

THE BALANCED MAN PROGRAM

The pages of this section are intended to give a brief overview and summary of result with the Balanced Man Program.

What is the Balanced Man Program?

The Balanced Man Program is a return to the values and principles on which Sigma Phi Epsilon was founded. The program, as initially envisioned and in practice today, addresses the following chapter needs:

- Sustained involvement of older members
- Extensive commitment to service learning and campus involvement
- Greater understanding of the values articulated in the Fraternity's Ritual
- The development of Sound Mind and Sound Body programs
- Increased focus on leadership practices
- Opportunities for experiential learning
- Need for quality mentorship within our chapters
- Equality of all members from the first day of joining SigEp

History

In 1989, SigEp was the largest national fraternity in the country. Despite this impressive national growth, we were faced with a multitude of issues regarding substance abuse, poor retention of members, declining academic performance, and increasing issues with risk management and hazing.

During Sigma Phi Epsilon's 1989 strategic planning process, the Strategic Planning Committee adopted the vision statement, *Building Balanced Leaders for America's Communities*. In 2001, that vision statement was amended to read, *Building Balanced Leaders for the World's Communities*.

To ensure the Fraternity achieved its vision in undergraduate chapters, a committee of Fraternity leaders gathered to develop a new membership development program that would focus on continuous development, mentorship, and the development of healthy lifestyle habits. At the 1992 Grand Chapter Conclave in Washington, D.C., SigEp's undergraduate delegation voted to implement the Balanced Man Program.

How do chapters implement the Balanced Man Program?

In order to become a Balanced Man Program chapter, the undergraduates of the chapter must:

- Become educated on the specifics of the Balanced Man Program through a presentation by an experienced volunteer or Headquarters staff member
- Vote at least 80% in favor of the implementation
- Host an implementation retreat and begin implementation of the challenges

Effectively Operating the Balanced Man Program

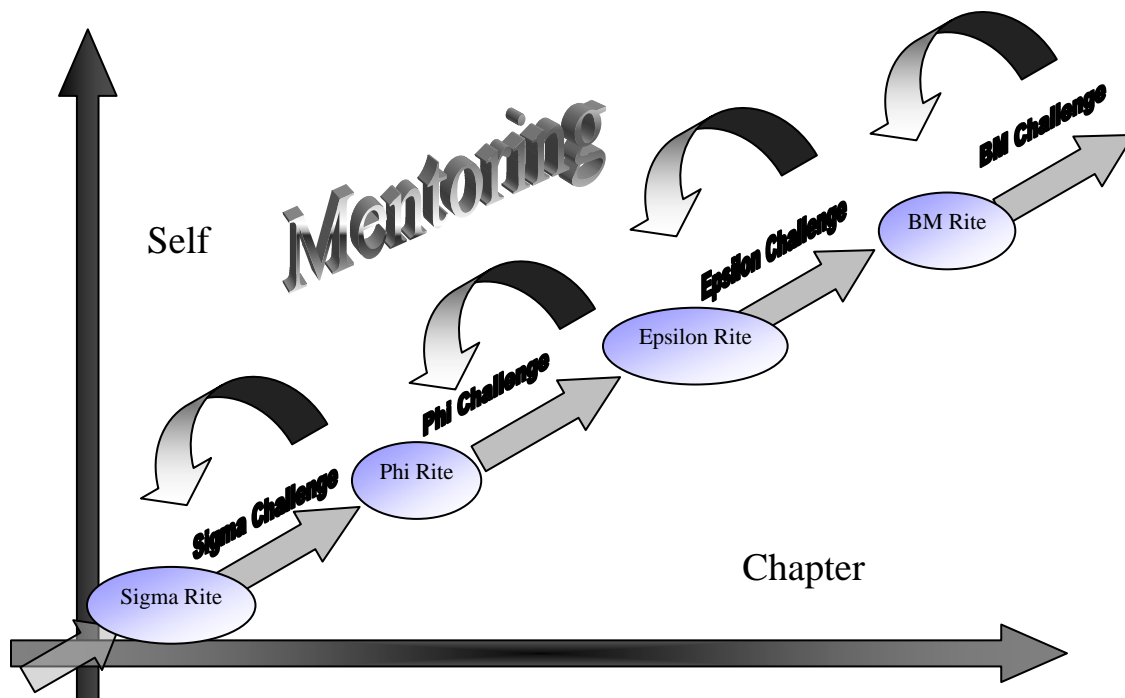
The Balanced Man Program is based on continuous, single-tier development divided between four challenges. Balanced Man Program chapters will have the opportunity to participate in four challenges that progress throughout their entire college experience.

- Members in the Sigma Challenge will focus on time management skills and chapter orientation.
- The Phi Challenge will help emerging leaders develop leadership skills and gentlemanly behavior.
- The Epsilon Challenge provides members opportunities to tackle leadership positions within the chapter and campus community, as well as develop a sense of civility.
- Lastly, members in the Brother Mentor Challenge will focus on their experience after college and will begin developing professional skills for the working world.

