

CPC Magazine

How to Join
Chapter
Profiles
& More!

Your Guide to the Iowa State University Collegiate Panhellenic Council



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ISU Collegiate Panhellenic Council



@iowastatepanhellenic | @isupennypanhellenic



ISU Sorority and Fraternity Engagement

Office of Sorority and Fraternity Engagement

0355 Memorial Union | 2229 Lincoln Way | Ames, Iowa 50014

515.294.1023 | sfe.dso.iastate.edu

GREETINGS!

Welcome to Iowa State University

And greetings from the Office of Sorority and Fraternity Engagement! There are few sorority and fraternity communities across the country that are as unique, dynamic, and robust as the community at Iowa State University. Sororities and fraternities members at Iowa State consistently receive recognition at every level you could imagine: personal, chapter, regional, national, and international! For years, our community has been known as one of the best of the best. There is an incredible opportunity ahead of you if you would like.

As you think about what organization you should join, take some time to reflect on your own life. You should choose a sorority or fraternity that has similar values, ideals, principles, interests, and goals to your own. These are people you feel comfortable around. You are making a commitment for a lifetime and this is a serious decision. You need to choose a group of people you would be proud to call your sisters or brothers.

There are many great characteristics of our sororities and fraternities at Iowa State. Take the opportunity to visit with multiple chapters, look at organizations from multiple points of view, and do not feel rushed to make a decision. This commitment is just as much your decision as it is the organization's decision. Consistently, the all-community grade point average exceeds the all-undergraduate average. Our first-year retention rates and graduation rates are higher than the university averages. Sororities and fraternities at Iowa State are here to support your academic endeavors. Fraternities and sororities collectively complete more than 50,000 hours of community service and raise over three quarters of a million dollars annually for charitable causes. There are countless leadership opportunities available to members of our community.

Women's based fraternal organizations create an opportunity for women's empowerment within our community, university, and nation. Students in these organizations develop lifelong bonds of friendship and create a sense of belonging among members. The Collegiate Panhellenic Council plays an integral part in

the development of women on our campus. The first organization affiliated with the National Panhellenic Conference (NPC) was founded at Iowa State in 1877. Since then, the council has grown to fifteen NPC organizations and two affiliate member. Alpha Sigma Kappa is a sorority for women in technical studies, the chapter contributes to a vibrant Panhellenic community at Iowa State, alongside our NPC organizations.

Our sororities at Iowa State are thriving. Consistently, the all-Panhellenic grade point average exceed the all-undergraduate grade point average. Our first-year retention rates and graduation rates also boast higher numbers than the university averages. Sororities and fraternities collectively complete more than 70,000 hours of community service and raise over three quarters of a million dollars annually for charitable causes. There are countless leadership opportunities available to members of our community. And, yes, there are social events as well.

The first step is the hardest and by taking the time to learn about our sororities, you have already done the hardest part. I will challenge you to ask the tough questions. Our sororities should be able to tell you about their history and their values. You should ask how they are living up to those values today. A sorority women that is confident in her own experience will generate opportunities for other women to develop confidence as well.

Joining a sorority is a huge commitment. Have fun with this process as you consider making an incredibly important lifelong commitment. Sororities and fraternities at Iowa State have a plethora of success stories but central to all of our organizations is the commitment to friendship.

Billy Boulden
BILLY BOULDEN

**ASSISTANT DEAN OF STUDENTS,
DIRECTOR OF SORORITY AND
FRATERNITY ENGAGEMENT**



ABOUT

THE SORORITY & FRATERNITY COMMUNITY

Fraternities and sororities have been an integral part of Iowa State University (ISU) since 1875 and have enhanced the lives of thousands of men and women. The ISU sorority and fraternity community offers outstanding opportunities to get involved in leadership, philanthropy, and service while striving academically. Joining the ISU Sorority and fraternity community will provide students with the opportunity to meet many friends and become involved on campus and in the community.

The Sorority and fraternity community focuses on five key values including: academics, civic engagement, friendship, leadership, and social justice.

FOR MORE INFORMATION:
sfe.dso.iastate.edu



OUR COMMUNITY'S

VALUES

Academics The sorority and fraternity community prides itself on holding high academic standards for its members. It consistently holds a higher GPA (3.20 fall 2022) than the all-university undergraduate average (3.11 fall 2022). Student retention is also stronger among the sorority and fraternity community than with unaffiliated students.

The Greek Academic Achievement Plan (GAAP) was developed between the Academic Success Center and the Office of Sorority and Fraternity Engagement to support chapters looking to enhance their academic achievement. Chapters collaborate with the Academic Success Center to provide effective scholarship programs, study skills, and individual academic planning.

Civic Engagement Each semester, chapters participate and conduct fundraisers for charitable organizations of their choice. The sorority and fraternity community raised on average \$53.21 per member annually for local and national organizations. Some organizations include the Special Olympics Iowa, Children's Miracle Network, local shelters, emergency residence projects, and many more. The community hosts and provides opportunities for community service events including the annual Fraternity and Sorority Trick-or-Treat event, community clean up, visiting local schools and many other opportunities. The community donates over 35,000 hours annually to community service initiatives.

Friendship

Joining a sorority or fraternity provides members an opportunity to foster lifelong friendships and countless memories through a “home away from home” environment. Chapters participate in many social events within the chapter, exchanges with other sororities and fraternities, and connections with other on-campus student groups. Through events such as Homecoming and Greek Week, chapters interact with peers to create siblinghood among members. The friendships built through a sorority and fraternity experience extend beyond college and serve as a foundation and network for your future. Mentoring opportunities after graduation with chapter alumni, advisers, graduate chapters, inter/national staff, and representatives provide members networking opportunities for many years.

Leadership

There are many ways students can get involved as a sorority and fraternity leader. The first is through chapter leadership, where students can serve in a leadership role internally to support the vision and mission of their organization. Leadership roles provide members with experience budgeting, event planning, conflict resolution, team management, and enhance critical thinking skills. Sorority and fraternity students also play a significant role in campus organizations and community activities through the city of Ames.

Social Justice

Iowa State University sorority and fraternity chapters offer diverse experiences for members. Chapters engage in critical conversations about inclusion, diversity and challenging inequalities by exposing members to opportunities they may not otherwise experience. By partnering with campus departments including The Center for LGBTQIAA+, Student Success, Margaret Sloss Center for Women and Gender Equality, Student Accessibility Services, and more, chapters learn about differences and similarities between and among the community. The sorority and fraternity community promotes social justice through educational programming and creating opportunities to bring awareness and change. Additionally, the community welcomes all students to join our variety of chapters which provide a vast array of opportunities to help each individual student succeed at Iowa State University.

CPC

Collegiate Panhellenic Council

ALAINA S.

VP of Recruitment
Programming



LYDIA M.

VP of Recruitment
Education



SAM W.

VP of Risk
Prevention



KATELYN W.

VP of
Scholarship



LAUREN d'A.

VP of Membership
Development



ANNA W.

VP of Judicial
Affairs



ASHLEY B.

VP of Civic
Engagement



KAITLYN W.

VP of Finance



SIERRA M.

VP of Public
Relations



NICO B.

VP of Social
Justice



KYLIE M.

VP of Event
Management



ANSLEY M.

Panhellenic
Advisor



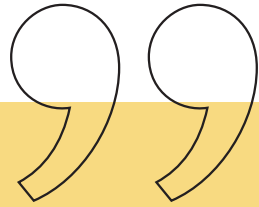
The Iowa State University Collegiate Panhellenic Council (CPC) is a collective representative of 16 sororities on campus.

Many of these organizations are inter/nationally governed by the National Panhellenic Conference, which serves as an umbrella organization for these organizations to provide support and advocacy for the advancement of the sorority experience. Fifteen of these organizations have a chapter house located south of the Iowa State University campus. The Collegiate Panhellenic Council has an executive board elected by their peers. The council acts as the central governing body for these sororities with support from the Office of Sorority and Fraternity Engagement. The Collegiate Panhellenic Council is actively involved with chapter development, programs, and leadership opportunities for chapters and their members. The council coordinates campus and community resources, facilitates service projects, organizes Primary Recruitment and represents the Iowa State University Panhellenic community at regional and national meetings.



Jennifer S.

COLLEGIATE PANHELLENIC COUNCIL PRESIDENT



Hello from the Collegiate Panhellenic Council! Each of our chapters on campus strive to have a community-wide impact. Although the values of the chapters may sound different, they all work together under the five Sorority and Fraternity Community values of academics, civic engagement, friendship, leadership, and social justice. Joining a chapter not only gets you involved in the community but also allows you to make connections and friendships that last a lifetime. Your organization will push you to become the best version of yourself while giving you a strong support system to guide you during and after your journey at Iowa State. Primary Recruitment is the first step in the journey of joining one of our sixteen amazing chapters. We cannot wait to meet you and guide you to your home away from home. Take a deep breath, stay true to yourself, and trust the process! We cannot wait to see what you can do for the betterment of this community and what we can do for you! We are so excited for you to take this step and embark on your next adventure!

Recruitment Week Schedule

Day 1: In-Person Check-In AUGUST 11TH

WHAT TO EXPECT: On Day 1, you will check-in and get to meet your recruitment counselor (also known as a Rho Gamma)! There will be an orientation this evening to help prepare you for Primary Recruitment.

Day 2 & 3: Welcome Weekend AUGUST 12TH & 13TH

WHAT TO EXPECT: On Welcome Weekend you will be introduced to all of our 16 Panhellenic chapters. After this round there will be mutual selection preferencing from both you as a potential new member and the chapters.

