



TCNJ



PANHellenic



RECRUITMENT



LOOK BOOK



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DEAR POTENTIAL NEW MEMBER,

On behalf of the nearly 1,000 women that make up The College of New Jersey's Panhellenic Association, I would like to welcome you to Formal Recruitment. As Vice President of Recruitment, it is my job to ensure that these next two weekends are a success for everyone involved, which includes you! I am here to act as a guide, a friend, and a confidant through this recruitment period to help each of you to find your home.

I am honored to be a part of the Panhellenic Executive Board and represent each chapter here at TCNJ. On our campus, we have 8 Panhellenic organizations, each with their own unique values, philanthropies, and members. Over the course of the next two weekends of recruitment, you will get to meet women from every chapter and experience all of what TCNJ Panhellenic has to offer.

Starting my freshman year of college at TCNJ, rushing a sorority was something that did not even cross my mind. I didn't know anything about Greek Life and did not think that it would be a good fit for me. My mom was the one who pushed me to sign up for recruitment, and I reluctantly did on the last possible day. I ended up loving every second of rounds where I was able to talk with lots of women and learn what sorority life truly has to offer. Now, in my senior of college, I can confidently say that joining Greek Life was one of the best decisions I have ever made. TCNJ Panhellenic has so much to offer; community service, leadership opportunities, study buddies, networking, and lifelong friends, to name a few.

I encourage each and every one of you to go into recruitment with a completely positive and open mindset. This is your opportunity to find your home in TCNJ Panhellenic just like countless women before you.

If you have any questions, concerns, or need anything at all please let me know!

Cassie Fierro

RECRUITMENT SCHEDULE

Day 1: Round Robin

Friday, February 3rd

On this day of recruitment you will go to all eight chapters that we have at The College of New Jersey! You will learn a little about each chapter and their values, you will also get the opportunity to share a little about yourself and your values.

Day 2: Philanthropy

Saturday, February 4th

During this round you will attend anywhere from zero to six rounds. You will learn about each of the organization's philanthropies; each organization has at least one national philanthropy and some even have local service opportunities they get involved in! This is a great time to talk about any service that you enjoy doing and think about what philanthropies you may want to be involved with in the future here at TCNJ!

Day 3: Meet The Sisters

Friday, February 10th

This round begins the second weekend of recruitment! During this round you may be asked to attend a maximum of four organizations. You will learn about each organization's sisterhood and what sisterhood means to each sorority.

Day 4: Preference Ceremony

Saturday, February 11th

This is the last round of recruitment. On this day you are allowed to wear a semi-formal outfit and show your true colors. During this round each sorority will share their preference ritual with you.

Bid Day

Sunday, February 12th

After preference round each organization and each PNM contribute to a mutual selection process. After this each chapter will extend invitations, or bids, to the potential new members. You will be allowed to pick up your bid from The Student Center at a designated time that morning.

THE PNM BILL OF RIGHTS

As a Panhellenic Council we are committed to upholding the rights of every Potential New Member.

- The right to be treated as an individual
- The right to be fully informed about the recruitment process
- The right to ask questions and receive true and objective answers from recruitment counselors and members
- The right to be treated with respect
- The right to be treated as a capable and mature person without being patronized
- The right to ask how and why and receive straight answers
- The right to have and express opinions to recruitment counselors
- The right to have inviolable confidentiality when sharing information with recruitment counselors
- The right to make informed choices without undue pressure from others
- The right to be fully informed about the NPC Unanimous Agreements implicitly in the membership recruitment acceptance binding agreement (MRABA) signing process
- The right to make one's own choice and decision and accept full responsibility for the results of that decision
- The right to have a positive, safe and enriching recruitment and new member experience

EXPECTATIONS FOR NEW MEMBERS

New Member Education

The New Member Process begins on Bid Day and ends the day of formal initiation into the national organization. The New Member education process does not extend more than 6 weeks and is an opportunity for each New Member to learn about the organization which they have just joined. Each New Member Education Process is unique to each organization, however they all encompass the history of the organization along with the design and structure of the sorority overall. Each New Member Process is led by the New Member Educator, who has been elected by her sisters to direct the New Member Program.

