



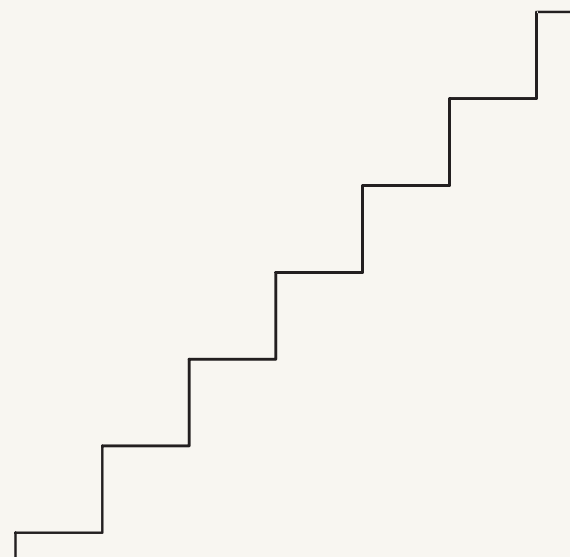
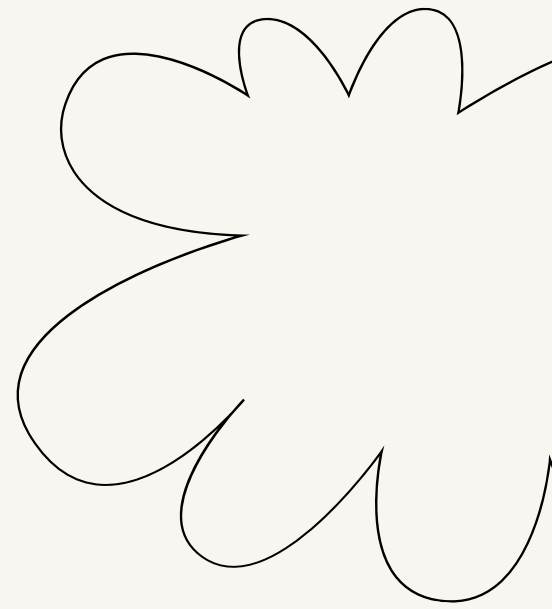
# 2023 Greek Buffs Guide



Panhellenic Primary Recruitment for  
the University of Colorado Boulder

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# Fall Recruitment Schedule

**Wednesday, August 30**

PNM Orientation

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**Thursday, August 31**

Virtual First Datebook

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**Saturday, September 2**

Second Datebook

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Third Datebook

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**Monday, September 4**

Preference Night

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**Tuesday, September 5**

Bid Day

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# Daily Schedule

## MORNING MEETINGS

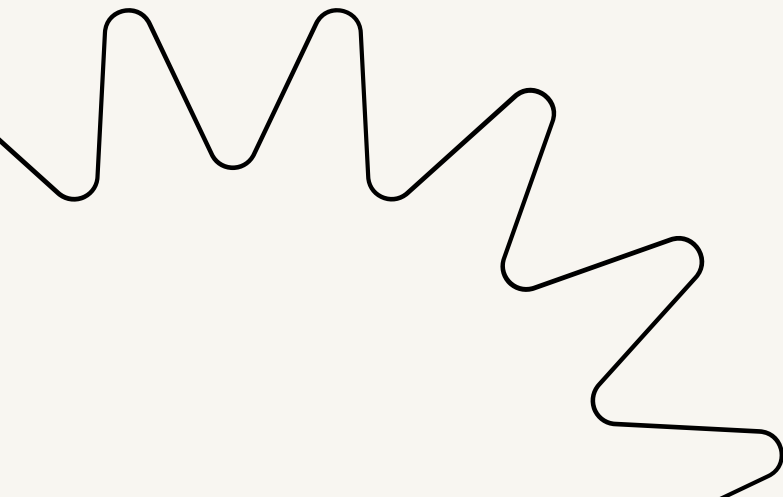
Each day will start with a meeting where you will get your schedule for the day and hear a bit more about what that Datebook is about and give you some key questions to consider as you go throughout the day. These will be hosted on Zoom to give you more time to get ready in the morning, but these meetings are required and go towards your attendance for the day. There will be designated areas Rho Gammas and Panhellenic Exec Members will be stationed if you need someone to talk to before the day starts! You are more than welcome to tune into your morning meetings from these areas if you want to get your day started closer to the Hill.

## PARTIES

The number of parties you will attend varies by day. Second Datebook you will attend a maximum of 8, Third Datebook is a maximum of 5, and Preference is a maximum of 2. These parties will be spread out throughout the day going from early in the morning to late in the evening. Just like Morning Meetings, there will be designated spaces where you will be able to find members of Exec or Rho Gammas to hangout with. You are also more than welcome to go home during these breaks!

## VOTING

Each day will end with voting. You will have a PNM Account where you will be able to view the houses you visited during that day. You will select the houses you would like to return to, then rank your remaining houses in preference order. We will go over voting more in depth during PNM Orientation.



# Application



**Opens: May 15th**

**Closes: August 30th**

**Cost when Applying: \$60  
(non-refundable)**

**What is on the Application?**

## **General Information**

Name:

Student ID Number:

Mobile Phone Number:

Email:

Hometown:

Hometown State:

Special Needs during recruitment:

Pronouns:

## **High School**

Highschool Name:

City:

State/Region/Province:

Year Graduated:

GPA:

GPA Scale:

## **College**

Classification:

Major:

GPA:

## **Values**

You will be given a list of values and have the opportunity to rank your top 5

## **Legacy**

Have you participated in sorority recruitment before?

If yes, where?

Date of recruitment?

Did you sign a preference card?

Have you ever pledged a National Chapter?

If yes, where?

Date Pledged?

List Legacies: (ex. Mother, ADPi - Zeta Delta Chapter, University of Washington 1992)

## **Activities**

Activity & Involvement Information: This could include athletic involvement, volunteer work, clubs and organizations, scholarships, awards, full-time or part-time employment, etc.

HighSchool:

College:

## **Picture (Guidelines on the Panhellenic Website!)**

## **High School or College Transcript**

## **Video, Audio, or Written Submission**

Prompts on website and official application

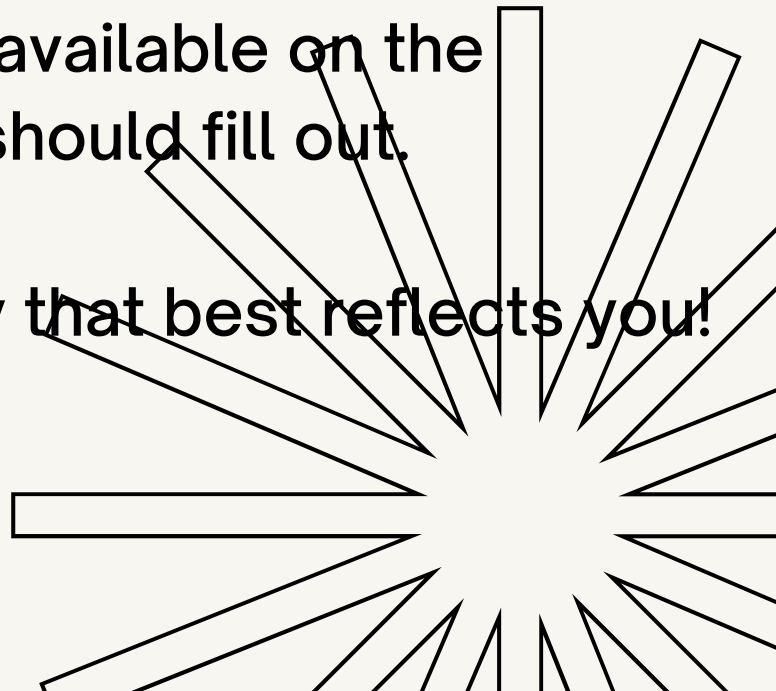
# Application Advice

Take your time on the application! It does not close until PNM Orientation on August 31st so there is no need to rush through. Be thoughtful with your responses.

This is NOT a college application. Although you should be mindful of spelling and grammar, let your personality shine through. This is one piece of information that supports our chapters introduction to you!

You are more than your GPA! If you have concerns about this, there is a form available on the Panhellenic Website you should fill out.

Answer questions in a way that best reflects you!



# A Letter From Our President



Hello!

On behalf of our 11 chapters, welcome to the University of Colorado - Boulder Panhellenic Council, the largest women's organization at CU. My name is Jules Geneser and I am the 2023 Panhellenic President.

I am beyond excited about your interest in the CU Panhellenic community. Whether you are a new student or a returning student, this year will hopefully be filled with fun and exciting moments. Each of our chapters offers a supportive, inspirational, and empowering environment that no doubt enhances members' experiences here at CU. While each chapter and each woman in our community is undoubtedly unique, our core values of academics, leadership, service, and sisterhood link us together to form the amazing community that is CU Panhellenic.

When I came to CU, I was nervous to be going to such a large school where I feared that I would not be able to find a sense of belonging. When I signed up for recruitment, I was so nervous. I went to a high school with a graduating class size of 127 people and on top of that we were in peak COVID lock down. At this time meeting new people was almost impossible so I took the risk and decided to join Formal Recruitment. Even though this was an exhausting and stressful process, I ended up where I was meant to be and I am a better person for it. These women push me out of my comfort zone, motivate me to be my best self in every aspect of my life, and inspire me to grow and expand my knowledge daily. I can wholeheartedly say that my time in Panhellenic has shaped me into the woman I am today, providing me with the best memories, opportunities, and friends that I have made at CU.

You may be scared, nervous or unsure whether Panhellenic life is for you, and that is completely fine! We are here to help every step of the way to ensure you find your home at the University of Colorado. I encourage you all to trust the process and know that you will end up where you are meant to be!

To ensure you are up to date with any details pertaining to recruitment and our greek community consider following our social media account, instagram: boulderpanhellenic.

