



TCNJ



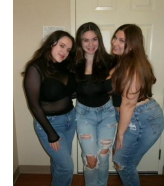
PANHELLENIC



RECRUITMENT



LOOK BOOK



PANHellenic EXECUTIVE BOARD



MELISSA LAPOINTE
PRESIDENT

Trust yourself in this process! Do not forget that you have a “why” for going through this process. You are strong, capable, and beautiful and will end up where you belong. Lean on your support systems, we are all here cheering you on!



JILLIAN COHEN
Vice President

Be yourself and stay true to what you believe in. Everything works out for a reason and you will find a home that is perfect for you!



KOURTNEY LEVY
Vice President I of Recruitment

Be your authentic self and trust the journey that you are on. Keep an open mind throughout the process every chapter offers something unique and different.



CLAUDIA ADOLF
Vice President II of Recruitment

Be yourself and remember that your opinion is the only one that matters! be true to you. This process is in your hands!



OLIVIA PAGNILLO
Vice President of Administrative Affairs

Be true to yourself and think about what you want in a chapter. Keep an open mind and give every organization a chance, you might find your best connections where you least expect them!



GRACE MCCARTHY
Vice President of Programming

I know it can be nerve wracking but stay true to yourself and your values. I'm so excited to support you all on this journey!

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.

Going into my Freshman year I did not think that joining a sorority was something that I would be interested in doing. Throughout my first semester, I tried joining clubs and getting more involved but nothing felt right for me. Once registration opened for the Spring 2021, I decided to give recruitment a try and sign up. Joining Greek Life was one of the best things I have ever done for myself and I will forever be grateful that I signed up for recruitment. It has provided me with a supportive community, leadership opportunities, and ways to give back through philanthropy. If you would have told freshman year me that I would be in this position today, I would not believe you. Joining Greek Life has given me so much more than I could have ever hoped for.

I encourage each and every one of you to go into recruitment with a completely positive and open mindset. I know it can be hard and challenging, but I encourage you to advocate for yourselves. Utilize your Rho Gammas, they're a great resource for you! 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! <3

Kourtney Levy

2025 RECRUITMENT SCHEDULE

Day 1: Meet the Sisters

Friday, January 31st

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 meet their sisters. You will learn about their sisterhood and what sisterhood means to each sorority.

Day 2: Philanthropy

Saturday, February 1st

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: Values Round

Friday, February 7th

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 values, you will also get the opportunity to share a little about yourself and your values.

Day 4: Preference Ceremony

Saturday, February 8th

This is the last round of recruitment. You can attend a maximum of two. 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 9th

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 your Rho Gammas beginning in the morning of this day.

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.

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.

TALKING TIPS FOR ROUNDS

It is important to be yourself during recruitment. Don't be afraid to ask questions! It is as important for you to get to know these sorority sisters as it is for them to get to know you.

Each day has a different topic/ theme, which you can use as a guide to ask questions if you are not sure what to ask!

Day 1: Meet The Sisters

This is your first introduction to each organization. Feel free to ask about their national and chapter history, sisterhood, etc.

Day 2: Philanthropy

Ask about what a philanthropy is and what the organizations is, as well as, how they support it, what events they host, community service, etc.

Day 3: Values Round

Ask about the organization's values, how they uphold these values, how these values resonate with their sisters.

Day 4 Preference

Ask about what this organization's means to them, how it has impacted them, how it changed them, etc.

Examples of Questions to Ask:

- ★ What is favorite part about being in this organization? Why is it your favorite?
- ★ What kind of academic programs and support do you have?
- ★ What are the leadership opportunities within your organizations?
- ★ What types of campus community activities are your members involved in?
- ★ What are the expectations of your new member program?
- ★ What does the time commitment for being a member look like?
- ★ What sort of sisterhood events do you have? Which is your favorite?
- ★ What has been the most rewarding aspect of your Greek Life experience thus far?

ALPHA XI DELTA

Motto:

REALIZE YOUR POTENTIAL

Values:

SISTERHOOD, LEADERSHIP, KNOWLEDGE, SERVICE TO OUR COMMUNITY

Dues:

NEW MEMBER: \$400

MEMBER: \$419

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 Fall and Snowflake Buddy Boxes during the holiday time.



