

Frostburg State University



Sorority Life
Guide to Recruitment

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Panhellenic Creed

*This Creed is read at every Panhellenic Chapter meeting by all sororities.
It is the ideals by which sororities were founded.*

We, as Undergraduate members of women's fraternities, stand for good scholarship, for guarding good health, for maintenance of fine standards, and for serving, to the best of our ability, our college community. Cooperation for furthering fraternity life, in harmony with its best possibilities, is the ideal that shall guide our fraternity activities. We, as Fraternity Women, stand for service through the development of character inspired by the close contact and deep friendship of individual fraternity and Panhellenic life. The opportunity for wide and wise human service, through mutual respect and helpfulness, is the tenet by which we strive to live.





Greetings Potential New Members! On behalf of the Panhellenic Council I would like to welcome you to Fraternity and Sorority Life at Frostburg State University. There are many reasons to join a sorority, all of which are important and personal to each individual woman. The best way to start the process is by looking inward. You process what your reasons are for joining the sorority and what you hope to gain once you are a member. It is also important to know what you would bring to the organization, the characteristics that you believe to be your strengths as well as the interests you have and are passionate about.

A mistake some women make in deciding whether to join or not join a sorority is based on rumors, their friends, or thinking it's not for them before even researching it. Do your own research and compare the organizations. There are many reasons to join a sorority, all of which are important and personal to each individual woman.

Because women have such different interests, there are many chapters in our Fraternity and Sorority Life system, but this manual will only focus on our social National Panhellenic Conference sororities. If becoming a member of a sorority is what you want, you should look for an organization that will closely match what you stand for as a person.

Enjoy becoming a part of a life-long legacy by becoming involved with a Sorority. Remember Sorority life is not for four years, but for a lifetime.

Use this booklet as a helpful resource to answer many questions you may have. I encourage you to read it carefully and then make notes to ask the sororities about when you attend their events. If you have any questions or concerns, please feel free to browse our website or contact me directly in 209 Fraternity and Sorority Life Office in the Lane University Center.

Jamie Winters
Assistant Director of Fraternity and Sorority Life
209 Lane University Center
jwinters@frostburg.edu

Meet Your College Panhellenic



The Panhellenic Council at Frostburg State University is the coordinating governing body for all women's sororities. The council is composed of 3 members consisting of yearly rotating executive positions of President, Vice President of Recruitment, and Secretary/Treasurer. Throughout the year the Panhellenic Council provides educational programming, scholarship opportunities, and philanthropic activities for women on the campus of Frostburg State University. During recruitment periods, the executive representatives become Recruitment Counselors where they become unbiased members of the Panhellenic and are trained to provide support and help answer your questions to make your recruitment experience enjoyable. You may know which chapter your recruitment counselor is a member of and this should not influence your recruitment experience or your personal choice in selecting a sorority. As the saying goes, "they give up their letters to help you find yours." We ask that you not try to inquire their affiliation, nor ask any questions with direct reference to their individual affiliation.

Panhellenic Council

Please feel free to contact anyone one of them if you have an issue or question

Erin Helman	Vice President for Recruitment	Ehelman0@frostburg.edu
Sarah Fazenbaker	College Panhellenic President and Programs	sefazenbaker0@frostburg.edu
Miranda Smith	VP of Operations	Mrsmith03@frostburg.edu

In the Know for Recruitment

Please know that your safety is our priority and every step is being taken to aid in this priority. As you register on greekxp.com I will develop a contact list for events. You may receive periodic emails about events. I would attend as many events as you can.

I will touch base with you each night and provide you with information regarding a chapter inviting you back to an event and your acceptance to attend. If you have a scheduling conflict and can't virtually attend just email Erin at ehelman0@frostburg.edu and she will contact myself and the rest of the board so we can make sure your experience continues. Invitations back to certain events later in the week are based on a mutual selection process, they can invite you back and you can also decline their invite back.

Although things may be a little different, we are slowly moving back to a full recruitment program. Each event will have a conversation process whether it be philanthropic, scholarship, leadership, or sisterhood. Each evening will open the doors for you a little more into what each sorority is about.

