2022 PANHELLENIC ASSOCIATION RECRUITMENT GUIDE
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Welcome to Mizzou! We are so excited you’re here and have chosen to go through formal recruitment. That alone is something you should be so proud of. I’ve reflected on all that I’ve learned since my first year, leaving home, moving into Residential Life, and deciding to go through recruitment.

But my biggest takeaway so far has been that life is unpredictable. These past three years have brought unexpected challenges, obstacles and difficulties. But these three years have also brought some of the most thrilling and unpredictable moments. Would I ever have expected a global pandemic to send us home for a virtual semester? Would I have expected to be my sorority’s president? Would I have expected to lead the community I once dreamt of being a part of?

Life is full of the unexpected. Regardless of that, the people I’ve met through this experience have always been there. My friends from each and every chapter, my friends from other councils, my friends I met through my Pi Chi group, my Pi Chis who still check up on me. These people have consistently been there through each and every moment.

Going into this position, I didn’t know anyone on my executive board. Now, they’ve become some of the people I count on most. As you embark on this new chapter, I hope you embrace each moment and new friendships. Take the pictures, go get lunch and strike up a conversation with someone new because you just may be leading this community with them later down the road. At the end of the day, this is what you’ll remember when you reflect on the unexpected.

LOGAN GOULET
President of the Panhellenic Association Executive Board
A Letter From the Recruitment Team

Dear Potential New Members,

Welcome to Mizzou Panhellenic Primary Recruitment 2022! We are so excited you’re interested in joining our community and we welcome you with open arms.

This week will fill you with all the emotions. Primary Recruitment is an experience that is nearly impossible to understand if you have never been a part of it. Which can be nerve wracking! We are writing this letter to you in hopes of easing some of those nerves, while hopefully imparting some learned wisdom along the way.

First, we want to assure you that every single member of this community has worked tirelessly to ensure a process that will lead you to a future home of empowering, compassionate and supportive individuals. We are so nervous, too. We spend so much time preparing to meet you, and we are thrilled you have shown interest in our community. We’re sure you’re scared that we won’t love you, but we are terrified that YOU won’t love us! Each member of the Panhellenic community, along with the entire Mizzou community, wants you to find a home where you feel comfortable and supported.

Now, take a moment to think of every stereotype, opinion or idea you have of sororities and throw it out the window. Any preconceived notion about sorority life is going to hurt your experience this week. You must keep an open mind in order to succeed. On that same note, I guarantee anyone who speaks negatively about sororities has no clue of the love, honor and support that goes into our community. These people do not recognize the drive, intelligence and grace the members of this community possess.

Similarly, do not let anyone influence your decisions throughout this journey. Start with an open mind and end with one. You should absolutely talk through your feelings with your loved ones and Panhellenic Counselors, but at the end of the day only you will know where you belong. Stay true to yourself.

Recruitment is emotionally AND physically stressful. However, it has the best ending and will lead you exactly where you are meant to be. We are so honored to be in a position that sees you through the start of your college experience.

All our love,

Kelby Hill
Vice President of Recruitment–External

Rachael Schulman
Vice President of Recruitment–Internal
MEET THE
Panhellenic Association

ABOUT PHA

The Panhellenic Association (PHA) is the governing body of recognized National Panhellenic Conference (NPC) sororities. The Panhellenic Association is composed of 15 NPC sororities on the University of Missouri’s campus. PHA’s Executive Board is composed of nine members who are current sorority members and who work year round to promote unity through weekly delegation, frequent whole community events, and hosting formal recruitment each year. Additionally, PHA prioritizes and strengthens the University of Missouri by promoting service, scholarship, leadership and community among all members on campus for the betterment of an individual’s collegiate experience.

EXECUTIVE BOARD

LOGAN GOULET
President

DARBY ROAM
VP of Risk Management

ERIKA LOIDA
VP of Diversity, Equity & Inclusion

KELBY HILL
VP of Recruitment External

RACHAEL SCHULMAN
VP of Recruitment Internal

ADDISON HILL
VP of Finance & Records

SYDNIE KAUFMAN
VP of Philanthropy & Service

LAINE RITTER
VP of Member Education

BROOKLYNN ARMENT
VP of Public Relations
MEET THE Councils

Interfraternity Council
Interfraternity Council (IFC) is the governing board of the chapters affiliated with the North American Interfraternity Conference (NIC). The executive board works year round to provide an enriched collegiate experience through different member development programming and collaborative efforts with chapter leaderships. Follow @MIZZOUIFC

National Pan-Hellenic Council
National Pan-Hellenic Council, Inc. (NPHC) is the governing council of the “Divine Nine,” which is a collaborative umbrella council composed of the largest historically Black fraternities and sororities. NPHC encourages a diverse membership of students and is responsible for immense social and economic change in our community. Follow @MIZZOUNPHC

Multicultural Greek Council
Multicultural Greek Council (MGC) is the governing council of multicultural-based organizations, including historically Latino/Latina and Asian sororities and fraternities at the University of Missouri. They are not cultural or identity exclusive and are open to individuals of all identities and backgrounds. MGC strives to create and maintain an all-inclusive and culturally diverse environment by fostering cultural awareness and upholding fraternal and sororal values. Follow @MIZZOUMGC

All four councils within the Office of Fraternity & Sorority Life work together as one community to support one another in everything we do.
Meet the Panhellenic Presidents

Chapter presidents are integral to the success of the Panhellenic Association. Each of them serves as a leader for their chapter by prioritizing the well-being of their chapter members. These members strive to make the Panhellenic community even stronger and hold themselves to the highest standards. We hope the impression being set by the 2022 Chapter presidents will continue with our incoming class of Potential New Members (PNM).

