

## DEAR PHI CHALLENGE COORDINATOR,

The Phi Challenge gives the strategic continuation of member development our Fraternity needs to claim that we are *Building Balanced Leaders for the World's Communities*.

The majority of members in the Phi Challenge will be second-semester freshmen and sophomores. This is a crucial time in the personal development of your members, as most of their college identity will be formed during this period. Therefore, the Phi Challenge focuses on cultivating the values and knowledge that men need to excel at college, SigEp, and life.



You should hold regular meetings with members in the Phi Challenge to help meet the expectations of this challenge. The focus of the meetings should be two-fold. First, share success stories of achievements from the Phi Challenge objectives. You may hold seminars to help some of the members accomplish the objectives at meetings. Second, you should plan the experiential learning retreat each semester

(either as a challenge group or as part of a chapter retreat).

There are specific objectives outlined for the Phi Challenge you must address. Members in this challenge must:

- Develop goals and an action plan.
- Address respect for self and others.
- Develop gentlemanly behavior.
- Participate in planning the experiential learning event.
- Understand chapter operations.
- Be active participants in the chapter's recruitment efforts.
- Volunteer as a mentor to someone in the Sigma Challenge.
- Become involved in intramurals.
- Develop an understanding of the Greek system.
- Participate in community service.
- Recruit a mentor for the Epsilon Challenge.

Your responsibility is to assist each member in any way possible that will help him achieve these expectations and progress to the next challenge.

Don't forget that many of these issues are addressed in *The Lifetime Responsibility of Brotherhood* as well as the Phi Challenge Coordinator Guide. Use these resources for ideas to meet the expectations.

In addition to helping the members of the Phi Challenge meet their expectations, your own expectations should be met:

- ❑ Read the Phi and Epsilon Rites of Passage.
- ❑ Maintain a current list of members in the challenge, along with their mentors. Include the beginning and projected completion date. The *Phi Challenge Tracker* at the end of this section will help you.
- ❑ Meet with the mentors for members in the Phi Challenge and explain their role.
- ❑ Assist members of this challenge in fulfilling their roles as mentors to members in the Sigma Challenge.
- ❑ Be familiar with experiential learning and help create a calendar for the experiential event(s).
- ❑ Schedule a “half-way” meeting with each member of this challenge and assist members moving into the Epsilon Challenge. Help them keep track of their journey using the *Phi Challenge Tracker*.
- ❑ **These objectives are best achieved through Phi Challenge meetings held once every two weeks for 30 minutes.**

During the Phi Challenge, members will solidify their college identities. Help them do this in a positive manner. Without good leadership on the part of the Phi Challenge Coordinator, we cannot be a Fraternity that can honestly claim to “Build Balanced Leaders for the World’s Communities”; we can merely hope that it accidentally happens on its own.

If you have any questions, call your Balanced Man Steward, your Regional Director, or the Director of the Balanced Man Initiative for assistance. Good luck!

#### Keys to Success

- One long activity is not as effective as several shorter ones.
- People remember a huge amount of what they **hear, see, and physically do**.
- Lecturing is unquestionably the least effective form of teaching.
- More effective teaching/meeting techniques include small group discussions, journal writing, individual and group presentations, use of a variety of media, and a variety of speakers.
- **START MEETINGS ON TIME!** There is no better way to turn off a sharp guy than to waste his time because the “slackers” are late.
- Start each meeting by telling the membership what the goals are you want to accomplish during the meeting.
- End the meeting summarizing important things to remember.
- Encourage members to have a specific folder or binder to keep fraternity materials in, or things may get lost.
- Inside jokes do not have a place at chapter and challenge meetings.



## **GENTLEMANLY BEHAVIOR: ETIQUETTE AND SPORTSMANSHIP**

*What you are doing speaks so loudly that I cannot hear what you are saying.*

~ Unknown

A SigEp should have high standards for social and professional interaction. Members can only exemplify these ideals if they understand the appropriate codes of gentlemanly behavior. This cannot be taught through a single videotape or seminar, but requires constant dedication to its cultivation. Gentlemanly behavior can be promoted and encouraged through fun seminars, classes, and daily chapter activities.

Appropriate behavior is best promoted on many levels, from structured learning activities to daily standards of behavior that are fun and enforced. Through education and daily practice, the true Balanced Man culture thrives!

### **GUIDELINES**

Each member of the Phi Challenge is expected to address this issue. It is left to the member and his mentor to determine the best means to meet this expectation.



## IDEAS

Host a panel discussion about “What Women Want” with a sorority.

Host a coach or professional athlete to speak on good sportsmanship.

Host an “Etiquette Dinner” and invite a sorority or dates.