JULES GENESER  
PANHELLENIC PRESIDENT



# A Letter From Our VP of Recruitment

Congratulations on your decision to attend CU Boulder! One of your first, big, adult decisions is complete, take a moment to celebrate and recognize how big of an achievement that is! I, personally, was terrified when choosing to attend CU, but it turned out to be the best decision I've ever made. I now know how to ski, get excited when it's above 45 degrees, and am obsessed with our live-mascot Ralphie, all while studying hard of course. CU is a great place to explore what you're interested in, learn new things about academics and yourself, and truly be equipped to take on the future and change the world.

Joining a sorority is also a big decision that we are so excited you are making! The decision to join a Sorority helps make our 30,000-person campus a little bit smaller and more like home. Not only are you joining an amazing chapter, but you are joining a community of Panhellenic women. This amazing community extends beyond your letters, and Panhellenic membership offers leadership, scholarship, service opportunities, and life-long connections.

Recruitment can be exciting, exhausting, fun, and stressful all at once! Myself, the rest of the Panhellenic Executive Board, and your Rho Gammas are here to support you through all of these emotions. Our goal is to help you find the place you feel most at home. Remember to enjoy the weekend, be authentic, seek out the place you feel will help you grow into the best version of yourself over the next four years, and take a deep breath. Letters are just letters, but the people in the chapter are what makes it feel like home.

My biggest piece of advice to PNMs is to be yourselves. You're probably rolling your eyes at how cliché it sounds to trust the process and be yourself, but really listen to it! When I was going through Recruitment, I was trying so hard to be the person I thought chapters would love instead of staying true to myself and telling my horrible jokes and being the complete version of myself. Recruitment is a time to showcase who you truly are—all your quirks, values, personality traits- chapters want to learn who you really are! There's no mold for a "sorority girl", no matter what you hear. There's no right or wrong chapter, just the best fit for you. Letters are just letters, don't make choices based on the letters on the house, pay attention to the feeling you get when you're in the house and talking to the members. Do you feel like home? Don't worry, I'm confident that you'll find it.

Now, get out there and show these chapters who you are! I'm already super excited, you should be too!

ELLA PETERMAN  
PANHELLENIC VICE PRESIDENT  
OF RECRUITMENT

# PANHellenic EXECUTIVE BOARD



Jules Genesar  
President



Grace Waida  
VP of External Affairs



Laine Egan  
VP of Internal Affairs



Avery Stein  
Administrative VP



Isabelle Calvanese  
VP of Marketing



Sarah Rego  
VP of Finance

# PANHellenic EXECUTIVE BOARD



Ella Peterman  
VP of Recruitment



Anvie Gowrishankar  
VP of Recruitment Operations



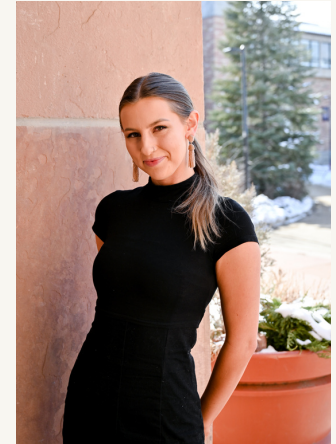
Dyllan Spitzley  
VP of Recruitment Counselors



Natalia Eid  
VP of Education



Reilly Rapoport  
VP of DEI



Hannah Moore  
Director of Activities



Maya Contreas  
Director of DEI



# 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, is the tenet by which we strive to live.



# PANHellenic PRESIDENTS

Sorority chapter presidents are integral to the success of Greek Life at CU.

Working with members of their chapter, members of other Greek organizations on campus, and alumnae, these women strive to make the Greek community even stronger here at Boulder.

A sorority president must be a strong leader and hold herself to the highest standards. Each of the women serving the Panhellenic community this year reflects the best our community has to offer. We hope the legacy being set by the 2023 Chapter Presidents will continue with your incoming class of Potential New Members.

# Health and Wellness



Recruitment can be stressful. Do not forget to take time to take care of you. Below are resources for taking care of your physical and mental health during Recruitment.

## **Coffee is not a meal replacement**

### **Student Health Center (Wardenburg)**

- Monday–Thursday: 8 a.m. to 5 p.m.
- Friday: 9 a.m. to 5 p.m.
- Phone: 303-492-5101 (24/7 nurse line)
- Best for if you're feeling sick and need an appointment (*if emergency call 911*)

### **University Of Colorado, Boulder Recreation Center (The Rec)**

- Monday–Friday: 6 a.m. to 11:30 p.m.
- Saturday–Sunday: 9 a.m to 11 p.m.
- Working out is a great way to destress. They have tons of machines, classes, and even a Wellness Suite.

### **Counseling and Psychiatric Services (CAPS)**

- Monday–Tuesday: 9 a.m. to 5 p.m.
- Wednesday: 10 a.m. to 5 p.m.
- Thursday–Friday: 9 a.m. to 5 p.m.
- Counseling & Psychiatric Services (CAPS): 303-492-2277
- For Mental health resources (*if it is an emergency call 911*)

### **Office of Victim Assistance**

- Phone: 303-492-8855 (24-hour phone service)
- For if you are in danger or have been through a traumatic event

### **Title IX Office**

- Regina Tirella, Senior Director of Support and Safety Measures & Deputy Title IX Coordinator
- Phone: 303-735-7521
- Email: [regina.tirella@colorado.edu](mailto:regina.tirella@colorado.edu)

# Diversity, Equity, & Inclusion

Fraternity and Sorority Life and Diversity, Equity, and Inclusion are often two statements that have not gone hand in hand over the past centuries. The non-equitable and non-inclusive roots and continued perpetuation within Fraternity and Sorority Life are something that we acknowledge with heart.

It is not an artifact stowed away in history's attic. It is our present, and it lives and breathes as much as we are in this moment.

Any acts of harm, such as assault, racism, homophobia, transphobia, ableism, and more are actively being spread from performative activism to "jokes" that "did not stem from one's intention"; this does include the foundation in which our organization was founded.

What happens behind closed doors after an Instagram story is posted in support of a minoritized group is a reflection of not only one, but many. What happens behind closed doors is something we can rise up against by standing for the protection, respect and wellbeing of those who have been minoritized.

The road to genuine and authentic change, unlearning, and healing is one that is quite long. Though, we are not discouraged by carrying the torch of change and hold it with pride.

To carry this torch also requires the hands of many.

We, as an Executive Board, have begun to foster relationships with advisors and organizations from across the country, educational, and social change offices on campus and other councils within our own community in order to learn, unlearn, and ultimately provide opportunities for our own community to grow by means of education, communication and information.

To create a new foundation with Diversity, Equity, and Inclusion, where there was not one prior, is to create a new foundation for Fraternity and Sorority Life.

We extend our best wishes, luck, and overall support for your upcoming Recruitment experience and hope that you find an organization that is your true home.

With love and support,  
The Panhellenic Executive Board

# Dear PNM Parents,

The Panhellenic Community is beyond excited and honored that your daughter is a student at University of Colorado Boulder and is interested in joining Sorority Life! Sororities in Boulder offer so much more than what meets the eye. The Panhellenic Community provides bountiful opportunities for leadership experience, academic support, networking opportunities, philanthropy and community service involvement, and meaningful friendships that truly can last a lifetime.

Joining a sorority is a great way to start making our campus feel smaller. With over 30,000 students attending CU Boulder, it can be intimidating and challenging for many students to find their place among the crowd. Joining a sorority at the beginning of their college journey can make adjusting to life in Boulder so much easier. Joining a sorority after their first year is still encouraged, there is no time frame for finding a community, but most of the women who waited a year or more until joining a sorority wish that they had sooner.

As your daughter is going through Recruitment as a Potential New Member, or PNM, they will likely experience many different emotions. We hope that they are mainly excited, but it's possible they will be overwhelmed. Recruitment is a lot! It is very important for PNMs to remind themselves and be reminded by the people they love to be open minded and to "trust the process." There really is no way to know which sorority is the best fit for them until they meet and have genuine conversations with active members of each sorority. It may be tempting for PNMs to listen to stories about sororities, trust false information online, join because they are a legacy, or be set on joining the same sorority as their friends that are also PNMs. All of these situations usually lead to confusion and disappointment, and unfortunately results in many PNMs dropping out of Recruitment entirely. Sorority Life is not for every woman, but it is a great opportunity to experience for those who do trust the process during Recruitment. The PNMs who remain open minded and true to themselves throughout the entire process find people with similar values and build strong connections, and ultimately find their home at one of our incredible sororities on campus!



Your daughter will not be going through this alone! During the Recruitment process, your daughter will be put into a group with other PNMs led by a Rho Gamma (Recruitment Counselor). A Rho Gamma is an active member of a sorority whose job throughout Recruitment is to provide guidance and support to the PNMs. They are selected and given all the tools they need by the Panhellenic Executive Council to ensure that PNMs have a positive Recruitment experience. Rho Gamma's are experts on Recruitment and are there to 100% support your daughter with anything they may need. Any Rho Gamma can answer questions that your daughter may have.

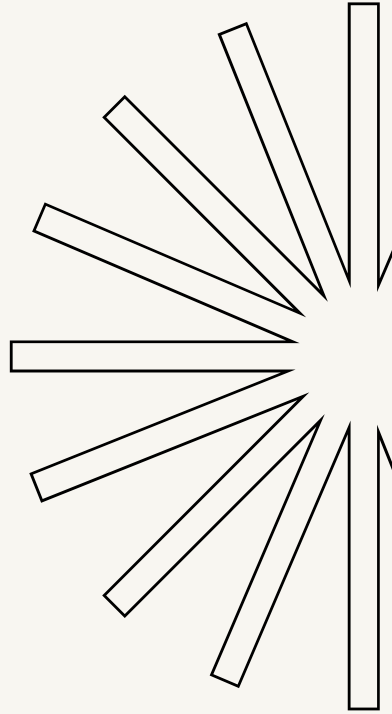
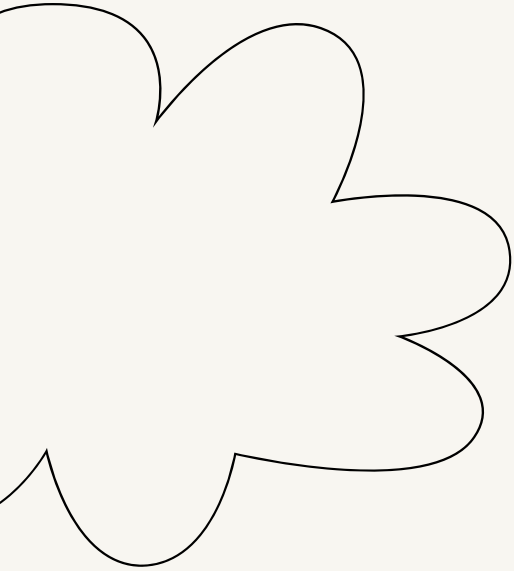
Being in a sorority comes with financial, time, academic, and housing obligations. Each chapter has their own GPA expectations and dues. These dues will be discussed during the third round of Recruitment, but PNMs are still encouraged to ask questions to ensure they understand what they are paying for and what they can expect as an active member.

