

# Wisconsin Theta Quest

## Phi Challenge

### “Understanding the Benefits of Fraternalism”

*Building Balance and Cultivating the Values and Knowledge  
a Man Needs to Excel at College, SigEp, and Life*

Duration of Phi Challenge: 12 to 52 weeks

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*A brother desiring to advance to the Epsilon Challenge must declare his intent and will have an interview with the Phi Challenge Coordinator, VP of Member Development, Chaplain, and President.*

**\*\*If you have already completed one of the tasks in the Phi Challenge when starting the Phi Challenge, talk with the Phi Challenge Coordinator about another development activity to replace it.**

# SigEp Development

## Campus Structure and Operations

- Read “Chapter 22: Interfraternalism” in the LROB (pg. 183-185), and review it with the Phi Challenge members and Coordinator, focusing on how the concepts apply to daily interactions with other fraternities.
- Read “Chapter 12: Becoming a Balanced Man” in the LROB (pg. 183-185), and review it with the Phi Challenge members and Coordinator, focusing on how SigEp’s programming can help you develop into a balanced man.
- Attend an IFC, UGC, or GAMMA meeting to understand the way they operate.
- Attend a Student Senate, SUFAC, or other governance group meeting to better understand their role on campus.
- Interview a Greek life professional. Have your questions approved by the Phi Challenge Coordinator.
- Attend 1-3 meetings of other campus organizations and join at least one.
- Create a presentation with other members of the Phi Challenge to present to the rest of the class. Background information is that SigEp has been shut down due to poor risk management and you need to convince university officials why they should allow SigEp back on campus. Be sure to cover the chapter’s logistics, risk management policies and procedures, chapter structure, etc.

## Chapter Operations

- Read “Chapter 8: Your Chapter’s Priorities” in the LROB (pg. 67-85), and review it with the Phi Challenge members and Coordinator, focusing on chapter goals.
- Read about SigEp’s “Leadership Programs” in the LROB (pg. 211-213), and review it with the Phi Challenge members and Coordinator, focusing on SigEp’s leadership events and how to get involved.
- Read “Chapter 6: The Ideal SigEp Chapter” in the LROB (pg. 49-55), and review it with the Phi Challenge members and Coordinator, focusing on the ideal chapter and the concepts of “brotherhood” and the “social fraternity.”
- Read “Chapter 7: Your Chapter’s Operations” in the LROB (pg. 57-65), and review it with the Phi Challenge members and Coordinator, focusing on the different aspects of chapter operations.
- Serve on a chapter committee.
- Discuss your current and planned chapter involvement with your big brother, including potential chair or executive board positions.
- Read and understand your chapter’s bylaws.
- Watch or read the inaugural address of Past Grand President Tragos on “Beyond Phi Beta Kappa.” (If your chapter does not have a copy of this, please contact SigEp Headquarters.)
- Create a presentation with the other members of the Phi Challenge outlining why your chapter of SigEp should be allowed back on campus after the chapter was shut down. Be sure to cover logistics, chapter structure, etc.
- Complete one of the following, or create your own:
  - Attend an Alumni and Volunteer Corporation meeting.
  - Attend a Carlson Leadership Academy.

## Experiential Learning

- Plan an Experiential Learning Activity (ELA) to be conducted during a meeting.
  - See the “Experiential Learning” section of *The Lexicon* or talk to your Phi Challenge Coordinator for ideas. *Note:* Hands-on activities are more influential than metaphorical presentations.
  - You must approve your idea with the President.

## Recruitment Skills

- Participate in a SigEp Recruitment Skills Workshop (performed at the Carlson Leadership Academies or through certified trainers in your area – contact your Regional Director or District Governor for information at [www.sigep.org](http://www.sigep.org)).

## Ritual and Values

- Go through the Phi Rite of Passage.
- Participate in a personal pre and post ritual reflection.
- Complete the Phi Rite of Passage Ritual Study with the Chaplain.
- Discuss the Oath of Obligation with the members of the Phi Challenge.
- Discuss how the concepts of fraternalism tie in with the Greek philosophy.

## Service Learning

- Read “Chapter 17: Care and Concern” in the LROB (pg. 155-157), and review it with the Phi Challenge members and Coordinator.
- Participate in at least 10 hours of community service.
- Plan and coordinate a community service project or a fundraiser with the members of the Phi Challenge and the Phi Challenge Coordinator for the rest of the chapter.

# Sound Mind Development

## Academic Success

- Complete two of the following, or create your own:
  - Meet with a university advisor to discuss different options for your major.
  - Meet with a university advisor or a brother in the same major to map out courses and discuss different courses and professors.
  - Coordinate individual meetings with each of your professors to introduce yourself and discuss how to be successful in the class.
  - Write a thank you note to two of your professors or university officials to thank them for all they do.

## Mental Health and Crisis Management

- Read “Chapter 9: Protecting Your Future” in the LROB (pg. 87-95), and review it with the Phi Challenge members and Coordinator.
- Host or attend a presentation regarding recognizing the signs of depression and ways to cope with it.
- Discuss ways to help brothers and friends prevent depression and other disorders in a Phi Challenge Meeting.

