



**SigEp** | Different

## Parents' Guide



Virtue, Diligence,  
and Brotherly Love  
are the Cardinal Principles  
of Sigma Phi Epsilon  
and represent the  
Fraternity's core values.

Pursuit of the Balanced  
Man Ideal of Sound  
Mind and Sound Body is  
the Fraternity's focus.

Sigma Phi Epsilon is  
uniquely positioned  
among American college  
fraternities to build the  
lives of not only its  
proud brothers, but also  
the communities in  
which they live and  
work. With leaders of  
character and value,  
SigEp will impact our  
world.



## Our Values

### Virtue

Virtue is the Moral  
Essence of the Fraternity  
*Living a virtuous life is  
making the most of your time  
and talents with unfailing  
integrity.*

### Diligence

Diligence is the Force  
that Drives the Fraternity.  
*Living diligently is living  
your best life with courage  
and tenacity.*

### Brotherly Love

Brotherly Love is the  
foundation of the  
fraternity.  
*Living with Brotherly Love is  
supporting fellow citizens  
through true and active  
friendship.*





**S**igma Phi Epsilon's Cardinal Principles of Virtue, Diligence, and Brotherly Love have withstood the tests of time for over a century on the American college campus. More than 14,000 undergraduate SigEps on campus today believe in these values as a means to become balanced men, setting themselves apart as leaders.

## The SigEp Charter

*"This Fraternity will be different; it will be based on the love of God and the principle of peace through brotherhood... its purpose shall be to intensify and perpetuate friendship and promote happiness among its members, to encourage literature and education, and to create such sentiments, mould such opinions, and perform such deeds as shall conduce to the building of a noble and pure manhood."*



# Our Approach to Development

**Today**, colleges and universities are incorporating the 2500 year old philosophy of Sound Mind, Sound Body into the way they teach, into the way they work with their students, and into the way they look at their campus environments. SigEp is geared to align with and support this mission through partnering initiatives such as the Balanced Man Program and the Sigma Phi Epsilon Residential Learning Communities.

## Balanced Man Program

The Balanced Man Program is a no-pledging, no-hazing four-year continuous development program centered on the Balanced Man Ideal. The program seeks to build positive habits and key life skills through mentoring and experiential learning, and it matures and builds upon itself as the student's needs change and progress throughout college. Using self-reflection, discussion, evaluation, and personal written goals SigEp created the Balanced Man Program to bolster the self-esteem and overall quality of life of its members.



## Residential Learning Communities

Using student-faculty interaction, leadership development, a sense of belonging and tradition, and an academic focus, SigEp has set about to convert chapter houses and living facilities into Residential Learning Communities. Residential Learning Communities provide undergraduates with the positive mentoring of recognized

university faculty, known as

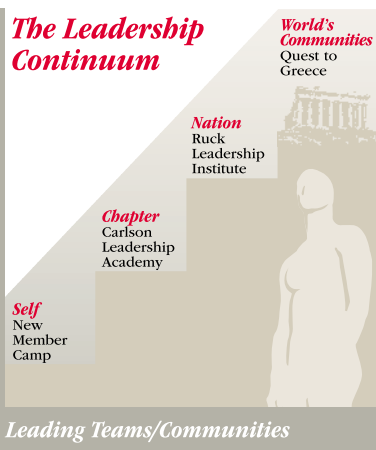
Faculty Fellows, to help SigEps achieve personally, academically, and professionally.

Residential Learning Communities create a supplement for today's college student by providing a home away from home with responsible peers and university faculty who are committed to helping him succeed in a positive living-learning environment.



# The Leadership Continuum— *A World of Opportunity for Your Son*

## **The Leadership Continuum**



## **New Member Camp**

With a theme of “Building a Balanced You,” SigEp provides an introductory experience to its new members through the New Member Camp. The 24-hour, high-intensity program takes place in a camp setting and helps new members set goals for personal and academic performance throughout their college years

and beyond. New SigEps leave the New Member Camps understanding the factors that could hinder their development as balanced men and are reinvigorated in their decision to join SigEp, empowered to make smart choices about their behavior and involvement in college.