Below is a graphic representation of the Balanced Man Program through the challenges. Before each challenge, members will have the opportunity to experience portions of our Ritual and learn more about the secrets of our organization. Each Rite of Passage contains Ritual to help members reflect upon the meaning of their experience with Sigma Phi Epsilon.

The Balanced Man Program

Building Balanced Leaders for the Worlds Communities



Values and Vision

The Balanced Man Program is a unique program that continues to lead the fraternity world in relation to member development. Other fraternities have tried to utilize the Balanced Man Program in order to build their own programs. However, the BMP remains a unique experience in a number of ways:

- New members in Balanced Man Program chapters are extended all of the rights and privileges of membership. Furthermore, there exists no point at which a chapter member is finished with meeting the expectations of membership. Members are fully integrated from the day they join and are held accountable for continued leadership and involvement throughout their journey.
- The BMP uses experiential learning, Sound Mind and Sound Body programming, and service learning in addition to a chapter's current programs to create a strong development program.
- Mentors help members make decisions and set goals. These mentors are recruited from both the undergraduate chapter and the surrounding community.
- Balanced Man Program chapters can recruit new members year-round because of the self-paced development framework of the challenges.

For more information on the Balanced Man Program, please visit www.sigep.org/development.

Balanced Man Stewards

As a Balanced Man Steward, you must be the “resident expert” on the program for your chapter. Understanding the evaluation, implementation, operations, and philosophy of the program are critical to your success as Steward and to the development of the Balanced Man Program for your chapter. As a Steward, you have many resources available to help along your journey, including [The Lexicon](#), [The Quest](#), and the SigEp website at www.sigep.org/development.

Basic Expectations of the Chapter

In order to guide the implementation, operations, and programming, a chapter must first acknowledge and accept:

- The Balanced Man Program is permanent. Once implemented, the BMP remains the chapter's development model.
- New members are fully participatory, with all rights and responsibilities of membership. There are no vestiges of pledging, including terminology.
- There is one Ritual in Sigma Phi Epsilon and one presentation of the Ritual specific to the “Journey of Brotherhood,” the model and philosophy of the Balanced Man Program. The chapter commits to performing the Rites of Passages as detailed in [The Ritual and Guide of Sigma Phi Epsilon Fraternity](#).
- Continued participation and leadership are required of all members. The chapter must acknowledge that all members have expectations to meet and commit to upholding standards.

Basic Expectations of the Balanced Man Steward

Balanced Man Stewards play a critical role in the development program and should be expected to meet some basic expectations including:

- Help with the implementation of the Balanced Man Program
- Meet with the development cabinet biweekly
- Communicate with the Vice President of Development every two weeks
- Attend regular chapter meetings and A&VC meetings
- Help complete the proficiency of the Balanced Man Program and identify areas for the chapter to focus upon for improvement
- Help provide resources for Sound Mind and Sound Body programs, service learning, and experiential learning
- Help plan semester retreats
- Help with the transition of the Vice President of Development
- Help with the creation and maintenance of the written development program

The Written Development Program

A written development program is very important for Balanced Man Program chapters to create consistency in the development program. Help the development cabinet create and maintain a written development program that includes:

- Sample challenge agendas
- Balanced Man Program Proficiency Evaluations
- Job descriptions for development cabinet
- Sample calendar of events
- Ideas and contact information for campus resources
- Ideas for Sound Mind and Sound Body programs
- Material for retreats
- Academic plan and standards code
- A SigEp Quest
- The Lexicon

The Proficiency

The Balanced Man Program Proficiency Evaluation was created to help assess the needs of the program at our chapters. The Proficiency Evaluation assesses the framework, basic expectations, and the potential for long-term success with the program. Chapters should utilize the evaluation in order to help assess what areas of operation need additional support.

Long-term Success

Our best Balanced Man Program chapters create consistency in their development program. Balanced Man Stewards and other volunteers should help maintain that consistency through the following criteria for quality BMP chapters:

- All volunteers working with the chapter are educated about the Balanced Man Program.

- A Balanced Man Steward is in place and meeting the Steward expectations.
- The standards committee enforces membership lapsing.
- Rites of Passage are scheduled on the chapter calendar.
- The chapter has a written development plan.
- All the challenges meet regularly.
- Every member has a mentor.
- Challenge Trackers are posted and updated regularly.
- The Proficiency Evaluation is completed each semester with the Regional Director.
- Language use is consistent with the program (no use of pledge or initiation).
- The chapter implements continuous recruitment.

As the Steward, you have the opportunity to help improve the Balanced Man Program at our SigEp chapters. Do not forget to read the section of the Officers' Guide that outlines all duties of the Vice President of Development.