Day 4: Values Showcase AUGUST 14TH

WHAT TO EXPECT: For Values Showcase, you will be meeting with 1 up to 11 chapters. This is a day to focus on both yours and the chapters you visit's values.

Day 5: Living Panhellenic AUGUST 15TH

WHAT TO EXPECT: During Living Panhellenic, you will chat with women from anywhere from 1 to 7 chapters. On this day you will also receive tours of chapter facilities and financial presentations.

Day 6: Preference Night AUGUST 16TH

WHAT TO EXPECT: On Preference Night, you will attend 1 or 2 chapters and partake in preference night ceremonies.

Day 7: Bid Day! AUGUST 17TH

WHAT TO EXPECT: Bid Day is the day you will open your bid card and partake in celebration with your new sisters!

Rho Gammas

Recruitment counselors (also known as Rho Gammas) hold a leadership position within the Collegiate Panhellenic Council to positively promote sorority life to potential new members before, during, and after the primary recruitment period.

Recruitment counselors work together to speak about all of the wonderful benefits of sorority membership to women interested in joining a sorority. They strive to increase interest and participation during recruitment. Recruitment counselors are sorority women, but remain impartial, meaning they are not focused on and are not directly affiliated with their specific chapters for a time frame that is identified within the Collegiate Panhellenic Council.

As a potential new member, you should get to know your recruitment counselors and feel comfortable going to them with any questions you may have about recruitment or sorority life.

Here are some topics that recruitment counselors discuss with potential new members

- **Academic support and achievement**
- **Responsibilities within the fraternity/sorority community and chapter organization**
- **Philanthropic and community service activities**
- **Leadership opportunities**
- **Lifelong friendships**
- **Value of membership beyond college years**

MEET YOUR RHO GAMMAS
On the Next Page →

RHO GA



ALI S.



BAILEY W.



BROOKE R.



CADY B.



CAITLIN M.



CALLISTA W.



CAROLYN K.



CLAIRE F.



CLARA T.



ERIN B.



FAITH M.



HALLEE F.

AMMAS



HANNAH V.



ISABELLA M.



JENNA W.



JUSTICE O.



KAELYN N.



KARINA Q.



KYLIE E.



KYLIE W.



LAUREN K.



LAUREN V.



LEXIE B.



MAKAYLA F.

RHO GA



MAYA K.



MIRIAM S.



MOLLY S.



MORGAN M.



MORGAN



OLIVIA C.



PAIGE T.



REAGAN D.



SAMMIE S.



SKY T.



SOPHIA B.



TARA P.

AMMAS

Recruitment

Tips & Tricks

Be Your Authentic Self

You are an amazing human, just the way you are. Be yourself and you'll make easy connections throughout recruitment that help you find your home!

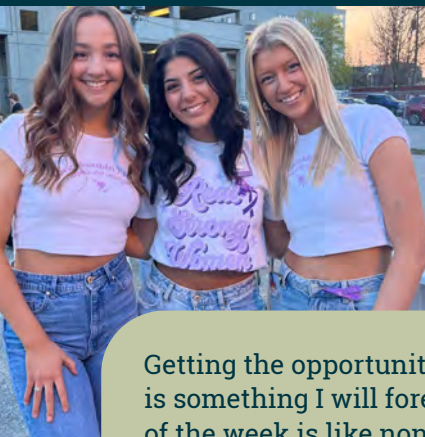
Ask Questions Recruitment is a unique experience and is different at every university. If you are unsure about something the only way to learn is to ask! Your Rho Gammas are recruitment experts.

Keep an Open Mind Primary recruitment is about meeting every chapter, and exploring every option you have. If you keep an open mind you maximize your chance of finding your true home.

Trust the Process Iowa State's Sorority Primary Recruitment has a natural process of elimination to help you make your decision. If you are ever unsure just know that the process was designed to make sure every member finds their perfect match.

*Love,
Your Rho Gammas*

ALPHA CHI OMEGA



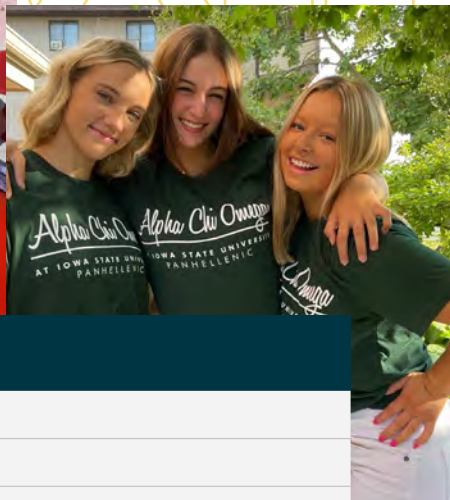
Getting the opportunity to go through Primary Recruitment is something I will forever be grateful for. The whirlwind of the week is like none other. Looking back on it today, I know that going through this process was one of the best decisions I've made. I am proud to say that the women at Alpha Chi Omega are contagiously funny, unapologetically authentic, and deeply loving. Not only have I gotten to meet my best friends through Alpha Chi Omega and the community as a whole, but I've grown tremendously and been surrounded by a group of women that truly makes me better. I will forever be grateful for the love, grace, and support that the women at Alpha Chi Omega have shown me. I can't wait for you to find your perfect fit in the community just as I have!



**Lindsey
Fischer**



National Website: alphachiomega.org
Chapter Website: www.isualphachi.com/
Facebook: Alpha Chi Omega at Iowa State University
Instagram: @isualphachi



QUICK FACTS

Address: 301 Lynn Avenue, Ames, IA 50014

Motto: Together let us seek the heights

Colors: Scarlet and Olive Green

Symbol: Lyre

National Founder's Day: October 15, 1885

Local Founder's Day: March 18, 1961

Philanthropy: Domestic Violence Awareness, Alpha Chi Omega Foundation, ACCESS

Chapter Dues (New Member): \$1,332.00 per semester

Chapter Dues In-House: Fall: \$4,930.00 | Spring: \$4,830.00

Chapter Dues Out-Of-House: Fall: \$1,085.00 | Spring: \$1,055.00

Chapter Dues Abroad: Abroad: \$390.00 per semester | Education Related: \$120.00 per semester

Facility Style: Dorm style with cold air sleeping options

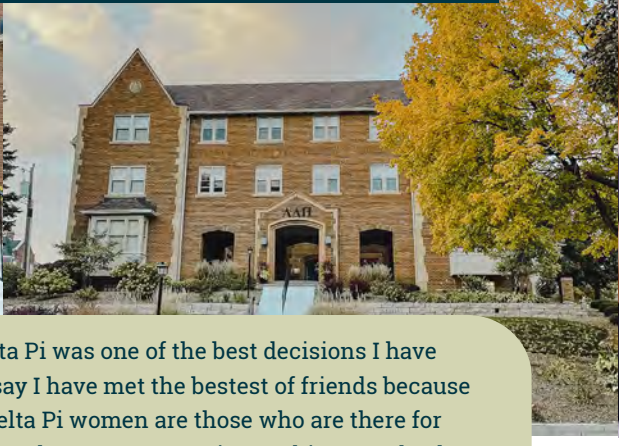
Meal Plan: Chef service

Live-In Requirements: 4 Semesters

Facility Capacity: 50

Minimum Chapter GPA Requirement: 2.70

ALPHA DELTA PI



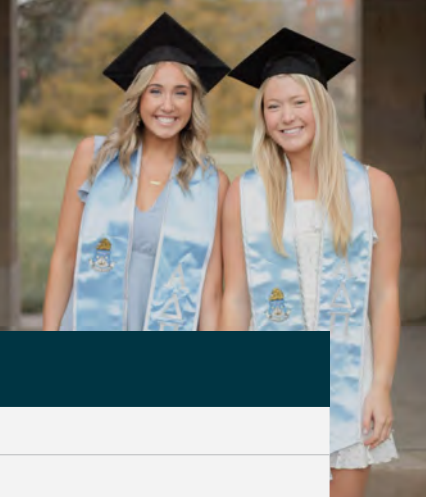
Running home to Alpha Delta Pi was one of the best decisions I have ever made. I truthfully can say I have met the bestest of friends because of this community. Alpha Delta Pi women are those who are there for you the minute you text them, they support you in anything you do, they motivate you to be your best, they inspire and love you through every up and down life brings. Being a part of this sisterhood has taught me that it's not just the big moments that matter, but the small moments too, like late-night chats in the kitchen, movie marathons with roommates, and sending sweet encouraging texts to one another before a big exam or presentation. It's the long hugs after having a rough day and the laugh-till-I cry moments from reliving stories together. I cannot wait to go back to campus after every break we have, because my sisters in Alpha Delta Pi mean the world to me, and I miss them every second that we're not together. I am so excited for you to embark on this incredible journey and discover your own future home, just like I did!



**Lily
Ferraro**



National Website: alphadeltapi.org
Chapter Website: iastate.alphadeltapi.org
Facebook: [iowastatealphadeltapi](https://www.facebook.com/iowastatealphadeltapi)
Instagram: [@isualphadeltapi](https://www.instagram.com/isualphadeltapi)



QUICK FACTS

Address: 2125 Greeley Street, Ames, IA 50014

Motto: We Live For Each Other

Colors: Azure Blue and White

Symbol: Diamond, Violet (Flower)

National Founder's Day: May 15, 1851

Local Founder's Day: June 3, 1911

Philanthropy: Ronald McDonald House Charities, ACCESS

Chapter Dues (New Member): \$1397.50 per semester

Chapter Dues In-House: \$5354.00 per semester

Chapter Dues Out-Of-House: \$969.00 per semester

Chapter Dues Abroad: Fall: \$523.50 Spring: \$400.00

Facility Style: 2, 3, 4, and 6 person study rooms with separate sleeping rooms.