Meet the Panhellenic Delegates

The Panhellenic delegates act as liaisons between their individual sororities and the Panhellenic Executive Board. Delegates attend weekly meetings and cast their chapter’s vote on all business matters. These delegates help direct their sororities toward working together as a Panhellenic community.
A Letter From the VP of Diversity, Equity & Inclusion

Dear Potential New Member,

Before I came to Mizzou, I had no idea if sorority life was for me. Specifically, I had no idea if the Panhellenic Association was for me. I was unsure if I would find my home as a woman of color, among what I (mistakenly) assumed to be a sea of only tall, blonde individuals. Through primary recruitment, I quickly discovered individuals within Panhellenic valued their members for more than just their external appearance. Since fall 2019, this community has welcomed me with open arms and embraced me for who I am as a person. This community has pushed me, held me accountable and shaped me into an outspoken leader. While I’ve had great experience in PHA overall, that does not mean our community is without flaws. Historically, Panhellenic has not been accessible to all people. Our sororities were created with white, able-bodied, heterosexual women in mind. As a community, we’ve made lots of changes to make sure our spaces were more inclusive to all groups of people. However, we also have a lot of work yet to do.

As the Vice President of Diversity, Equity and Inclusion (DEI), I’ve had the opportunity to meet chapter DEI officers, along with many other officers and general members of our community. I’ve been overwhelmed by the amount of people I meet who want to make change in our community. While all 15 chapters are unique, one commonality I find is all chapters seek to make a difference and cultivate leaders inspired to make the world better.

I truly hope throughout your recruitment experience, you feel empowered to ask active members, Panhellenic counselors or the executive board about our community’s efforts towards inclusivity or talk about topics of diversity you’re passionate about. We are so happy you’re interested in joining our community, and we look forward to seeing you in the fall.

With Panhellenic love,

Ericka Loida
Vice President of Diversity, Equity and Inclusion

Resources
Disability Center
The Disability Center coordinates academic accommodations and support services for students with unseen and seen disabilities.
G5 Memorial Union
disabilitycenter@missouri.edu
573-882-4696

Women’s Center
The Women’s Center is a place where you can hang out in a comfortable lounge; check out a book from a diverse library; and learn about gender equality, social justice, body image and more by attending one of their many programs.
G108 MU Student Center
muwomenscenter@missouri.edu
573-882-6621

Multicultural Center
The Multicultural Center builds community, fosters a sense of belonging, and provides educational programs and resources for all students with a focus on students from marginalized identities.
G107 MU Student Center
multiculturalcenter@missouri.edu
573-882-7152

MizzouRec
Research shows when college students move, they feel better and have better educational outcomes. Recreational sports and exercise provide students with opportunities for involvement and to develop a sense of belonging on campus.
213 Rothwell Gymnasium
membership@mizzourec.com
573-882-0369
See detailed facility hours on mizzourec.com

Student Health Center
Offers clinical services, such as medical diagnoses, allergy treatments, immunizations, same day appointments. The ability to pay is not a barrier to receiving health care at Student Health Center. The staff will work with you if you have billing concerns.
1020 Hitt St, 1st floor
umhsshc@health.missouri.edu
573-882-7481
Open 8 a.m.-5 p.m. Monday-Friday

Wellness Resource Center
Supports prevention programs and services in fitness, sleep, stress, addiction and mental health. You can stop by for a cup of coffee or tea, enjoy a quiet study space and learn more about how you can have your strongest well-being.
G202 MU Student Center
mizzouwellness@missouri.edu
573-882-4634
Open 8 a.m.-5 p.m. Monday-Friday

Counseling Center
Provides high quality mental health services in a safe, collaborative and confidential environment where students can explore concerns and find ways to improve their academic, social and personal success. Crisis and urgent care are available by phone 24/7.
Strickland Hall, 4th Floor
573-882-6601

The Gaines/Oldham Black Culture Center
The Gaines/Oldham Black Culture Center is a place where the contributions of Black people are explored, celebrated, taught and shared.
813 Virginia Ave
gobcc@missouri.edu
573-882-2664

Relationship & Sexual Violence Prevention (RSVP) Center
Focuses on working with people experiencing intimate partner violence by providing brief emotional support, case management services, legal and medical advocacy, and preventative educational services.
G216 MU Student Center
RSVP@missouri.edu
573-882-6638

LGBTQ+ Resource Center
The Lesbian, Gay, Bisexual, Transgender, Queer Resource Center provides support, training and literature as well as programming and leadership opportunities for students.
G225 MU Student Center
lgbtq@missouri.edu
573-884-7750

MizzouRec
Research shows when college students move, they feel better and have better educational outcomes. Recreational sports and exercise provide students with opportunities for involvement and to develop a sense of belonging on campus.
213 Rothwell Gymnasium
membership@mizzourec.com
573-882-0369
See detailed facility hours on mizzourec.com
Meet our Panhellenic Counselors

Your Panhellenic counselors (Pi Chis) will be some of the first people you’ll meet at the University of Missouri. These sorority members embody Panhellenic values, are carefully chosen, and serve to help Potential New Members (PNMs) have the most positive primary recruitment experience possible. Their purpose is to guide you through recruitment as confidants and friends. They’ll be able to answer many of your questions about recruitment because they have gone through extensive training leading up to recruitment. Panhellenic counselors are disaffiliated from their respective chapters in order to best represent the Panhellenic community as a whole. They will keep all of your questions and concerns confidential and will remain neutral towards chapters throughout primary recruitment.

When you check in for recruitment on Aug. 13, you’ll be assigned to a Panhellenic counselor group that’s composed of roughly 60 other PNMs and led by three or four counselors. At the beginning of formal recruitment week, you’ll have daily meetings with your group, where important information about recruitment will be shared and discussed. This gives you the opportunity to meet many wonderful people to start your first days at the University of Missouri.
Expectations of Potential New Members

You will keep an open mind and do your best to ignore stereotypes for chapters. You are to be respectful to the Panhellenic counselors, recruitment team and other PNMs. You are to be respectful to all sorority chapters, regardless of your interest in joining. You will not make disparaging remarks about any sororities either verbally or in writing.