Invite an experienced brother or community member to host an etiquette dinner.

Promote a “Mother’s Day.” Invite members’ mothers to visit with the chapter for a day.

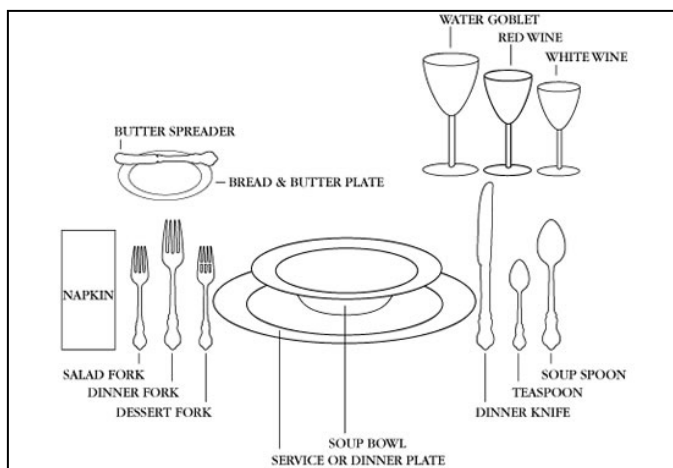
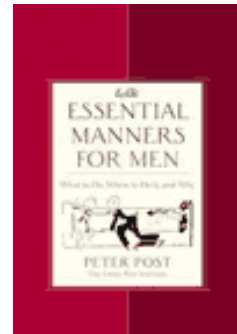
Watch movies in which characters display either gentlemanly or ungentlemanly behavior. Discuss what you observe.

Discuss John Wayland’s statement, “The True Gentleman,” and the accompanying questions. (See the following page.)

## Etiquette Terms

“Etiquette is governed by three principles: **consideration, respect, and honesty.** These provide the framework for defining every manner that has ever been formulated. Each of these principles is timeless. These principles transcend cultural boundaries, cross socioeconomic boundaries, and apply equally to all ages.”

-Peter Post, Essential Manners for Men



View the Balanced Man Program “Etiquette Video” at a Phi Challenge or chapter meeting.

Speak at a chapter meeting about the importance of sportsmanship in your intramural program.

Purchase Peter Post’s Essential Manners for Men, and discuss the main topics with members of the challenge.

See pages 37-46 in *The Lifetime Responsibility of Brotherhood*. Read

and discuss the issues listed. Make them part of daily chapter activities in a fun, creative way.

## ARE YOU GENTLEMEN?

Do sororities eagerly participate in your chapter’s activities and events?

Are there standards of behavior for when a guest enters the room or house, for meals, meetings, social events, intramurals, etc.

Would every member feel comfortable having their parents or sister attend chapter events?

What is the calendar of events that promote gentlemanly behavior?

## RESPECT FOR SELF & OTHERS

*Each time a man stands up for an idea, or acts to improve the lot of others or strikes out against injustice, he sends forth a tiny ripple of hope...and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance.*

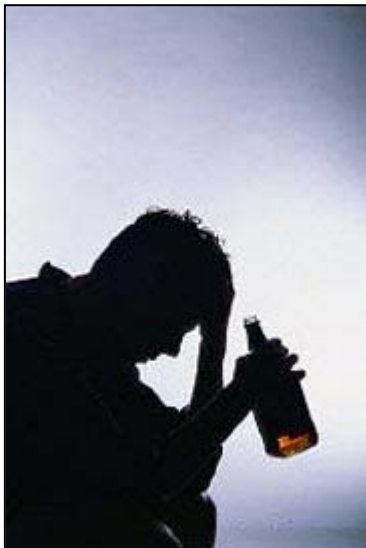
~ Robert F. Kennedy

Learning to appreciate and respect individuals is the foundation on which to build successful relationships. These relationships create fraternalism and build Brotherly Love. Fraternalism encompasses relations not only within the chapter, but also within the general community. The purpose of building fraternalism within the challenge should be to first raise your own awareness, and second to begin developing a positive attitude about what you can do for the chapter, the campus, and the community to help raise awareness.



The three areas to be addressed are:

1. Relationships: diversity, sexism, date rape
2. Substance Abuse: alcohol and other drugs
3. Health: sexually transmitted infections, body weight, and physical and mental wellness.



On the next few pages are suggestions of readings, videos, and programs that may be used to address each issue. These may be employed either by individuals or small groups.