We acknowledge that it's hard and sometimes intimidating to meet so many different people in the span of a few days, and encourage you, as a parent, to be your daughter's biggest fan during the process. We encourage you to support your daughter through this exciting yet challenging time, whether that be answering her late night calls or ultimately helping her make the best decision for herself. Becoming familiar with the community and the Recruitment process will be nothing but beneficial for your daughter. If you ever have questions about anything, do not hesitate to contact us! We are here to support you and your daughter in making their Recruitment and sorority experience at CU Boulder memorable.

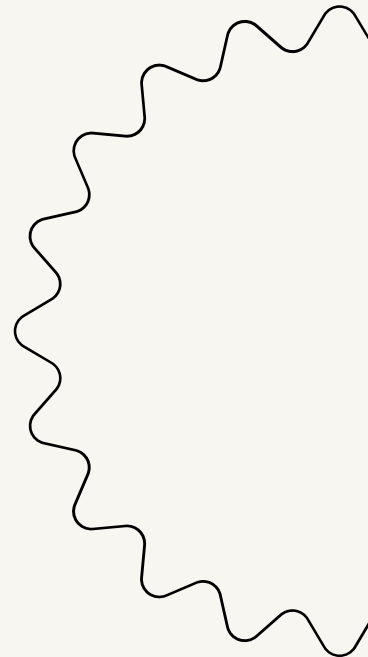
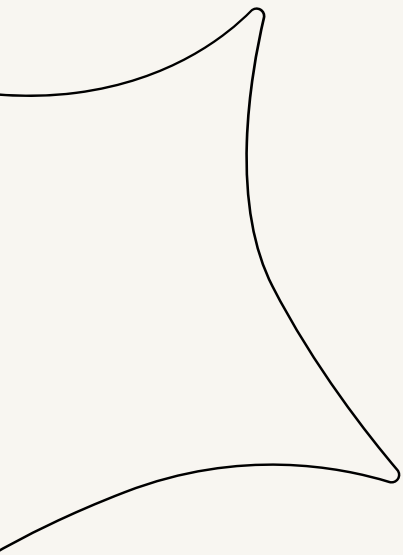
Please send any questions to [panhellenic@colorado.edu](mailto:panhellenic@colorado.edu) with the subject "PNM Parent..."



**Ella Peterman**  
**Vice President of Recruitment**



# Boulder Bound



# Sko Buffs

Beyond our letters, every member of our community is a proud Buffalo! Be sure to check out First Year and Fall Welcome opportunities organized by CU. Some of our favorites traditions are:

- Welcome Fest! The most recent was in 2019 when Zeds Dead had a concert on the Business Field. We are so excited to bring this tradition back this Fall!
- Watching Ralphie Run at Welcome to the Heard. First Year students all have the opportunity to watch Ralphie run for the first time all together! This is followed by Fall Welcome plenty of activities to do with fellow Buffs!
- College Day is a great opportunity to meet others in the same college or major as you!
- Football! The entire Boulder community is so excited to welcome our new football coach-- Deion Sanders! Nothing is more exciting than game day on campus as the whole city comes together to cheer on our Buffs! The first home game is the weekend after Recruitment so you will be able to get the full Boulder experience!!

# PNN Bill of Rights

- 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 members.
- The Right to be treated as a capable and mature person without being patronized.
- The Right to ask how and why and to 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 choices and decisions and to accept full responsibility for the results of that decision.
- The Right to have a positive, safe, and enriching Recruitment and New Member experience.

**Rho Gammas and Judicial Board members will make sure that these rules are upheld during Recruitment.**

Individuals who have concerns about the Recruitment process are encouraged to contact [panhellenic@colroado.edu](mailto:panhellenic@colroado.edu)





# Rules and Policies

## PNM Expectations

- The Panhellenic Council has a mandatory attendance policy. This means that a potential new member is required to attend all chapter events on their schedule. PNMs may NOT pick and choose the chapters they wish to attend on their schedule. If a PNM chooses not to attend a scheduled event and does not have an excused absence, she will be immediately removed from the recruitment process. Excused absences are limited to academic conflicts, athletic conflicts, illness, or a family emergency. Conflicts beyond the three mentioned will not be accepted. **All excuses must be submitted to Panhellenic before recruitment begins by sending an email to [panhellenic@colorado.edu](mailto:panhellenic@colorado.edu) with the subject EXCUSE.**
- Panhellenic Recruitment is an alcohol and substance free process. Potential New Members found under the influence of alcohol or illegal substances during Recruitment will be dismissed from the process.
- All Potential New Members will understand and abide by the Potential New Member Code of Ethics (see next page).
- We strive to foster a safe and healthy environment for both Active and Potential New Members. Engaging in disrespectful behavior can result in dismissal from the process.

## Recruitment Rules PNMs Should Know

- Sorority Members are not allowed to take Potential New Members to any events prior to Bid Day (fraternity, church, and/or private party).
- Once Recruitment has started members should not be contacting you via social media, text messaging, or face-to-face visits.
- Gifts of any type are not to be exchanged.
- Active Members are not allowed to say “I can’t wait to see you back tomorrow” “I’ll see you tomorrow” “I want you as my little” or any other comments that promise a bid.

**If this happens notify your Rho Gamma. You will not get in trouble, but we want to hold our chapters accountable for providing you with a positive experience!**

# PNM Code of Ethics

“We, as Undergraduate Members of women’s fraternities, stand ... for maintenance of fine **standards**...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**, is the tenet by which we strive to live.”

This is accomplished by abiding to the following agreements:

- A potential new member (PNM) shall attend recruitment orientation and all membership recruitment events for which she receives invitations.
- Respect for the membership recruitment process is expected at all times. This includes respect toward chapter members, recruitment counselors, Panhellenic officers, faculty, staff and other potential new members. PNMs should refrain from sexist, homophobic, racist or otherwise abhorrent conversations. This includes discussion about anything related to Recruitment between chapter members and Potential New Members at all times until Bid Distribution on Bid Day, September 6th, 2022.
- I understand my rights under the PNM Bill of Rights and if I experience discrimination I know how to report it to the College Panhellenic.
- Potential new members as well as sorority members must do their best to not touch or shake hands in any way. This helps prevent the spread of illness.
- Membership recruitment is a substance-free process. Women may not use or be in the presence of drugs and alcohol during the membership recruitment period. Violation of this rule will result in immediate removal from the membership recruitment process.



- Potential new members should be fully aware of the financial obligations of membership before accepting a bid. It is to the PNM's advantage to ask questions during recruitment events if there are questions about finances.
- Potential new members agree to treat the chapter videos and virtual recruitment parties as confidential. Potential new members will not share any video or virtual recruitment event, including a video in its entirety, or recordings, clips, screen shots, and/or quotes from video or virtual recruitment event. Potential new members understand that any breach of this agreement could result to disciplinary action.
- Potential new members understand that if they sign a Membership Recruitment Acceptance Binding Agreement (MRABA) after preference round, they are bound to that document and the chapter that extends them a bid. This means that the PNM is ineligible for an invitation to membership from another NPC organization until the next primary recruitment on that campus.
- Potential New Members must wear a mask at all times when entering chapter facilities.
- If a Potential New Member tests positive with COVID-19 or is symptomatic, they are expected to opt-in to virtual datebooks. Details can be found on the Panhellenic Website.

Failure to abide by the expectations stated above will result in the review of your status as a Potential New Member. The first offense will result in a warning from Panhellenic Recruitment Staff. The second offense will result in being released from the 2021 Panhellenic Recruitment process. **If the first offense is determined to be severe enough by the Panhellenic Recruitment Staff, a Potential New Member could be subject to an immediate release from the Panhellenic Recruitment process.**

# Membership Recruitment Acceptance Binding Agreement (MRABA)

**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 this is a contract with the National Panhellenic Conference (“NPC”
- I choose to complete this MRABA because I participate in the primary membership process (“Recruitment”) at the University of Colorado.

**Electronic Signature Only**

- I consent to this electronic contract. I agree to electronically sign the MRABA. There 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 are valid, enforceable, and binding under E-Sign and UETA.

**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.
- I am continuing in Recruitment,

**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 preferences for receiving a bid.
- If I attend 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 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. Initial each statement below. 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 now all sororities will recruit through COB.
- If I do not 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 Recruitment.

**Part 4: Rank your preferences. Rank in order of your preference for receiving a bid.**

1st Preference:

2nd Preference:

**Part 5: Sign the contract:**

- I have read and understood 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 as 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.

## ABOUT THE MRABA

The document on the opposite page is the Membership Recruitment Acceptance Binding Agreement (MRABA), formerly known as the “Preference Card.” The MRABA is a binding agreement that is effective for one calendar year. By signing this document, you as a Potential New Member agree that you are willing to accept a bid for membership from any sorority that you rank on the MRABA.