Some events will have more PNMs in attendance than others, and this is no reflection on a chapter. Some chapters may have more members in attendance at an event. This may be that they are in class, tutoring, involved in another event outside of their sorority or working. This demonstrates the reliability, flexibility, and involvement of our chapter women.

After the last sorority event for the week, I will have you sign a binding agreement contract called the Membership Recruitment Acceptance Binding Agreement or MRABA. This agreement will ensure you are informed of your options during recruitment and your obligations in joining. Once you submit this agreement, you are agreeing to accept an invitation of membership from the organization(s) you have listed on your form. You may choose to limit or list only one choice on your MRABA, or you may list all the groups where you attended an invite even for events. If you receive an invitation to membership from a sorority and choose not to continue, you will be ineligible to join another one until the next primary recruitment on the same campus.

If you feel you cannot meet the financial commitment or time commitment, we ask that you NOT ACCEPT the bid provided. You need to notify the Assistant Director of Fraternity and Sorority Life of your decline of a bid acceptance. Once you sign, you are financially bound to any bills that the chapter accrued based on your acceptance. You can be sent to a collection agency for any outstanding bills you owe the chapter. You also are required to complete by a due date, a university sponsored online anti hazing program. If not completed you WILL NOT be initiated. If you have any questions, please feel free to email me at jwinters@frostburg.edu.

Thank you for your interest in sorority life where Empowered Women Empower Women like you.

Frequently Asked Questions

- **How do I sign up for recruitment?** go to: greekxp.com

or email the Assistant Director of Fraternity and Sorority Life at jwinters@frostburg.edu

- **Cost:** Each sorority has their own system regarding the payments of dues. Most of the financial obligation can be broken down into two areas (one time and semester fees). Depending on the sorority you join, you may expect to pay a little more for additions such as shirts, formals, and socials. Many chapters have payment plans so that your total is not due all at one time. Although cost is something to consider when joining a sorority, remember it is a greater cost during your new member process, but once you are initiated it decreases and becomes very minimal once you graduate.
- **Grades:** Although each sorority has varying grade point averages, you can always ask to participate in their academic program to increase your cumulative grade point average for the following semester. WE ENCOURAGE THIS!! By participating in their program, it does not mean you are a new member of that organization nor are you being promised a bid if your grades increase.
- **I see other women's groups wearing Sorority letters why aren't they here?** Most of the organizations that are not involved with the university were once a national sorority but violated a risk management policy so serious that they were removed. These groups are not sororities and will not be recognized by the university or be a sorority. There is no such thing as a local sorority. Just because they wear Sorority Letters does not make them a Sorority organization. Anyone can wear a set of letters, but the sororities in this manual are genuine Sorority organizations and will give you the opportunities outside of collegiate life. Joining one could be detrimental to your academic career at Frostburg State University.
- **Why is sorority recruitment so long?** We want to allow you the time to look at each organization. Since many of them are similar, you need to research on your own and interview the women as much as they interview you so that you choose an organization that fits you the best.
- **I only want to join one organization.** When you sign your bid card it is recommended that you choose at least your top two sororities of interest. Since sororities can only choose the amount of members that equal total or quota (whichever is higher) there is a chance that if you only choose one sorority on your bid card, that you will not be chosen and you will have missed an entire semester of sorority life.
- **Legacies** are daughters, granddaughters or sisters of a member, but you don't have to join that same organization and it also does not guarantee you immediate membership into their organization.
- **I am confused on who to choose.** My roommate/friends are choosing sorority ABC, I don't really like sorority ABC, and what should I do? You should choose the sorority that you feel that you can see yourself with for the rest of your life.
- **Do the sororities haze?** No!! Hazing is not only against FSU policy it is also against the law and organizations that have been found hazing have been prosecuted. If the problem is serious and occurring on campus, please contact University Police @ 301-687-4223. If it is serious and off-campus please contact Frostburg City Police @ 301-689-3000. Or email Assistant Director of Fraternity and Sorority Life jwinters@frostburg.edu in any situation.
- **What should I do if I have questions or concerns about a National Sorority organization?** Research their national webpages first. If the information is not available to you there, then email the Assistant Director of Fraternity and Sorority Life jwinters@frostburg.edu

Contemplation Questions

We Want You To Ask Yourself Are You Ready To Join A Sorority?