Financial Obligation

Being in a sorority has some financial obligations. Dues are typically paid at each semester and are slightly higher for new members. Each organization has a different price range for their dues which are found on their individual page. Most if not all organizations have a payment plan which is installed by their treasurer. This helps each member to pay their dues and makes it easier to take on the financial obligation of being in a sorority.

Active Participation

Being an active New Member is vital during this New Member process. There are often required meetings during which the members learn about their organization and their history. Aside from these meetings there are weekly chapter meetings which are mandatory for the entire chapter to participate in and attend. This is a time for the chapter to discuss new happenings, bond and keep in touch throughout the school year. Attendance at philanthropy events is also an extremely important part of being in a sorority at TCNJ. We pride ourselves on the attention to service and philanthropy and therefore it is important to have every member of the organization participate.

The College of New Jersey and TCNJ's Panhellenic Association do not condone any behavior that could be considered hazing. Examples of hazing include any action that is forced. Hazing is considered anything that makes an individual uncomfortable or creates any added stress for any of the new members. Any physical or emotional stress, discomfort or anguish is also considered hazing.

If you are ever in a situation where you feel uncomfortable you can contact any member of the TCNJ Panhellenic Council or any Fraternity and Sorority Life or Student Involvement Staff.

OUR VALUES

As members of The National Panhellenic Conference (NPC), the Panhellenic Association of TCNJ follows all regulations and standards set forth by the NPC. The Association promotes the ideals and standards that are the foundations of sorority life. This is accomplished through recruitment, new member education, philanthropic events, social activities, scholastic achievement, and various other programs held throughout the year. The basis for these activities lie within the strong character and the deep friendships that define sorority women. The goal of the Panhellenic Association is to unite sorority women, thus serving the college community, creating mutual respect for all sisters, and enhancing sorority life.

As The College of New Jersey Panhellenic we value active leadership, service, a sense of community, scholarship and empowerment.

Every Panhellenic Organization values these aspects in addition to unique traits that make each sorority so special.

The Greek Community here at TCNJ fosters an environment of inclusion which allows each individual participant is able to reach their full potential.

By participating in formal recruitment you are giving yourself the opportunity to be included in the amazing community that is TCNJ Panhellenic.

PANHellenic EXECUTIVE BOARD



KRISTEN PORT
President

The best way to approach recruitment is to go in with an open mind and be yourself! You'll find your home if you're nothing but yourself, so stay authentic through rounds and remind yourself that every sorority is so excited to talk to you! <3



OLIVIA CHIARELLA
Vice President

Keep an open mind and really embrace being a PNM! Listen to all sisters and create genuine connections and friendships with everyone you can!



CASSIE FIERRO
Vice President I of Recruitment

To find your home, just be yourself! Recruitment can be overwhelming, so make sure you rely on your recruitment counselors! Choose the place you feel most comfortable.



MELISSA LAPOINTE
Vice President II of Recruitment

Keep an open mind and have fun! Soak in the moment and remember your feelings after each round!



ALEXA CESARO
Vice President of Administrative Affairs

Make the most out of your recruitment experience by staying open minded and true to yourself. There are so many ways to meet amazing girls along the way!



SHREYA CHINNAMATUR
Vice President of Programming

Be your true self and go into rounds with an open mind! Everything happens for a reason and you'll love where you end up :)

MENTAL HEALTH AWARENESS

At TCNJ we have a very strong support system for Mental Health on campus, and that is no different for the Panhellenic community. As members of our own organizations, we are supportive of each other, but when you become a member of your chapter you also become a member of Panhellenic as a whole, so we are here to support each other throughout the council as well.

Over the past few years, TCNJ's Panhellenic Council has adopted a focus on various Mental Health Initiatives as a way to bring attention to mental health while bringing our community closer together through various events for a mutual cause that we are all passionate about in our own ways.