Meal Plan: Chef service with access to kitchenettes

Live-In Requirements: 3 Semesters or until the facility is full

Facility Capacity: 60

Chapter GPA Requirement: 3.14

ALPHA GAMMA DELTA



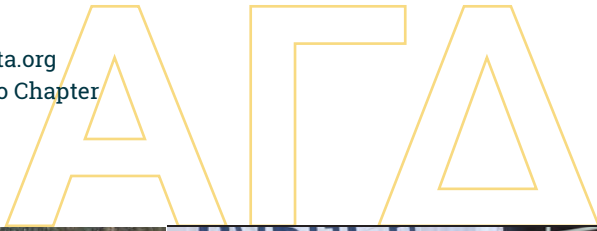
Being in Alpha Gamma Delta means being included, being involved, and being a sister. I felt connected to the chapter when I went through primary recruitment. My values aligned with Alpha Gamma Delta of leadership, scholarship, service, and sisterhood. Walking through the red doors I can find any sister to talk to, hang out with, and go on spontaneous adventures. There are a variety of ways to get involved and meet people through sisterhoods, socials, and traditional events. Alpha Gamma Delta has become my home away from home.



**Jillian
Woodall**



National Website: alphagammadelta.org
Facebook: Alpha Gamma Delta, Rho Chapter
Instagram: @iowastatealphagam



QUICK FACTS

Address: 2118 Sunset Drive, Ames, IA 50014

Motto: Loving Leading Lasting

Colors: Red, Buff, and Green

Symbol: Squirrel, Pearls, Roses

National Founder's Day: May 30, 1904

Local Founder's Day: September 8, 1917

Philanthropy: Fighting Hunger, The Alpha Gamma Delta Foundation

Chapter Dues (New Member): \$1,652.00 per semester

Chapter Dues In-House: \$5,030.50 per semester

Chapter Dues Out-Of-House: \$2,317.38 per semester

Chapter Dues Abroad: \$366.25 per semester

Facility Style: Single, double, and triple rooms with cold air sleepers

Meal Plan: Chef service

Live-In Requirements: Until the house is full or 2 years

Facility Capacity: 51

Minimum Chapter GPA Requirement: 2.50

ALPHA OMICRON PI



When I first decided to go to Iowa State, I was nervous about how I would find my home away from home on such a big campus. I soon decided to go through primary recruitment. When I first walked in the doors of AOII, the girls were so positive and had genuine smiles. Through AOII, I have met the most ambitious group of people who have pushed me to reach my goals and beyond. I have been able to raise money and awareness for a cause that affects many people close to my heart as well as other organizations, through our many philanthropy opportunities. Most of all, I have gained a family. People who are there for me on my good and bad days are always there for a late-night ice cream run. Members who are always down to stay up to study with me even till two am before a big exam so I'm not alone at the library. Members who will go out of their way to cheer others on at their activities outside of the sorority. These people have never left my side since day one, and I know they will be there for me at graduation and beyond.



**Macy
Higginbotham**



National Website: alphaomicronpi.org
Chapter Website: iotasigma.alphaomicronpi.org
Facebook: Alpha Omicron Pi at Iowa State
Instagram: @isuaoui

A O N



QUICK FACTS

Address: 2007 Greeley Street, Ames, IA 50014

Motto: Inspire Ambition

Colors: Cardinal Red

Symbol: Jacqueminot Rose, Sheaf of Wheat, Ruby, Infinity

National Founder's Day: January 2, 1897

Local Founder's Day: April 20, 1968

Philanthropy: The Arthritis Foundation

Chapter Dues (New Member): \$1,343.00 per semester

Chapter Dues In-House: \$5,518.00 per semester

Chapter Dues Out-Of-House: \$1,178.50 per semester

Chapter Dues Abroad: \$989.00 per semester

Facility Style: Dorm Style

Meal Plan: Chef service

Live-In Requirements: 4 Semesters

Facility Capacity: 51

Minimum Chapter GPA Requirement: 2.50

ALPHA PHI



Not a day went by during recruitment where I didn't think about how special and at home Alpha Phi made me feel! The women radiated such good energy, and I didn't want our conversations to end when it was time to go. Fast forward to today, and I can't imagine my life without this chapter. The best friends it has brought me, the leadership opportunities it has given me, and the millions of memories I will never forget. These women have stuck by my side through it all. They push me everyday to be the best version of myself. They make life so much more fun.

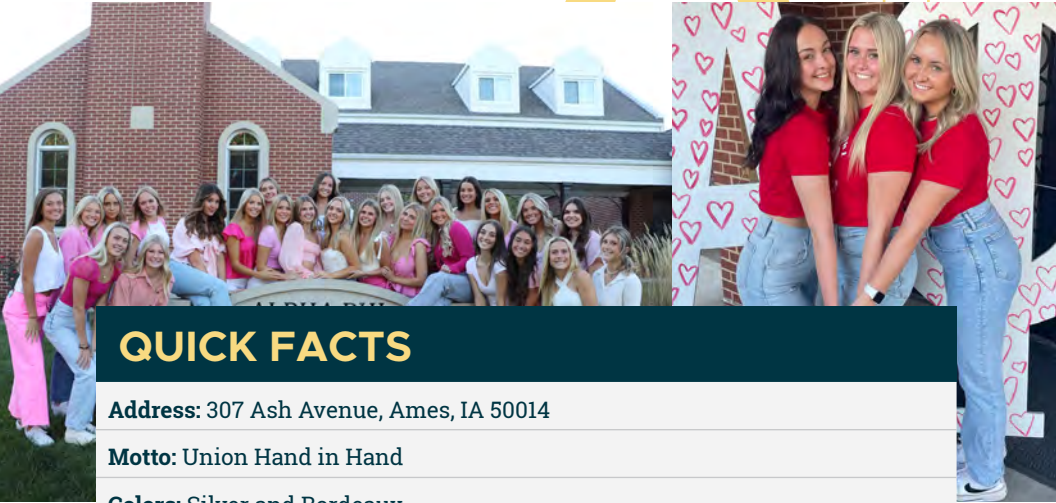
Thank you, Alpha Phi, for my best friends & future bridesmaids, ily!!!



**Molly
Sage**



National Website: www.alphaphi.org
Chapter Website: <https://alphaphizetadelta.squarespace.com/>
Facebook: Iowa State Alpha Phi
Instagram: iowastatealphaphi



QUICK FACTS

Address: 307 Ash Avenue, Ames, IA 50014

Motto: Union Hand in Hand

Colors: Silver and Bordeaux

Symbol: Ivy Leaf, Ursa Major Constellation, Forget-Me-Not, Lily of the Valley

National Founder's Day: September 18, 1872

Local Founder's Day: March 8, 2015

Philanthropy: Alpha Phi Foundation (Women's hear health and academic excellence)

Chapter Dues (New Member): \$827.50 per year

Chapter Dues In-House: \$8,734.11 per year

Chapter Dues Out-Of-House: \$1,667.27 per year

Chapter Dues Abroad: Out of House: \$419.89 per semester | In-House: \$3,539.56 per semester

Facility Style: Apartment Style

Meal Plan: Chef service with kitchens

Live-In Requirements: 4 Semesters

Facility Capacity: 43

Minimum Chapter GPA Requirement: 2.50

ALPHA SIGMA KAPPA



I look back sometimes and laugh a little because I never envisioned myself to where I am today. I came to Iowa State not even thinking about joining Greek Life. I was an out of state kid recruited to play for the D1 softball. So what happened? I took a risk and stepped completely out of my comfort zone.

I came to Alpha Sigma Kappa's recruitment events the very last week of them hosting events after some convincing from my long distance best friend telling me about her great experiences with her sorority. (Our sorority has a bit different of a recruitment schedule) I had to do a lot of make-up events with my busy schedule in order to meet requirements but the chapter was super flexible and worked with me through-out the whole process. That is why I joined and why I truly love this sorority is because you can put in as much as you want into this chapter and our members are going to support you and give you the resources regardless of if you choose to stay or leave our chapter. ASK has always been accommodating to me and my needs.



**Malia
Cockrell**



National Website: ask-wits.com
Chapter Facebook: Alpha Sigma Kappa -
Women in Technical Studies, Epsilon Chapter
Instagram: @isualphasigmakappa

ASK



QUICK FACTS

Motto: A Posse Ad Esse (From Possibility to Reality)

Colors: Royal Blue and Silver

Symbols: Infinity Sign, White Rose (actives), White Carnation (candidates)

National Founder's Day: May 1, 1989

Local Founder's Day: October 23, 2004

Philanthropy: Animal Rescue League of Iowa, Donors Choose

Chapter Dues(Actives and Candidates): \$250.00 per semester

Chapter Dues (Inactive): \$125 per semester

Facility Style: Non-Facility

Minimum Chapter GPA Requirement: 2.50

Affiliation: Science, Technology, Engineering, and Math (STEM). Chapter is not restricted to STEM Majors, any STEM Affiliated Majors and Minors are welcome.

