

# THE

Any way you  
go, you can't  
be wrong

# JOURNEY IS

# THE

# DESTINATION

ΑΔΠ ΑΦ ΑΣΑ ΔΓ  
ΓΦΒ ΦΜ ΖΤΑ

Book by CNU  
Panhellenic Council

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# WELCOME

Welcome to Christopher Newport University's Panhellenic Community! We are so glad that you have taken this step to learn more about our Greek Community. This guidebook includes answers to many of your questions or concerns surrounding Greek Life here at CNU. As you embark on this journey, it is our hope that you find a place within our Panhellenic Community and join one of our seven outstanding chapters! The main goal is to find the chapter that reflects your values and who will help in your development as a person and as a leader. Choosing to attend pre-recruitment events and going through primary recruitment will help you learn so much about yourself and your values. Throughout the semester, I encourage you to think about your values and what you want to gain from the recruitment experience. There are so many benefits that come with joining a sorority such as a strong support system, leadership opportunities, life-long friendships, and so much more! For many of us, Sorority Life has given us a place to grow and be who we were meant to be. The support of our sisters and the Panhellenic Community has helped us gain confidence in who we are and help others develop theirs. We would not be where we are without our sororities and the amazing women who have shaped what it means to be sisters. We hope you choose to join our Panhellenic Community by running home to one of our seven amazing chapters and have fun during the process! We are so beyond excited to meet you!

XOXO,

The Panhellenic Recruitment Team & Council

# CONTACT INFO



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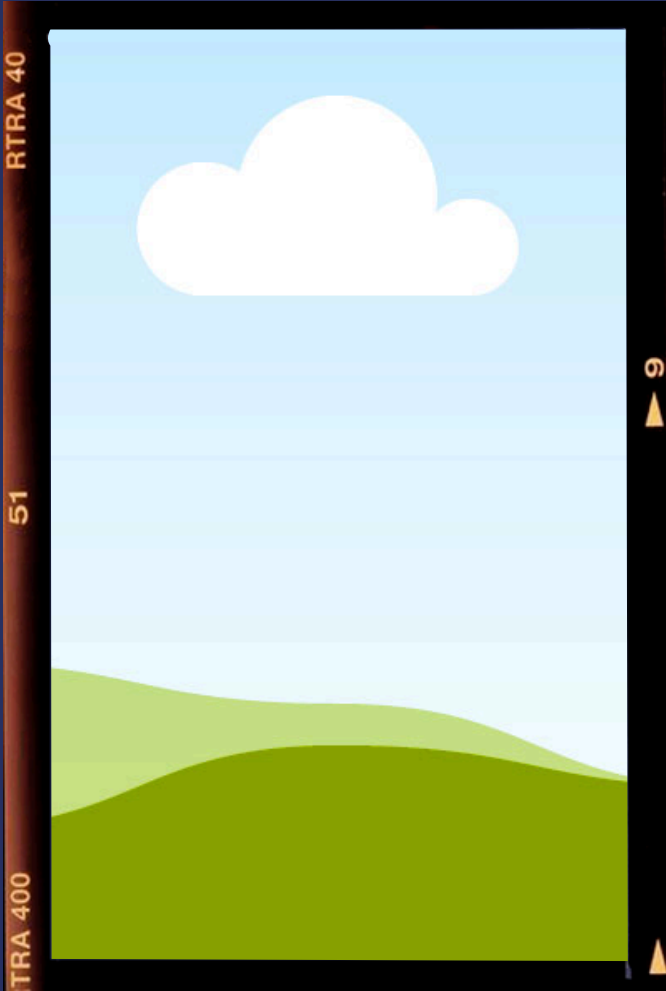


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# SAFETY INFORMATION

**CNU PD**

*757-594-7777*

**COUNSELING SERVICES**

*757-594-7047*

**STUDENT CLINIC**

*757-594-7661*

**TITLE IX & EQUAL OPPORTUNITY**

*757-594-8819*

**DEAN OF STUDENTS**

*757-594-7160*

**OFFICE OF STUDENT  
INVOLVEMENT**

*757-594-7260*



# PNM CONTRACT

- Attend all events for which I received an invitation
- Remain respectful towards myself, other potential new members, chapter members, and university staff at all times
- Refrain from negative discussion of any of the individuals above throughout the duration of recruitment (including social media)
- Understand that the consumption of alcohol/substances and socializing with social groups (fraternities, sports, etc.) are not permitted during recruitment or during bid day activities
- Remain polite and respectful when attending events
- Dress appropriately for each party in accordance with the expectations for that round and what is comfortable for me as the PNM
- Refrain from communication with chapter members outside Formal Recruitment parties to create a fair and equitable experience
- Understand that Christopher Newport University, Panhellenic Staff, Greek Life Advisors, and Recruitment Counselors are not liable for the damage of my personal property I chose to bring with me
- Understand that, upon joining a chapter I will be responsible for the financial obligations for financial obligation of membership
- Understand that if matched with a chapter and receive an invitation of membership, I am bound to that organization and considered to membership from any chapter for one calendar year if I sign the MRABA after preference round





