SACRED HEART UNIVERSITY

GO GREEK!

Fraternity & Sorority Life At SHU
Welcome to Sacred Heart University

Welcome to Sacred Heart University. We are glad to have you and appreciate your interest in Greek Life here! If you are looking for the best college experience, Greek Life is the way to go. The Greek community at Sacred Heart is home to nearly 755 students. The five fraternities and seven sororities provide a support system that creates a home away from home and is the best place to meet friends that will last a lifetime. Greek Life offers a unique balance of leadership, academics, philanthropy/service, and social opportunities that will enhance your college years at SHU.

Scholarship and leadership are extremely important to each sorority and fraternity member. Many sorority and fraternity members are part of Order of Omega, a national Greek academic and leadership honor society. In our recent Campus Life Leadership Awards Ceremony, Greek members were recognized for achievements in the Greek community and beyond. SHU Greek men and women continue to excel as leaders on campus and prove that scholastic achievement is priority. We are also proud to say that Sacred Heart’s Panhellenic Council received first place in Membership and Recruitment, and our Greek community received honorable mention in Philanthropy and Service from the Northeast Greek Leadership Association at our regional conference this year.

Financial aid programs and scholarships are available to qualified members of national Greek organizations. It may be commonly thought that only wealthy students join the Greek community, however, most sorority and fraternity members hold jobs, receive financial aid and earn scholarships.

Each sorority and fraternity is involved with a philanthropy to which they donate time and raise money. Greeks across the nation make up the largest volunteer-base, donating ten million hours of service each year. Greeks are involved with literacy programs in local schools, the fight against cancer, helping people with disabilities and many other service and philanthropic projects. Greek members are involved in a variety of activities, and not just in their own chapter, but across the SHU campus, allowing them to learn a variety of skills and keep close contacts with friends outside of the Greek community. Student Government, Habitat for Humanity, Best Buddies, Division I Athletics and Club Sports are just a few organizations on campus where you can find Greek members.

Not only do Greeks thrive on the SHU campus, but being Greek can help you go a long way in life. Greek Life is the largest value-based organization on college campuses with 750,000 members at more than 800 campuses across the United States and Canada. Many consider Greek Life to be the most successful leadership development opportunity for students and young adults in college. Being a part of Greek Life at SHU has benefited us in so many ways and we hope you take the opportunity to see what we’re all about!

– Jessica Yampol, Panhellenic Council President and Chris Kinsella, Interfraternity Council President
Your Top Five Questions About Greek Life

1. **What does it mean to Go Greek?**

Sororities and fraternities are called “Greek” organizations because their names are designated by Greek letters. Many grew out of political and literary societies that date back to the 1700s. Today, Greeks make up a diverse community of over 4.5 million men and women all over North America, and Greek societies have taken on broader roles to develop the intellectual, ethical and social skills of their members. If you Go Greek!, you’ll join a group of men (fraternity) or group of women (sorority) bound together by friendship and common goals as they reach out a helping hand to others and hone their scholarship and leadership skills. At Sacred Heart, many of the Greek organizations are part of national organizations and have a long history at universities around the country.

2. **If I Go Greek, will I encounter hazing or an initiation?**

Sacred Heart University has a zero-tolerance policy regarding hazing that is consistent with Connecticut state law. Hazing includes, but is not limited to, any activity that subjects members to harassment, ridicule, intimidation, physical exhaustion, abuse, or mental distress. Each organization submits a new member plan to the Office of Greek Life for approval to ensure that all new member activities and events are in keeping with University policy. A typical new member education period is four to eight weeks and will allow new members to gain more in-depth knowledge of the organization’s history, traditions, values, and unique sisterhood or brotherhood. Once the new member period is complete, a ceremony will take place which signifies that a new member is now an initiated sister or brother of their sorority or fraternity.