How to Join: Alpha Sigma Kappa (ASK) is a part of a Continuous Open Recruitment Process (COR or COB). This means that if you are interested in joining ASK contact them using email or Instagram at any point to begin the recruitment process!

CHI OMEGA



When I went through recruitment, the world had taken a pause, the Covid-19 pandemic had turned my first year of college into an online Zoom call. Even through a computer screen, I could tell that the women of Chi Omega were women I wanted to know and aspired to become. Our values stand out to me and truly embody every one of our members; service to others, campus involvement, career and personal development, leadership, and academic excellence is something every member personifies. I am grateful for the experiences this chapter has brought me and hope that anyone looking to join the sorority and fraternity community at Iowa State finds the same home that I found in Chi Omega.



**Megan
Senden**



National Website: chiomega.com
Chapter Website: chiomegaiowastate.org
Facebook: Chi Omega - Iowa State University
Instagram: isuchiomega



QUICK FACTS

Address: 227 Gray Avenue, Ames, IA 50014

Motto: Womanly always, Discouraged Never

Colors: Cardinal and Straw

Symbol: Skull and Crossbones, Owl, White Carnation

National Founder's Day: April 5, 1895

Local Founder's Day: 1922

Philanthropy: Liz Kirke Foundation, Make a Wish Foundation

Chapter Dues (New Member): Fall: \$1,310.00 | Spring: \$810.00

Chapter Dues In-House: \$4,325 per semester

Chapter Dues Out-Of-House: \$647.00 per semester

Chapter Dues Abroad: \$1,200.00 per semester

Facility Style: Dorm-Style Living

Meal Plan: Chef service with weekend access to kitchen

Live-In Requirements: Until the Facility is full

Facility Capacity: 55

Minimum Chapter GPA Requirement: 2.50

DELTA DELTA DELTA



Tri Delta gave me a home base for life in general. It made me feel like I was connected to my campus and my city. I met the closest friends I've ever had, and I have been able to experience so many opportunities I would not have been able to otherwise. My chapter connected me to an internship and prepared me for life outside of college. I had no intentions of joining a sorority, but when I met the girls from my chapter, I knew it was the right choice. Living with my best friends made this whole experience totally worth it.



**Jessie
Schmidt**



National Website: www.tridelta.org
Chapter Website: iastate.tridelta.org
Facebook: Iowa State Tri Delta
Instagram: @isutridelta



QUICK FACTS

Address: 302 Ash Avenue, Ames, IA 50014

Motto: Let us steadfastly love one another

Colors: Silver, Gold, and Cerulean Blue

Symbol: Pearl, Pine, Pansy, Dolphin

National Founder's Day: November 27, 1888

Local Founder's Day: September 21, 1912

Philanthropy: St. Jude Children's Research Hospital

Chapter Dues (New Member): \$1,400.00 per semester

Chapter Dues In-House: \$4,450.00 per semester

Chapter Dues Out-Of-House: \$800.00 per semester

Chapter Dues Abroad: \$180.00 per semester

Facility Style: Study rooms with cold air sleeping and single/double dorm-style options

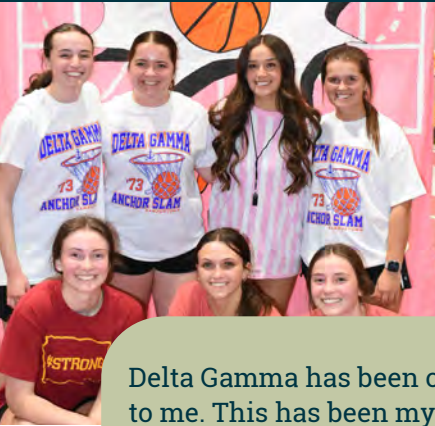
Meal Plan: Chef service with access to kitchen on weekends

Live-In Requirements: 4 Semesters

Facility Capacity: 60

Minimum Chapter GPA Requirement: 3.00 (high school)/ 2.50 (university)

DELTA GAMMA



Delta Gamma has been one of the best things to ever happen to me. This has been my home away from home. It has brought me some of my closest friends and has opened doors I didn't know were able to be opened. DG has given me leadership opportunities, and allowed me to grow as a person. This is also a place where I know being myself is ok. I have connected with women of all ages in my chapter. During my first semester when I was stressed, DG showed up for me. My great grand big and big helped me through my finals and in the end, I aced finals week. Being one of the younger chapters on campus, the women in Delta Gamma are in a unique position to create new tradition that will last longer than we are here at Iowa State, which is absolutely amazing.



**Josie
Birdwell**



National Website: www.deltagamma.org
Chapter Website: iastate.deltagamma.org
Facebook: Delta Gamma – Iowa State University
Instagram: @isudeltagamma



QUICK FACTS

Address: 313 Lynn Avenue, Ames, IA 50014

Motto: Do Good

Colors: Bronze, Pink, and Blue

Symbol: Anchor, Cream Colored Rose

National Founder's Day: December 25, 1873

Local Founder's Day: September 18, 2016

Philanthropy: Delta Gamma Foundation (Service for Sight)

Chapter Dues (New Member): \$3,525.00 per year

Chapter Dues In-House: \$11,719.00 per year

Chapter Dues Out-Of-House: \$3,595.00 per year

Chapter Dues Abroad: \$2,866.00 per year

Facility Style: Suite Style

Meal Plan: Chef service with access to kitchenettes

Live-In Requirements: 4 Semesters

Facility Capacity: 52

Minimum Chapter GPA Requirement: 2.50

DELTA ZETA



Delta Zeta has provided me with the ability to grow as a person, a friend, and a leader. The opportunities that have been given to me here at Delta Zeta have provided me with inspiration to experience life in a fulfilling manner. Here, I can authentically express myself, live truly, and be valued every day for who I am. To be a Delta Zeta means to experience a different kind of love from those around you. Because of Delta Zeta, I found a place that makes me feel special, while being a part of something bigger than myself, I found my best friends who will be at my wedding, and I found another special place I can call home. I am beyond excited to see what else Delta Zeta has in store for me and all my sisters, and our future endeavors!



**Lily
Badofsky**



National Website: deltazeta.org
Chapter Website: dzbetakappa.wixsite.com
Facebook: @ISUDZ
Instagram: @deltazetaisu



QUICK FACTS

Address: 2138 Sunset Drive, Ames, IA 50014

Motto: Love that is ever steadfast

Colors: Rose and Green

Symbol: Diamond, Roman Lamp, Turtle, Pink Killarney Rose

National Founder's Day: October 24, 1902

Local Founder's Day: September 12, 1931

Philanthropy: Aid to Hearing and Speech Impaired

Chapter Dues (New Member): \$1,960.00 per year

Chapter Dues In-House: \$10,090.00 per year

Chapter Dues Out-Of-House: \$2,460.00 per year

Chapter Dues Abroad: \$860.00 per year

Facility Style: Dorm Style

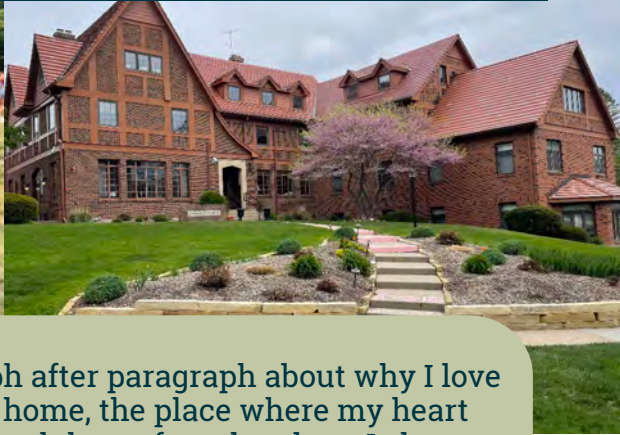
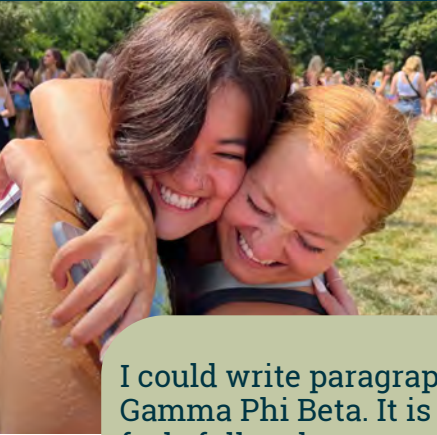
Meal Plan: Chef service with access to kitchenettes

Live-In Requirements: Until the facility is full

Facility Capacity: 38

Minimum Chapter GPA Requirement: Minimum 2.00 is highly recommended

GAMMA PHI BETA



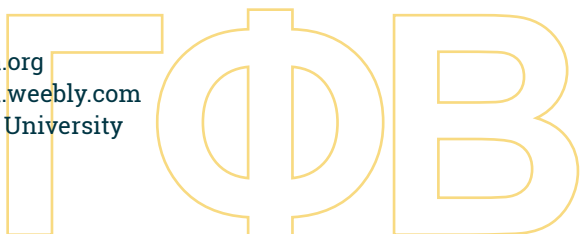
I could write paragraph after paragraph about why I love Gamma Phi Beta. It is home, the place where my heart feels full and my stomach hurts from laughter. I chose Gamma Phi because it is a chapter made up of the most beautiful, wonderful people. Each of us are curious, strong, and loving. We make Gamma Phi, Gamma Phi. I saw myself growing into the person that I wanted to become while being content in who I am. I always have someone to lean on and someone to support. There is no shortage of joy within these women that I am surrounded by. These people are the reason I am a Gamma Phi. The reason I am empowered and the outcome of what being true and constant really means.