- 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 chapter 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 fully responsibility and accept full responsibility for the results of that decision
- The right to have a positive and enriching recruitment and new member experience

# CODE OF ETHICS

- As a united Greek Community, we believe in our support of every chapter whether in times of difficulty or success.
- We place high value on respect for others, human dignity, cultural diversity, and self-worth; therefore, we believe it is in the best interest of CNU's Panhellenic Community to avoid disparaging remarks about other Greek or non-Greek organizations. Rather we should create and support friendly relations with these entities.
- We believe it is the responsibility and duty of Panhellenic women to abstain from participating in or condoning negative discussion involving any Greek chapter and do their utmost to restore harmony.
- In upholding positive Panhellenic spirit, it is understood that we represent the Greek Community in our demeanor and manners, whether at CNU or away.

# CODE OF ETHICS

- We believe all CNU Recruitment Rules and Procedures shall be adhered to and the chapters are responsible for being educated, aware, and respectful of these rules. As a community of Panhellenic women, we will avoid seeking unfair advantages in order to benefit our own sorority/fraternity.
- Good sportsmanship shall be encouraged by each chapter to instill a sense of community, ensure cooperation, and promote positive attitudes and behaviors.
- We will not tolerate hazing as it is defined by the Fraternal Information and Programming Group (FIPG), Christopher Newport University, the Commonwealth of Virginia, and each chapter's national policies.
- We understand the obligation of good health to oneself in all aspects and agree to promote positive decisions that will lead to well-being among our Greek members. We believe that negative influences are potentially detrimental and threatening to the members of our community.
- We accept the role of being members of the CNU Panhellenic Community, and as such, value the four tenets of Greek Life of our university--leadership, scholarship, sisterhood, and service. We will endeavor to uphold the UNANIMOUS AGREEMENTS and all amendments, principles, and values set fourth by the National Panhellenic Conference, as well as strive for honor in every facet of our lives.

# PANHellenic CREED



**We, as Undergraduate Members of women's fraternities,** stand for good scholarship, for guarding of 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.



# IMPORTANT DATES

## FALL EVENTS

**Informational session**

**Sister Sampler:**

**September 24<sup>th</sup> | 7-9pm | DSU Ballroom**

**Purpose and Philanthropy:**

**October 22<sup>nd</sup> | 7-9pm | DSU Ballroom**

**Canvas and Connection:**

**November 19<sup>th</sup> | 7-9pm | DSU Ballroom**

## SPRING EVENTS

**Recruitment Kickoff:**

**January 22<sup>nd</sup> | pm |**

**Spring Formal Recruitment**

**January 23<sup>rd</sup> - 25<sup>th</sup>**

# MRABA

MEMBERSHIP  
RECRUITMENT  
ACCEPTANCE  
BINDING  
AGREEMENT

**PNMs must sign the MRABA at the completion of preference round in order to receive a bid of membership through the primary recruitment process. There is a sample MRABA on the following pages for your reference. Follow this [link](#) for more information about the MRABA**

Name:	
Campus Name:	
Campus Address:	
Phone number/Email:	

MEMBERSHIP RECRUITMENT ACCEPTANCE BINDING AGREEMENT

Introduction: Agree to binding electronic contract and electronic signature.

Initial each statement.

This form is called the Membership Recruitment Acceptance Binding Agreement, or “MRABA.” I understand that it is a contract with the National Panhellenic Conference (“NPC”) and both parties will have access to the signed agreement.

I choose to complete this MRABA because I participated in the primary membership recruitment process (“Recruitment”) at. \_\_\_\_\_

[Campus Name]

ELECTRONIC SIGNATURE ONLY

I consent to this electronic contract. I agree to electronically sign the MRABA.