Please note that if you receive an invitation to membership (a bid) from any sorority that you ranked on your MRABA, then you are bound to that group for one calendar year (September 2023-September 2024). Most importantly, if you receive a bid from any sorority that you have listed on your MRABA, and you choose not to accept it, **you are not eligible to participate in Continuous Open Bidding (COB) in Fall 2023 or Spring 2024.**

## WHEN DO I SIGN THE MRABA?

If you receive an invitation to the Preference round, you will make your final selection at the conclusion of your last party. Here you will rank the chapter(s) you visited in preferential order. Once you complete your rankings, you will sign a copy of the MRABA. Please note that once the MRABA has been turned in to a representative of the Colorado Panhellenic Association, it cannot be altered or changed.

Prior to signing the MRABA, you have several options to consider. We suggest that you thoroughly reflect on these before signing your MRABA.

## MRABA OPTIONS

1. You may choose NOT to complete the MRABA, thereby withdrawing from Recruitment. If you choose this option, you are eligible to accept a bid for membership from any sororities participating in Continuous Open Bidding. It is not guaranteed that chapters will be participating in COB.
2. You may choose to list any sorority whose preference event you attend and from whom you are willing to accept an invitation to membership (a bid). Please note that you should NOT rank a sorority on your MRABA you are not absolutely willing to accept a bid for membership. If you match with a sorority that you listed on your MRABA, it is important to note that you are bound to that sorority for one calendar year, regardless of whether you officially accept their invitation for membership or not.
3. You may choose to limit your choices to just one sorority whose preference round event you attended and you are willing to accept an invitation to membership. You must understand that if you chose to single intention preference, then you are not guaranteed to receive a bid for membership. Only Potential New Members who maximize their options and list ALL of the chapters that they attended during the preference round are guaranteed to receive a bid for membership during Primary Recruitment.

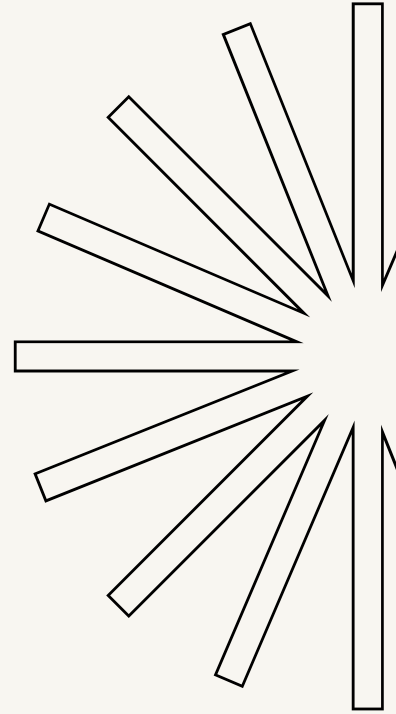
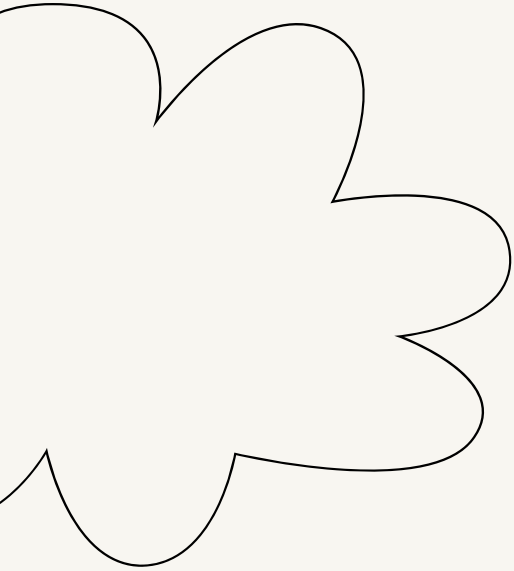
# Code of Ethics of The University of Colorado Boulder Panhellenic Association

We, as members of the Panhellenic Association at the University of Colorado Boulder agree to abide by the following declarations as well as the Unanimous Agreements and all amendments as set by the National Panhellenic Conference.

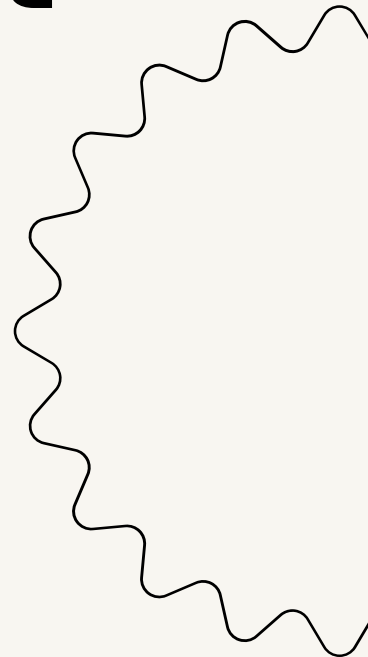
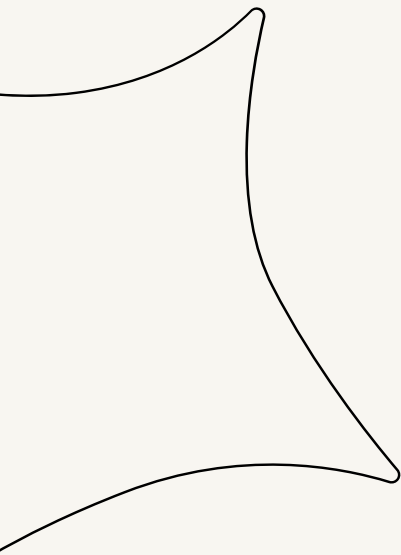
1. Abide by and adhere to the University of Colorado, Boulder Student Code of Conduct and the Academic Honor Code.
2. Promote honesty, scholarship, philanthropic service and sisterhood through adherence to the Unanimous Agreements throughout the entire year, not just the recruitment period.
3. Create and sustain positive relations with both the University of Colorado, Boulder and the Boulder community through scholarship and service in both Greek and non-Greek affiliations.
4. Respect the rights of all members by laying aside competition in order to strive for respect, mutual trust, and cooperation. Work to promote a positive Greek image by:
  - a. Not promoting stereotypes of any Greek organization or allowing others to do so. We will work to combat any stereotypes that may persist.
  - b. Respecting the traditions, policies and property of all Greek organizations including Panhellenic, Interfraternity Council, and Multicultural Greek Council.
5. Follow all recruitment rules and procedures as set by NPC and CU Panhellenic, which include but are not limited to:
  - a. Observing a period of no contact with potential new members before and during the recruitment period.
  - b. Abstaining from giving gifts of any sort.
  - c. Keeping all conversations with potential new members to recruitment setting as specified and approved by Panhellenic prior to and during the recruitment period.
  - d. Abiding by all NPC Policies and Procedures by not denying membership to an individual on the basis of any form of discrimination as prohibited by law, except for gender as protected by Title IX.
6. Follow all rules and regulations as set by NPC and CU Panhellenic governing documents regarding the new member period, which include but are not limited to:
  - a. Refraining from facilitating or participating in any activity that may be identified as hazing.
  - b. Abstaining from social interactions with new members in settings where alcohol may be present for at least 30 days after Fall and Spring Bid Day(s). This includes settings in which both the initiated member and/or the new member is of legal drinking age.
  - c. Abstaining from participating or promoting any illegal activities.
7. Violation of NPC Unanimous Agreements, Bylaws and Constitution of the University of Colorado Panhellenic Association and standing rules will result in NPC Judicial Procedure as outlined by the NPC Manual of Information.

We promise to educate all members on this document, the Unanimous Agreements and the NPC Policies and Procedures in order to promote and maintain positive Greek relations between all members.





# A Glance into Recruitment



# The Greek Alphabet

Α

Άλφα  
Alpha

Β

Βήτα  
Beta

Γ

Γάμμα  
Gamma

Δ

Δέλτα  
Delta

Ε

Έψιλον  
Epsilon

Ζ

Ζήτα  
Zeta

Η

Ήτα  
Eta

Θ

Θήτα  
Theta

Ι

Ιώτα  
Iota

Κ

Κάππα  
Kappa

Λ

Λάμβδα  
Lambda

Μ

Μι  
Mu

Ν

Νι  
Nu

Ξ

Ξι  
Xi

Ο

Όμικρον  
Omicron

Π

Πι  
Pi

Ρ

Ρο  
Rho

Σ

Σίγμα  
Sigma

Τ

Ταφ  
Tau

Υ

Ύψιλον  
Upsilon

Φ

Φι  
Phi

Χ

Χι  
Chi

Ψ

Ψι  
Psi

Ω

Ωμέγα  
Omega

# Greek Lingo

**ACTIVE:** A sorority member currently in college, who has been formally initiated by her chapter.

**ALUMNA:** An initiated sorority member who is no longer active in a collegiate chapter.

**BID:** A formal invitation to join a sorority or fraternity.

**CAMPUS TOTAL:** The allowable chapter size as determined by the College Panhellenic.

**CONTINUOUS OPEN BIDDING (COB):** The process which allows chapters to extend Bids outside of the Primary Recruitment Process.

**SINGLE INTENTION PREFERENCE:** When a PNM attends more than one preference event but limits her membership selections by not listing all her sorority options on her MRABA.

**LEGACY:** A PNM whose mother or sister is an alumna of, or active member, in a particular sorority.

**MRABA (Membership Recruitment Acceptance Binding Agreement):** A document each Potential New Member completes immediately following preference round. This is a binding agreement, stating that the PNM is willing to accept a bid from any sorority she lists.

**NATIONAL PANHELLENIC CONFERENCE (NPC):** Founded in 1902, NPC provides support and guidance for its 26 member sororities and women's fraternities and serves as the national voice on contemporary issues in sorority life. CU has 9 NPC affiliated sororities.

**NEW MEMBER:** The period when a woman joins a sorority but is not initiated into the chapter.

**PHILANTHROPY:** A national and/or local charity that the sorority sponsors, donating time and money through service in order to promote human welfare.

**POTENTIAL NEW MEMBER (PNM):** Any women seeking membership in a sorority through Primary or COB Recruitment (aka you!).

**PRIMARY RECRUITMENT:** A designated membership recruitment period during which a series of organized events are held for the purpose of selecting new members.