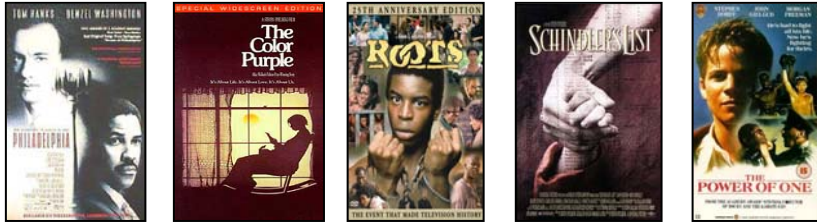
### GUIDELINES

Each member of the Phi Challenge is expected to address each of these issues. It is left to the discretion of the member and his mentor as to the best methods to meet these expectations.

## Relationships: Diversity, Sexism, Date Rape

Videos:

- ❑ Watch a popular movie that addresses diversity at a Phi Challenge meeting (i.e., *Philadelphia*, *The Color Purple*, *Roots*, *Schindler's List*, and *The Power of One*).



Programs:

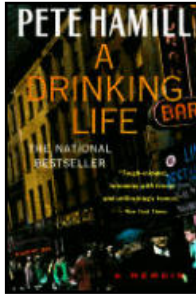
- ❑ Sponsor a speaker on sexual discrimination.
- ❑ Host a question and answer session on what women want from men, with the panel being made up of the Panhellenic officers. Open the program to all of the campus.
- ❑ Host speaker(s) for the chapter on the topic of cultural awareness.
- ❑ Sponsor a panel discussion with officers from the Interfraternity Council, and National Panhellenic Council (traditionally African-American Greek organizations).
- ❑ “Racism in a Black Box” program
  - A panel discussion takes place in a completely dark auditorium so that all of the participants remain anonymous. This can promote very frank discussions on racism on and off campus, homosexuality, and male/female relationships.
- ❑ Attend an NAACP meeting.
- ❑ Attend an ethnic or cultural festival.
- ❑ Invite a speaker from your school’s International Club, or some other group that addresses diversity.
- ❑ Attend a religious ceremony of a faith other than your own.
- ❑ Visit a battered women’s shelter.
- ❑ Host a speaker from the rape crisis center.

For additional videos and readings, see your campus and community libraries.

## Substance Abuse: Alcohol and Other Drugs

Readings:

- ❑ “Sigma Phi Epsilon Statement on Chapter & Individual Responsibility”
- ❑ *The Drinking Life*, Pete Hamill



Programs:

- ❑ Sponsor alcohol/drug awareness week programming.
  - Speakers for the chapter or campus
  - Police demonstration on the effects of alcohol
- ❑ Invite a legal liability speaker to a Phi Challenge meeting.
- ❑ Attend a campus program alone or with the Phi Challenge group.
- ❑ Have a chapter member share a story of successfully combating drugs/alcohol.
- ❑ Visit a drug rehab center or attend an AA meeting.
- ❑ Invite a recovering addict or addiction specialist to speak to the Phi Challenge.

For additional videos and readings, see your campus and community libraries.

**Health: Sexually Transmitted Infections, Body Weight, and Physical and Mental Wellness**

Programs:

- ❑ Sponsor a time management course or seminar.
- ❑ Host someone from the health and fitness department to do individual health assessments for the members of the chapter.
- ❑ Sponsor a speaker/course on personal finances and budgeting.
- ❑ Do a diet assessment of the chapter meal program.
- ❑ Participate in a YouthAIDS event.
- ❑ Ask a professional to explain how he/she stays organized.
- ❑ Raise funds for a chapter fitness room.
- ❑ Work with campus wellness center to evaluate your eating habits.
- ❑ Go to aerobics classes at your campus or community recreation center.
- ❑ Invite someone with AIDS to speak to the chapter.
- ❑ Read your copy of *Men's Health* sponsored by the SigEp Educational Foundation.



For videos and readings, see your campus and community libraries.

## **IFC/PANHELLENIC/NPHC INVOLVEMENT**

*All your strength is in your union.  
All your danger is in discord;  
Therefore, be at peace henceforward,  
And as brothers live together.*

~ Henry Wadsworth Longfellow

An understanding of how your chapter fits into the larger picture of the Greek community is critical. With a knowledge of fellow Greeks and sound inter-organizational relationships, a Sigma Phi Epsilon chapter will be able to assume a leadership role among Greek organizations.

### **GUIDELINES**

- ❑ Each member of the Phi Challenge is expected to address this issue in some way. It is left to the member and his mentor to decide the method.

### **IDEAS**

- ❑ Attend an IFC, Panhellenic, and/or NPHC meeting.
- ❑ Host members of the IFC executive committee. Have them discuss how you could be involved with the organization.
- ❑ Ask your school's Greek Advisor for programming suggestions.
- ❑ Invite the Greek Advisor to address a challenge meeting or the entire chapter.