These terms are defined by the Electronic Signatures and Global and National Commerce Act (“E-Sign”) and the Uniform Electronic Transactions Act (“UETA”).

I agree that this MRABA and my electronic signature is valid, enforceable, and binding under E-Sign and UETA.

Next Step: Continue to Part 1.

Part 1: Withdrawing or Continuing in Recruitment.

Initial one of the following options:

**I want to withdraw from Recruitment.**

I will not join a sorority now. I could join a sorority in the future by participating in the continuous open bidding (“COB”) process. I will not complete this contract.

Next Step: Continue to Part 5.

**I am continuing in Recruitment.**

Next Step: Continue to Part 2.

Part 2: Show that you understand the ranking process.

Initial each statement.

By signing the MRABA, I understand and agree that each of these statements is true:

I am willing to accept an invitation to membership (“bid”) from any sorority I list in Part 4.

I will rank each sorority in the order of my preference for receiving a bid. If I attended a sorority’s preference event, and I would not accept a bid from that sorority, I do not have to rank that sorority. I understand that if I choose to rank fewer sororities, I might not receive a bid through Recruitment.

Part 3: Show that you understand the effect of submitting the MRABA.

By signing the MRABA, I understand and agree that each of these statements is true:

After I submit this form, I cannot change my rankings. I cannot add or delete any sororities to my rankings.

If I do not receive a bid from any sorority I ranked, I understand I am eligible to join any sorority later, through the COB process. I understand that not all sororities will recruit through COB.

If I do receive a bid from a sorority I ranked, but I choose not to accept that bid, I understand that I am not eligible to join any other sorority on this campus until the start of the next primary Recruitment.

Part 4: Rank your preferences.

Rank in order of your preference for receiving a bid.

1st Preference:

2nd Preference (if applicable):

3rd Preference (if applicable):

Part 5: Sign the contract.

I have read and understand this MRABA. By signing or submitting this MRABA, I agree to be bound by its terms. *I agree that completing this form electronically has the same legal effect of completing a paper version.*

I have never been initiated into an NPC sorority. I understand that if I join an NPC sorority and choose to become an initiated member of that sorority, I cannot join another NPC member organization, regardless of any circumstances.

Signature:

Date:

*This MRABA must be filed with the College Panhellenic within one (1) business day of the date it was signed.*

REVISED: January 2021 | 3873120



# FORMAL RECRUITMENT

**Dates:**  
**January**  
**22<sup>nd</sup> – 25<sup>th</sup>**



# WHAT IS FORMAL RECRUITMENT?

Formal Recruitment allows you to meet with all seven chapters at CNU through values-based, structured weekend. It uses a mutual-matching process, meaning both individual sororities and you, as a Potential New Member, make choices in deciding if the chapter/you are a good fit.

## HOW DOES IT WORK?

Formal Recruitment takes place over three days on a weekend in the beginning of the Spring Semester. It allows you to learn about each chapter's philanthropy, each chapter values, sisterhood, and the opportunity to return to the chapters you mutually connected with most on preference round, the last round.



# WHAT IS A RECRUITMENT COUNSELOR?

Recruitment Counselors serve the Panhellenic Community as a guide and resource for you during the recruitment process. They are trained to act as mentors, advocates, and coaches and are there to make your recruitment experience the best it can be!







# FORMAL RECRUITMENT

**GUIDE ON WHAT  
YOU NEED TO  
KNOW**



# PHILANTHROPY ROUND

During Philanthropy Round, you will visit all seven chapters for 20 minutes to get to know them and their philanthropy. This round will be more causal!

**What to wear:**

**Jeans, nice tops, booties/flats,**

**What chapters will be wearing:**

**Jeans, Philanthropy shirts, booties/flats/sneakers**

**Questions to ask:**

- **What are your philanthropies?**
- **What does your sorority's philanthropy mean to you?**
- **Are there any events that your chapter puts on to promote your philanthropy? What is your favorite one?**
- **How do you personally get involved with your chapter's philanthropy?**

# SISTERHOOD ROUND

During Sisterhood Round, you will visit up to five chapters for 40 minutes to get to know their sisterhood and values they uphold. This round is a mix of causal and dressy!

**What to wear:**

Something you can walk outside in and appropriately sit in, Nice blouse/pants, Skirt/dress, Flats/heels/sandals

**What chapters will be wearing:**

Blouses, Skirts/Dresses, Flats/heels

**Questions to ask:**

- What makes your sisterhood special to you?
- What is your favorite sisterhood event that your chapter has done or is planning to do this semester?
- What made you want to join this particular chapter?
- How do you balance sorority events with school?
- What leadership opportunities does your chapter offer?