**RHO GAMMA:** An upperclassman sorority member who has disaffiliated from her chapter during Recruitment. They are specifically trained to help Potential New Members and answer questions during Recruitment.

**QUOTA:** The number of women a sorority may pledge during primary or informal recruitment.

**SNAP BID:** A procedure used at the close of bid matching to help chapters reach quota prior to bid distribution.

**VALUE BASED RECRUITMENT:** The emphasis of focusing on how your values, such as academics, equality, inclusion, and service align with different chapters' values.

# Academic Requirements

## Does GPA Really Matter?

Academic excellence is an important value for the sorority community at CU Boulder. Although Panhellenic does not require a specific grade-point average to participate in recruitment, each sorority has a minimum grade requirement for joining and maintaining membership. Potential members should ask each chapter about individual academic requirements during Primary Sorority Recruitment.

**IT IS STRONGLY RECOMMENDED THAT YOU HAVE AT OR ABOVE A 3.0 CUMULATIVE HIGH SCHOOL GPA OR 2.5 COLLEGE GPA.**

It is important to understand that if your grade point average is lower than the average chapter requirements, your chances of joining will be low. We also know that there could be extenuating circumstances that have negatively impacted your GPA. There is a GPA Explanation Form available on the Panhellenic Website!

We expect all sorority members to do well in school and there are programs in place to help. Many chapters have study table hours to assist you in time management and tutor programs to create an environment in which you can excel. Scholarships may be available through individual chapters and national sororities for initiated members.

# Financial Requirements

Each chapter has financial requirements, which families should discuss before their student joins a sorority. Financial requirements may include membership dues, a meal plan, house fees, as well as room and board if you live in the sorority house. It is important to note that membership fees vary by sorority. More information about living in can be found under FAQ.

## **NEW MEMBER FIRST SEMESTER:**

Includes one-time fees associated with pledging and initiation

High: \$1,700

Average: \$1,377

## **LIVING OUT-OF-HOUSE FEES**

(Annual):

Includes meals and chapter/facility fees

High: \$2,600

Average: \$2,059

## **LIVING IN-HOUSE FEES**

(Annual):

Includes room, meals, and chapter facility fees

High: \$15,137

Average: \$12,130

**COSTS BY CHAPTER ARE BROKEN DOWN UNDER THE FAQ TAB ON THE PANHELLENIC WEBSITE**

# Letters of Recommendation

## **What is a recommendation?**

A recommendation for sorority recruitment is not a letter in a traditional sense. Calling it a letter is actually pretty misleading. Recommendations are forms or letters completed by an alumna member of a sorority recommending a potential new member for membership. Each NPC sorority has its own policy regarding references for potential new members. Some NPC sororities accept recommendations, personal information forms, and/or letters of support from their members, but some will not accept these recruitment aids at all. NPC sororities have moved away from requiring letters of recommendation as of 2021.

A recommendation is typically a form or letter completed by sorority alumnae to introduce a potential new member and to help the collegiate members determine if the potential new member would be a good match for their chapter. Letters of recommendation are not required to participate in the recruitment process!

## **Who should I ask?**

Recommendations are sorority-specific, which means that the women who write you recommendations must be alumnae of the sororities to which the letters are sent. Ideally, you should ask women who know you personally and can speak to your strengths and what sets you apart.

## **What information should be included?**

With so many women going through recruitment, recommendation letters provide chapter members an opportunity to be introduced to a woman prior to the beginning of primary recruitment. It is suggested to provide one letter per sorority on your campus. Although it can help, a recommendation does not guarantee an invitation to events or membership.

Be advised that recruits should not send supplemental information, pictures or gifts to the chapters. The information provided in the registration form and in the recommendations is sufficient. The chapters at CU Boulder base most of their decisions on the direct interactions that will take place during Primary Recruitment. Going above and beyond in this area is not recommended and we highly encourage each recruit to be themselves and trust the process.

## **When are letters due?**

Depends on the chapter! Dates can be found on the next page, or on the “Chapters” or “Letters of Recommendation” tab on the Panhellenic Website!

**For more information see the “Letters of Recommendation” tab on the Panhellenic Website.**



# Where to Send Letters

## *Alpha Chi Omega*

Send to: 1162 12th St. Boulder, CO 80302  
recruitment.axonu@gmail.com

## *Gamma Phi Beta*

cugphimvp@gmail.com by August 1st

## *Alpha Phi*

<https://alphaphi.org/join-alpha-phi/recommendations/>  
Send to: AphiBoulderVPMR@gmail.com by August 1st, 2023

## *Kappa Alpha Theta*

Mail to Theta by August 15th, 2023:  
1333 University Ave. Boulder, CO 80302

## *Chi Omega*

Mail to Chi O labeled "ATTN: Recruitment Chair" by  
August 15th, 2023  
1011 16th St, Boulder, CO, 80302

## *Kappa Kappa Gamma*

Through the Kappa Website (see chapter page) prior to Recruitment

## *Delta Delta Delta*

By email: cutrideltamembership@gmail.com  
or mail to Tri Delta  
1025 15th St. Boulder, CO 80302

## *Pi Beta Phi*

Send to Pi Phi: 890 11th street, Boulder CO  
80302 OR  
<https://www.pibetaphi.org/rif>  
<https://www.pibetaphi.org/pbp/460e075a-cb13-4c92-be61-a081da33e487/Collegiate-Recruitment>

## *Delta Gamma*

Through the DG Website (see chapter page)

# Sorority Life at CU

Membership in a sorority provides you with an opportunity for personal growth and individual achievement. The feeling of belonging to a sorority is incomparable to anything you've ever experienced before!

The many activities in which our sorority members can become involved caters to a wide variety of women and their interests. Such as Community Service, Family Weekends, Philanthropy Events, Homecoming, Study Tables, Intramural Teams, Greek Week, Leadership Seminars, Date Dashes and events with other fraternities and sororities just to name a few. The Panhellenic Association and individual chapters also sponsor educational programs on current and relevant topics like campus safety and financial wellness. There's always something to do and always a place for you!

When you join one of our 9 Panhellenic sororities, you also become a member of the Colorado Panhellenic Association. The National Panhellenic Conference (NPC) was founded in 1902 and is the governing organization for 26 (inter)national women's fraternities and sororities. Each member group is autonomous as a social, Greek letter society. Members are represented on more than 600 campuses in the United States and Canada, and currently there are more than 5,300 alumnae associations comprised of over 3 million sorority women.

# New Member Life

**Academics:** Sorority membership provides plenty of ways to support your academic endeavors. Study Tables / Study Hall Hours provide you with an opportunity to study with sisters and meet other members who share the same academic interests as you.

**Panhellenic Events:** The Panhellenic Association has various events throughout the semester such as New Member Education, All Member Education, Community Meetings, and more to help foster a strong Panhellenic Community.

**Philanthropy Events:** Each chapter serves their national and local philanthropy through fun events each semester. Attending these is an opportunity to support friends in other chapters while also supporting wonderful organizations. These events promote unity within the chapter and the Greek community as a whole.

**Recruitment Events:** In the Spring, chapters host Recruitment workshops to start preparing for the coming Fall Semester. You also might support your chapter during Spring COB opportunities!

**New Member Programming:** Each chapter has a unique New Member process that starts after Bid Day and goes until Initiation in October. Here you will learn more about your chapters history, values, and bond with other members of your Pledge Class! The goal of this programming is to help adjust you to both college and sorority life in a safe and enriching environment!

# Scholarship

Academic achievement is the primary reason for attending college and Panhellenic Sororities recognize the importance of scholarship. Greek-letter organizations were founded on the principle of exceptional scholarship, and each sorority at CU recognizes the importance of scholastic excellence.

Sorority membership provides you with opportunities to exceed academically. Through study tables hosted by sisters in the same major to having connections to older members who can help tutor you, the goal is always to help your sisters succeed. Academic Scholarships are also available through individual chapters and the National Panhellenic Conference.

At the end of each calendar year, the Panhellenic Association at the University of Colorado also recognizes the academic achievements of our chapters





# Leadership

Leadership opportunities are endless within the Panhellenic community! Within each chapter there are a plethora of opportunities to further develop your leadership skills.

Whether you serve on the Executive Board as Chapter President, to being Banner Chair, to event committees, or even serving on Panhellenic Exec, there really is something for everyone.

Striking a balance between academics and extracurricular activities is an important part of collegiate life. Involvement in both areas provides a well-rounded college experience.

Sorority women are involved in campus-wide activities. Your chapter will encourage you to get involved. Chapter members participate in numerous student organizations, including Undergraduate Student Government, CU Athletics, Program Council, Boulder Freeride, Green Greeks, and so much more.



# Philanthropy

One of the most quintessential aspects of sorority membership is philanthropic involvement. Philanthropy events demonstrate that Panhellenic ideals extend beyond the constraints of their own chapter. Each chapter on our campus has a national philanthropy they support, and some also have a local organization as well.

Each semester there are philanthropy events hosted by each chapter to raise money for their relative organizations. Members of each chapter show up to support one another at these events to have fun while raising money for great causes. There are even opportunities to be involved in other chapters events through dance competitions between chapters, grabbing food at the respective chapter house, sporting events, concerts, etc.





# Community

## Homecoming

The entire Greek Community teams up to celebrate the Homecoming football game! This includes hanging up banners to support the Buffs and teaming up with CU IFC Fraternities to decorate a float for the Homecoming Parade on Pearl Street! There are also activities throughout the week leading up to the game.



## Greek Week

Each Spring the Panhellenic Association joins with the Interfraternity Council to host Greek Week! It is a week of activities meant to foster Greek relations and friendly competition amongst chapters. Each chapter is also paired up with a CU IFC Fraternity to be their partner for the week. There is also an overarching theme for the week that banners and other components of the week are based upon. The 2022 theme was "Boulder Wrapped" and teams were given a top artist as their subtheme. Greek Week events include:

- A Kickoff Event
- Movie/Trivia Night
- Powder Puff Football
- An Ice Cream Social
- Songfest
  - Songfest is the largest event of the week! Each team coregraphics a dance and the entire Greek community comes to watch.