**Alysha
Hardy**



National Website: www.gammaphibeta.org
Chapter Website: omegagammaphibeta.weebly.com
Facebook: Gamma Phi Beta- Iowa State University
Instagram: @iowastategphi



QUICK FACTS

Address: 318 Pearson Avenue, Ames, IA 50014

Motto: Founded on a Rock

Colors: Blush, Brown, and Mode

Symbol: Crescent Moon, Pink Carnation

National Founder's Day: November 11, 1874

Local Founder's Day: December 21, 1918

Philanthropy: Building Strong Girls - Girls on the Run

Chapter Dues (New Member): Fall: \$840.00 | Spring: \$815

Chapter Dues In-House: \$4,760.00 per semester

Chapter Dues Out-Of-House: \$815.00 per semester

Chapter Dues Abroad: \$100.00 per semester

Facility Style: Dorm Style living

Meal Plan: Chef service with food provided for the weekend

Live-In Requirements: 4 Semesters

Facility Capacity: 60

Minimum Chapter GPA Requirement: 3.00

KAPPA ALPHA THETA



When I was going through recruitment, I was unsure about joining a chapter at all. I wanted to make friends and find a way to get involved on campus, but I wasn't sure what to expect. However, after being a part of this community for almost two years now, I can confidently say joining a sorority was one of the best decisions I have ever made. Being a member of Kappa Alpha Theta has helped me grow in my confidence, made me a better leader, and most importantly gave me friends that I know will last me a lifetime. My Theta siblings have been some of the most supportive people throughout my college career. Whether it is something small like needing a ride somewhere or something big such as needing a laugh on a hard day, my siblings are always there to support me. One of my favorite memories from Theta was when I was speaking to one of our alumni, and she told me how outgoing I was. Coming into college I was very shy, and hearing this from one of our alumni showed me how much being a part of the Panhellenic community has helped me grow into a more confident version of myself. I truly cannot put into words how much love I have for this community, and I will forever be thankful for the amazing opportunities and friends I have made.



**Anna
Mcdermott**



National Website: kappaalphatheta.org
Chapter Website: iowastate.kappaalphatheta.org
Facebook: Kappa Alpha Theta - Iowa State University
Instagram: @iowastatetheta



QUICK FACTS

Address: 2239 Knapp Street, Ames, IA 50014

Motto: Leading Women

Colors: Black and Gold

Symbol: Kite, Twin Stars, Black and Gold Pansy

National Founder's Day: January 27, 1870

Local Founder's Day: May 8, 1948

Philanthropy: Court Appointed Special Advocates (CASA)

Chapter Dues (new member): \$755.00 per semester

Chapter Dues In-House: Fall: \$3,210.00 | Spring: \$3,026.00

Chapter Dues Out-Of-House: Fall: \$1,036.00 | Spring: \$852.00

Chapter Dues Abroad: \$200.00 per semester

Facility Style: Dorm style living

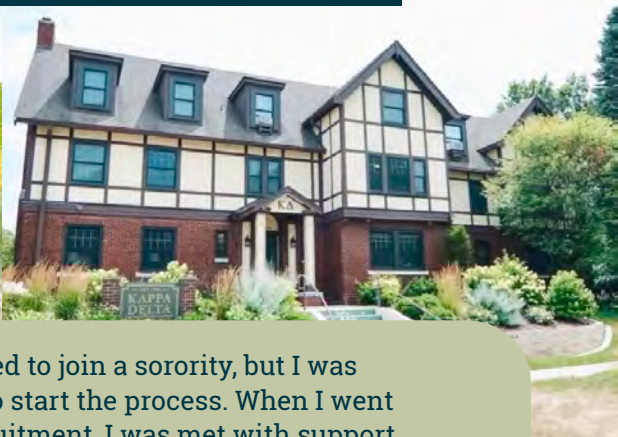
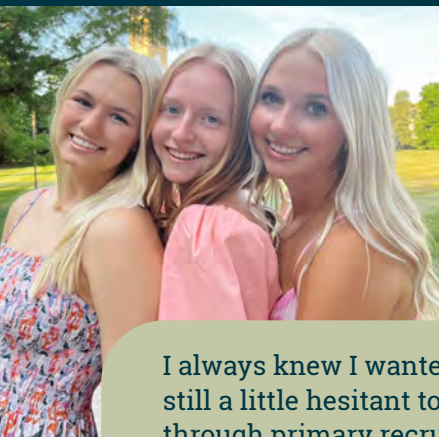
Meal Plan: Full kitchen access

Live-In Requirements: 4 Semesters or Until the Facility is full

Facility Capacity: 44

Minimum Chapter GPA Requirement: 2.65

KAPPA DELTA



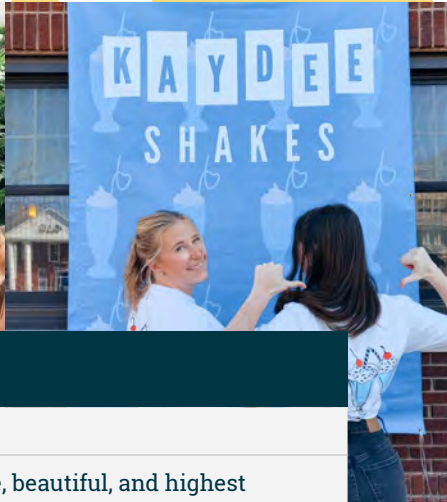
I always knew I wanted to join a sorority, but I was still a little hesitant to start the process. When I went through primary recruitment, I was met with support and encouragement from every chapter when discussing the things I was passionate about! Over the week I fell in love with Kappa Delta and their love for sisterhood and service, two values I really identified with. Over the past two years, I've held several leadership positions and become close friends with women from different majors and backgrounds. The bonds and experiences I've gained from Kappa Delta will support me for a lifetime. I'm so blessed to be a part of such a beautiful community within my chapter and CPC.



**Courtney
Larsen**



National Website: kappadelta.org
Chapter Website: iastate.kappadelta.org
Facebook: [@iowastatekappadelta](https://www.facebook.com/iowastatekappadelta)
Instagram: [@iowastatekappadelta](https://www.instagram.com/iowastatekappadelta)



QUICK FACTS

Address: 2102 Sunset Drive, Ames, IA 50014

Motto: Let us strive for that which is honorable, beautiful, and highest

Colors: Olive Green and Pearl White

Symbol: Teddy Bear, Nautilus Shell, Dagger, Diamond Shape, White Rose

National Founder's Day: October 23, 1897

Local Founder's Day: April 11, 1908

Philanthropy: Prevent Child Abuse America, Prevent Child Abuse Iowa, Girl Scouts of the USA

Chapter Dues (New Member): Fall: \$1,274.00 | Spring: \$1382.00

Chapter Dues In-House: Fall: \$5,177.00 | Spring: \$5,185.00

Chapter Dues Out-Of-House: Fall: \$767.00 | Spring: \$775.00

Chapter Dues Abroad: Fall: \$102.00 | Spring: \$110.00

Facility Style: Dorm Style, Cold Air sleeping options

Meal Plan: Chef service

Live-In Requirements: 4 Semesters or Until the Facility is full

Facility Capacity: 52

Minimum Chapter GPA Requirement: 2.50

KAPPA KAPPA GAMMA



Kappa has supported me in more ways than I can count. Coming into college, I was worried that I wouldn't be able to have the close friendship that I was lucky enough to have in high school. Kappa has brought me the best friends that have turned into sisters and I cannot be any more thankful! There is always someone willing to hang out, grab coffee, or even just listen to me talk about my day. Kappa has also kept me involved in the community as well. From philanthropies and community service to homecoming and greek week, there's truly never a dull moment! I am forever grateful for Kappa and all of the relationships and opportunities it has brought me so far and I wouldn't give it up for the world!



**Emma
Kruse**



National Website: kappakappagamma.org
Chapter Website: iastate.kappa.org
Facebook: Iowa State Kappa Kappa Gamma
Instagram: @kappa-iowastate



QUICK FACTS

Address: 120 Lynn Avenue, Ames, IA 50014

Motto: Dream Boldly, Live Fully

Colors: Light Blue and Dark Blue

Symbol: Owl, Golden Key, Fleur De Lis

National Founder's Day: October 13, 1870

Local Founder's Day: May 18, 1946

Philanthropy: Children's Miracle Network, Mental Health Awareness

Chapter Dues (New Member): \$1,402.00 per semester

Chapter Dues In-House: Fall: \$6,077.00 | Spring: \$5,974.00

Chapter Dues Out-Of-House: Fall: \$1,077.00 | Spring: \$974.00

Chapter Dues Abroad: Fall: \$103.00 | Spring: \$0.00

Facility Style: Dorm Style

Meal Plan: Chef service

Live-In Requirements: 4 Semesters

Facility Capacity: 60

Minimum Chapter GPA Requirement: 3.00

PI BETA PHI



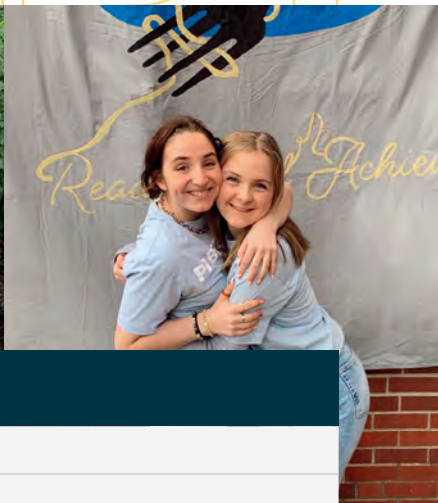
In full honesty, when I went through primary recruitment, I was very unsure about finding a chapter I would fit into, but after support from my Rho Gamma I chose to trust the process and before I knew it, I was running toward a Pi Beta Phi sign on the Campanile Lawn. To me, I chose Pi Beta Phi during recruitment because of the comfort I felt around the members, and I continue to choose Pi Beta Phi everyday because of the home I have found in the individuals I get to be around. I chose the Iowa State panhellenic community because of the amazing things I had heard about it, and I continue to choose our panhellenic community because of the outstanding people and all the things we accomplish together. Without Pi Beta Phi, I wouldn't be nearly the person I am today nor would I have gotten to experience some of my favorite memories. From getting painted in Yell Like Hell during homecoming, to learning about the history of Pi Beta Phi being the first sorority on Iowa State's campus, I truly love this chapter with all my heart and wouldn't change a thing about my journey.