## **Carlson Leadership Academies**

For over 30 years, these regional academies, held across the nation, are the cornerstone of chapter officer and volunteer training. Over 60,000 SigEps and volunteers have benefited from this program. The Carlson Leadership Academies enable SigEp chapters and their members to effectively translate ideas into action.

## **Campus Success Stories**

SigEps at **Dartmouth College** regularly host a program called “The Spoken Word” where the chapter invites poets, musicians, speakers and noted scholars to their chapter house for open discussions and readings that has become a popular community programming highlight. The New Hampshire

Alpha 90-man chapter boasts a 3.5 GPA.

The **University of Georgia** has ambitions to have a class taught in their antebellum style home, which boasts faculty office space, a fully functional library, and a study area with the latest high-speed technology connected throughout. The Georgia Delta 95-man

## Ruck Leadership Institute

Part of the Leadership Continuum is a celebration of the vision of SigEp pioneer Frank J. Ruck, Michigan '46. Ruck was president of the North American Interfraternity Council (NIC) and one of the most creative minds SigEp has ever seen. The Ruck Leadership Institute was established as a dynamic, high-level, leadership development experience. Undergraduates from across the nation gather at the University of Richmond or the College of William & Mary for this intense, four-day experience. By literally walking the paths of our Founders, the Ruck Scholars see the



vision, “this Fraternity will be different,” come to life in an interactive learning environment. This advanced program teaches the few to impact the many—the next generation of SigEp leaders.

## Balanced Man Quest to Greece

The Balanced Man Quest to Greece is the ultimate exploration of Sound Mind and Sound Body—an opportunity unmatched in higher education and in other fraternities today. Led by volunteer mentors, SigEps, and university faculty, participants learn about the genesis of the Fraternity’s Mission, Values, and Ideals through a once-in-a-lifetime study abroad program in ancient Greece. These scholars experience the quintessential part of the Leadership Continuum by living the Balanced Man Ideal in the place where it all started.



chapter has a cumulative GPA of 3.26, far and away the top on campus.

**University of Illinois** professor of classics Dr. Miriam Pittenger currently serves as Faculty Fellow for Illinois Alpha, where she holds biweekly office hours for chapter members and prospective students. Dr. Pittenger considers SigEp the

“dream fraternity” and recently extended her role with SigEp to become faculty mentor and guide on the Balanced Man Quest to Greece. Illinois Alpha, with more than 120 members, has a cumulative GPA of 3.25, putting them consistently in the top three of the largest Greek system in America.

# Sound Mind, Sound Body



Sound Mind is more than just academics—it's Creativity, Critical Thought, and Knowledge.

*The Sound Mind is Sharp and Clever, Thoughtful and Reflective*

Many chapters have formal dining etiquette training for their members and teach them swing, salsa, and ballroom dancing. Many chapters host philosophy, religion, and political science professors to talk on current events, politics, and how to make an impact in today's world with the understanding that the pursuit of knowledge is unending.

Sound Body is more than just athletics—it's Total Wellness, Conditioning, and Endurance.

*The Sound Body is Ready and Able, Robust and Nourished.*

Many chapters have begun to educate their members on how to prepare healthier meals, how to self-screen for testicular cancer—a leading health threat to young men, how to properly manage stress, time and personal mental health with techniques such as Yoga, CPR and other life-saving practices. Many chapters host dieticians, doctors, coaches and other speakers to discuss relevant health and wellness issues with their members to help them live their best lives.



California Chi has seen amazing success through its partnership with **Loyola-Marymount University** in Southern California and is home to most of the campus student leaders. This presently includes the LMU student body president, the editor of the school newspaper, president of the College

Democrats, president of the College Republicans, president of the LMU business fraternity, three ASLMU senators and 13 varsity athletes. California Chi, with more than 100 members, has a 3.1 cumulative GPA.

**SigEp**

## Our Success

# 2.93

SigEp has the highest average GPA of any national fraternity

# 5,310

SigEp recruited more men last year than any other national fraternity

	Total Men Recruited	Total Members	Average Size	Number of Chapters	First-Year Retention
<b>All Fraternity Average</b>	3,853	9,739	47	205	85%
<b>SigEp in 2003</b>	5,310	14,428	56	260	95%

Year	SigEp Total Membership	National SigEp GPA
2003	14,428	2.93
2002	13,907	2.87
2001	13,664	2.85
2000	13,373	2.83