1. Do I completely understand my responsibilities to the sorority as a member? What are they?
2. What will my financial responsibilities be? What does this cost include? Payment plan and how does it work? If I don't pay what happens?
3. What is the weekly time commitment? Weekend?
4. What is it exactly that I like about the group? Feel most comfortable? Benefits of joining?
5. What don't I like or what are my concerns?
6. What are their values, and do they match my values?
7. What does the sorority do on campus? What do they do for social activities? Do they follow their national policies and safety guidelines?
8. Does the group promote academics? Grade requirements? Do they have scholarships?
9. How long is the new member program? What does it involve?
10. What are their service activities? Do they hold them as a value? How many hours do I need to complete?
11. Do I have to fundraise? If so how much and how often?
12. Can I be an athlete and join?
13. What makes each sorority different from the others?
14. What leadership roles does the organization provide me? Career opportunities?
15. I have heard that this is a lifetime commitment what does that mean?
16. Are there any opportunities with this organization after college?
17. What past programs they have put on for the university or the community?
18. Can I be in your sorority and also in another organization like APO, SGA, or an academic organization?

Be sure to clear up any unanswered questions prior to Bid Acceptance. By doing this, it allows you, the potential new member, to be sure who you truly fit with, and it allows the organization to choose members that truly want to experience all that they have to offer.

Recruitment Events

Although the events are not live we still want to provide you with this information.

Sisterhood Day/Open House:

Sisterhood Day allows you the opportunity to see the personality of each sorority and interact with all sororities. Sisterhood Day is informative and allows you time for conversations with many of the sorority women from all of the chapters at Frostburg State University. Participation in this event will allow you to see the fun side of sorority life.

Tips:

Think about who you feel comfortable having conversations with. What chapter will help you reach your goals?

What to Wear:

Dress slacks or casual dress. No leggings or ripped jeans please.

Service Day:

Service is an important part in any sorority and many times the women will showcase a national philanthropic cause or a local service project. This day will give you an idea of some of the work that goes on in a chapter behind the scenes.

Tips:

Think about what is important to you? How involved is the chapter in the community and with their service work? What makes you passionate to help others?

What to Wear:

Capris', dark washed jeans and a nice top, leggings and a top that covers. You may be sitting on the floor or working with craft items.

**Scholarship/Invite Night**

Sororities were founded on the principle of scholarship and each sorority at Frostburg State University prides itself in being above the all women's undergraduate average. Most chapters

have study hours and minime events during the week so oyu can focus on your studies.

Requirements fo reach chapter are:

- First years students must have a 2.7 high school gpa
- Alpha Sigma Tau: 2.5 cumulative grade point average, minimum of 12 completed credit hours
- Alpha Sigma Alpha: 2.5 cumulative grade point average, minimum of 12 completed credit hours
- Delta Zeta: 2.7 cumulative grade point average, minimum of 12 completed credit hours

Tips:

What is the chapter's overall academic rank? What chapter puts acedmics as a priority? Can you find study partners in this chapter to mentor oyu with academics?

What to Wear:

“Business Casual” nice dress slacks and a top, nice dress. No leggings, no jeans or ripped jeans, no fomal dresses.



Leadership Night/Preference Night:

All soroities offer leadership opportunities and along with time maangement skills this is a

sought after employment quality. As a chapter officer you may help coordinate an event or service project, keep records for your chapter, mentor new members, or lead your chapter. By learning leadership skills you become a more well-rounded student, grow as an individual, and have the ability to effect change within a chapter to help it grow and be successful.

Tips:

Look for a chapter that you feel you can come in and help grow, that you see can help you grow. Think about how this chapter will help you live the moral values sororities were founded upon.

What to Wear:

“Business Casual” nice dress slacks and a top, nice dress. No leggings, no jeans or ripped jeans, no formal dresses.



Bid Day:

This is a day of celebrating your life changing experience and goals for the future.

Tip:

Reflect on why you chose this organization, how you can help it grow and be successful and how you now will live the values of this chapter you will pledge to. How can you be a good role model, future mentor, and involved member?

What to Wear:

Jeans and a t-shirt or tank top. You will be given your first sorority shirt on this day.



Ritual:

The sororities **MUST** follow various policies on a national level so they need to have a

pinning ceremony soon after Bid Day. Below is what you may be required to wear.