**Alexa
Newgard**



National Website: pibetaphi.org
Chapter Website: iastate.pibetaphi.org
Facebook: Pi Beta Phi – Iowa State University
Instagram: [isu_piphi](https://www.instagram.com/isu_piphi)



QUICK FACTS

Address: 208 Ash Avenue, Ames, IA 50014

Motto: Friends and leaders for life

Colors: Wine and Silver Blue

Symbol: Arrow, Angel Wings, Carnation

National Founder's Day: April 28th, 1867

Local Founder's Day: May 11, 1877

Philanthropy: Read > Lead > Achieve

Chapter Dues (New Member): Fall: \$1,238.00 | Spring: \$1,234.00

Chapter Dues In-House: Fall: \$4,874.00 | Spring: \$4,842.00

Chapter Dues Out-Of-House: Fall: \$891.00 | Spring: \$859.00

Chapter Dues Abroad: Fall: \$221.00 | Spring: \$189.00

Facility Style: Dorm Style living

Meal Plan: Chef service

Live-In Requirements: 4 Semesters or Until the Facility is full

Facility Capacity: 59

Minimum Chapter GPA Requirement: 2.91

SIGMA KAPPA



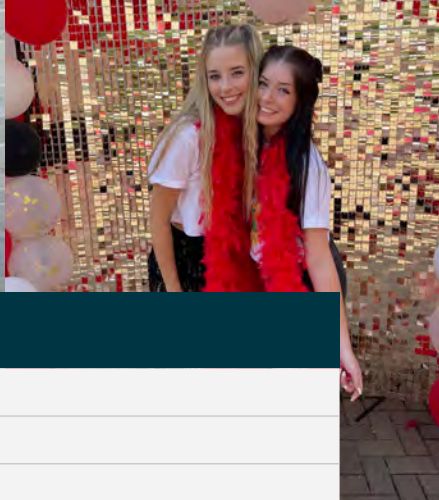
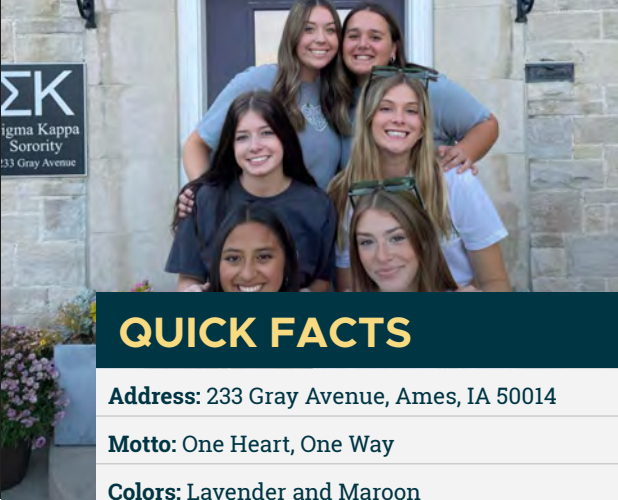
Getting involved in the Iowa State Sorority and Fraternity Community is easy when it is clear that you are getting authentic and valuable opportunities while meeting lifelong friends. Membership in the Sorority and Fraternity Community provides you with support, loyalty, and love. You can find a home in any chapter you choose and I found my home in Sigma Kappa. You can rely on your sisters to push you to become the best version of yourself and the connections in the Sorority and Fraternity Community foster some of the most meaningful relationships in your life.



**Natalie
Sommervold**



National Website: www.sigmakappa.org
Chapter Website: iastate.sigmakappa.org
Facebook: [sigmakappaisu](https://www.facebook.com/sigmakappaisu)
Instagram: [@isusigmakappa](https://www.instagram.com/isusigmakappa)



QUICK FACTS

Address: 233 Gray Avenue, Ames, IA 50014

Motto: One Heart, One Way

Colors: Lavender and Maroon

Symbol: Dove, Heart, Wild Purple Violet

National Founder's Day: November 9, 1874

Local Founder's Day: May 7, 1921

Philanthropy: Sigma Kappa Foundation, Inherit the Earth, Gerontology, Maine Seacoast Mission, Alzheimer's Association

Chapter Dues (New Member): Fall: \$1,019.00 | Spring: \$774

Chapter Dues In-House: Fall: \$5,184.00 | Spring: \$5,156.00

Chapter Dues Out-Of-House: Fall: \$727.00 | Spring: \$624.00

Chapter Dues Abroad: Fall: \$102.00 | Spring: \$74.00

Facility Style: Dorm Style with Cold Air Sleeping

Meal Plan: Chef service with access to kitchenettes

Live-In Requirements: 4 Semesters

Facility Capacity: 52

Minimum Chapter GPA Requirement: 2.50

PNM Agreement

I agree to the following:

1. I am a full-time student at Iowa State University for fall 2023. I understand that if my class schedule does not reflect that I am taking at least 12 credits at Iowa State University, I may receive fewer invitations to attend events throughout the week.
2. I understand that if I need to cancel my recruitment registration and would like a full refund I will do so by August 1.
3. I am advised not to return home or invite other potential members to their home during recruitment week.
4. I agree that if I withdraw from Primary Recruitment at any point, I may not re-register for recruitment and I must complete required paperwork to finalize my withdraw.
5. I agree to participate in all events starting Friday at 5 pm through Sunday at 9 pm.
6. I will notify the Collegiate Panhellenic Council (cprecruitment@iastate.edu) prior to August 1 if I need to miss any part of Primary Recruitment. NOTE: missing any part of Primary Recruitment may hinder your options of chapters to join through the Primary Recruitment process.
7. I understand that many chapters require a 3.0 GPA from high school or 2.5 GPA from college to join their organization. If I have below a 3.0 GPA from high school or 2.5 from college, I understand that my options of chapters to join may be limited.
8. I hereby grant permission for Iowa State University to release my academic records and transcript data from High School and/or College (including dual courses, classes from Junior College and University grades) for the purpose of participating in Primary Recruitment. Academic Records and transcripts include Grade Point Averages from all academic institutions, total amount of credits taken at other collegiate institutions, and total number of registered credits at Iowa State University. The Academic Records will be shared with The Office of Sorority and Fraternity Engagement, The Collegiate Panhellenic Council and Inter/National Organizations participating in Primary Recruitment for the purpose of membership selection between the start of recruitment registration (April 7, 2023) through the end of the recruitment period (August 17, 2023).

New Member 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 with respect
- The right to be treated as a capable and mature person without being patronized
- The right to ask how and why and 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 choice and decision and accept full responsibility for the results of that decision
- The right to have a positive, safe and enriching recruitment and new member experience

Creed of the National Panhellenic Conference (NPC)

"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."

HOW TO JOIN

Many women join one of the Collegiate Panhellenic Council chapters through Primary Recruitment that occurs each fall before classes begin. It is encouraged to go through this recruitment process as it is the only guaranteed opportunity to see all chapters at the same time to find the best fit for prospective members. The Collegiate Panhellenic community takes pride in academic achievement. Many chapters look for women with a 3.0 cumulative GPA from high school or a 2.5 GPA from college to join.

Women will move into their assigned housing a week before classes begin and join other women who also live in residence halls or off-campus housing. An assigned Recruitment Counselor (often called a Rho Gamma) will serve as their guide through the week. Recruitment is a mutual selection process. Potential new members have the opportunity to find a chapter that matches their values and will help them grow. Chapters have the opportunity to select women whose values match theirs and who will contribute to the chapter. Primary Recruitment starts with Welcome Weekend, during Welcome Week you will get to visit each CPC chapter. After Welcome Weekend invitations to each round are made based on the preference of the potential new members and the chapters, this is why we refer to this process as mutual selection. Bid day is the last day of the week and this where potential new members receive an invitation to membership, or bid, to a CPC chapter.

Some women participate in continuous open bidding (COB) after the Primary Recruitment period, however it is not guaranteed that COB is available for all chapters. Alpha Sigma Kappa, a sorority for women in STEM fields (science, technology, engineering and mathematics) is an affiliate group to the Collegiate Panhellenic Council and conducts continuous recruitment processes throughout the year. Please contact the Office of Fraternity and Sorority Engagement for more information for more information about which chapters are participating in Continuous Open Bidding.