Not only are we trying to host events across Panhellenic, but we are also in the process of forming a Mental Health Initiatives Committee that will dedicate time to properly addressing issues and working to provide better resources to members of both the council and the TCNJ community.

In addition, we have chapters that are in the process of forming officer/chair positions dedicated to Mental Health on their own organizations councils. These positions can help act as a bridge between TCNJ Mental Health Resources and their chapter as a whole in order to provide resources and connections across campus. This displays the level of support within the community and how Panhellenic and our organizations constantly try to improve the TCNJ Greek Life experience for students by adapting to the needs of our members, in order to better support them throughout their time in TCNJ Panhellenic.

TERMS TO KNOW

Active Member: An initiated member of a chapter who is in college and participates in chapter activities.

Bid: A formal invitation to join a sorority.

COB: Also called “informal recruitment” this stands for Continuous Open Bidding and is a process in which chapters extend bids outside of the primary recruitment period.

New Member: A member of a chapter who has accepted a bid but has not yet been initiated

No “Frills” Recruitment: A style of recruitment which we use here at TCNJ. This allows minimum to no decorations during rounds to allow the focus to be on conversation.

NPC: The National Panhellenic Conference, this is the National organization to which each national Panhellenic sorority belongs to.

Panhellenic: This often refers to the Panhellenic Association which is the umbrella term for all the sororities who report to the National Panhellenic Conference on our campus.

Party: A specific round in each different day of recruitment.

PNM: Potential New Member- A woman who is seeking membership in a Panhellenic organization.

Rho Gamma: These are upperclassmen women who have disassociated, or left, their sorority to help PNMs (like you!) through recruitment. Rho Gammas are there to help answer questions and give values-based decisions.

Values Based Recruitment: An approach to recruitment, which we follow here at TCNJ, that selects individuals based on their own values and how they align with that of each organization.

FREQUENTLY ASKED QUESTIONS

Can I be involved in a sorority and still involved in academics and other organizations?

Yes! Academics always come first for everyone here! Each organization has a chair position for academics who can help you if you begin to fall behind in your studies. Furthermore, most sorority women are involved in many other clubs on campus! Many are on Student Government, CUB, and even run some of the other student organizations on campus!

Can I miss a day of rounds?

You are allowed to miss a day of rounds as long as you fill out an absence form 24 hours prior to the round beginning and let your Rho Gammas know. It is highly encouraged that you do not miss any rounds of recruitment either weekend. There is an exception for any medical or family emergency.

Do I need to attend all parties on my schedule each day?

Yes. The objective of recruitment as a potential new member is to learn as much as you can about The College of New Jersey's Panhellenic Community. If you do not go to all of the parties listed on your schedule you risk being released from Formal Recruitment.

What does it mean to maximize your options?

When a PNM makes a selection it is in her best interest to rank all of the chapters that were attended. This maximizes her options to receive an invitation from any chapter she previously attended for the next round. If the PNM does not maximize her options it is possible that she will receive no invitations back the next round. TCNJ Panhellenic strongly discourages intentional single preference.

ALPHA XI DELTA

Motto:

REALIZE YOUR POTENTIAL

Values:

SISTERHOOD, LEADERSHIP, KNOWLEDGE, SERVICE TO OUR COMMUNITY

Dues:

NEW MEMBER: \$373

MEMBER: \$373

GPA:

2.5

Philanthropy:

KINDLY HEARTS

Alpha Xi Delta's national philanthropy is the Kindly Hearts Initiative, which focuses on supporting children experiencing foster care or homelessness. Under Kindly Hearts, the Iota Omega chapter works with HomeFront, an organization that provides different forms of support for families facing homelessness in the Central Jersey area. The Iota Omega chapter holds several fundraisers to raise money for HomeFront; two of our biggest being our Alpha Xi-Fa soccer tournament in the spring and Xiti with the Xi's pasta dinner in the fall.



