

Balanced Man Program

Ninety percent of college takes place outside of the classroom. It's in this part of the college experience — the unplanned, unstructured hours — that students discover their passions and plan their futures. For our brothers, much of this time is spent with their chapters — it's where they build close bonds of friendship and learn how to communicate and work with others, to lead, and to speak in front of a crowd. Our brothers accomplish all of this through the Balanced Man Program (BMP).

The Balanced Man Program is the centerpiece of the SigEp chapter experience and provides the experience that today's student needs to be successful during and after college. The Balanced Man Program is a non-pledging, non-hazing, four-year, personal, academic, leadership and professional skills development experience. Here is how the Balanced Man Program accomplishes those ideals:

The program is founded on five philosophical tenets:

- **Equal rights and responsibilities** - Full membership upon joining
- **Continuous development** - Growing throughout life
- **Accountability** - Committing to SigEp's high standards
- **Living the Ritual** - Incorporating SigEp's values into everyday life
- **Mentoring** - Maximizing growth through guidance and support

... and takes the form of four self-paced challenges that span throughout the college career ...



... focusing on five areas of development:



SigEp
 Knowledge and understanding of the Fraternity



Intellectual
 Academic performance and emotional and cultural growth



Physical Health and Wellness
 Maintaining a healthy quality of life



Leadership
 Growth and experience as a leader



Professional
 Preparation for career success

SIGMA CHALLENGE

Research shows the first 30 days of membership in an organization are the most important in determining the quality of the experience. Expectations, habits and affinity for the organization are all shaped heavily within this time frame.

The Sigma challenge is meant to introduce new members to the chapter and SigEp. The challenge should also help members feel comfortable at college and in the surrounding community. The Balanced Man Program is based on five philosophical tenets. One of those tenets is equal rights and responsibilities. In action, equal rights and responsibilities takes the form of the following:

- All members vote on chapter business
 - Equal expectations for behavior and participation
 - Equal standards and accountability mechanisms for all members
 - An expectation to attend chapter and committee meetings
 - All members have the opportunity to be on a committee or hold an office
 - Participation in all chapter events and programs
 - All members can use the chapter house
- The Sigma challenge coordinator will directly shape each new members' experience inside the chapter.

The most effective Sigma challenge coordinators will:

- Have a passion for facilitating development for new members.
- Be well-organized.
- Introduce new members to the chapter

The main responsibility of challenge coordinators is to plan and execute the weekly meetings.

Beyond planning and executing weekly

Sigma challenge meetings, successful coordinators will:

- Schedule the Sigma Rite of Passage as needed at regular chapter meetings
- Determine the process and qualifications for appointing new member mentors

New member mentors are assigned the first week a member joins SigEp and play a vital role in their mentee's transition to SigEp and college. They are responsible for building a strong, positive foundation for their mentees' fraternity experience and should be a living example of SigEp's values. These mentors should be appointed through an application process.

New member mentors should meet these minimum standards:

- Have at least a 3.0 cumulative GPA
- Be in good standing as it pertains to behavior, finances and grades
 - Finished the Sigma Challenge
- Be involved within the chapter (attendance at meetings and events, holds leadership positions, etc.)

As you build the Sigma challenge, the time you spend on each of the development areas should closely resemble this breakdown:

PROGRAMMING:

- Local and national SigEp history with a local alumnus
- Learn SigEp basics (structure, BMP, etc)
- Discuss benefits of joining Greek life and SigEp SIGEP DEVELOPMENT 50% (2-4

Meetings)

SAMPLE CHALLENGE MEETINGS: • Time management and study skills • Discussion on your future in college and how to control your future • How to maintain a healthy mind during stressful times and best practices for stress management

INTELLECTUAL DEVELOPMENT 20% (1-2 Meetings)

SAMPLE CHALLENGE MEETINGS:

- SigEp Sports League
- How to eat healthy in college with a nutritionist
- Workout basics with a personal trainer

PHYSICAL HEALTH AND WELLNESS 20% (1-2 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Executive board Q&A
- Watch and discuss a TED talk about leadership
- Attend an extracurricular fair led by older members

LEADERSHIP DEVELOPMENT 5% (1 Meeting)

SAMPLE CHALLENGE MEETINGS:

- Resume basics with the career center
- Etiquette dinner
- Dress for success

PROFESSIONAL DEVELOPMENT 5% (1 Meeting)

SAMPLE CHALLENGE MEETINGS:

LENGTH: RECOMMENDATIONS: 6-8 WEEKS 6-8 MEETINGS 10-12 ACTIVITIES