Tips on Joining

- **EARN THE GRADES** It is important that you have a great academic start at Iowa State. Focus on exceeding the minimum GPA requirement. Utilize the services provided by the Academic Success Center to help yourself thrive.
- **GET TO KNOW THE MEMBERS AND THE ORGANIZATIONS** Whether you are extremely familiar with sororities and fraternities, or know nothing at all, it is important that you get to know the members and the organizations AND for the members to get to know you. Use the first semester to attend each chapter's events and interest meetings to determine the best fit for you. You can learn of events and meeting from various campus event calendars, sign-up on chapter's email list, follow chapters on social media, and look for flyers around campus. Just remember to be yourself.
- **SERVICE HOURS** Giving back to the community is an important facet of fraternal organizations. Chapters volunteer weekly, monthly, and annually in areas of need in the community. Consider maintaining a consistent volunteer relationship with one organization.
- **INVOLVEMENT AND LEADERSHIP** We also encourage you to get involved throughout the campus and the community. Find an organization to join and be an active participant by serving on a committee or in a leadership role.

COMMUNITY ACTIVITIES

GREEK WEEK

The Iowa State Greek Week event occurs over the course of a week in the end of March. Greek Week is a celebration of the Sorority and fraternity community and its values. In addition, Iowa State Greek Week raises money for Special Olympics Iowa, and is their largest source of fundraising each year. Like Homecoming, Greek Week Consists of many different events which contribute to the overall Greek week competition. These events include community service activities, the Polar Plunge, tournaments, Olympics, the banner competition, and the annual Lip Sync Competition.

LIP SYNC

Lip Sync is one of the most popular events that occurs during Greek Week. Teams write, choreograph, and perform an original skit about the Sorority and fraternity community and its values. All dialogue and music is contained within a backing track, which performers lip sync to. Performances occur on the Saturday night of Greek Week at C.Y. Stephens Auditorium, and is one of the highlights of the year for many students.

POLAR PLUNGE

One of the largest and most significant goals of Iowa State's Greek Week is fundraising and promoting for Special Olympics Iowa. The largest source of fundraising is the "Polar Plunge", where members of the Sorority and fraternity community raise money to jump into freezing water in order to promote fundraising for Special Olympics.



HOMECOMING

Each Fall, the Iowa State Student Alumni Leadership Council (SALC) puts on a number of events during Iowa State's annual homecoming celebration, as a way for students and faculty to celebrate the history, traditions, and alumnus of Iowa State. The Sorority and Fraternity community sees the largest participation amongst the student body, with chapters being grouped together in teams to participate in many different competitive events. These events contribute to the overall Homecoming competition, and include community service activities, a float parade, a banner competition judged by faculty, athletic tournaments, and the Yell Like Hell Competition.

YELL LIKE HELL

The annual Yell Like Hell Competition is one unique to Iowa State and it's Sorority and Fraternity community. Teams write, choreograph, and perform an original skit about Iowa State Traditions and history. The skits are performed in a style similar to cheerleading, however performers are painted head to toe in cardinal and gold paint. This tradition is one of the most iconic of Iowa State's Homecoming Activities, and is the highlight of homecoming for many members of the Sorority and fraternity community.

Financial



Commitment

FINANCIAL RESPONSIBILITY IS IMPORTANT FOR ALL COLLEGE STUDENTS.

Every member of a fraternity or sorority agrees to be fiscally responsible as a student and a chapter member. Each chapter conducts their own billing and financial processes through online or payment plans. The chapter bills separately from the university bill. Membership fees include local and inter/national (if applicable) membership dues, one-time fees (such as initiation or new member fees) and room and board, if the chapter has a house. Some chapters may assess an additional empty bed fee if the house is not at capacity. Often times financial aid packages can be applied to fraternity and sorority costs. As each student has an individualized award package, please check with the Office of Student Financial Aid for more information. There are many scholarships awarded to sorority and fraternity members through their local chapter, inter/national organization and through Iowa State University. Members are encouraged to seek out scholarships through these resources or contact the Office of Student Financial Aid at www.financialaid.iastate.edu. Figures on this page are generalized to provide an idea to those who are interested in joining what the financial commitment looks like. Please remember, chapters regularly evaluate cost of membership and may adjust their dues. It is encouraged to look more specifically at an individual organizations financial information before joining. The first semester/year of membership is typically the most expensive in a person's membership.

CPC AVERAGE COSTS

	Living Out of the Facility		
	New Member	Active Member	Average
Semester 1	\$1200	\$647 - \$2500	\$1132
Semester 2	\$1100	\$624 - \$2500	\$1080

	Living in the Facility		
	New Member	Active Member	Average In
Semester 1	\$3200 - \$6077		\$4864
Semester 2	\$3026 - \$5974		\$4840

CPC HOUSING OPTIONS



Fifteen of our sixteen Collegiate Panhellenic Council chapters have houses. Chapter houses range in size from 49 to 60 beds. Typically, students who join a Collegiate Panhellenic Council organization with a house live in the residence halls their first year and then move in the following year, if space allows. The common expectation among our chapters is a four semester live in requirement.

Many sorority facilities are considered congregate housing. Congregate housing includes a private bedroom with one to three roommates. All residents of the house share living and activity space including dining rooms, formal living rooms, family rooms/dens, activity rooms, meeting rooms, and study rooms. Amenities include: House Director (most sororities and fraternities), meals provided by a cook or catering service, on-site laundry, wireless internet, parking (varies by chapter), study areas, computer rooms, and access to academic resources.

FAQ

Q: I'm worried about managing my time being a member of a sorority. How much time does chapter membership take?

Similar to other clubs and organizations, the more time you dedicate to membership, the more opportunities and adventures you will experience. The time commitment varies from chapter to chapter. The first semester is generally a weekly meeting when members go through the chapter's member education program. The majority of the chapter new member programs are six to eight weeks; these programs allow the member an opportunity to develop their leadership and time management skills, learn about the history of the organization, develop friendships and become more involved. Each chapter has a weekly chapter meeting and other required events, including initiation, recruitment and philanthropic activities throughout the year.

Q: Why are there some things sorority members can't talk about? What's the big secret?

Sorority members often participate in ceremonies while becoming an active member of that organization. These ceremonies often are referred to as rituals. Sororities pride themselves on the rituals that their chapters were founded upon. These rituals are full of the traditions and values that make the chapters unique, having been conducted for many years. These rituals are full of the traditions and values that make chapter unique and have been conducted for many years.

Q: What will I get from a sorority that I would not get from any other college organization?

Coming to college is one of the major life changes that you will go through. Joining a sorority chapter will help make the transition easier. Developing lifelong friendships with the members in the chapters helps make the campus seem smaller. For many members, these chapters become a home away from home. In addition to the friendship, every chapter is dedicated to enhancing academics, civic engagement, leadership and social justice.

Q: What do sororities mean by “do your research”?

Doing your research simply means educating yourself on the organizations in the Collegiate Panhellenic Council so you can make the best choice for you. It is important to review national web sites to learn about the organizations history, programs and initiatives that are important the organization, and how the organization gives back to their community. Each organization was founded with a unique purpose. Educating yourself will help you understand the council, the organizations in it, and ultimately find the organization that aligns most with your values and interest.

Q: How will I know what questions to ask?

Questions are a great way to show interest in an organization, but more importantly help you fully understand what the requirements and expectations of membership are. Questions centered around staple programs, time commitment, and finances are always important to ask. This will help you financially plan and ensure you are prepared for any additional time the sorority or fraternity requires of you.

Q: As a family member, how can I support my student?

It is important for family members to continue to be a support system for their student. One of the key components for the support is empowering students as they navigate the sorority experience. Encourage your student to gather as much information as possible before they make the decision to join a fraternal organization. It is important that you discuss financial obligations and the time commitment before your student enters a recruitment or intake process with a fraternity or sorority. This will be an exciting time of new experiences in your student's life and your support will be invaluable.

Tips for supporting your student during the recruitment/intake process:

- Allow your student to make their own decision.
- Learn as much as you can about sorority and fraternity life and the membership experience.
- Keep an open mind.
- Talk to your student about the financial obligations and membership requirements.
- Just because you're a sorority or fraternity alumnus, doesn't mean your student is interested in the opportunity.
- Just because you're a member of a sorority or fraternity doesn't mean that organization is best for your student, let them find the organization that best suits them.
- Keep the Office of Sorority and Fraternity Engagement contact information available. Please contact us if you have questions.

TERMS TO KNOW

ACTIVE MEMBER: a fully initiated undergraduate member of a sorority/fraternity.

ALUMNI/ALUMNA: an initiated sorority/fraternity member who has completed their course of study and graduated from the university.

BEDROOM-STYLE LIVING: similar to the traditional residence hall.

BID: a formal invitation given by a chapter asking a prospective member to join the chapter.

CALLS: a unique vocal expression attributed to an organization. Calls are special to members and should not be replicated by non-members.

CHAPTER: the local membership of an inter/national fraternal organization.

COLD AIRS: a large, common sleeping quarter with bunked beds. Traditionally windows are kept open year-round, but recently many cold airs are heated/cooled appropriate to the season. Chapter members have two to three people within one living quarters separate from cold airs.

COLLEGIATE PANHELLENIC COUNCIL (CPC): the governing body for all Iowa State University sororities in the National Panhellenic Conference and one affiliate group.

CONTINUOUS OPEN BIDDING: an informal process of recruitment that some Collegiate Panhellenic Council chapters will engage in each academic year.

CROSSING: a term used to indicate that a new member has been fully initiated into a group.