3. **How do I become a member of a Sacred Heart fraternity or sorority?**

Each fall SHU fraternities and sororities hold Go Greek! events where they recruit new members. This is a two-way process where fraternities and sororities consider you for membership while you find out more about them. Chapters consider students who can contribute to their membership in terms of interest, grades and activities. All full-time undergraduate students with a GPA of at least 2.0 or freshmen are eligible to participate in Greek Life. However, some organizations do have higher GPA requirements. Details for recruitment events and how to register are further outlined in this packet as well as on our website at www.sacredheart.edu/gogreek.

4. **How do I know which fraternity or sorority I should join?**

There is no one type of person who joins a fraternity or sorority. In fact, each of the ten Greek organizations at SHU upholds unique values and seeks to satisfy distinctive goals. Whether you join a national or local chapter, a chapter geared more toward academics or diversifying the SHU community, each Greek organization has its own advantages. By talking to members of the fraternities and sororities during our Go Greek! recruitment period in the fall, you’ll know where you fit in best.

5. **How much time and money is involved in Going Greek at Sacred Heart?**

On average, you can expect to contribute two to four hours a week to your fraternity or sorority for meetings and mandatory activities. You can also take advantage of opportunities like helping out with various charitable projects and social events, or even hold office in your chapter or the Interfraternity and Panhellenic Councils which may require additional time commitments. Each Greek organization has specific membership dues and these financial obligations are an important consideration for a college student and their parents. The first year of membership in a sorority or fraternity is usually the most expensive because of initiation and new member fees. Dues are used for socials, composite pictures, Panhellenic/IFC dues, Greek Weekend, apparel, banquets, recruitment, formals, date parties, retreats, sisterhood/brotherhood activities, badges, insurance, leadership workshops, initiation, national conventions, and scholarships. Each organization will outline their exact chapter dues during recruitment events.
How to Live Like a Greek

PHILANTHROPY & SERVICE
Members of fraternities and sororities at SHU share common experiences that build lifelong friendships. Probably the most important of these focuses on giving to others by fundraising for charities, building school spirit by participating in athletic events, or volunteering together in the local community.

At Sacred Heart, Greeks have recently adopted charitable causes that include the empowerment of women, diversity on campus, AIDS education, breast cancer and orthopedics research, domestic violence and helping underprivileged children. Over the last two years Greek Life has raised over $22,000 for an elementary school in Bridgeport to build a new playground.

SPIRIT EVENTS
Greek students show support in all areas of campus life. This includes cheering on fellow Pioneers at athletic events and student performances throughout the year.

SOCIALS AND FORMALS
Of course, part of the reason to Go Greek! is because members of fraternities and sororities balance philanthropy, scholarship and leadership with lots of fun. Whether you’re hanging out at a sisterhood or brotherhood event or attending a social or formal, we promise that Going Greek! means having more fun.

GREEK TRADITION AND CEREMONY
Greek rituals and ceremonies create a bond among members and serve as a continuous reminder of the values and traditions upon which the organization was founded. These special ceremonies typically take place two times each semester.
In the fall of 1959, a group of outstanding fraternity men at the University of Miami founded a national Greek honor society called the Order of Omega because they felt that individuals in the Greek community should be recognized for their service. The Upsilon Beta Chapter of Order of Omega was created at Sacred Heart University in 2005 to recognize excellence in academics and leadership. Applicants must be juniors or seniors in fraternities or sororities, and they must have exhibited leadership and service on campus and beyond. In addition, members earn cumulative GPAs above the all-Greek average. No more than fifteen invitations for membership are extended each year.

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GREEK WEEK
Sacred Heart’s annual Greek Week takes place in the spring semester each year. Throughout the course of the week, Greek organizations will participate in Relay for Life, Family Feud, Greek Life Breakfast, Skit Night and Olympics. Friendly competition creates a fun and unifying week for all members of the Greek community.

LEADERSHIP AND SCHOLARSHIP
Sacred Heart’s fraternities and sororities emphasize leadership development and hold academic achievement as a top priority. Goal setting, managing budgets, event planning, fundraising, and academic success are skills that Greek members develop and carry with them in future professional and personal situations.
MISSION
To live lives that reflect themselves, the Fraternity and every part of their being to a level of excellence. The four fundamental principles of Delta Tau Delta are: Truth, Courage, Faith, and Power.

