

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| August | <ul style="list-style-type: none">• Have you appointed new challenge coordinators? If so, have you updated these coordinators in the officer portal on mySigEp?• What BMP language exists in the membership agreement? Does the agreement mention membership lapsing, challenge completion, or BMP App usage? What updates might need to be made?• Have you reviewed the BMP challenges with a fresh lens before the new year? What changes might you make to make challenge activities more engaging and/or valuable?• Who are you asking for input for each challenge? Are you getting feedback from more than just the development committee?• What events can you add that are fun and high-interest, or what events can you make more engaging? What ideas do you have to get outside of the typical lecture setting of BMP meetings?• How are you using the surrounding community and campus resources to your advantage? What university events can be used for challenge programming?• How are you incorporating Sound Mind and Sound Body principles into BMP programming?• How are you ensuring our members aren't over-programmed? How might you be able to tell if the |
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| | <p>chapter has too much programming scheduled?</p> <ul style="list-style-type: none"> • How well do the meetings and activities of each challenge line up with the purpose of the challenge? How well do the meetings and activities correlate with the five core philosophies of the BMP? • Have you double-checked that everyone is in the correct challenge in the BMP App? If not, connect with your RD to update the roster. • What questions do you have about the BMP App? Are you prepared to deploy new challenges to new members this semester? |
| September | <ul style="list-style-type: none"> • How is the chapter pitching the BMP during recruitment to potential new members? Have you considered setting up a workshop during a chapter meeting to refresh members on the pitch? • When does the development committee meet? Is it at least once a week? • How are you collaborating with the vice president of programming on calendar planning? • How might you recruit content experts to facilitate meetings or activities? If you have already recruited some, how have you shared expectations and outcomes with external facilitators? • Have you confirmed times, dates, and locations for each event? • What expectations have you set with your development committee? • What training do the challenge coordinators need to receive in order to do their jobs most effectively? • What Rites of Passage are members ready to go through? Have you scheduled Rituals with the chaplain yet? • Are all of our new members registered with Headquarters? Have all new members downloaded the BMP App? • How are you and chaplain interacting? Have you scheduled regular check-ins to discuss brothers' progress through the four challenges? • Who might the next vice president of member development going to be? Have you mentored anyone to take your place yet? • Are brothers consistently using the BMP App to track progress with meetings and activities? If not, how can you improve the chapter's usage of the app? |
| October | <ul style="list-style-type: none"> • How do you plan to integrate new members recruited outside |

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| | <p>of formal recruitment into the Sigma challenge?</p> <ul style="list-style-type: none"> • How did the Sigma challenge go following formal recruitment? • What content experts are you currently using in the BMP challenges? What events or challenge meetings would benefit from content experts, if they don't have them already? • Have you identified an ideal brother to take over your role after elections? What might you do to help him get elected? • What Carlson awards will the chapter apply for? |
| November | <ul style="list-style-type: none"> • Now that the chapter has elected your replacement, how can you get him some real experience? What can he do to be prepared to take over as vice president of member development of member development, and how much you support his transition? • How are you collecting feedback from members as they complete their challenges? How are you using their feedback to improve? • Have new members been actively using the BMP App? How can you increase their usage rates? • How can you share the value of the BMP App with the new vice president of member development of member development and his committee? • What have you done to document member development activities for the chapter's Buchanan Cup application? • Is there anything you wish you would've done differently while you were the vice president of member development? What advice do you have for the next officer? |
| December | <ul style="list-style-type: none"> • What documents do you need to transition to the next officer at the executive board transition retreat? • How effectively are the challenges meeting the expectations and outcomes laid out at the beginning of each challenge? How might you adjust the meetings and activities to more effectively meet those expectations and outcomes? • What updates do we need to make to the chapter's expectations regarding membership lapsing, challenge completion, and BMP app usage? • How well has our mentor/mentee relationship worked for you? Is there anything I can do to improve as a mentor? • What goals has the new vice president of member development of member development set for his time in the position? How is he setting up his committee? Who will be on the committee? • What is the new vice president of member development of |