What to Wear:

Since all new member ceremonies will be performed after Bid Day, you may want to check your wardrobe for the various apparel requested by the sororities and plan accordingly.

- **Alpha Sigma Tau**- you are required to wear all white, strapless dresses may be worn if an all-white sweater is worn over top. This outfit cannot have any colored buttons, decorations, or jewels on it. NO DENIM!!!
- **Delta Zeta**- you are required to wear all white (skirt, pants and blouse or shoulders covered dress). This outfit cannot have any colored buttons, decorations, or jewels on it. NO DENIM!!! Strapless dresses may be worn if an all-white sweater is worn over top. No white t-shirts are allowed.
- **Alpha Sigma Alpha**- you are required to wear all white (skirt and blouse or dress (shoulders covered). This outfit can not have any colored buttons, decorations, or jewels on it. NO DENIM!!!



(some of these dresses would require a sweater over your shoulders)

24 hours after the pinning ceremony is performed the university allows the women to have events with the fraternity men at Frostburg State University only if the men have completed their new member selections. ON BID DAY, YOU SHOULD NOT BE ATTENDING ANY EVENT BY A SORORITY OR AT WHAT APPEARS TO BE A SORORITY HOUSE WHERE ALCOHOL IS BEING SERVED. THIS IS A MAJOR INFRACTION AND CAN CAUSE A SORORITY TO BE SUSPENDED.

Terminology You May Be Hearing

Active: A member who has been initiated into lifelong fraternity or sorority membership and is active at the collegiate level.

Alumna/Alumnus: A member of a sorority/fraternity who is no longer in college and may NOT participate in recruitment events.

Badge: The pin of an initiated member.

Bid: A formal invitation to join a fraternity or sorority.

Bid Day: The last day of recruitment when new members accept their bids and officially join their new organization.

Big: Short for “big sister” or “big brother”; an active member who serves as a mentor for newer members.

Block Letters: the chapter standard fraternity or sorority letters on a shirt. (Only has greek symbols, not scripted name of organization)

Brother: A term used by fraternity members to refer to one another.

Celebration Event: this is the presnetion of the new NPHC chapter members.

Chapter: A local group of the larger national organization.

Chapter Consultant: An alumna or alumnus who works for the national organization and maintains a close advisory relationship with a local chapter.

Closed Relations: A period of time when conversation and contact between potential new members and fraternity active members and alumni are strictly limited by the recruitment guidelines.

College Panhellenic Council (CPC): The governing body of all recognized selective intake based organizations.

Colony: A student organization in the final stage before being installed as a charted chapter of a nationally affiliated organization.

Disafiliation: there is no such term. If you no longer wish to be a member of a Sorority organization you sever your memebrship.

Formal Recruitment: The period of time set aside by the Interfraternity Council and Panhellenic Association for meeting potential members.

Fraternity: The name applied to all Sorority-letter organizations. Informally, this name applies to men's groups while women's organizations may be sororities or female fraternities.

Inactive: there is no such term. You are either a new member, initiate, special status, or alumna.

Initiation: The formal ceremony that brings a new member into full Sorority membership. Each chapter has a different set of requirements that must be met in order to be initiated.

Intake: The process by which NPHC chapters recruit, inform, and initiate new members.

Interfraternity Council (IFC): The governing body of the male national fraternities. At Frostburg State University, IFC oversees Formal Recruitment for its member chapters.

Legacy: Someone whose mother, father, sister, brother, grandmother, or grandfather is an initiated member of a Sorority organization.

Line: The new member class of a NPHC chapter.

Little: Short for “little sister” or “little brother”; a newer member who is mentored by an older member of the organization.

National Pan-Hellenic Council (NPHC): The governing body of nine national fraternities and sororities.

National Panhellenic Conference (NPC): The governing body for 26 national and international sororities and female fraternities.

Potential New Member: is a man or woman who is registered and/or intends to participate in recruitment.

Severance: When a meber of an organization no longer wishes to be an affiliated memebr and they give up all rights and priveledges of that organizations. Since they pledged a lifetime commitment they can not join any other social or Music chapter ever.