MISSION
To complement and enhance the educational mission of Sacred Heart University, promote the ideals of Brotherhood, actively contribute to the personal growth and development of its members, promote ethical behavior and decision-making, and encourage service to others.

PHILANTHROPY
• Adopt-a-School
• Date Rape and Sexual Abuse Awareness

CAMPUSS EVENTS
• Date Rape and Sexual Abuse Awareness Week
• ΔΤΔ and ΦΣΣ Haunted Halloween
• JDRF Week with KΣ
• Delt Dance Revolution

AWARDS
• Highest Individual Scholar for Fraternity Men

PHILANTHROPY
• Volunteerism, Citizenship and Service to the Community
• Diabetes Awareness

CAMPUSS EVENTS
• Valentine’s Day Formal
• Powderpuff Football Tournament
• KΣ and ZTA Overcoming Obstacles
• Fisher House Foundation Veteran’s Day Prayer Service

AWARDS
• Outstanding Support of the Greek Community

IFC FRATERNITIES

INTERFRATERNITY COUNCIL
The Interfraternity Council (IFC) is a self-governing body representing the four fraternities at SHU. The IFC strives to promote excellence in all aspects of fraternity life and academic pursuits. The council also works together to help the entire Greek community in areas of recruitment, scholarship, philanthropy and social events. IFC fraternities recruit at the beginning of each semester through events sponsored by the IFC as well as individual chapters. Recent events sponsored by the IFC include the Welcome Back IFC BBQ, the IFC Flag Football Tournament, Greek Sing and Greek Olympics.
**Omega Phi Kappa • ΩΦΚ (Local)**

**Mission**
We stand to unify college men of all ethnic backgrounds. We strive to increase the exposure of diversity and to promote continuing education in scholastic, personal, and professional growth. Omega Phi Kappa also volunteers services for the benefit of the community.

**Philanthropy**
Continuing education is what we stand for. The purpose is to give people of all ages the incentive for academic, personal, and professional growth, to give to their community, and to achieve in life. Our motto is: “Unity and Diversity lead to Knowledge.”

**Campus Events**
- Spring Formal
- Omega Phi Kappa Annual Showcase
- Shot for Life
- Stepping Into Your Future Program at a local high school

**Awards**
- Philanthropic Excellence Award

**Pi Kappa Phi • ΠΚΦ**

**Mission**
The pursuit of brotherhood through scholarship, leadership, service, and social experiences; the achievement of personal excellence in each member and collective excellence in our fraternity.

**Philanthropy**
- Push America

**Campus Events**
- Push Ups for Push
- ΤΩΦ and ΖΦ Annual Date Auction
- Spring Formal

**Awards**
- Outstanding Leadership Award
- Outstanding Greek Man of the Year

**Delta Upsilon • ΔΥ**

**Mission**
Delta Upsilon’s mission is, Building Better Men. Focusing on their non-secret heritage and Four Founding Principles: the promotion of friendship, the diffusion of liberal culture, the development of character and the advancement of justice. Delta Upsilon’s vision statement says, “Delta Upsilon is the premier men’s fraternity committed to Building Better Men for a global society through service, leadership, development, and lifelong personal growth of our diverse membership.

**Philanthropy**
- Global Service Initiative

**Awards**
- Outstanding New Member of the Year
- Outstanding Scholarship Award

**Register for Greek Life recruitment today!**
www.sacredheart.edu/gogreek
PANHELLENIC COUNCIL
The Panhellenic Council is the unifying, governing and coordinating body of the sorority community at SHU. It is comprised of representatives from each of our six sororities. The Panhellenic Council strives to promote leadership for women, diversity, academic achievement and service through relationships within the Panhellenic and Greek communities and beyond. Some notable events sponsored by the Panhellenic Council include Greek Week, Risk Management Speaker Rick Barnes, Panhellenic Month of the Scholar, Greek Sing, Greek Life Goes Back to Give Back, 24-Hour See-Saw-A-Thon, and attendance at the Northeast Greek Leadership Association Conference.