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| | <p>member development doing over winter break to prepare for the upcoming semester? How can you work with the new vice president of member development of member development over winter break to set him up for success?</p> |
| January | <ul style="list-style-type: none"> • Who from the chapter is planning to attend Carlson Leadership Academy? Have you registered yet? • Have you appointed challenge coordinators for each challenge? Have the challenge coordinators been connected with their mentors? • Have you reviewed and implemented the feedback that members gave the prior vice president of member development of member development upon completion of their challenges? • Who do you plan to ask for input on each challenge? Are you engaging more than just the development committee? • What activities might you implement that will get more engagement from members? • How well do the meetings and activities of each challenge line up with the purpose of the challenge? How well do the meetings and activities correlate with the five core philosophies of the BMP? • Have all new members downloaded the BMP app? Have you double-checked that everyone is in the correct challenge in the BMP App? If not, connect with your RD to update the roster. • How might you recruit content experts to facilitate meetings or activities? If you have already recruited them, shared expectations and outcomes with them? • Have you confirmed times, dates and locations for each meeting or activity? • Are all of our new members registered with Headquarters? If not, go to sigep.org/join to get them registered. |
| February | <ul style="list-style-type: none"> • How do you plan to prepare for the Carlson Leadership Academy? What do you want to get out of this leadership training experience? • Do all chapter members have BMP App access? • How are you collaborating with the new Chaplain? Have you met with the standards board to discuss membership lapsing? • How is the chapter pitching the BMP during recruitment? Have you considered setting up a workshop during a chapter meeting to refresh brothers on the pitch? • How has this mentor/mentee relationship been going for you |

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| | so far? Is there anything I can do to improve as your mentor? |
| March | <ul style="list-style-type: none"> • What did you learn at Carlson Leadership Academy? How are you going to share this knowledge with your committee the rest of the chapter? • What SMART goals and plans of action did you set at Carlson? How are you going to continue to connect with the other vice president of member development of member developments that you met to improve your chapter's BMP? • How can you integrate new members recruited outside of formal recruitment into the Sigma challenge? • What challenges are ending soon? How are you preparing for those members to move on to the next challenge and go through their Rite of Passage? • What has been the best challenge meeting or activity in each challenge so far? Why do you feel it was the best one? • How is the new committee working out? Who is the best committee member, and why? Do you need to replace anyone? • What are you learning as a leader by managing your committee? |
| April | <ul style="list-style-type: none"> • How can you support brothers with finals coming up? How does the programming calendar reflect the academic demands of this time of year? • What went well this semester with the BMP? What could have gone better? How might you adjust your strategy moving forward to be better prepared for the fall? • Which brothers are at risk of membership lapsing? How are you discussing expectations with them? • Have you begun to identify a potential successor? What are you doing to ensure that person is set up for success? • How are you and the committee setting goals for the summer? What do you need to do to prepare for the next semester? |
| May | <ul style="list-style-type: none"> • What BMP challenges need to be created? If all BMP challenges already exist, which challenges need to be updated or improved upon? • What are your summer goals? Who else have you included in your goals? How can they help you prepare? • How can we best communicate over the summer? • When was the last time each challenge was reviewed in depth? How can you obtain the chapter's feedback for a challenge and use the summer to focus on updating and |

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| | improving that challenge? |
| June | <ul style="list-style-type: none"> • What progress have you made on your summer goals? How have your goals changed since May? • What progress have you made on putting together a rough draft BMP calendar for the upcoming semester? How can I support you with this? |
| July | <ul style="list-style-type: none"> • Who are your ideal challenge coordinators for the upcoming semester? Have you approached them about being coordinators? • How have you progressed on the creation of a BMP calendar for the semester? • What progress have you made on your summer goals since June? How can I help you ensure that the goals are met by the end of the summer? • What goals do you have for the upcoming semester? What do you want to accomplish before your term as vice president of member development of member development is over? • Does the chapter have a faculty fellow? What professors or university officials are particularly popular with members of the chapter that you could recruit as a faculty fellow or a facilitator for a challenge activity/meeting? • Is the BMP App prepared to be utilized on day one of the semester? How can I support you in achieving this goal? |