Potential New Members’ Bill of Rights

All Potential New Members have:

• 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 implicit 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.
We, the members of sororities at the University of Missouri, agree to promote honesty, respect, sisterhood and cooperation within the College Panhellenic, our respective chapters and in our daily lives. This code of ethics is designed to inspire our members, reinforce exemplary conduct and values-based leadership, and perpetuate lifelong membership to enrich the sorority and Panhellenic experience.

WE, AS COLLEGE PANHELLENIC MEMBERS OF THE UNIVERSITY OF MISSOURI, AGREE ON AND COMMIT TO:

• Uphold and demonstrate the Panhellenic spirit in thought, word and action through our chapters as well as individual members.

• Demonstrate ethical behavior and conduct ourselves in a manner consistent with the mission and values of the College Panhellenic, each inter/national organization and the institution.

• Respectfully adhere to the Unanimous Agreements and all policies established by the National Panhellenic Conference (NPC).

• Avoid disparaging remarks about any sorority or collegiate member and refrain from discussing Panhellenic matters with nonmembers.

• Provide an equitable and inclusive sorority experience for all participants who are interested at the institution.

• Recognize friendly relations with all collegiate peers, both sorority members and nonmembers, realizing the importance of creating and building friendships.

• Plan recruitment events that provide opportunities for the greatest possible number of potential new members to become sorority members while protecting the rights and privileges of individuals and chapters.

• Provide a safe, positive and enriching recruitment experience, understanding that membership is a social experience arrived at by mutual selection.

• Strive to be truthful, honorable, open and friendly to all potential new members during all recruitment events.

• Be respectful of the rights of every potential new member to make a personal choice, including but not limited to: not joining the sorority community at a specific time, intentional single preference or preference all sorority chapters.

WE, AS COLLEGE PANHELLENIC MEMBERS OF THE UNIVERSITY OF MISSOURI, ALSO AGREE ON AND COMMIT TO:

• Respectfully adhere to the bylaws and recruitment rules of the College Panhellenic Association.

• Abide by all local and federal laws and NPC inter/national Unanimous Agreements, policies and best practices.

• Hold one another accountable to this code of ethics, remembering at all times that we represent not only our individual chapters but also the Panhellenic community as a whole.

• Provide a recruitment experience free from discrimination on the basis of race, ethnicity, religion, sexual orientation, sex assigned at birth, gender identity, disability, socioeconomic status, national origin, or veteran status.

AS PANHELLENIC MEMBERS OF THE UNIVERSITY OF MISSOURI, THESE ARE THE TENETS BY WHICH WE STRIVE TO LIVE.
SCHOLARSHIP

Being a sorority member at Mizzou is synonymous with being a high-achieving student in the classroom. Members of our PHA community are some of the most successful students in their respective programs and majors, including law, education, nursing, business, journalism and more. In order to remain an active member, GPAs must be maintained throughout membership.

As a whole, our all-sorority GPA average is consistently higher than all-female and all-university averages. The all-sorority 3.493 GPA reflects every chapter’s hard work in maintaining study hall hours to assist with time management and tutoring programs to create an environment in which you can excel. No matter what chapter you join, you can expect academic success to be of the highest importance.

SERVICE

Giving back to the community is at the root of what we do as sorority members. Our 15 chapters host annual philanthropy dinners and events benefiting causes such as St. Jude Children’s Research hospital and local non-profits such as True North of Columbia. These events raise approximately $100,000 collectively each year.

The Panhellenic Association at the University of Missouri strives to support our campus and community by holding events with our PHA Service Board, sponsoring local non-profits such as Caring for Columbia, and using our platform to share initiatives.
LEADERSHIP

Leadership opportunities are endless within the Panhellenic community. The leadership and interpersonal skills that PHA members gain within each chapter make all sorority individuals strong, independent and confident leaders. As a chapter officer or leader, you can develop management and communication skills and have opportunities to experience different roles in your chapter. Each chapter provides educational programming to help you refine your time management, leadership, networking and communication skills.

You can find Panhellenic members in all facets of campus leadership, whether it is Summer Welcome leaders, Mizzou Alternative Break site leaders, campus tour guides, academic department ambassadors or members of the Missouri Students Association. With more than 600 organizations on our campus, every Panhellenic member is encouraged to get hands-on experience and get involved across campus. With over 600 organizations on our campus, every Panhellenic member is able to get hands-on experience and get involved across campus.

SISTERHOOD

Making life-long friends is the quintessential sorority experience. The sisterhood that you find within each of our Panhellenic chapters, as well as a sense of sisterhood we feel PHA-wide, is unparalleled. Our sisters come from all walks of life, and the value we place on diverse and unique experiences is what makes our sisterhood so strong. We welcome sisters of all races, religions, sexual orientations, backgrounds, socioeconomic statuses and belief systems. The one-of-a-kind sisterhood that challenges us, supports us and changes us can only be found at Mizzou.
PHA Chapters AT MIZZOU
The members of Alpha Chi Omega work with a local domestic violence shelter to provide hands-on care for the women and children of True North of Columbia. As an Alpha Chi, alongside your sisters, you will be given the incredible opportunity to support and contribute to True North by being a part of campus and community engaging events. In the fall we, as the Alpha Nu chapter, host events that include Burgers and Fries with Alpha Chi, a late-night dinner; and Walk a Mile in Their Shoes, a relay-race event done completely in high heels. Our events in the spring semester include Swishin’ for a Mission, a basketball tournament; 5K in a Day, a 24-hour fundraising event; and Healthy Relationships Week. Nationally, we are a sisterhood of real strong women, empowering people to speak out and bring awareness to domestic violence.

New Member Fees: $2,430  |  In-House Member Fees: $4,718  |  Out-of-House Member Fees: $1,726
Alpha Delta Pi Sorority adopted Ronald McDonald House Charities as a national service project in 1979. Since that time, Alpha Delta Pi collegians and alumnae have raised almost $4 million to help provide a home away from home for the families of critically ill children receiving medical care across the country. The Alpha Gamma Chapter is fortunate to be located about 10 minutes from the Ronald McDonald House of Mid-Missouri and helps the Ronald McDonald House by cooking dinner at the house weekly throughout the school year and working various other events, such as the Red Shoe Gala.