# Recruitment: Tips and Tricks

**Trust the process.** Sorority recruitment is designed to provide opportunities for you to get to know the chapters and for the chapters to get to know you. At times, this process can seem chaotic and you may question how decisions are made. Feel free to ask questions but remember this process is tried and tested. It works, so trust the process.

**Trust yourself.** There are many variables that go into making the decision to join a sorority. You will be surrounded by opinions that maybe different from your own. Don't allow others to make the decision for you. Be open. After every round of recruitment, you will receive a schedule and you may discover that you did not receive your top choices or as many sororities back as other women in your group.

**Stay positive.** You will see that during the course of recruitment, your opinions can change drastically. Remember, it only takes one bid on bid day to join so be open and excited about the chapters that did invite you back.

**Manage your time.** The recruitment period can be both exciting and intense and it is important that you figure out a way to manage your time. Allow enough time for meals, homework and sleep so you can be ready for the next day.

**Ask questions.** Because this process only spans a few days, it is vital that you ask as many questions as possible. The Panhellenic Council and your Rho Gammas will be great resources during recruitment. It is also highly suggested that you ask questions of the chapters regarding membership expectations, financial obligations and housing requirements.

**Be yourself.** It is tempting at times during recruitment to alter your personality because you may feel that you need to fit in. However, it is so important to be true to yourself and let your own personality shine. We all want to get to know the real you!

**Stay in the moment.** We live in a world where it can be easy to connect with other through phone calls, text messages and social media. However, this can pull you away from being present and fully engaged in the process. If you choose to virtually engage with others, please do so in a positive and appropriate manner.

**Make informed decisions.** Making the decision to join a sorority is one that can change your life. In order to make the right decision for you, you need to pay attention and understand what it takes to be a member of an organization.

# Part 2!

**Maximize your potential.** In order to maximize your chances of receiving a bid, it is highly recommended that you follow the advice of the Panhellenic Council. You must attend all scheduled parties and be willing to consider all groups as you go through the process.

**Stick with it.** Even though this process can be stressful at times, don't forget to have fun and don't give up if it gets overwhelming. Even if you choose not to join an organization, you have the amazing opportunity to meet hundreds of great women that will make our large campus a connected community.

**Sleep!** Naps are your best friend (but remember to set an alarm or two!)

**Come prepared!** You will be provided a bag to bring with you during each round of Recruitment. Be sure to pack: Your Water Bottle (Hydrate. Hydrate. Hydrate.), Deodorant, Snacks, Brush/Comb, Breath Mints, Band-aids for your feet, Make up to touch up with

**Write down your thoughts after each party.** Keep some notes on your phone. How do you feel leaving? What did you talk about? Were you comfortable?

**Be prepared to wake up early.** You need to be on time to morning meetings! We will take attendance. These will be on Zoom so you can log in while you get ready, but you must be on the call.

**Plan outfits in advance.** No need to be scrambling to put together an outfit at 7:00 am!

**Know your schedule!** Make it your lock screen or keep it as a favorited photo so you can check it easily.

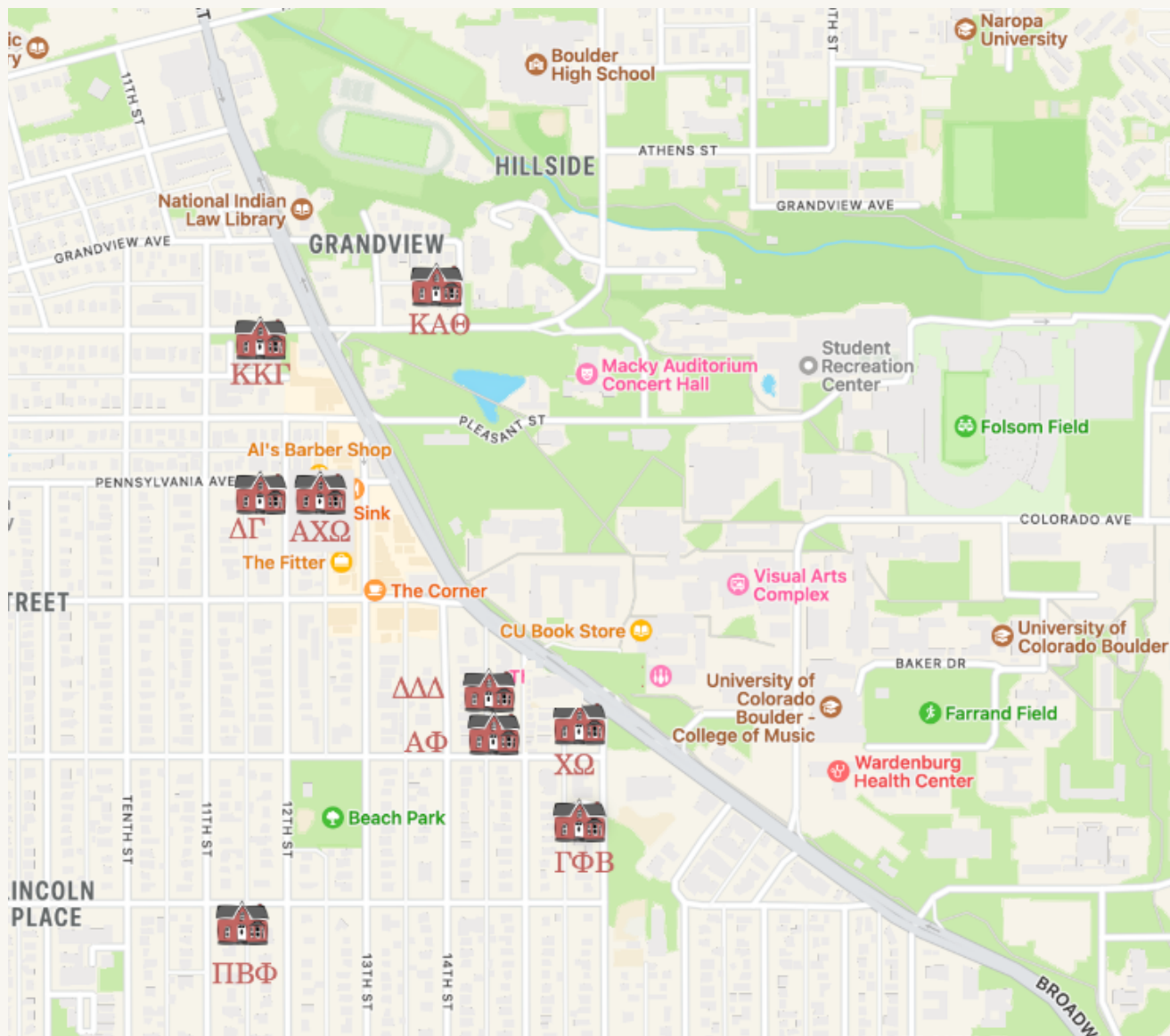
**Make time for yourself.** School always comes first. Remember to do something for yourself after each day. You can never go wrong with facemasks, hot showers, or froyo from the dining hall!

**Focus on your own personal experience.** You may be feeling differently than your friends and that is okay! This experience is 100% your own. Wanna know a secret? Every member of the Panhellenic community has best friends in chapters other than their own! Find where you feel the best.

**Rho Gammas are there to help you!** You can be open and honest with them, honesty is the best way they can help you. *There are no dumb questions!!*



# Where are our Chapters?



Rho Gammas know the Hill like the back of their hand! If you get lost just text your Rho Gam or search the house's name on Google Maps. If you have back to back parties there will be Rho Gammas outside each house to take you to your next party!

# Address List



## **ALPHA CHI OMEGA**

1162 12th St, Boulder, CO 80302

## **ALPHA PHI**

1015 15th St, Boulder CO 80302

## **CHI OMEGA**

1011 16th St, Boulder, CO 80302

## **DELTA DELTA DELTA**

1025 15th St, Boulder CO 80302

## **DELTA GAMMA**

1128 Pennsylvania Ave, Boulder, CO 80302

## **GAMMA PHI BETA**

935 16th Street Boulder, CO 80302

## **KAPPA ALPHA THETA**

1333 University Ave Boulder, CO 80302

## **KAPPA KAPPA GAMMA**

1134 University Ave Boulder, CO 80302

## **PI BETA PHI**

890 11th Street, Boulder, CO 80302





# Recruitment PNM Orientation



Orientation marks the beginning of Recruitment! Here you will get to watch each chapters Recruitment Video, learn about the day-to-day of Recruitment, and get to meet your Rho Gammas and Rho Gamma group!

## What to Wear

Dress is extremely casual! Shorts and a t-shirt / athletic wear are perfectly acceptable. Wear whatever you feel the most comfortable in.



# Recruitment Open House

This round of Recruitment will remain virtual for Primary Recruitment 2023. You will watch a video from each chapter so that you can get to know what makes their chapter special! You will also be making a video for members- more info can be found under the “Media Submission” tab on the Panhellenic Website.

## What to Wear

You will watch videos with your Rho Gammas, but will not be meeting face to face with members. Some Rho Gammas might choose to send a theme for your group, like “PJ Party” or “Movie Night” so keep an eye out for a message from your Rho Gam about what your group will be doing. They might also have other activities planned for you as well to bond as a group, but a good rule of thumb is to dress for comfort!



# Recruitment Philanthropy

Philanthropy marks the beginning of invitation only parties. You will attend up to eight parties, but don't worry if you don't have a full schedule. Philanthropy is a quintessential part of Sorority membership and the Panhellenic community. During this round you will get a glimpse into the fun Philanthropy Events chapters host throughout the year.

## What to Wear

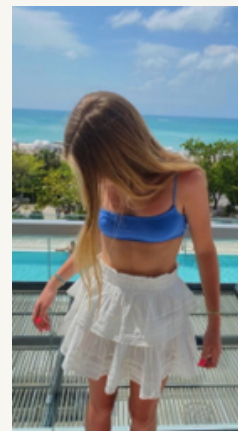
Philanthropy round is cute and casual! Think what you would wear to have brunch with friends or a day in the city! A romper, casual sundress, or a cute top and skirt are perfect!