## Milestone Reflection

- Towards the end of the Phi Challenge, utilize the following questions as a guide to create a milestone reflection on a separate piece of paper, and then review it with your Big Brother or mentor. The purpose of this is to review your time within the Phi Challenge and what you have learned. Feel free to make it your own, similar to scrapbooking, and then add it to the Milestone Reflection Binder.
  - How has experiential learning played a role in your mental development and your outlook on leadership in the chapter?
  - How can you improve the aspects of experiential learning in your life?
  - How can you improve the area of experiential learning for future members of the Phi Challenge?
  - Where will you apply the social and etiquette skills you have acquired in the Phi Challenge? Do you feel ready to perform confidently in a formal setting?
  - What will you do differently when you mentor your little brother through the Phi Challenge?
  - How does overall personal health and wellness relate to the maintenance of a Sound Body?
  - How will you continue to take care of your body?
  - How did your eating habits compare to what you thought before you tracked them?
  - What are some of the changes you will make to start eating healthier?
  - What was your Big Brother’s feedback regarding your calorie tracking?
  - How can you minimize your stress levels so as to maximize your effectiveness in your workouts and in the classroom? What resources are available to you?

# Sound Body Development

## Personal Health

- Read about “Nutritional Health” in the LROB (pg. 116-117), and review it with the Phi Challenge members and Coordinator, focusing on tips for eating healthy and how to apply them.
- Read about the “Benefits of Rest” in the LROB (pg. 117-118), and review it with the Phi Challenge members and Coordinator, focusing on how rest can improve the quality of your life.
- Learn how to perform a testicular cancer check.
- Complete two of the following, or create your own:
  - Host or attend a session on stress management.
  - Host or attend a session about the benefits of good rest patterns.
  - Obtain a physical exam to measure your vital health statistics (heart rate, cholesterol, blood pressure, body fat, etc.).
  - Visit Student Health Services and obtain a free STD check.
  - Host a nutritionist to speak on “Eating Healthy on a Tight Budget.”
  - Participate in a formal, non-credit fitness class at the local gym.

## Physical Fitness

- Read about “Physical Health” in the LROB (pg. 113-116), and review it with the Phi Challenge members and Coordinator, focusing on how to apply the concepts to your daily life.
- Log and track the food you eat for a week, and discuss the results with your Big Brother. Record your thoughts in the Milestones section of the Phi Challenge.
- Plan your workouts and track your progress.
- Participate in intramurals with the chapter or coordinate an active event for the chapter or challenge.
- Participate in the chapter’s Fitness Assessment each semester and track your progress. Assessment activities include:
 

○ Height	○ Push-ups (1 minute)
○ Weight	○ Sit-ups (1 minute)
○ Resting Blood Pressure	○ 40 yard dash
○ Sit and reach	○ Mile run
- Complete one of the following, or create your own:
  - Host or attend a session by a nutritionist regarding eating a balanced diet, including eating at restaurants.
  - Participate in a yoga class.
  - Discuss substance abuse and performance enhancing drugs with your doctor.
  - Discuss sexually transmitted diseases with your doctor.
  - Attend a university or community sporting event.

## Personal Development

### SMART Goals

- Develop three written, personal, SMART (Specific, Measurable, Attainable, Realistic, Timely) goals for each semester you are in the Phi Challenge.

## Leadership Development

### Respect for Others and Gentlemanly Behavior

- Read about “Conflict Resolution” in the LROB (pg. 150-153), and review it with the Phi Challenge members and Coordinator, focusing on conflict management.
- Read “Chapter 20: Diversity” in the LROB (pg. 177-179), and review it with the Phi Challenge members and Coordinator, focusing on how you can honor diversity.
- Read “Chapter 21: Spirituality and Religion” in the LROB (pg. 181), and review it with the Phi Challenge members and Coordinator, focusing on how to apply the concepts discussed in your daily life.
- Take a self-assessment test (i.e. DISC, Myers-Brigs Type Indicator, Big Five, and StrengthsQuest) and discuss the results with the other members of the Phi Challenge.
- Complete four of the following, or create your own:
  - Invite the athletic director or a coach to speak about how the university coaches athletes to exhibit professionalism and good sportsmanship on and off the field.
  - Attend a religious service of different faith than your own.
  - Attend or host a discussion on the different religions around the world.
  - Discuss spiritual texts and their relevance to SigEp’s values with other members.
  - Invite a campus cultural club to speak to the challenge meeting.
  - Attend a campus cultural club’s meeting or event.
  - Host or attend a seminar on LGBTQ issues.
  - Host or attend a “What Women Like” discussion with a sorority or a group of women.
  - Keep a journal (at least two times per week) for a month to help relieve stress and relax.
  - Create a mock ethical situation for brothers to debate ethics and values.

# Professional Development

## Career Development

- Create a resume with the help of the Career Center, a professor, or other members.
- Complete three of the following, or create your own:
  - Reach out to five professional contacts. Set up 30 minutes to talk with them about their career field and ask for advice on how to succeed in that field.
  - Host or attend a session on different leadership styles.
  - Host or attend a discussion on how to mentor.
  - Host or attend an Alumni Career Day where alumni discuss their employment experiences, give advice to undergraduate members, and build networking opportunities.
  - Write your big brother a thank you note, identifying specific things they have done for you and helped you with.

## Social Skills

- Read “Chapter 19: Etiquette” in the LROB (pg. 167-175), and review it with the Phi Challenge members and Coordinator.
- Attend an etiquette training session. Also check out National SigEp House Mom Nonnie Cameron at [www.momnonnie.com](http://www.momnonnie.com).
- Complete two of the following, or create your own:
  - Have a faculty member or campus official hold a discussion with the members of the Phi Challenge on conversational and networking skills or “How to Start and Engage Conversation with Strangers.”
  - Host or attend a dress for success seminar.
  - Plan and host a non-alcoholic theme party.
  - Host or attend a session on proper dating and relationship etiquette.
  - Help coordinate a formal chapter function and issue formal invitations.
  - Hold a theme social dance function with dates and have an instructor give dance lessons prior to the event. Possible ideas could be ballroom dancing or swing dancing.
  - Help coordinate a social with another organization with the Social Chair.