Alpha Sigma Tau (ΑΣΤ) Gamma Zeta Chapter

Is a national collegiate sorority founded on November 4, 1899 at Michigan State Normal College (now Eastern Michigan University) a teacher's college.

New Member Fees: \$420

paid before they can be initiated. If NMs have any concerns, they can work personally and privately with our VP of Finance to work something out

Dues as an Initiated Member: \$256.13

Payment plans: \$64.03 due on the 15th of every month

Approximate number hours per week commitment: 1-10 or so hours per week for other chapter events/activities

Purpose: The purpose of our sorority is to promote the ethical, cultural, and social development of our members. More specifically, our purpose is to develop the character of each member through a study of ethics so that she will show in all her relationships sincerity, honesty, love and understanding. We also aim to help each member enjoy the cultural advantages in life so that she will know how to select those things which are most worthwhile as well as develop in each member the social graces to the extent that she will be able to take her place in life with true dignity and poise.

Philanthropy: Our national philanthropy is the Women's Wellness Initiative; our far-reaching philanthropy empowers our members to impact women's wellness in our communities through fundraising and service projects. We believe in the philosophy of "empowered women empower women," and use this saying to encourage all our members to not only strive to reach their full potential but to also contribute their share of empowerment to others.

National service partners are Dress for Success, an international nonprofit organization that empowers women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life. Girls Who Code is an international nonprofit organization working to close the gender gap in technology. Girls Who Code programs inspire, educate, and equip girls with the computing skills they will need to pursue 21st-century opportunities.

Locally, our chapter does a lot of work with the Allegany County Animal Shelter, American Cancer Society's *Relay for Life*, and the Special Olympics of Maryland.

Service Hours Per member: 15 service hours a semester.

Fundraising Supports: American Cancer Society and Alpha Sigma Tau Foundation

Minimum Fundraising Requirement Per Year: uses University minimum standard \$10 per member per semester

Required grade point average: 2.5 cum

Scholarship Opportunities: <https://alphasigmatau.org/foundation/scholarships/>

Programming and Events That We Do: none listed

Benefits That We Offer to Those Who Join: A place of belonging, a network of lifelong friends, shared values, relevant skills to excel in life both personally and professionally, individual empowerment and an outlet to empower other women, and the opportunity to belong to an organization bigger than yourself and continue a legacy.

National Webpage: <http://www.alphasigmatau.org>

Recruitment: Katie Hibler klhibler0@frostburg.edu

Delta Zeta (ΔΖ) Omicron Pi Chapter

Is a national collegiate sorority founded on October 24, 1902, at Miami University in Oxford, Ohio. The university President helped select their, would be first sorority president, and helped them become the first sorority to be founded on the campus after women could attend college there. Many of their founders were in the field of education. They are the third largest sorority nationally and internationally, and they are the only national sorority that is globally connected to their philanthropic cause.

New Member Fees: \$409.75

Payment Plans: pay in increments over three months

Dues as an Initiated Member: \$180 per semester or \$46.50 per month **Payment plans:** pay on 10th of every month

Approximate number hours per week commitment: 8 hours non-positions, 10 for those with positions

Mission Statement: The purpose of this sorority shall be to unite its members in the bonds of sincere and lasting friendship, to stimulate one another in the pursuit of knowledge, to promote the moral and social culture of its members, and to develop plans for guidance and unity in action; objects worthy of the highest aim and purpose of associated effort.

Philanthropy: We created a program to channel the compassion and energies toward a shared ideal – making a better life for others/ As the only globally philanthropic sorority, we work to promote better hearing for others and locally to support cancer research.

National Service Partners are: The Starkey Hearing Foundation is a global national non-profit program committed to assisting deaf and hard-of-hearing persons with limited financial resources who permanently reside within the United States. American Society for Deaf Children provides support, encouragement, and information to families raising children who are deaf or hard of hearing. Serious Fund Network are global camps for children with serious illnesses to allow them an opportunity to become their greater selves. Gallaudet University for the education of the deaf and hard-of-hearing students.

Locally: American Cancer Society, food pantry, Hooley Plunge, and the animal shelter

Service Hours Per member: 18 hours per semester

Fundraising Supports: American Cancer Society, Delta Zeta Foundation, our service projects listed.