DELTA PHI EPSILON

Motto:

ESSE QUAM VIDERI - "TO BE RATHER THAN TO SEEM TO BE"

Values:

THE 5 S'S: SISTERHOOD, SCHOLARSHIP, SERVICE, SOCIAL, & SELF

Dues:

NEW MEMBER: \$300

GPA:

2.5

MEMBER: \$250

Philanthropy:

ANAD (ANOREXIA, NERVOSA AND ASSOCIATED DISORDERS) • THE CYSTIC FIBROSIS FOUNDATION
• AFSP (AMERICAN FOUNDATION FOR SUICIDE PREVENTION) • DELTA PHI EPSILON EDUCATIONAL FOUNDATION

Our chapter celebrates and encourages awareness of all of our philanthropies in unique ways on both an individual and community basis. ANAD is held very near and dear to our chapter as we try our best to teach, support and encourage each other to promote body neutrality and learn to love ourselves for all that we are. We host a week-long series of interactive events and activities to bring awareness to ANAD, provide resources and support, as well as promote love for all bodies, culminating in a candlelight vigil to share stories of personal struggles, strength and love.

We annually support CFF by participating in the Great Strides walk, raising both money and awareness with each step and cheering on CF patients while also hosting our vibrant Deeper Dude competition. The chapter adopted a personal philanthropy of AFSP, helping to remind us the importance of checking in on our sisters and the strength of kindness in our everyday lives. To honor our chapter's commitment, we host a campus-wide AFSP walk while also raising money and hosting self-care activities throughout the year.



DELTA ZETA

Motto:

ENDURING FRIENDSHIPS, PERSONAL DEVELOPMENT, LEADERSHIP EXCELLENCE,
INNOVATIVE GROWTH, LOVE THAT IS EVER STEADFAST

Values:

INDIVIDUALITY, FEMALE EMPOWERMENT, AND MORAL CHARACTER

Dues:

NEW MEMBER: \$230

MEMBER: \$204

GPA (per TCNJ):

2.5



Philanthropy:

BETTER SPEECH AND HEARING AND THE STARKEY HEARING FOUNDATION •

THE PAINTED TURTLE CAMP

Through our philanthropic efforts, we allow children who have chronic illnesses the opportunity to have a full camp experience, free of charge at the Painted Turtle Camp in California. Moreover, a few of our sisters have been blessed with the chance to act as camp counselors and visibly see the children's happiness firsthand. In addition to this, we are partnered with Starkey Hearing Foundation to grant people all over the world the gift of hearing. All of our donations throughout the year ensure that people receive hearing aids free of cost and can rejoice in all the wonderful sounds we often take for granted.

KAPPA DELTA

Motto:

TA KALA DIOKOMEN - LET US STRIVE FOR THAT WHICH IS HONORABLE, BEAUTIFUL AND HIGHEST

Values:

FRIENDSHIP, LOYALTY, PERSONAL INTEGRITY, LIFELONG LEARNING, SELFLESS SERVICE

Dues:

NEW MEMBER: \$539

MEMBER: \$271

GPA:

2.65

Philanthropy:

PREVENT CHILD ABUSE AMERICA • GIRL SCOUTS OF THE USA

We host Girl Scout Days, when we invite local troops to campus and host bonding and confidence-building activities with young girls, as well as fundraisers for Prevent Child Abuse, like our annual Food Truck Festival, our biggest event of the year. Our philanthropies give us the opportunity to meet and inspire young girls and give them inspiration in their growing years. Since joining Kappa Delta, our sisters agree that our interactive philanthropies have taught us lifelong lessons of confidence, caring and compassion to ourselves and the world around us.



SIGMA KAPPA

Motto:

ONE HEART, ONE WAY

Values:

FRIENDSHIP, SERVICE, PERSONAL GROWTH, AND LOYALTY.

Dues:

NEW MEMBER: \$642

MEMBER: \$284

GPA:

2.5

Philanthropy:

OUR NATIONAL PHILANTHROPIES FOLLOW THE ACRONYM SIGMA: THE SIGMA KAPPA FOUNDATION, INHERIT THE EARTH, GERONTOLOGY, THE MAINE SEACOAST MISSION, AND THE ALZHEIMER'S ASSOCIATION.