New Member Fees: $3,553  |  In-House Member Fees: $10,741  |  Out-of-House Member Fees: $3,156

VALUES
Scholarship, Leadership, Sisterhood and Service

SYMBOL
Clasped hands, Lion and Diamond

COLORS
Azure blue and White

FLOWER
Woodland Violet

NICKNAME
ADPi

PHILANTHROPY
Wafflepalooza, BYOB (Build Your Own Burrito), Kickin’ It

BENEFICIARY
Ronald McDonald House

EST. AT MIZZOU
1915

FOUNDED
May 15, 1851, Wesleyan University

OPEN MOTTO
“We live for each other.”
The Alpha Phi Foundation is dedicated to advancing leadership development, encouraging academic excellence, improving women’s heart health, supporting sisters in need and educating about the value of philanthropy. As an Alpha Phi, you will have the opportunity to support the Alpha Phi Foundation along with your chapter by planning and participating in popular campus events, which include an elegant evening gala and competitive poker and soccer tournaments that raise money for the foundation and its causes.

New Member Fees: $3,716  |  In-House Member Fees: $13,432  |  Out-of-House Member Fees: $3,387

EST. AT MIZZOU
1910

FOUNDED
Oct. 10, 1872, Syracuse University

OPEN MOTTO
“Union hand in hand.”

VALUES
Sisterhood, Innovation, Generosity and Character

SYMBOL
Ivy leaf

COLORS
Silver and Bordeaux

FLOWER
Lily of the Valley and Forget-Me-Not

NICKNAME
A Phi

BENEFICIARY
Women’s Heart Health, Alpha Phi Foundation

PHILANTHROPY
Red Dress Weekend (Red Dress Gala & Poker Tournament) & Heart Beat Week (Alpha Phizza & Alpha Phifa)
Every chapter of Chi Omega around the nation is allied with the Make-A-Wish Foundation, benefiting children with life-threatening health issues. Here at the Rho Alpha chapter, Chi Omega hosts several philanthropy events. In the fall, there is Night Owl Nachos, a late-night dinner. The spring semester brings Chi Omega’s annual Wish Week, which includes Waffles for Wishes, a late-night dinner; Swishes for Wishes, a basketball tournament; Wish Ball, an evening banquet; and a special party for their wish kid. All of Chi Omega’s wish kids are local children from the Columbia area. “Stand with your sisters, change your community and grant wishes.”

**New Member Fees:** $3,179  |  **In-House Member Fees:** $9,099  |  **Out-of-House Member Fees:** $1,999
St. Jude Children’s Research Hospital is a pediatric treatment and research facility focused on children’s catastrophic diseases. Since 1999, Tri Deltas across the nation have dedicated themselves to supporting this cause. They hold four main philanthropic events to raise money, including their annual Triple Play softball tournament, Sincerely Yours letter writing campaign, Delta House of Pancakes and 24K in a Day. They also take a trip to Memphis each year to visit the hospital and see how their efforts come to life.

**New Member Fees:** $1,817  |  **In-House Member Fees:** $11,770  |  **Out-of-House Member Fees:** $2,950

**VALUES**
Sisterhood, Innovation, Generosity and Character

**SYMBOL**
Trident, Pine Tree, Dolphin, Pearl

**COLORS**
Silver, Gold, and Cerulean Blue

**FLOWER**
Pansy

**NICKNAME**
Tri Delta

**EST. AT MIZZOU**
1915

**FOUNDED**
Nov. 27, 1888, Boston University

**OPEN MOTTO**
“Let us steadfastly love one another.”

**BENEFICIARY**
Children’s Cancer Charities, partnering with St. Jude Research hospital
The Delta Gamma Foundation fulfills its mission through three main beneficiary programs: Service for Sight, founded in 1936; Joining Forces; and The Golden Anchor Program. Service for Sight helps those that are blind or visually impaired. Delta Gamma’s two philanthropy events, Anchor Splash in the fall and Hoops for Troops in the spring, help them raise money to support their three beneficiaries. This organization is continuously expanding their philanthropy, having many different ways to “Do Good.”

**VALUES**

To foster high ideals of friendship, promote educational and cultural interests, create a true sense of social responsibility and to develop the best qualities of chapter.

**SYMBOL**

Anchor

**COLORS**

Bronze, Pink and Blue

**FLOWER**

Cream-colored Rose

**NICKNAME**

DG

**EST. AT MIZZOU**

1909

**FOUNDED**

March 15, 1873; Oxford, Mississippi

**OPEN MOTTO**

“Do Good.”

**NEW MEMBER FEES**

$2,675  |  In-House Member Fees: $11,855  |  Out-of-House Member Fees: $2,518

**BENEFICIARY**

Service for Sight

**PHILANTHROPY**

Anchor Splash and Hoops for Troops
Gamma Phi Beta’s mission is to inspire the highest type of personhood, build confident chapter members of character who make a difference in the world around us, and be true and constant friends to all. Gamma Phi Beta’s philanthropic focus is to proactively work to build strong individuals by providing opportunities for self-expression and love while helping inspire future leaders. Many of these attributes are achieved through hands-on interactions between the Gamma Phi Beta members and the Girls on the Run Organization. Participants directly engage with the members of Gamma Phi Beta by coming to the chapter house and building relationships with members. To the members of Gamma Phi Beta, Girls on the Run is way more than an organization. It is a passion and a way to add confidence and empower these young individuals forever.

New Member Fees: $2,844  |  In-House Member Fees: $12,376  |  Out-of-House Member Fees: $2,510

EST. AT MIZZOU
May 20, 1921

FOUNDED
Nov. 11, 1874, Syracuse University

OPEN MOTTO
“Founded on a rock.”