Minimum Fundraising Requirement Per Year: \$94 per member

Required grade point average: 2.7 cum

Scholarship Opportunities: <https://www.deltazeta.org/foundation/scholarships/>

Programming and Events That We Do: If you Only Knew Me, Color Walk, Better Hearing and Speech event.

Benefits We Offer to Those Who Join: Academic and social support, connect with others on campus, ability to advance as a leader by attending free trainings, national and international networking, career training and connections, community assistance, involvement, and service.

National Webpage: <http://www.deltazeta.org>

Recruitment: Hannah Windsor hmwindsor0@frostburg.edu

Alpha Sigma Alpha (ΑΣΑ) Theta Lambda Chapter

Is a national collegiate sorority founded on November 15, 1901 at the all-female normal school of Longwood College in Farmville, Virginia (like the original founding of Frostburg State University). If it wasn't for the close friendship their founders had, they would have all been in different sororities and Alpha Sigma Alpha would not have been founded during that time.

New Member Fees: \$421.44

Payment Plans: 1 time or 3 installments

Dues as an Initiated Member: \$300

Payment plans: 1 time or 3 installments

Approximate number hours per week commitment: 4-5 hours for those non-officer position. 5-6 in officer positions.

Mission Statement: Alpha Sigma Alpha is a women's organization that promotes high ideals and standards for its members throughout their lives by emphasizing balance among our four aims of intellectual, physical, social and spiritual development. Alpha Sigma Alpha provides opportunities through: Sisterhood—forming strong bonds of unconditional friendship based on common values and experiences; Heritage—expressed through creed, ritual and history; and Leadership and Service—enhanced by chapter, campus and community involvement.

Philanthropy: to cultivate an environment that inspires all Alpha Sigma Alpha members to engage in lifelong giving and service.

National Partners: Girls on the Run: life changing program for 8-13-year-old girls that promotes empowerment by teaching life skills through lessons and running. Special Olympics: provides children and adults with physical and intellectual disabilities an opportunity to participate in sports and year-round training. Alpha Sigma Alpha Foundation: supports the educational, leadership, and philanthropic purpose of Alpha Sigma Alpha

Local Projects: American Cancer Society, food pantry, Hooley Plunge, The Ronald McDonald House, The Dove Center, and the animal shelter

Service Hours Per member: 10 service hours per semester, 20 service hours per year

Fundraising Supports: American Cancer Society, Alpha Sigma Alpha Foundation, our service projects listed.

Minimum Fundraising Requirement Per Year: We do not have a fundraising requirement.

Required grade point average: 2.5 cum

Scholarship Opportunities: <https://www.alphasigmaalpha.org/asa-foundation/scholarships-awards/>

Programming and Events That We Do: 2 core value programs per semester, Spread the Word to End the Word event. Supporting Special Olympics, and Wellness events to promote personal wellness in members

Benefits That We Offer to Those Who Join: The Academy: A yearly session held in the spring semester focused on professional and person growth both inside and outside of Alpha Sigma Alpha. This is an event hosted by nationals in Richmond VA held on a Saturday in February. Other chapters for our region also attend this event.

- Emma Coleman Frost Leadership Development Institute: Every other summer weekend long event hosted by nationals. Focused on personal and professional growth as well as women's empowerment. The location for this event changes.
- National Convention: Every other summer multiple day event hosted by nationals. Focuses on personal and professional growth as well as empowerment. The location changes yearly. All chapter from the United States will have representatives at this event.
- Outside of the multiple national opportunities list above:
 - o Scholarship
 - o Necessary professional and personal skills
 - o Leadership opportunities through officer positions within and outside the organization
 - o Networking

Homepage: <http://www.AlphaSigmaAlpha.org>

Recruitment: Summer M Sabatino smssabatino0@frostburg.edu

The Rest Of Your Fraternity and Sorority Community

National Interfraternity Conference (NIC) Fraternities

- Sigma Alpha Epsilon
- Tau Kappa Epsilon
- Phi Mu Delta
- Pi Lambda Phi
- Kappa Delta Rho
- Sigma Tau Gamma (colony)

Professional Organizations

- Phi Mu Alpha, Fraternity
- Phi Sigma Pi – Co-Ed Leadership Fraternity
- Alpha Phi Omega– Co-Ed Philanthropic Organization
- Delta Sigma Pi - Co-Ed Business Fraternity

National Panhellenic Conference (NPC) Sororities

- Alpha Sigma Tau
- Delta Zeta
- Alpha Sigma Alpha

National Pan-Hellenic Council (NPHC) Fraternities and Sororities

- Iota Phi Theta
- Phi Beta Sigma
- Kappa Alpha Psi
- Delta Sigma Theta
- Zeta Phi Beta

The only sanctioned organizations at Frostburg State University are listed above.