# PREFERENCE ROUND

During Preference Round, you will visit up to two chapters for 60 minutes that you mutually connected with. This is the last opportunity to get to know the chapters on a deep level, find where you feel most comfortable, and ask questions that will help you make your final decisions! Dress up for this round!

**What to wear:**

Appropriate/comfortable enough to sit and talk in,  
dress/skirt/pants/romper, flats/heels/sandals

**What chapters will be wearing:**

Dresses/jumpsuits, flats/heels

**Questions to ask:**

- How has your sorority experience helped you grow as a person?
- How has being in your chapter helped you to become a better leader?
- What is a challenge your sorority sisters have helped you overcome?
- What have you gained from your sorority experience?



# CHRISTOPHER NEWPORT UNIVERSITY'S 7 CHAPTERS



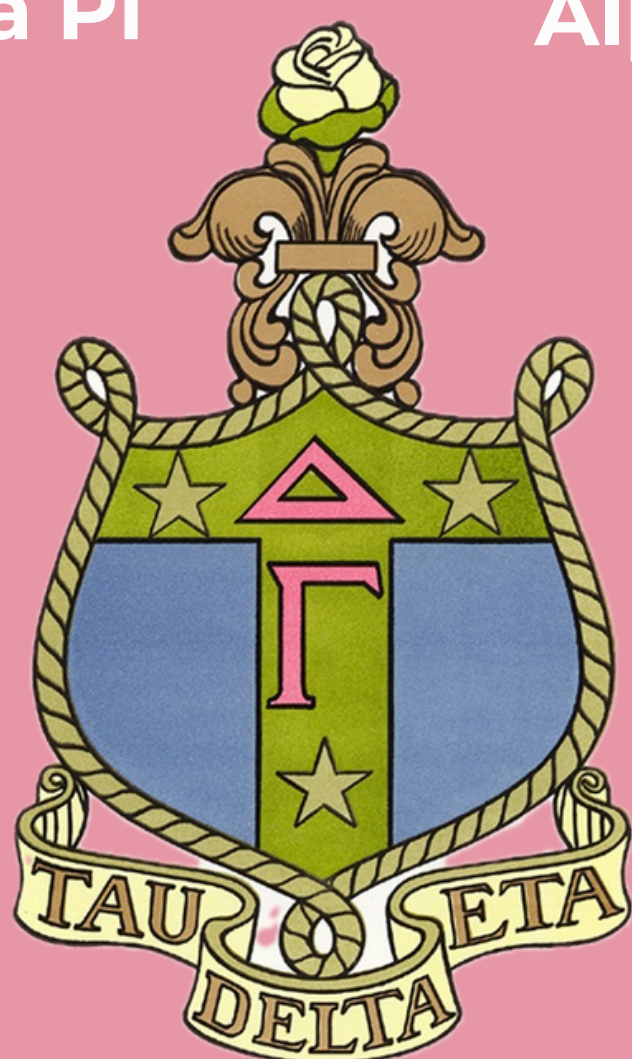
Alpha Delta Pi



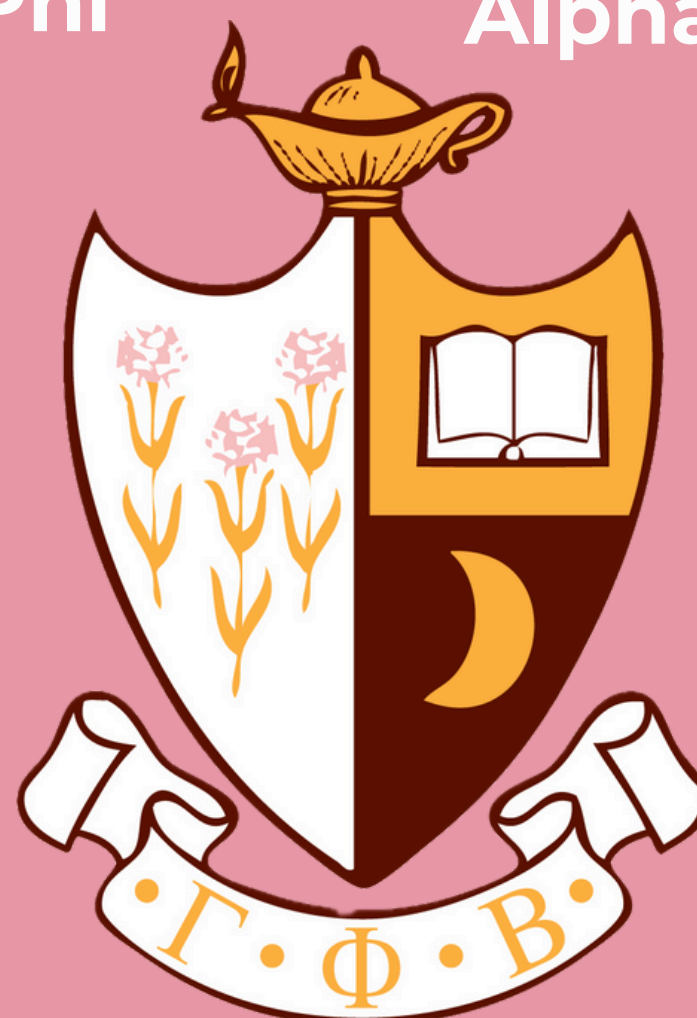
Alpha Phi



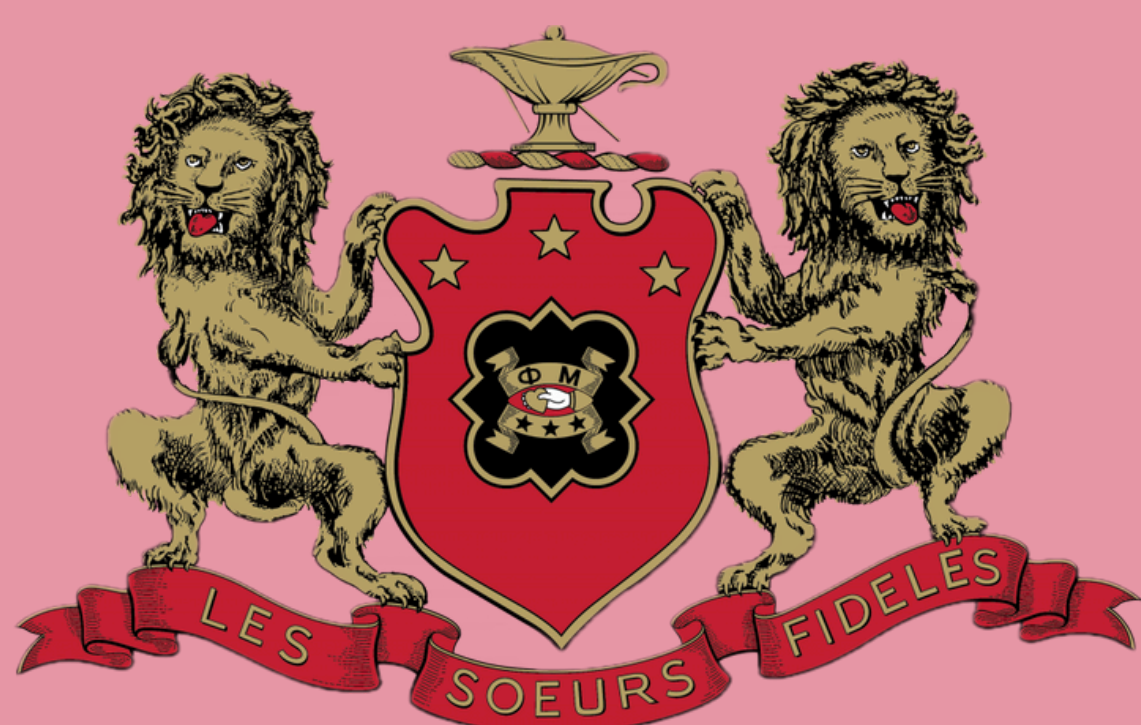
Alpha Sigma Alpha



Delta Gamma



Gamma Phi Beta



Phi Mu



Zeta Tau Alpha



# ALPHA DELTA PI

## Symbols

- Diamond
- Lion

## Philanthropies

- Ronald McDonald House Charities
- ADPi Foundation
- Max Gruver Foundation

## Colors

- Azure Blue
- White

## Values

- Sisterhood
- Service
- Character
- Knowledge

P5 PLUS



6 3 0 6



P5 PLUS





# ALPHA PHI

## Symbols

- Ivy Leaf
- Phi Bear

## Philanthropies

- Alpha Phi Foundation
- Fear 2 Freedom (local)