VALUES
Love, Labor, Learning and Loyalty

SYMBOL
Crescent Moon

COLORS
Blush and A-La-Mode

FLOWER
Pink Carnation

NICKNAME
G Phi

BENEFICIARY
Girls on the Run

PHILANTHROPY
Moonball and Grilled Cheese with the G Phi B’s
CASA is a unique program that trains volunteers who advocate on behalf of children in the court system, with the ultimate goal of helping the children find safe, healthy and permanent homes. The Kappa Alpha Theta Foundation provides funding opportunities, education and resources so active and alumnae Thetas can embrace their ambition, reach their fullest potential and make a difference in the world. In the fall, Theta hosts their annual Flapjacks and Quarterbacks weekend, including an all-you-can-eat pancake brunch and a competitive flag football tournament. During the spring semester, the members of Theta open their home to serve carnival-themed food for CASA Carnival, which is followed by Kicks for CASA, a soccer tournament coached by Thetas.

New Member Fees: $3,342  |  In-House Member Fees: $10,082  |  Out-of-House Member Fees: $2,742

EST. AT MIZZOU
1909

FOUNDED
Jan. 27, 1870, Depauw University

OPEN MOTTO
“Leading women.”

VALUES
Scholarship, Service, Leadership, Personal Excellence and Friendship/Sisterhood.

SYMBOL
Kite and Twin Stars

COLORS
Black and Gold

FLOWER
Pansy

NICKNAME
Theta

BENEFICIARY
Court Appointed Special Advocates (CASA) and Kappa Alpha Theta Foundation

PHILANTHROPY
Flapjacks & Quarterbacks and Casa Carnival & Kicks for CASA
Kappa Delta supports Rainbow House Emergency Center Columbia and Prevent Child Abuse America with their Shamrock Week every March, which includes profit shares and a late night dinner called Kappadillas. Kappa Delta’s visit Rainbow House every Sunday evening to make dinner for the children staying at the shelter. Kappa Delta created two holidays: International Women’s Friendship Month (September) and International Girls Day (November 14) to build confidence and inspire action. Additionally, they promote the Confidence Coalition on campus and in the community, celebrating courage by hosting events for local Girl Scouts. This includes events for International Girls Day and Love Yourself Day. Kappa Deltas are honored, empowered and all in.

New Member Fees: $3,335  |  In-House Member Fees: $8,944  |  Out-of-House Member Fees: $3,024

EST. AT MIZZOU
1976

FOUNDED
Oct. 23, 1897,
Longwood University

OPEN MOTTO
“Let us strive for that which is Honorable, Beautiful and Highest.”

SYMBOL
Nautilus Shell, Dagger and Teddy Bear

COLORS
Olive Green and Pearl White

FLOWER
White Rose

NICKNAME
KD

PHILANTHROPY
Shamrock Week, Kappadillas, Confidence Week, Color Me Confident, International Women’s Friendship Month and International Girls Day

Beneficiary
Prevent Child Abuse America, Girl Scouts of America, Rainbow House
Each fall Kappa Kappa Gamma hosts the Kappa Klassic, a golf tournament that raises money for their local and national beneficiaries. Locally, they support Cedar Creek Therapeutic Riding Center, which provides assistance for those with emotional, physical or mental disabilities. Weekly, chapter members have the opportunity to see first hand how their hard work and philanthropic efforts impact their local community through hands-on volunteerism. Members also support the Kappa Kappa Gamma Foundation that provides scholarship, emergency relief funds and educational programming for members throughout their lifetime.

New Member Fees: $3,553  |  In-House Member Fees: $10,000  |  Out-of-House Member Fees: $3,103
Phi Mu is honored to have Children’s Miracle Network Hospitals as both their local and national beneficiary. As a chapter, all of the money raised goes directly to MU Women's and Children’s Hospital in Columbia. They host a fall and spring Miracle Week. Their late-night dinners, Meals for Miracles and Cheesin’ for the Children finish out their philanthropy weeks and get the whole campus involved. Phi Mu also consistently registers a team for Mizzouthon, our on-campus dance marathon, and participates in the adopt-a-family program where they sponsor a Miracle Kid. They connected through activities like creating tie blankets, putting together care packages, and writing cards to the children. They are constantly involved with MU Women’s and Children’s Hospital and doing what they can to support the kids and families benefited by it.

New Member Fees: $3,006 | In-House Member Fees: $9,016 | Out-of-House Member Fees: $2,316

**EST. AT MIZZOU**
1913

**FOUNDED**
March 4, 1852,
Wesleyan College

**OPEN MOTTO**
“Les Soeurs Fideles”
(“The Faithful Sisters”)

**VALUES**
Love, Honor, Truth

**SYMBOL**
Quatrefoil and Lion

**COLORS**
Rose and White

**FLOWER**
Rose-colored Carnation

**BENEFICIARY**
Children’s Miracle Network Hospitals (CMNH) and MU Women’s and Children’s

**PHILANTHROPY**
Miracle Week, Meals for Miracles and Cheesin’ for the Children
Pi Beta Phi is passionate about literacy and exemplifies this through our support for the Pi Beta Phi Foundation. This beneficiary inspires a lifelong love of reading through Read > Lead > Achieve initiatives. These philanthropic efforts can unlock true potential, creating a more literate and productive society. Throughout each year, Pi Phi hosts an annual volleyball tournament, Arrowspike, and a late-night dinner, Pi Beta Phry. These events aim to raise money for their literacy efforts. Additionally, in the local community, Pi Phi participates in Champions Are Readers (CARS). CARS gives Pi Phi’s the opportunity to pair with students from Columbia Public Schools and assist their reading skills while creating lifelong connections.

