

Wisconsin Theta Quest

Sigma Challenge

“Building a Foundation for Brotherhood”

Adjusting and Assimilating Into the Chapter and Campus Community

Duration of Sigma Challenge: 6 to 10 weeks

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**If you have already completed one of the tasks in the Sigma Challenge when you’re starting the Sigma Challenge, talk with your Sigma Coordinator about another development activity to complete in its place.

SigEp Development

Chapter and National History

- Read “Chapter 1: The American College Fraternity” (pg. 3-7) “Chapter 2: The History of Sigma Phi Epsilon” (pg. 9-25), and “Chapter 3: Your National Fraternity” (pg. 27-39) of the LROB, and review them with the Sigma Challenge members and Coordinator.
- Read “Chapter 5: Our Symbols,” (pg. 45-47) of the LROB, and review it with the Sigma Challenge members and Coordinator, focusing on their significance and potential interpretations.
- Read *The Creed of Sigma Phi Epsilon* (pg. vii of the LROB), and review it with the Sigma Challenge members and Coordinator.
- Read the 1st and 2nd 50 years located online at <http://www.sigep.org/about/who-we-are/history-and-facts/>
- Explore Local and National websites. (www.sigepuwp.org and www.sigep.org)
- Discuss SigEp’s founding, focusing on the Jenkins Lesson with the Sigma Challenge members and Coordinator.
- Understand the structure and different entities of the SigEp National Fraternity.
- Learn the SigEp songs, including “Anthem,” “Bamboo Bungalow,” “Wonderful SigEp Girl,” “I Want to Be a College Man,” “Rum Rum,” “Hail Fraternity,” and “The SigEp Marching Song.”
- Meet with a Faculty Fellow, Renaissance Brother, and/or a local SigEp volunteer to discuss how they play a role in the chapter. Talk with the Sigma Challenge Coordinator for contact information.

Chapter Structure

- Learn about SigEp’s Alumni and Volunteer Corporation and Faculty Fellows, and how each of these positions plays a part in our chapter.
- Learn about our chapter’s executive board officers and their roles and responsibilities.
- Attend an executive board meeting to better understand the chapter’s leadership structure and officer roles.
- Attend a committee meeting to understand how a committee works and the roles of committee members.
- Learn about risk management and what to do in an emergency.
- Learn about chapter expectations and standards.
- With a group assigned by the Sigma Challenge Coordinator, create a presentation to present to the rest of the class. Background information is that SigEp is not on campus, there are already several other fraternities, and you need to convince campus officials to allow SigEp to charter. Be sure to cover history, cardinal principles, and what makes SigEp different from other fraternities.
- Read and understand our chapter’s Constitution, Standards Code, and House Constitution.

Greek History

- Discuss how the founding of Greek organizations ties in with SigEp with the Sigma Challenge members and Coordinator.
- Learn the Greek alphabet.
- Learn about the different fraternities and sororities on UW-Platteville’s campus.

Introduction

- Read the “Introduction: Your Lifetime Journey Begins” (pg. ii-vii) of the LROB, and review them with the Sigma Challenge members and Coordinator.
- Review the Sigma Phi Epsilon Covenant with your New Member Mentor, the President, and the Chaplain, focusing on the meaning of a covenant and the message presented.
- Review the “Statement on Chapter & Individual Responsibility”

Ritual Study

- Read “Chapter 4: Our Ritual,” (pg. 41-43) of the LROB, and review it with the Sigma Challenge members and Coordinator.
- Go through the Sigma Rite of Passage.
- Participate in a personal pre and post ritual reflection.
- Complete the Sigma Rite of Passage Ritual Study with the Chaplain.
- Discuss the SigEp Keynote with the Chaplain and members of the Sigma Challenge.

Sound Mind Development

Academic Success

- Schedule an appointment with your academic advisor and utilize the questions you brainstorm in class to get to know your advisor on a more personal basis. Write a 300+ word summary on what you learned from the interview and submit it to the Sigma Challenge Coordinator.
- Learn how to register for classes, take classes in an appropriate order, meet with your advisor for scheduling classes, and how to use Hasker's "UWP Classes."

Milestone Reflection

- Towards the end of the Sigma 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 New Member Mentor. The purpose of this is to review your time within the Sigma 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.
 - What does Sound Mind mean to you?
 - Why is it so important to maintain a Sound Mind?
 - What life skills have you gained through the Sigma Challenge?
 - What does Sound Body mean to you?
 - Why is it so important to maintain a sound, healthy body?
 - How did your physical fitness evaluation compare to your fitness goals? Are your goals attainable?

Stress Management

- Read pages 136-137 of "Chapter 13: Knowing Yourself and Your Road to Success," of the LROB about stress management, and review it with the Sigma Challenge members and Coordinator.
- Discuss how to keep your mind healthy during stressful periods of college, warning signs of stress, and best practices to help relieve stress.
- Do something fun for an hour to relieve stress!