DO

## DON'T

Too casual and too much midriff



**TIP:** This is a time to think about your personal values and how they align with chapter values. What Philanthropic work is important to you? What volunteer work did you do in High School? This round is still casual so have fun and enjoy learning about Philanthropy while talking to active members!



# Recruitment Sisterhood/Open House



This is the most fun round of Recruitment! You have the opportunity to see each chapter house and learn about social events they have throughout the year. You will attend up to 5 parties this day. You will have more time to have more enriching conversations with members to find where you feel most at home. This is also the round where you will learn about the financial commitment of each chapter.

## What to Wear

This round is more formal than Philanthropy. A nicer sundress with wedges or low heels is recommended. Think what you would wear to an outdoor summer wedding - nice but not cocktail attire. Feel free to bring a pair of flip flops or sandals to wear between parties.

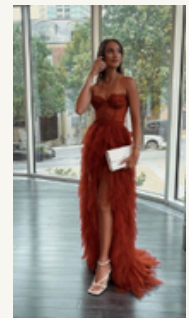


**DO**



**DON'T**

Too casual and too formal



**TIP:** Try to picture where you could see yourself living! This might be where you eat, sleep, and hangout all the time next year. Where do you feel most at home?

# Recruitment Preference Night



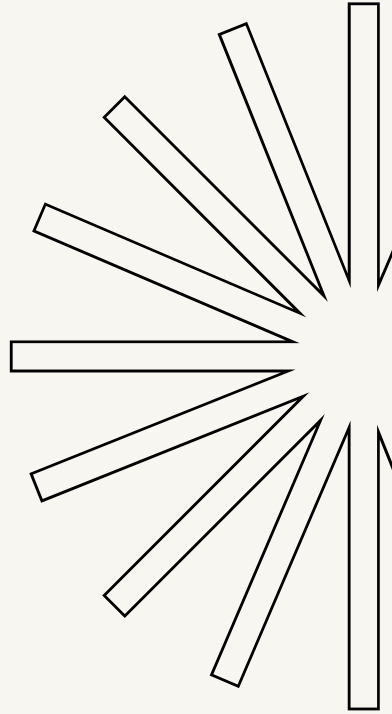
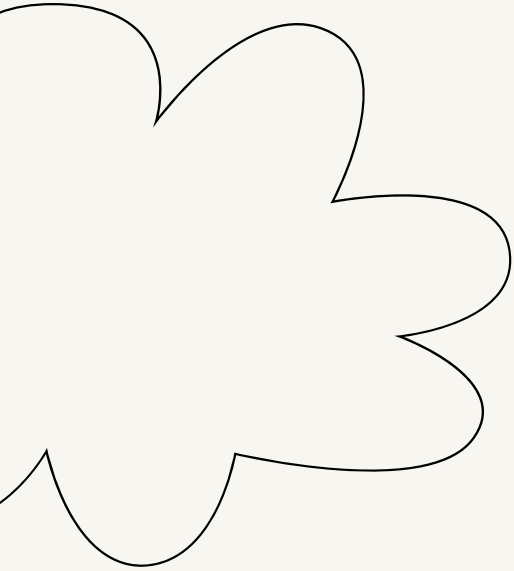
Preference is the most important night of Recruitment. On Pref you will only visit up to two houses. An invitation to preference means that the sorority is very interested in asking you to become a member. You will have the chance to talk privately with a member. During this time she may share why and how she made her decision and what her sorority means to her. This day can be emotional for many women - both PNMs and active members.

## What to Wear

This is the most formal round. You should wear a nice dress and heels. Think about what you would wear to graduation, a wedding, or a cocktail party!

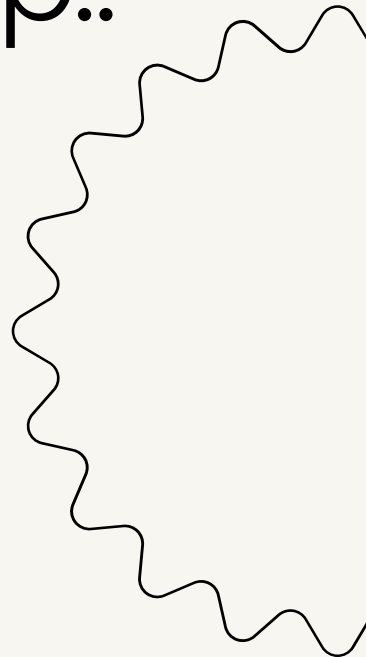
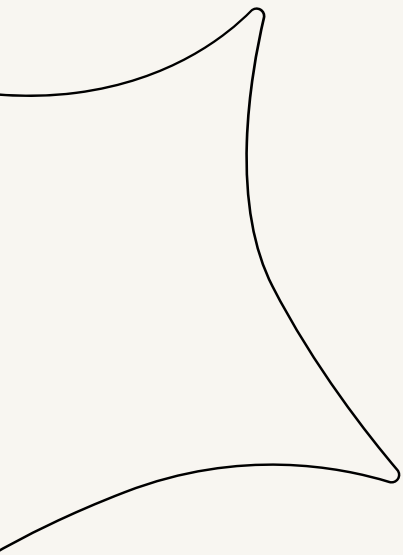


**TIP:** Look around the room. Your future sisters are not only the women you've talked to, but the girls sitting next to you! Focus on connection, values, and how you feel. This is your decision and your decision alone!



**YOU DID IT!**

Now take a deep breath  
and get some sleep!!







# BID DAY 2022



# Bid day = Best day

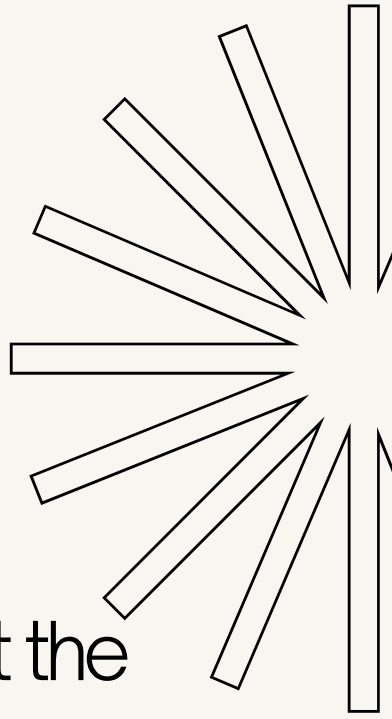
Bids will be distributed the evening of September 5th in Glenn Miller Ballroom. More information will be available regarding timing as we get closer to August!

Bid Day is the most exciting day of Recruitment, you might, however, be sitting or standing during the hottest part of the day. While this day may be hot and hectic, it is a once in a lifetime experience that will start one of the most exciting adventures in college.

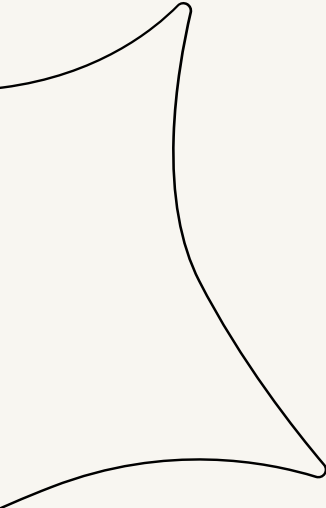




# Meet the Chapters!



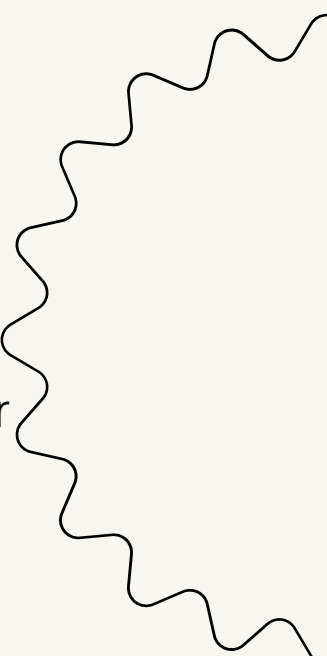
During Recruitment, you will get the opportunity to meet with the Panhellenic Sororities at Boulder. Keeping notes will make voting much easier at the end of the day! Keep the following in mind:



How did you feel leaving this chapters party?  
Excited? Welcomed?

Do you feel you align well with the values of this chapter?

What is your first impression of this chapter? Has your initial opinion changed throughout this experience?  
How can you be an asset to this chapter? How can this chapter be an asset to you?



How was your first experience in the chapter similar or different to what you previously envisioned?



# Alpha Chi Omega

## Alpha Chi- Nu Chapter

We were founded in 1885 at DePauw University in Indiana on the values of Academic Interest, Character, Financial Responsibility, Leadership Ability, and Personal Development. This chapter is founded for "real, strong women" who give back to the community through service. Our chapter looks to uplift one another and bond through our sisterhood!



Founded at DePauw University on  
October 15, 1885

CU Founding: 1906

Philanthropy: Domestic Violence  
Awareness

Motto: Together Let's Seek the  
Heights

Flower: Red Carnation

Color: Scarlet Red & Olive Green

Symbol: Golden Lyre

Insta: @axoboulder



# Alpha Phi

## A Phi - Beta Gamma Chapter

Alpha Phi International Fraternity is more than just a Greek Organization- it's a community of empowered women supporting one another for a lifetime. When you join Alpha Phi, you're welcomed by a community of members committed to lifelong friendships, leadership, academic excellence, and personal growth. Alpha Phi's uniqueness is rooted in the spirit of innovation originated by Alpha Phi's ten founders. They made history as the first female students on campus and created their own fraternity for women. Alpha Phi's are passionate about not only the lives of our sisters, but the lives of women around the world.