DELTA PHI EPSILON

Motto:

COME AS YOU ARE

Values:

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

Dues:

NEW MEMBER: \$300

MEMBER: \$360

GPA:

2.5

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 Deepher 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:

LOVE THAT IS EVER STEADFAST

Values:

SCHOLARSHIP, SERVICE, LEADERSHIP

Dues:

NEW MEMBER: \$230

MEMBER: \$204

GPA (per TCNJ):

2.5

Philanthropy:

HEART FOR HEARING AND SPEECH, THE STARKEY HEARING FOUNDATION,

THE AMERICAN SOCIETY FOR DEAF CHILDREN, SERIOUSFUN CHILDREN'S NETWORK

Hearing and Speech, in partnership with the Starkey Hearing Foundation & The American Society for Deaf Children. Through our national philanthropic partners, we support individuals who need assistance with healthcare and hearing aids and to be able receive them at a free and reduced cost. This creates not only opportunity, but a world of new possibilities for all. In 2020, Delta Zeta completed a 5 year, \$5 million dollar pledge with the Starkey Hearing Foundation! As Delta Zetas, we take pride in our philanthropy and feel everyone deserves to hear the beauty of sound which we often take for granted!



KAPPA DELTA

Motto:

LET US STRIVE FOR THAT WHICH IS HONORABLE, BEAUTIFUL AND HIGHEST

Values:

ACADEMICS, CAMPUS INVOLVEMENT AND COMMUNITY SERVICE

Dues:

NEW MEMBER: \$677

GPA (per TCNJ):

2.5

MEMBER: \$352

Philanthropy:

PREVENT CHILD ABUSE AMERICA & SCOUTS OF THE USA

Kappa Delta strives to build confidence and inspire action through our two philanthropies. For Girl Scout of the USA, we take a hand on approach with our local troupes hosting “Girl Scout days,” comprising of activities with sisters such as career fairs, yoga sessions, arts and crafts, and lots of dances parties. Our goal is to support these young girls, and help them realize their potential through setting examples and giving them women role models. We also support Prevent Child Abuse America through various on campus fundraising events during our Shamrock Week, featuring our annual Food Truck Festival. Both of these philanthropies are very important to our organization as we work to raise thousands of dollars to help save children’s lives. And make meaningful impacts on local young girls.



SIGMA KAPPA

Motto:

ONE HEART, ONE WAY

Values:

FRIENDSHIP, SERVICE, PERSONAL GROWTH, AND LOYALTY.

Dues:

NEW MEMBER: \$652

MEMBER: \$299

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 SKetti Night where individuals from the TCNJ community pay for unlimited pasta and spaghetti. We also host our very own SK 5K 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: \$325

MEMBER: \$280

GPA (per TCNJ):

2.5

Philanthropy:

MARCH OF DIMES • ROBBIE PAGE MEMORIAL FUND

Tri Sigma is deeply committed to making a positive impact, guided by the principle that “in order to receive much, one must give much.” Since 1951, the organization has prioritized philanthropy through initiatives like “Sigma Serves Children,” which began with funding polio research via the Robbie Page Memorial Fund. Today, Tri Sigma supports play therapy for hospitalized children, helping their emotional well-being. Through the Tri Sigma Foundation, members provide grants to hospitals and clinics, fund scholarships, and foster leadership development. Additionally, their partnership with the March of Dimes involves advocacy, awareness, and direct support for healthier mothers and babies, reflecting their dedication to giving back.



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: \$240

MEMBER: \$250

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 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: \$584

MEMBER: \$343

GPA:

2.75

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 Pink Hair Tinsel, we are 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 have more events like selling cookies for a cure, pink out pretzels, pop-up boutiques in the student center, and so much more! All of us in ZTA strive to raise as much money as we can to show how important this cause is to each and every one of us! We also all wear our pink ribbons on our backpacks to show dedication to spreading awareness. As zetas we also try to come up with countless new ways to fundraise and get the TCNJ community involved to support breast cancer education and awareness!





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