## Colors

- Bordeaux
- Silver

## Values

- Sisterhood
- Innovation
- Generosity
- Character

P5 PLUS



6 3 0 6



P5 PLUS





# ALPHA SIGMA ALPHA

## Symbols

- Phoenix
- Crown

## Philanthropies

- Special Olympics
- ASA Foundation

## Colors

- Crimson
- Gold
- Pearl
- White
- Palm Green

## Values

- Balance
- Integrity
- Growth
- Generosity
- Learning
- Enjoyment
- Relationships
- Responsibility





# DELTA GAMMA

## Symbols

- Anchor

## Philanthropies

- Service for Sight

## Colors

- Bronze
- Pink
- Blue

## Values

- Friendship
- Education
- Cultural Interest
- Social Responsibility
- Character

P5 PLUS



6 3 0 6



P5 PLUS



P5 PLUS





# GAMMA PHI BETA

## Symbols

- Crescent Moon

## Philanthropies

- Girls on the Run

## Colors

- Brown
- Mode
- Purple  
(chapter color)

## Values

- Love
- Labors
- Learning
- Loyalty

P5 PLUS



6 3 0 6



P5 PLUS





# PHI MU

## Symbols

- Quatrefoil
- Lion

## Philanthropies

- Children's Miracle Network Hospitals (CHKD)
- Phi Mu Foundation

## Colors

- Rose
- White

## Values

- Love
- Honor
- Truth

P5 PLUS



6 3 0 6



P5 PLUS





# ZETA TAU ALPHA

## Symbols

- Five-Pointed Crown
- Strawberry

## Philanthropies

- Breast Cancer Education and Awareness

## Colors

- Blue
- Steel

## Values

- Leadership
- Integrity
- Sisterhood
- Love

P5 PLUS



6 3 0 6



P5 PLUS





# ACADEMICS

There is no Panhellenic GPA requirement to go through Formal Recruitment, but each organization has their own GPA requirement that you must meet to receive a bid. Take the GPA requirements as a way to motivate you to work hard on your academics throughout the Semester!

**ALPHA DELTA**  
**PI: 2.4**

**ALPHA PHI: 2.0**

**ALPHA SIGMA**  
**ALPHA: 2.5**

**DELTA GAMMA:**  
**2.3**

**GAMMA PHI**  
**BETA: 2.7**

**PHI MU: 2.65**

**ZETA TAU**  
**ALPHA: 2.6**

# FINANCIAL OBLIGATIONS

## Questions to ask:

- What do dues go towards?
- How often are dues paid?
- Are payment plans available?
- How much are new member dues compared to initiated member dues?

## What dues may Include

- Social events
- Sisterhood events
- Mandatory apparel
- Housing obligations
- National and Panhellenic Dues



# CHAPTER NEW MEMBER DUES

Dues will slightly decrease  
in the semsters following  
your first semster of  
membership

RANGING  
FROM:  
\$711-952.50

# GREEK GLOSSARY

- **Active/Current Member:** An initiated collegiate member who is currently paying dues to an undergraduate chapter
- **Anti-Hazing Training:** A required training session for all PNMs prior to Formal Recruitment and Informal Recruitment
- **Bid:** A formal invitation to join a sorority
- **Campus Director:** The computer system that processes recruitment registrations and is used during Formal Recruitment for Potential New Members to make their chapter selections
- **Grade Release Form:** A form that must be filled out to ensure you meet the grade requirements of an individual chapter
- **Membership Recruitment Binding Agreement (MRABA):** The binding agreement that must be signed following the final preference event during recruitment and following bid acceptance for Continuous Open Bidding. It is an agreement to accept a bid from any chapter a PNM lists on her MRABA.

# GREEK GLOSSARY

- **Strict Silence:** The period of time where sisters cannot communicate with Potential New Members. The period of silence will begin at the close of recruitment registration at 11:59 PM on Sunday, January 25th and last through the end of bid distribution.
- **Philanthropy:** Local or national nonprofits that each organization volunteers with and raises money for, through events.
- **Potential New Member (PNM):** A college student not affiliated with a fraternity/sorority who is eligible to participate in recruitment and shows interest in joining a Panhellenic organization. The term is often abbreviated to PNM.
- **Recruitment Counselor:** A panhellenic representative who is trained to guide women through the recruitment process and answer questions.
- **Values-Based Recruitment:** Recruitment that focuses on conversations between chapter members and potential new members about organizational values and member organizations