We focus primarily on the Alzheimer's Association because it is extremely close to the hearts of many of our sisters. Alzheimer's is the sixth leading cause of death in the United States and currently has no working treatment or cure. Our sisterhood is dedicated to help change that. We support our philanthropy by hosting our annual Pier '74, where other organizations pay to have a table at our event, along with boardwalk games, SKetti Night, and Ultra-Violet Week on campus. As a chapter, we also take part in the Mercer County Walk to End Alzheimer's. Our efforts help raise thousands every year to give back to the cause.



SIGMA SIGMA SIGMA

Motto:

FAITHFUL UNTO DEATH

Values:

FIVE CORE VALUES OF: WISDOM, POWER, FAITH, HOPE AND LOVE

Dues:

NEW MEMBER: \$535

MEMBER: \$230

GPA:

2.5



Philanthropy:

MARCH OF DIMES • ROBBIE PAGE MEMORIAL FUND

Our philanthropy is Sigma Serves Children, a philanthropic initiative to benefit children's health. One aspect of our philanthropy, Robbie Page Memorial Fund, focuses on supporting play therapy for children who spend a lot of time in hospitals. Through play therapy, kids can build social-emotional skills that they would typically develop in the classroom and connect with other kids like them. Another aspect of our philanthropy is our partnership with the March of Dimes. March of Dimes aims to reduce premature birth through education and awareness, but also supporting the families of preemie babies while their children are recovering. The main focus of Sigma Serves Children has been on children's health since 1954.

THETA PHI ALPHA

Motto:

EVER LOYAL, EVERLASTING & NOTHING GREAT IS EVER ACHIEVED WITHOUT MUCH ENDURING

Values:

JUSTICE, WISDOM, LOYALTY, FAITH, TRUTH, HONOR

Dues:

NEW MEMBER: \$305

MEMBER: \$262

GPA (per TCNJ):

2.5

Philanthropy:

GLENMARY HOME MISSIONERS • THE HOUSE THAT THETA PHI ALPHA BUILT.

Both of these have the goal of improving the plight of hunger and homelessness in differing areas of the United States. Glenmary Home Missioners focuses on families in the Appalachian area, and The House that Theta Phi Alpha built allows us to fight hunger and homelessness in our own area. The Beta Beta Chapter of Theta Phi Alpha also supports the 'Don't Stop Believing Fund,' which is an organization in honor of one of our sisters, Stephanie Coonan, who passed away from stomach cancer in 2009. The 'Don't Stop Believing Fund' offers a scholarship for families that are going through a similar situation to the Coonans. We are extremely grateful to be able to support this cause every year.



ZETA TAU ALPHA

Motto:

SEEK THE NOBLEST

Values:

LOVE, LOYALTY, COMMITMENT, SERVICE

Dues:

NEW MEMBER: \$601

MEMBER: \$400

GPA:

2.5

Philanthropy:

BREAST CANCER EDUCATION AND AWARENESS

Our philanthropy, Breast Cancer Education and Awareness, is an important part of who we are in Zeta Tau Alpha. Each October and April, we dedicate an entire week to educate the TCNJ community by holding "pink" themed events. Whether it's tabling in Alumni Grove or selling Queso in the stud, we're always doing what we can to promote awareness. Our biggest event throughout Pink Out Week is called Big Man on Campus, a male pageant open for all students to compete in. When it's not Pink Out Week, we continuously strive to raise money in other ways, such as going to Breast Cancer Walks, handing out pink ribbons, and doing Dine and Donates, at places like Chipotle, Jersey Mike's and Panera.

In the spring, we hold our own ZTA Car Wash event which helps bring the community together by providing car washes for donations. Our philanthropy means so much to us, and we are always thinking of fun and exciting ways to raise money and get the TCNJ community involved in such an amazing cause!





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