FRATERNITY: a Greek-letter sisterhood, siblinghood or brotherhood.

GREEK: the name applied to affiliated sorority and fraternity members.

HAND SIGN: a symbol or gesture made with the hands to signify an organization. Hand signs are special to members and should not be replicated by non-members.

INFORMATIONAL: a forum for individuals interested in seeking more information about a particular sorority or fraternity.

INTERFRATERNITY COUNCIL (IFC): the governing body for 30 Iowa State University fraternities; many groups are members of the North-American Interfraternity Conference.

INITIATION/ACTIVATION: the traditional ritual or formal ceremony of induction that marks the transition to full membership in a sorority/fraternity.

LEGACY: a prospective member whose grandparents, mother/father or sister/brother is an alumni of a sorority/fraternity.

LINE: group of individuals going through the membership intake process. Another term is new member class.

MEMBERSHIP INTAKE PROCESS (MIP): a process by which interested persons become members of most MGC and NPHC organizations. Generally characterized by an informational meeting, an application process, an interview or series of interviews and an educational process.

MULTICULTURAL GREEK COUNCIL (MGC): the governing body for fraternities and sororities at Iowa State with culture and identity as a foundation.

NATIONAL APIDA PANHELLENIC ASSOCIATION: National APIDA Panhellenic Association (NAPA) is a collective group of leaders within the Asian Pacific Islander Desi American community who work together to advocate, collaborate, and educate their

members and constituency for the greater good.

NATIONAL ASSOCIATION OF LATINO FRATERNAL ORGANIZATIONS

(NALFO): The National Association of Latino Fraternal Organizations (NALFO) is an umbrella council for 16 Latino Greek Letter Organizations established in 1998.

NATIONAL PANHELLENIC CONFERENCE (NPC): an organization composed of 26 member women's sororities.

NATIONAL PAN-HELLENIC COUNCIL (NPHC): a national governing organization of nine historically African-American fraternities and sororities. Iowa State University has a local council to help govern the chapters represented on campus. This council is also called the Divine Nine.

NATIONAL MULTICULTURAL GREEK COUNCIL: The National Multicultural Greek Council (NMGC) is an umbrella council for a coalition of Multicultural Greek-letter organizations (MGLOs) established in 1998. The NMGC serves in an advisory capacity to its member organizations. Each member organization is autonomous as a Greek-letter society.

NEOPHYTE (NEO): A term some organizations use to refer to a new member of a sorority or fraternity.

NEW MEMBER: a prospective member from the time the member accepts a bid to affiliate until the time the member is initiated. Each organization and council use a variety of terms to identify their new members as new members.

NEW MEMBER PRESENTATION: a presentation where new members of many MGC and NPHC organizations present themselves as initiated members of their organizations to the campus community.

NEW MEMBER PROGRAM: the education and resources chapters provide to new members to help them be successful in the organization and in the classroom. Typically chapters teach about the history and values of the organization.

NORTH-AMERICAN INTERFRATERNITY CONFERENCE (NIC): an organization composed of 50+ national member men's fraternities.

PARAPHERNALIA: articles of clothing, accessories, props, or jewelry that a member may wear or possess that shows pride in their organization.

PHILANTHROPY: a charitable fundraiser sponsored by a fraternity or sorority.

POTENTIAL MEMBERS: undergraduate students interested in becoming a member of a sorority/fraternity.

RECRUITMENT: the continual process of encouraging men and women to become members of the sorority and fraternity community.

SALUTING: similar to military-style of greeting, members of an organization can praise a particular member within their organization or to honor the organization's past and current accomplishments.

SOROR: another term used to refer to one's sorority sister.

SORORITY: a Greek-letter siblinghood or sisterhood.

STROLLING: organization members move together in a line expressing pride for their organization. In this line, members may express their pride through use of their organization's call, sign or historical information, ritual/custom dances, etc. All of this is done through movements that are unique to a particular organization and should not be mimicked.

SUITE-STYLE LIVING: three to six people sharing a common living space.

THE OFFICE OF SORORITY AND FRATERNITY ENGAGEMENT: University staff offering support and resources to the four governing councils and 60+ chapters on campus.

ADDITIONAL INFORMATION

UNIVERSITY SUPPORT AND RESOURCES

The sorority and fraternity community is supported by Iowa State University through administrative resources and collaborative support. While each of the local chapters and governing councils are self-governing organizations, the Office of Sorority and Fraternity Engagement serves as the link between the fraternities and sororities and Iowa State University. Staff in the Office of Sorority and Fraternity Engagement provide resources and support for the sorority and fraternity governing councils, inter/national organizations, local advisers, and prospective students. The Office of Sorority and Fraternity Engagement staff also utilizes a liaison structure for the individual chapters, which pair up a staff member with each chapter to receive direct support concerning individual chapter needs. The Office of Sorority and Fraternity Engagement is a unit within the Dean of Students Office, which is part of the Division of Student Affairs. Many staff and faculty members serve in advisory positions to our sorority and fraternity chapters.

GREEK ALPHABET

A	alpha	Θ	theta	Ρ	rho
B	beta	Ι	iota	Σ	sigma
Γ	gamma	Κ	kappa	Τ	tau
Δ	delta	Λ	lambda	Υ	upsilon
E	epsilon	Μ	mu	Φ	phi
Z	zeta	Ν	nu	Χ	chi
H	eta	Ξ	xi	Ψ	psi
		Ο	omicron	Ω	omega
		Π	pi		

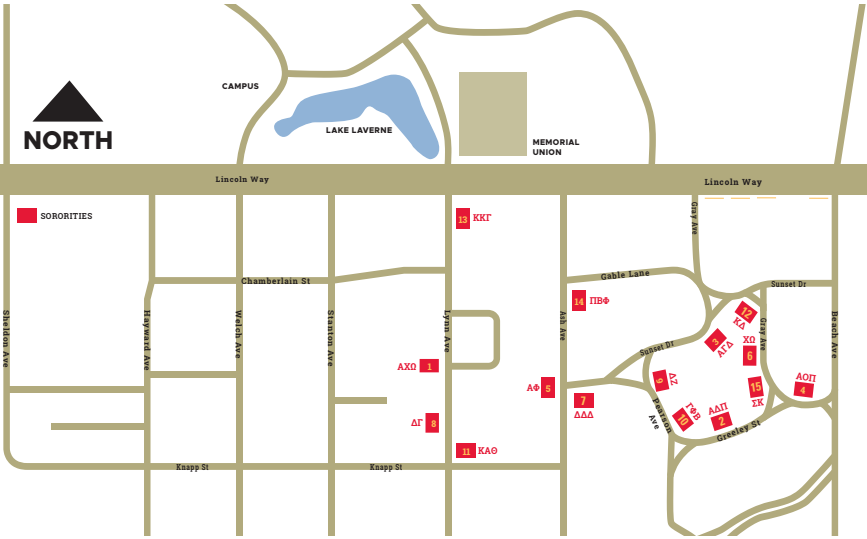
ANTI-HAZING POLICY

Iowa State University has a zero-tolerance policy regarding hazing. The sorority and fraternity community shares the university's definition of hazing in the Iowa State University Student Code of Conduct, which includes hazing as any intentional, knowing, or reckless action, request, or creation of circumstances that may include, but is not limited to, the following; endangers the mental or physical health or safety of any person; or causes or presents a substantial risk of physical injury, serious mental distress, or personal humiliation to any individual; or involves any act solely based on the classification status of a student; or involves the damage, destruction or removal of public or private property; or involves impairment of physical liberties, such as sensory deprivation, kidnapping, isolation, sleep or meal deprivation, and personal servitude; involves a violation of local, state, or federal law or university policy; or otherwise creates an interference with academic endeavors, and is in connection or associated with initiation or admission into, or continued membership in, or elevating status within any recognized student organization or group affiliated with the university, including but not limited to, any student, campus, fraternal, academic, honorary, musical, athletic, or military organization. Apathy or acquiescence in the presence of hazing are not neutral acts, they are violations of this section.

Each student will sign that they understands this policy when they sign their membership acceptance card (bid card) with the chapter that they join. Hazing may be reported to the Office of Sorority and Fraternity Engagement, the Office of Student Conduct, Iowa State Police Department, or the Dean of Student Office, which is part of the Division of Student Affairs. Many staff and faculty members serve in advisory positions to our sorority and fraternity chapters.



HOUSING MAP



COLLEGIATE PANHELLENIC COUNCIL SORORITIES

- 01. **Alpha Chi Omega:** 301 Lynn Ave
- 02. **Alpha Delta Pi:** 2125 Greeley St
- 03. **Alpha Gamma Delta:** 2118 Sunset Dr
- 04. **Alpha Omicron Pi:** 2007 Greeley St
- 05. **Alpha Phi:** 307 Ash Ave
- 06. **Chi Omega:** 227 Gray Ave
- 07. **Delta Delta Delta:** 302 Ash Ave
- 08. **Delta Gamma:** 313 Lynn Ave
- 09. **Delta Zeta:** 2138 Sunset Dr
- 10. **Gamma Phi Beta:** 318 Pearson Ave
- 11. **Kappa Alpha Theta:** 2239 Knapp St
- 12. **Kappa Delta:** 2102 Sunset Dr
- 13. **Kappa Kappa Gamma:** 120 Lynn Ave
- 14. **Pi Beta Phi:** 208 Ash Ave
- 15. **Sigma Kappa:** 233 Gray Ave