Sorority Recruitment Rules for Your Reference

These rules must be followed by all sororities. We are sharing with you, to demonstrate the commitment we

must being values-based organizations. If you see a violation, please report it to the College Panhellenic President or Assistant Director of Student Activities for Sorority Life.

Bid– statement that refers to a potential new member of becoming a member of a chapter. Give a bid to any independent woman prior to formal recruitment and cannot promise one to a woman who does not attend formal recruitment a bid to her individual organization, unless specifically asked or advertise for her individual organization (in any way).

Men at any recruitment functions, have a “social” with men until 24 hours AFTER the New Member Initiation, or sponsor or attend any social events involving anyone other than sorority members.

Alcohol at any recruitment functions or have the presence of alcohol in any PHOTO or attend an event while under the influence of alcohol or a controlled dangerous substance. No member of the CPC is to socialize with a PNM @ a bar in the surrounding campus area, invite a PNM to any off-campus party where alcohol is being served or where male organizations will be present (After the Sorority Open House and/ or 24 hours after bid day). Distribution of alcohol, drugs, and fake IDs in a public or private setting is strictly prohibited and against your national policies.

Shirts that state slogans that disrespect another sorority even if not stated explicitly stated are not to be worn. Sorority Week Shirts that have fraternity letters on them, or any other shirt that has fraternity letters on them are not to be worn. **BUT YOU ARE PERMITTED TO WEAR BLOCK LETTERS, PREVIOUS BID DAY SHIRTS, PRIOR SORORITY RECRUITMENT SHIRTS MAY BE WORN DURING RECRUITMENT AND BID DAY SHIRTS FOR THAT CALENDAR YEAR MAY BE WORN ON BID DAY.**

A Sorority may not downgrade or slander another sorority, verbally, publicly, or on social media.

If a ride to an event is needed a university transportation or transportation by a recruitment counselor must be used.

Private meetings between sorority members and potential members are not permitted. These include but are not limited to: lunch dates, dinner dates, meeting downtown, etc. unless they are an open CPC lunch or dinner event where at least one member from each organization has been INVITED. A Potential New Member (PNM) should not be contacted in her room or place of residence (unless she's your roommate) prior to bid day.

Use of Social media (examples of, but are not limited to: Snapchat, Facebook, Twitter, email, or TEXT Messaging, Instagram, cell/phone usage) is not to be used to communicate with potential new members as far as recruiting them for **ONLY YOUR ORGANIZATION**. **YOU MAY NOT FRIEND THEM ON FACEBOOK DURING RECRUITMENT**. Several women knew who they selected because they were friend requesting the women. Please wait until after bid day to officially friend the women. Remember bid day is a surprise for you and is a special day for them.

Communication with potential new members should be kept to topics about recruitment dates and sorority life or academic issues if they are in your class. Minimize all wall posts and please don't like or dislike everything that potential member says or posts. A PNM at a formal recruitment event beyond the ending time of the particular event.

Please be sure no recruitment counselors are visible in any of your social media platforms or recruitment room/advertisement or chapter pages/websites. Recruitment Counselors should not be seen in **public** with a member of their sorority after they have been assigned their role. (Shopping, food dates, study dates, walking to and from class, partying with, sorority functions, birthday celebrations, physical fitness activities, or in any other event that would result in the common person would assume your affiliation with a particular sorority.

Total expenses cannot exceed the limit of \$400. Sororities must use the honor system for which they pledged under and turn in a photo copy of all receipts from events to the Vice President of Recruitment to be review 24 hours **PRIOR** to **EACH** scheduled event. (Fines will be imposed).

All NPC groups have policies against hazing, substance use and abuse, and underage consumption of alcohol.

What is a Unanimous Agreement?