New Member Fees: $2,945  |  In-House Member Fees: $10,258  |  Out-of-House Member Fees: $2,388

EST. AT MIZZOU
1899

FOUNDED
April 28, 1867, Monmouth College

OPEN MOTTO
“Friends and Leaders for Life”

SYMBOL
Arrow and Angel

COLORS
Wine and Silver Blue

FLOWER
Wine Carnation

NICKNAME
Pi Phi

VALUES
Integrity, Lifelong Commitment, Honor and Respect, Personal and Intellectual Growth, Philanthropic Service to Others, Sincere Friendship

BENEFICIARY
The Pi Beta Phi Foundation and Read > Lead > Achieve Initiatives

PHILANTHROPY
Pi Beta Phry, ArrowSpike, Champions are Readers (CARS), Book Drive, Competition with KU Pi Phi Chapter, Haircuts for a Cause
Members of Sigma Kappa have a long history of supporting Alzheimer’s disease research. At the local level members support memory and retirement centers; at the national level with our philanthropic partner, the Alzheimer’s Association. The sorority and its chapters also consistently provide opportunities to raise funds to support the Sigma Kappa Foundation. This emphasis on philanthropy and service allows our members to develop qualities of unselfish leadership and assume the highest responsibilities of college students.

**New Member Fees:** $2,368  |  **In-House Member Fees:** $10,114  |  **Out-of-House Member Fees:** $2,294

**EST. AT MIZZOU**
1968

**FOUNDED**
Nov. 9, 1874,
Colby College

**OPEN MOTTO**
“One Heart, One Way.”

**VALUES**
Personal Growth, Service, Loyalty and Friendship.

**SYMBOL**
Dove and Heart

**FLOWER**
Violet

**NICKNAME**
SK, SigKap

**COLORS**
Lavender and Maroon

**PHILANTHROPY**
Gerontology with an Emphasis on Alzheimer’s Disease, Inherit the Earth, and The Maine SeaCoast Mission

**BENEFICIARY**
Sigma Kappa Foundation, Alzheimer’s Association & Main Sea Coast
The Tri Sigma Foundation supports play therapy for children in pediatric hospital units across the country. Additionally, the Tri Sigma Foundation contributes to scholarship and leadership opportunities for members among the national chapters. Locally, Tri Sigma raises money for their beneficiary, March of Dimes, through philanthropy dinners and many other events. Each year, the chapter hosts a Week of Kindness where members do acts of kindness on Mizzou’s campus.

**New Member Fees:** $3,553  |  **In-House Member Fees:** $11,738  |  **Out-of-House Member Fees:** $2,838

**EST. AT MIZZOU**  
2009

**FOUNDED**  
April 20, 1898,  
Longwood University

**OPEN MOTTO**  
“Faithful Unto Death.”

**VALUES**  
Faith, Hope, Wisdom, Power and Love.

**SYMBOL**  
Sailboat

**COLORS**  
Royal Purple and White

**FLOWER**  
Purple Violet

**NICKNAME**  
Tri Sigma, Sigma

**BENEFICIARY**  
Tri Sigma Foundation and March of Dimes

**PHILANTHROPY**  
Week of Kindness, Kindergarten Dinner, Sunrise with Sigma
Zeta Tau Alpha’s national beneficiary is Breast Cancer Education and Awareness. Nationally, ZTA partners with the American Cancer Society, Bright Pink and the NFL to raise money while spreading awareness and educating the community. Locally, ZTA partners with Ellis Fischel Cancer Center by donating care packages to patients as well as partnering with Mizzou Athletics for their annual Pink Out games. Twice a year, Zeta holds Think Pink Week. In the fall, Zeta hosts a late night Chick-fil-A dinner. In the spring, they host a late night Pink Pancake dinner and kickball tournament. During their Think Pink Weeks, Zeta raises awareness by passing out Think Pink Ribbons on campus, empowering women to know their risk through Bright Pink speakers.

New Member Fees: $3,117 + Badge  |  In-House Member Fees: $9,763  |  Out-of-House Member Fees: $2,717

EST. AT MIZZOU
1924

FOUNDED
Oct. 15, 1898; Longwood University

OPEN MOTTO
“Seek the Noblest.”

VALUES
Being rather than seeming, humility, leadership, lifelong learning, love, loyalty, commitment, responsibility, seeking understanding that we might gain true wisdom, service and philanthropy.

SYMBOL
Five Point Crown and Strawberry

COLORS
Steel Grey and Turquoise Blue

FLOWER
White Violet

NICKNAME
Zeta

BENEFICIARY
Breast Cancer Awareness and Education

PHILANTHROPY
Think Pink Week, Dodge for a Cause
PHA 101
Sorority Life
AT THE UNIVERSITY OF MISSOURI

HOMECOMING
Back in 1911, when Chester Brewer invited alumni to come home for the Missouri-Kansas football game, he couldn’t have envisioned it would become Mizzou’s biggest annual tradition. That first call to “come home” drew a crowd of 9,000+ — and it’s grown ever since. Organizations and fraternities and sororities pair up and work together to place first overall based on various events. This includes collecting food for Tiger Pantry, donating and volunteering at the nation’s largest, student-run blood drive, performing in talent shows, skits and dances, helping Decorate the District, creating Campus Decorations, which are 16 feet tall and match the chapters’ themes, and participating in the Spirit Rally and Parade.

RAMS
Rockin’ Against Multiple Sclerosis (RAMS) is a philanthropic organization at the University of Missouri whose purpose is to raise money and provide service for the MS Institute of Mid-Missouri. RAMS was established in 1993 and hosts events throughout the month of February each year to raise money. In 2021, they raised more than $100,000, which was all donated to the MS Institute of Mid-Missouri. Organizations and chapters compete in lip syncing at Rock It, volunteering for families affected by MS on Service Day, participating in the Cornhole Tournament, competing in Trivia Night, playing in their Dodgeball Tournament at MizzouRec as well as learning from medical professionals and community members’ stories at Speaker Night.