CHI OMEGA • ΧΩ

PHILANTHROPY
• The Make-A-Wish Foundation®

CAMPUS EVENTS
• Make-A-Wish Week
• Spring Formal
• Lu-Owl
• Surf Board Decorating Contest

AWARDS
• Outstanding Scholarship Award
• Outstanding New Member of the Year

MISSION
Chi Omega is an intergenerational women’s organization forever committed to our founding purposes: friendship, personal integrity, service to others, academic excellence and intellectual pursuits, community and campus involvement, personal and career development.

KAPPA DELTA • ΚΔ

PHILANTHROPY
• Girl Scouts of the USA
• Prevent Child Abuse America
• Children’s Hospital of Richmond, VA
• Orthopedic Research Awards

CAMPUS EVENTS
• ShamROCK the Runway
• Draft-a-Date Social
• Spring Formal
• Uniquely Me Presentation with local Girl Scouts

AWARDS
• Outstanding Leadership Award

MISSION
To inspire women to reach their full potential by preparing members for community service, active leadership and responsible citizenship.
KAPPA PHI • ΚΦ (LOCAL)

MISSION
“Friendship and Sisterhood.” Each member of Kappa Phi believes wholeheartedly in sisterhood and loyalty, and we are constantly striving to better ourselves and our organization.

PHILANTHROPY
• Helping the underprivileged children of Bridgeport
• Pancreatic Cancer Awareness

CAMPUS EVENTS
• Annual Car Wash
• Alumni Formal
• Pancreatic Cancer Awareness Vigil & Walk

PHI SIGMA SIGMA • ΦΣΣ

MISSION
To assist members to be successful in professional and personal endeavors. We’re all about learning, serving and sisterhood between women of different backgrounds who share our focus on excellence, helping others and making a difference in the world.

PHILANTHROPY
• The Phi Sigma Sigma Foundation, which benefits the National Kidney Foundation
• AIDS Awareness

CAMPUS EVENTS
• Pie a Phi
• Kidney Disease Awareness Week
• Fall & Spring Formal
• Princess for a Day
• AIDS Awareness Walk
• Kan Jam Fundraiser
• ΦΣΣ and ΔΤΔ Haunted Halloween

AWARDS
• Philanthropic Excellence Award

THETA PHI ALPHA • ΘΦΑ

MISSION
To create close comradeship; to advance educational, social and philanthropic interests and leadership training; to encourage spiritual development and adherence to the highest moral standards; and to promote lifelong bonds of friendship.

PHILANTHROPY
• Glenmary Lay Missioners
• “The House that Theta Phi Alpha Built”
• Disability Awareness

CAMPUS EVENTS
• Spread the Word to End the Word
• Hunger Breakfast
• Camp Friendship Week
• In the Name of Love Fundraiser
• Spring Formal
• Disability Awareness Fair
• Founders Day Brunch

ZETA TAU ALPHA • ΖΤΑ

MISSION
To make a difference in the lives of our members by developing the potential of each individual. We emphasize leadership development, service to others, academic achievement and continued personal growth for women, with a commitment to friendship and the future based on the sisterhood, values and traditions of the past.

PHILANTHROPY
• Breast Cancer Education and Awareness

CAMPUS EVENTS
• Breast Cancer Awareness Week
• ΖΤΑ and ΚΣ Overcoming Obstacles
• ΖΤΑ and ΚΣ Date Auction
• Spring Formal

AWARDS
• Outstanding Chapter of the Year Award
• Highest Individual Scholar for Sorority Women

AWARDS
• Outstanding Woman of the Year Award
Latin text

ALPHA DELTA PI • AΔΠ

MISSION
Established in 1851, Alpha Delta Pi is committed to sisterhood, values and ethics, high academic standards and social responsibility.