Time Management

- Read pages 99-103 of "Chapter 10: Sound Mind" in the LROB, and review it with the Sigma Challenge members and Coordinator.
- Review UW-Platteville's "15 Ways to Get As" presentation, and discuss how to be a good student, effective studying habits, and how to take tests with the Sigma Challenge members and Coordinator.
- Discuss different techniques for managing your time with the Sigma Challenge members and Coordinator.
- Track what you do for a week to see how wisely you spend your time.
- If you have never used a planner, try it to improve your time efficiency. If planners do not work for you, explore other time management techniques.

Sound Body Development

Healthy Living

- Learn how to cook several cheap and healthy meals in the residence halls, and how to eat healthy in college in general.
- Discuss smart sexual health in college, including condom use, the science behind birth prevention, STDs, etc.
- Learn about the effects of drinking.

Physical Fitness

- Participate in the chapter's Fitness Assessment each semester and track your progress. Assessment activities include:
 - Height
 - Weight
 - Resting Blood Pressure
 - Sit and reach
 - Push-ups (1 minute)
 - Sit-ups (1 minute)
 - 40 yard dash
 - Mile run
- Create 3 S.M.A.R.T. goals based on your Fitness Assessment on how to improve your physical health, and compare your results each semester.

Personal Development

Art of Manliness

- Read “Chapter 14: What It Means to Be a Man,” pages 139-141 of the LROB.
- Discuss what it means to be a man in general, in college, in a fraternity, and in SigEp with the Sigma Challenge members and Coordinator.

Select a Big Brother

- The big brother is selected by the member before he begins the Phi Challenge. The point of personally choosing a big brother is so that each member can select his big brother based on his own personal objectives.
- The big brother should first and foremost serve as a role model and guiding influence to his little brother. As the focus of the Phi Challenge is to “understand the benefits of fraternalism,” during the Phi Challenge, the big brother will help his little brother actively pursue chapter activities while teaching his little brother to manage his time and responsibility to school and other personal activities. As the focus of the Epsilon Challenge is to “explore issues the servant leader faces,” during the Epsilon Challenge, the big brother will help his little brother expand his awareness and perspectives on the nature of service learning and leadership development.
- The big brother should convey the importance of decisiveness, strength, and good judgment to his little brother in all his decisions to help him become a better leader.
- Big brothers to members of the Phi Challenge should perform the following:
 - Spend personal time at least once a week with their little brother (eating together or just spending other time together as mentor and little brother).
 - Spend academic time at least once per week studying in the library or another appropriate location to limit distractions. *Note: This will also be the time to review the academic progress, grade, and scores of the little brothers.*
 - Pursue Sound Mind, Sound Body activities together.
 - Help their little brother meet the Phi Challenge expectations as outlined as follows:
 - Read and review the LROB sections with their little brother.
 - Assist in goal-setting and tracking with their little brother.
 - Attend events together as requested by the Phi Challenge Coordinator.
 - Continue to introduce little brother to other members of the chapter.
- Big brothers to little brothers of the Epsilon Challenge should perform the following:
 - Encourage their little brother to pursue leadership opportunities within the chapter and on campus.
 - Spend personal time at least once a week with their little brother (eating together or just spending other time together as big and little brother).
 - Spend academic time at least once per week studying in the library or another appropriate location to limit distractions. *Note: This will also be the time to review the academic progress, grade, and scores of the little brothers.*
 - Pursue Sound Mind, Sound Body activities together.
 - Help their little brother meet the Epsilon Challenge expectations as outlined as follows:
 - Read and review the LROB sections with their little brother.
 - Assist in goal-setting and tracking with their little brother.
 - Assist their little brother in implementing the individual Epsilon service project of thirty hours.
 - Attend events together as requested by the Phi Challenge Coordinator.

SMART Goals

- Review what SMART (Specific, Measurable, Attainable, Realistic, Timely) goals are with the Sigma Coordinator.
- Develop three written, personal, SMART goals, focusing on improving your academics and other areas of your life, and review them with your New Member Mentor.

Leadership Development

Team Building

- Complete a Sigma Project with the members of the Sigma Challenge. Approve and coordinate your project with the Sigma Challenge Coordinator.
- Complete one of the following, or create your own:
 - Attend EDGE (ask your Challenge Coordinator, Vice President of Member Development, or Regional Director for dates and locations in your area).
 - Participate in a ropes course, paintball, or other team-building activity with the entire chapter.
 - Participate in a community service project as a chapter.

Professional Development

Parliamentary Procedure

- Read the “Introduction to Robert’s Rules of Order” handout, and review it with the Sigma Challenge members and Coordinator, focusing on the purpose of it and key areas that help expedite meetings.

Professional Communication

- Learn the purpose of an interview, how to conduct one, and tips for when you are being interviewed.
- Interview all the brothers of the chapter to practice your interview skills and start a relationship with each of them.
 - Start with your New Member Mentor.
 - Ask Name, Hometown, Major, Scroll, Joining Class, Big Brother, and 14 other questions (20 total).

Social Skills

- Learn the basics about ties and bowties.
- Discuss proper social media etiquette to keep in mind on Facebook, Twitter, etc., with the Sigma Challenge Members and Coordinator.
- Attend an etiquette training session.