GREEK WEEK
Greek Week is a one-week period in April where fraternity and sorority chapters participate in programs and events that celebrate the values of the Office of Fraternity & Sorority Life. Its mission is to foster individual and communal growth within the four councils by organizing events centered around hands-on service, sportsmanship and teamwork. Greek Week benefits local and national organizations in need of funding to keep their operations and programs running. The program attempts to benefit a wide variety of causes when selecting different beneficiaries and strives to impact our global, national, regional, local and campus communities.

Fast Facts

All sorority GPAs are consistently higher than all-women and all-undergraduate GPAs

27% of Mizzou undergraduate students are members of fraternities and sororities

Mizzou PHA Chapters raised more than $500,000 combined for beneficiaries last year
Glossary

active member — a member of a sorority or fraternity who has been initiated and is currently an undergraduate

beneficiary — the organization or charity that the money and efforts of a fraternity or sorority go toward

bid — a formal invitation to join a sorority or fraternity

chapter — a membership unit of a national or international sorority or fraternity

continuous opening bidding (COB) — the period in which a sorority that has not met the Campus Total is able to recruit members

fraternity/sorority — a group of members joined together in friendship for education, philanthropic and social purposes. Each enables individual members to express their own desires and achievements while working together to promote chapter ideals and values

FSL — Fraternity and Sorority Life

house director — a person who is hired to supervise the kitchen, plan menus, manage the food budget, and assist in house management; also known as a “house mom” or “house dad”

informal recruitment — a formalized period of continuous open recruitment where chapters host events promoted by the Panhellenic Association

initiate — a person who has recently become an active member of a sorority or fraternity

Initiation — the formal ritual that brings new members into full membership of the sorority or fraternity. Through initiation, members learn about and pledge themselves to uphold the ideals of the sorority or fraternity

MRABA — membership recruitment acceptance binding agreement; PNM will sign this at the end of preference day, stating that they will accept a bid of the chapters they put on their form

new member period — classified as the beginning of one’s term in a fraternity or sorority up until the time the member is initiated

philanthropy — 1. A national and/or local charity that a sorority sponsors, donating time and money through service in order to promote human welfare 2. The events that a chapter hosts in order to raise money/awareness for their chapter’s beneficiaries

PNM — potential new member going through recruitment

primary recruitment — a designated membership recruitment period during which a series of organized events are held for the purpose of selecting new members

quota — the number of women a sorority may select during primary or informal recruitment

selections — the process of PNM’s choosing their preferred chapters to return to on the next round of recruitment

Pi Chi — Panhellenic counselor

values-based recruitment — the emphasis of focusing on how your values — such as academics, equality, inclusion, and service — align with different chapters’ values
Prioritize yourself
This week you will be transitioning to your new home as a college student as well as taking on primary recruitment. This will make for a long week. It is important to remember to prioritize yourself. This includes your physical and mental well-being. Be sure to hydrate, fuel your body with food, get as much sleep as possible, wear comfortable shoes (you will be walking a lot), and wear sunscreen!

Take notes
Recruitment week is long, and the days start to blend together. To avoid forgetting what you discussed with certain chapters, take notes each round. PHA recommends making a notes page on your phone and trying to write down your conversations, how you felt at the chapter, and if you could see yourself fitting in there! PRO TIP: If you can remember a member’s name after you leave, that’s a sign of a good conversation.

Ask questions
The Panhellenic Association Executive Board, the Recruitment Team and Panhellenic counselors are here to help you. Never be afraid to ask questions or clarify something because we understand that everyone comes from different backgrounds and has varying knowledge of sorority life. We encourage you to ask chapter members questions as well. You want to know just as much as they are wanting to know about you. Some questions could be: What does a day in the life look like? How is living in the chapter house? Or how does the chapter help with academic success? Asking questions is a vital aspect of the recruitment process and finding the place that is most tailored to you.

Trust yourself
It is easy to let others’ choices and opinions influence you this week. Remember that your recruitment is different from everyone else’s. Do not let anyone put pressure on you to make a decision, including family members and friends. Our biggest advice is to trust your gut when making these decisions and preferencing chapters. Everything happens for a reason, and you will end up in the place that you were meant to be. Make this decision by thinking of yourself because each of you are intelligent individuals, just trust yourself.

ESSENTIALS
(What to Bring During Recruitment Week)

- extra ponytail holders
- bobby pins
- bandages
- hairbrush
- deodorant
- portable phone charger
- umbrella
- snacks
- water bottle
- feminine hygiene products
- makeup for touchups
- mints
What is Primary/Formal Recruitment?

The primary recruitment process is set up so each PNM can get to know each sorority chapter before deciding to commit to the organization that is best for them. If you decide to go through primary recruitment, you will move into your residence hall a week before school starts in the fall. To make the process easier, you will be assigned to a Panhellenic counselor group. Each day of recruitment consists of planned social events. For example, Philanthropy Round focuses on each chapter’s community service work while the Sisterhood Round allows the sorority members to showcase their sorority house and what they do for fun. These events will help you figure out the goals, values and personality of each chapter, and they will help you decide which chapter is best for you. Keep in mind that recruitment is a mutual selection process, so while you decide which chapters you feel most comfortable with, the members in each chapter are also trying to determine which potential new members would fit best into their chapter.

Is Primary Recruitment the same thing as Informal Recruitment/Continuous Open Bidding (COB)?

No. Primary recruitment takes place at the beginning of the fall semester. COB takes place throughout the year. Not all chapters participate in COB nor begin COB until after primary recruitment. In order to participate in COB, you must complete an interest form. There is no cost associated with COB; however, completing the COB interest form does not guarantee that a sorority participating will contact a potential new member: nor that they will receive an offer of membership. Feel free to contact the vice president of recruitment-external for COB details and questions.

Is there a grade requirement to join a chapter?

There is no grade requirement set by PHA to go through primary recruitment, but each chapter has its own GPA standards for membership and retention. Because PHA and each chapter values scholarship, maintaining good grades is important to all sorority members. The average GPA for all sorority women at Mizzou in the fall semester of 2021 was 3.493, which was higher than all-women and all undergraduate GPA averages.