Since 1902, the member groups of NPC have unanimously agreed to pursue certain procedures and ethics, which lead to orderly and ethical conduct. Additionally, each Inter/National President signs the Unanimous Agreements

indicating that every alumna and collegiate member will abide by and honor the Unanimous Agreements. These agreements must be incorporated into College and Alumnae Panhellenic procedures and are binding upon all chapters of NPC member groups. Certain Unanimous Agreements have been selected to be listed here based upon the questions received at the NPC Office. For complete information about the Unanimous Agreements, please consult the most recent edition of the NPC Manual of Information available from the NPC Office.

1. **Resolution 2001:** That the National Panhellenic Conference and its member groups will continue to promote and encourage chapters to have non-alcoholic events with student organizations as well as men's fraternity chapters.
2. **Resolution 2001:** That the National Panhellenic Conference encourages all College Panhellenic to adopt a position in support of alcohol-free social activities in fraternity facilities.
3. **Resolution 2001:** That the Panhellenic President and Recruitment Officer should have a minimum of one year of College Panhellenic Experience prior to serving.
4. **Resolution 2002:** That the National Panhellenic Conference affirms its previous resolutions concerning Inactive Status and Alumna Status, with the following clarification: Vacancies in chapter Total are not created by the granting of inactive status or alumna status to a member who has less than a full college year remaining before graduation where there is no other good faith reason for granting the change in status.
5. **Resolution 2003:** That the National Panhellenic Conference strongly discourages Panhellenic participation in events held for philanthropic purposes and/or for purposes of showcasing the Sorority community when alcohol is provided, distributed, or allowed to be present.
6. **Resolution 2003:** That Panhellenic officers be completely "disassociated" from their respective NPC chapters for the periods immediately preceding formal recruitment (not to exceed 30 days) and during formal structured recruitment so that their actions and decisions support the welfare and best interests of the Panhellenic community.
7. **Resolution 2004:** That NPC member groups agree to advise their collegiate chapters to plan events only with men's fraternities recognized by their National Organization and the college/university, if applicable or local fraternities recognized by the college/university.

The Panhellenic Compact (Excerpted statements of membership eligibility)

1. A woman who is or who has ever been an initiated member of an existing NPC fraternity shall not be eligible for membership in another NPC fraternity.
2. To be eligible to pledge an NPC fraternity chapter on the campus where a woman is enrolled, she shall be regularly matriculated according to the definition of matriculation established by that institution.
3. A signed Membership Recruitment Acceptance or a Continuous Recruitment Acceptance is binding. If a potential member receives a bid under the preference system, she is ineligible to be pledged to any other NPC fraternity on the same campus for one calendar year. If a potential member does not receive a bid under the preference system, she is eligible for CR.
4. A woman who has had her pledge broken by an NPC fraternity, or who has broken her pledge to an NPC fraternity, may not be asked to join another NPC fraternity on that campus for one calendar year from the date she was originally pledged. However, she may be repledged by the same NPC fraternity chapter at any time within that calendar year.

Standards of Ethical Conduct (Excerpted statements regarding general operating Procedures) College Panhellenic National Panhellenic Conference fraternities shall impress upon their undergraduate and alumnae members that they shall respect and obey the letter and the spirit of all NPC Unanimous Agreements. National Panhellenic Conference has no affiliation or connection with any high school sorority.

College Panhellenic Association Agreement

1. Each College Panhellenic Association shall prohibit the use of alcoholic beverages in membership recruitment and Bid Day activities and shall prohibit the participation of men in membership recruitment and Bid Day activities.
2. National Panhellenic Conference and its sororities discourages the use of Sorority-letter fraternity names and insignias in inappropriate or distasteful manner or commercial advertising (this includes consuming alcohol in letters or scantily clad apparel at events, insignia affiliated in direct reference to alcoholic beverages, reference to alcoholic beverages, indirect connotations of sexual nature, statements demeaning to any other person or organization or anything else that reflects poorly on another organization or prohibits abuse of alcohol or being in a location where alcohol is abused while wearing, using utensils with (e.g. cups, glasses, pitchers, etc.), or in the presence of the insignia, ritual regalia, or the sorority crest). Sororities repudiate actions and statements that negate the concepts of self-respect, personal development, equality, and dignity.