PHILANTHROPY
• The Ronald McDonald House Charities

Becoming Greek

Go Greek! recruitment will take place during September 2013 for both fraternities and sororities at SHU. The Interfraternity Council and Panhellenic Council will host pre-recruitment events to give you a better idea of what Greek Life at SHU is all about. The Interfraternity Council will hold an Around the World event on September 18, 2013 and individual fraternities will host events throughout the month of September. The Panhellenic Council will host a formal recruitment weekend on September 13-15, 2013 which is mandatory for all women interested in becoming a member of a sorority. Please visit Sacred Heart’s Greek Life website for a detailed calendar of recruitment events. All men and women interested in joining Greek Life must register online at www.sacredheart.edu/gogreek. We look forward to welcoming new members to our Greek community this fall!

RHO GAMMA
A Rho Gamma, also known as a Recruitment Counselor, is a Panhellenic woman who has temporarily disaffiliated from her chapter in order to give an unbiased opinion and to aide Potential New Members during recruitment. During the formal recruitment process, you will be guided by your Recruitment Counselor, or Rho Gamma. She will be with you every step of the way, and you should contact her with any problems or questions you may have. Your Rho Gamma will only give you her first name because she is temporarily disaffiliated from her chapter during the recruitment period, meaning that she has no input in the recruitment process of her organization. Each Rho Gamma acts as a representative of the Panhellenic Community, not as an individual member of her chapter. This means you can feel comfortable talking to your Rho Gamma about any chapter you visit because everything you say will be kept in strict confidence and will not affect where you will end up. All Rho Gammas sign contracts confirming their commitment to this agreement.

Greek Life at Sacred Heart University can be a fun and rewarding experience. We hope that you will visit our upcoming Panhellenic and IFC Recruitment events to learn more about each of our Fraternities and Sororities, and discover why you should Go Greek!

Like us on Facebook: Greek Life at Sacred Heart University
Follow us on Twitter: SHU_IFC and SHU_Panhellenic
### Greek Glossary

**ACTIVE** An initiated fraternity or sorority member enrolled as an undergraduate student at a college or university.

**ALUMNA/ALUMNI** A sorority woman or fraternity man who has graduated from college but is a lifelong member of the organization.

**BID** An invitation to a PNM to join a sorority or a fraternity.

**CHAPTER** The local campus group of a national Greek organization.

**COLONY** A newly formed affiliate of a national organization that has not yet received its charter. The members of a colony are referred to as founders.

**FORMAL RECRUITMENT** A structured set of activities by each Greek organization during a period of time specified by the Office of Greek Life & Interfraternity and Panhellenic Councils.

**FRATERNITY** An organization of men which is based on the principles of brotherhood.

**INITIATION** A formal ceremony by which new members receive full membership privileges.

**LEGACY** A student who has a brother/sister, mother/father, aunt/uncle, or grandfather/grandmother who is a member of a fraternity or sorority. Legacies are often granted special consideration in the membership recruitment process but never guaranteed membership.

**LOCAL** A fraternity or sorority that exists only on Sacred Heart University’s campus.

**NATIONAL** A fraternity or sorority that exists on several college campuses and is supported by a national headquarters.

**NEW MEMBER** A man or woman who has accepted a bid from an organization, beginning a formal program of learning the history, traditions and goals of that group. This period of time extends itself no more than six to eight weeks.

**OPEN BIDDING** A process which a fraternity or sorority actively recruits new members. This usually occurs after formal recruitment when an organization does not fulfill their expected quota.

**PHILANTHROPY** A charitable project sponsored by fraternities/sororities.

**POTENTIAL NEW MEMBER (PNM)** A male or female student that meets all eligibility requirements to participate in recruitment.

**RECRUITMENT** A process through which students become members of fraternities and sororities. Mutual choice and selection will occur to determine membership.

**SORORITY** An organization of women students based on the principles of sisterhood.

### Greek Alphabet

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