Founded at Syracuse University on October 10th 1872

CU Founding: 1912

Philanthropy: The Alpha Phi Foundation (Women's Heart Health)

Motto: Union hand in hand

Flower: Lily of the Valley & Forget-me-not

Color: Silver & Bordeaux

Symbol: Ivy Leaf

Insta: @boulderalphaphi

Website: [coloradoalphaphi.com](http://coloradoalphaphi.com)

Tik Tok: @alphaphiboulder



# Chi Omega

## Chi O - Zeta Chapter

The Chi Omega Fraternity was established in 1895 and has continued to flourish as the largest and most prominent women's fraternal organization in the nation. With such a network of women, each member of our Sisterhood has immense support as we commit to our founding purposes: Friendship, High Standards of Personnel, Sincere Learning and Creditable Scholarship, Career Development, Participation in Campus Activities, Community Service.



Founded at The University of Arkansas, April 5, 1895

CU Founding: 1906

Philanthropy: Make-A-Wish Foundation

Motto: Sisters on Purpose

Flower: White Carnation

Color: Cardinal & Straw

Symbol: Owl

Insta: @chiomegaboulder

Film Insta: @chi.omega.on.film

Tik Tok: @chiomegaboulder





# Delta Delta Delta

## Tri Delta- Theta Beta Chapter

The Theta Beta Chapter of Delta Delta Delta began a rich history at the University of Colorado at Boulder in 1910. This founding has allowed Theta Beta sisters to gather together and center themselves on the principles of truth, self-sacrifice, and friendship. The women of Delta Delta Delta continue to enrich their lives through lifelong bonds of friendship, high academic standards, and service in the community.

Theta Beta has continued to excel in many areas including being recognized CU's Best Student Organization in 2010, Panhellenic Council's Chapter of the Year in 2011, and placing third in Greek Week 2012. We also won Greek Week in the Spring of 2018 and 2019! By holding our values of scholarship, leadership, philanthropy, and sisterhood to the highest of standards, Theta Beta ensures the success of our members in their collegiate years and beyond.



Founded at Boston University on  
November 27, 1888

CU Founding: 1910

Philanthropy: St. Jude (National)  
Children's Hospital (Local)

Motto: Let us steadfastly love one  
another

Flower: The Pansy

Color: Cerulean Blue, Silver, Gold

Symbol: Dolphin

Twitter: @BoulderTridelta.

Insta: @Bouldertridelta.

Website: [colorado.tridelta.org/index](http://colorado.tridelta.org/index)

# Delta Gamma

## DG- Phi Chapter

Delta Gamma was founded in 1873 by three best friends with hopes to create a safe and inspiring space for women. Our goal remains to be an inclusive space for women, to foster high ideals of friendship, promote educational and cultural interests, create a true sense of social responsibility, and develop the finest qualities of character.



Founded in 1873 in Oxford, Mississippi

CU Founding: 1886

Philanthropy: Service for Sight

Motto: Do Good

Flower: Cream Colored Rose

Color: Bronze, Pink, Blue

Symbol: Anchor

Insta: @dgboulder

Website: [colorado.deltagamma.org](http://colorado.deltagamma.org)





# Gamma Phi Beta

## GPhi- Beta Rho Chapter

Gamma Phi Beta sorority was founded by Helen M. Dodge, E. Adeline Curtis, Frances E. Haven, and Mary A. Bingham in 1874 at Syracuse University. We were founded on the values of Love, Labor, Learning, and Loyalty. Our members constantly strive to inspire the highest type of womanhood within and outside of our chapter. We continue our founders' mission by promoting intellectual growth, female empowerment, and service to our community.



Founded at Syracuse University  
on November 11, 1874

CU Founding: 1954

Philanthropy: Girls on the Run

Motto: Founded on a Rock

Flower: Pink Carnation

Color: Brown, Blush, A-La-Mode

Symbol: Crescent Moon

Insta: @bouldergammaphibeta

Film Insta: @filmbygammaphi

Website:

[bouldergammaphibeta.org](http://bouldergammaphibeta.org)

Tik Tok: @bouldergphig



# Kappa Alpha Theta

## Theta-Beta Iota Chapter

Established in 1870, Theta's mission is to uphold the values set out by our founders. Our members strive for intellectual curiosity, commitment to service, leadership potential, and personal excellence in all of our endeavors.

As the first Greek letter fraternity known among women, Theta is about building one another up, and living by our motto to be leading women both in our community, and in the community at large.



Founded at Indiana Asbury (DePauw) University on October 10th 1870

CU Founding: April 23, 1921

Philanthropy: CASA (Court Appointed Special Advocates) and Boulder Voices for Children (BVFC)

Motto: Leading Women since 1870

Flower: Pansy

Color: Black, Gold, White

Symbol: Kite

Insta: @bouldertheta

Website: [colorado.kappaalphatheta.org](http://colorado.kappaalphatheta.org)





# Kappa Kappa Gamma

## Kappa-Beta Mu Chapter

Kappa Kappa Gamma was founded by Mary Louise Bennett and Hannah Jeannette Boyd at Monmouth College in 1869. At Kappa, we unite women to learn, grow and inspire positive change throughout their lives. Our values are staying true, creating lasting connections, respecting and embracing differences, leading with optimism, building and applying knowledge and rising to the occasion.



Founded at Monmouth College in 1870

CU Founding: 1901

Philanthropy: National Eating Disorder Association and Pink Aid Organization

Motto: Dream Boldy, Live Fully, go Kappa

Flower: Fleur De Lis

Color: Light Blue & Navy Blue

Symbol: Golden Key

Insta: @boulderkkg

Website: [colorado.kappa.org/](http://colorado.kappa.org/)





# Pi Beta Phi

## Pi Phi- Colorado Alpha Chapter

Pi Beta Phi was founded on April 28, 1867, at Monmouth College in Monmouth, Illinois. It was the first established Fraternity for women. Every day, the women of Pi Beta Phi strive to live out the Pi Phi Core Values of integrity, lifelong commitment, honor and respect, personal and intellectual growth, philanthropic service to others, and sincere friendship. CO Alpha prides itself on sincere friendship.



Founded at Monmouth College on  
April 28, 1867

CU Founding: 1884

Philanthropy: Read Lead Achieve

Motto: Friends and Leaders for Life

Flower: Wine Carnation


Color: Wine & Silver Blue

Symbol: Arrow and Angel

Insta: @piphiboulder



# Associate Chapters




The University of Colorado, Boulder has three Associate Chapters Phi Sigma Rho, and Sigma Alpha Epsilon Pi. These chapters offer the same benefits as the other Panhellenic chapters at CU. They participate in Greek Week, Homecoming, all other Panhellenic sponsored events, while providing an opportunity to join a close-knit sisterhood. Below are a few frequently asked questions.

## **What does “Associate Chapter” mean?**

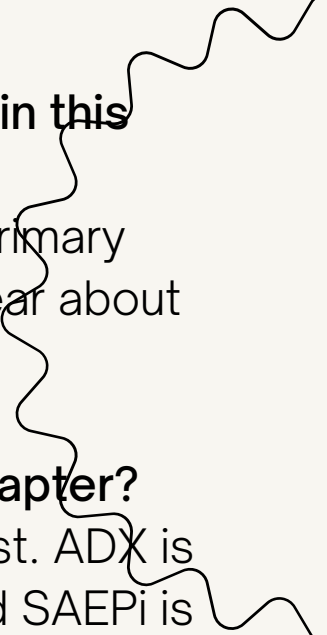
The term “associate” simply means that this organization has a national organization that is NOT part of the National Panhellenic Conference.

## **Do I have to register for Primary Recruitment to Join this chapter?**



No. Our Associate Chapters not affiliated with the Primary Recruitment Process. Reach out to them directly to hear about their Recruitment Opportunities.

## **What are some differences about an associate chapter?**



Associate chapters are based around a specific interest. ADX is a Christian Sorority, Phi Rho is for Women in STEM, and SAEPi is a Jewish Sorority. Their founding values are rooted in these interests.

# Phi Sigma Rho

## Phi Rho-Alpha Mu Chapter

We were founded by Abby and Rashima in 1984 at Purdue University with the goal of creating a social sorority for women in STEM who did not have the time for a traditional rush process. Here at the Alpha Mu chapter at CU Boulder, founded in 2017, we are a sorority striving to grow with fellow women in stem. Our sisters focus on creating relationships with each other while supporting those through the stress of classes and everyday life in our values of scholarship, encouragement, and friendship.



Founded at Purdue in 1984

CU Founding: 2017

Philanthropy: Leukemia and Lymphoma Society

Motto: Together We Build the Future

Flower: Orchid

Color: Red Wine & Silver

Symbol: Pyramid

Insta: @boulderphisigmarho



# Sigma Alpha Epsilon Pi

## SAEPI- Upsilon Chapter

A collegiate experience with Sigma Alpha Epsilon Pi will provide you with a Jewish experience, lifelong friendship, leadership development, professional experiences, and an opportunity to serve your community. Our organization prides itself on embracing Jewish diversity and on having a group of dedicated members from many different backgrounds.



Founded at UC Davis on  
October 1, 1998

CU Founding: 2018

Philanthropy: American Jewish  
World Service

Motto: Spirit, Strength,  
Sisterhood

Flower: Blue Iris

Color: Blue and Gold

Symbol: Lioness

Insta: @saepi\_boulder



# Anti-Hazing Policy

Hazing within student organizations is strictly prohibited. Hazing is defined as:

Any action or situation that recklessly or intentionally endangers the health, safety or welfare of an individual for the purpose of initiation, participation, admission into or affiliation with any organization at the university. Hazing includes, but is not limited to, any abuse of a mental or physical nature, forced consumption of any food, liquor, drugs or substances, or any forced physical activity that could adversely affect the health or safety of the individual. Hazing also includes any activity that would subject the individual to embarrassment or humiliation, the willingness of the participant in such activity notwithstanding.

If you become aware of any potential act of hazing, please call the Office of Victim Assistance at 303-492-8855.





# Find us online!



Social Media is one of the best resources for getting the most up-to-date information about each of our chapters and Recruitment!

Follow @cuboulderpanhellenic on Instagram



There is a Facebook group specifically meant for PNM's so we highly recommend joining that as well!

If any questions come up leading up to Recruitment- please email [panhellenic@colorado.edu](mailto:panhellenic@colorado.edu)