How much of a time commitment is being in a sorority?

Each sorority has basic time commitments and mandatory events such as chapter meetings and new member meetings once a week. Some chapters require study hours. Homecoming is also a busy time in the fall. Time commitment for being a sorority member is large and can vary from one chapter to another. But many sorority members are able to manage sorority responsibilities, jobs or internships, academics and involvement in other campus organizations. If you are interested in joining a sorority but have concerns about the time commitment, feel free to ask members during recruitment how they balance their time.

Are members in different chapters friends with one another?

Mizzou’s community of fraternities and sororities has many opportunities for members of different chapters to meet and create friendships. Social, leadership and service events give members in different sororities the chance to socialize. Making friends from other sororities helps strengthen our community. By participating in primary recruitment, a PNM has the opportunity to meet members in their Panhellenic Counselor group and can maintain these friendships even after joining different chapters.

When does a sorority member get to live in her chapter house?

Each chapter has a different housing policy; however, most chapters have members move into their houses first semester sophomore year. All chapters have a live-in requirement. During recruitment, PNMs are encouraged to ask about housing specifics.

What if I go through the recruitment process and decide that joining a sorority is not for me?

If a PNM decides during recruitment that joining a sorority is not for them, they may withdraw at any time during the process. PHA encourages PNMs to complete the process and discuss withdrawing with their Panhellenic counselors. However, the decision to withdraw is determined by the PNM. Upon deciding to withdraw, there will be paperwork to complete.

How will I know which Panhellenic chapter is right for me?

Each sorority has its own mission, creed and values that it lives by. However, overall, Panhellenic organizations strive to provide members with friendship, opportunities for personal growth/development and fun. Primary recruitment is a process designed to allow you and the chapters to decide on the best fit. As you go through the process, be sure to keep an open mind, ask questions, and be yourself!
Why do I want to join a sorority?

What specifically am I looking for in a community?

What exactly does community mean to me and how do I wish to see this lived out?

What qualities do I see in myself that I am proud of and how will this impact my sorority experience?

What philanthropy or service opportunities do I want to pursue during my college career?

What leadership opportunities am I interested in?

What do I plan to prioritize throughout my college career? Academic, campus involvement, work, meeting new people, etc.?
map of Greek town

PHA SORORITIES
1. Alpha Chi Omega
2. Alpha Delta Pi
3. Alpha Phi
4. Chi Omega
5. Delta Delta Delta
6. Delta Gamma
7. Gamma Phi Beta
8. Kappa Alpha Theta
9. Kappa Delta
10. Kappa Kappa Gamma
11. Phi Mu
12. Pi Beta Phi
13. Sigma Kappa
14. Sigma Sigma Sigma
15. Zeta Tau Alpha
LETTERS OF RECOMMENDATION

**Alpha Chi Omega**
Please send all electronic recommendations to an.axo.cric@gmail.com.

**Alpha Delta Pi**
Please send all electronic recommendations to Pride Online at alphadeltpi.org.

Please mail all letters of recommendation to:
Alpha Delta Pi–Alpha Gamma Chapter
Attn: Sarah Matusofsky
   Director of Primary Recruitment
   809 Richmond Ave.
   Columbia, MO 65201

**Alpha Phi**
Please send all electronic recommendations to omicronreces@gmail.com.

**Chi Omega**
Please send all electronic recommendations to srotherrich@centurytel.net.

Please mail all letters of recommendation to:
   204 W. Burnam Rd.
   Columbia, MO 65203

**Delta Delta Delta**
Recommendation letters can be submitted through the Tri Delta nationals website, mail, or to the email address mizzoutrideltareferences@gmail.com.

Please mail letters of recommendation to:
Delta Delta Delta
Attn: Lexi Symonds
   901 Richmond Ave.
   Columbia, MO 65201

**Delta Gamma**
Please send all electronic recommendations through the membership portal on deltagamma.org or email to mudgmembership@gmail.com.

Please mail letters of recommendation to:
Margot Ruff, VP Membership
   900 S. Providence Rd.
   Columbia, MO 65203

**Kappa Alpha Theta**
Please send all electronic recommendations to mizzouthetarecruitment@gmail.com.

Please mail letters of recommendation to:
VP of Membership
   603 Kentucky Blvd.
   Columbia, MO 65201

**Kappa Delta**
A Kappa Delta Alumna or Collegian in good standing may submit an electronic recommendation through the Member Portal starting May 31, 2022.
Please contact mukdrecruitment@gmail.com for details on where to mail a hard copy.

**Kappa Kappa Gamma**
Please send all electronic recommendations to kkg.thetachapter.membership@gmail.com.

Please mail recommendations to:
Kappa Kappa Gamma
402 W. Old Plank Rd., Apt. 104
Columbia, MO 65203

**Phi Mu**
Phi Mu is no longer accepting letters of recommendation for the Primary Recruitment Process.

**Pi Beta Phi**
Both online and hard copy Recruitment Information Form (RIF) instructions can be found at pibetaphi.org/recruitment.

Please send online (recommended method) RIFs to pibetaphi.org/rif.

Please mail hard copy RIFs to:
   Attn: VP Recruitment
   511 Rollins St.
   Columbia, MO 65201

**Sigma Kappa**
Please send all electronic recommendations to sigmakappa.org/login.

Please send all 2022 letters of recommendation to:
Sigma Kappa
Attn: VP of Membership
   908 Curtis Ave.
   Columbia, MO 65201

**Tri Sigma**
Submit all electronic recommendations through trisigma.org or email to sigma.etachichapter.recruitment@gmail.com.

Please mail letters of recommendation to:
   Tri Sigma Attn: Recruitment
   507 Rollins St.
   Columbia, MO 65201

**Zeta Tau Alpha**
Please send all electronic recommendations to zetataualpha.org/alumnae-experience/refer-pnm.