

The College of New Jersey  
Panhellenic Council

# PANHELLENIC RECRUITMENT



GO  
GREEK

LOOKBOOK  
2025

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*Recruitment*  
**2025**

# A LETTER FROM THE VICE PRESIDENT OF RECRUITMENT

## DEAR POTENTIAL NEW MEMEBERS,

On behalf of the nearly 1,000 women that make up The College of New Jersey's Panhellenic Association, I would like to welcome you to Formal Recruitment. As Vice President of Recruitment, it is my job to ensure that these next two weekends are a success for everyone involved, which includes you! I am here to act as a guide, a friend, and a confidant through this recruitment period to help each of you find your home.

I am honored to be a part of the Panhellenic Executive Board and represent each chapter here at TCNJ. On our campus, we have 8 Panhellenic organizations, each with their own unique values, philanthropies, and members. Over the course of the next two weekends of recruitment, you will get to meet women from every chapter and experience all of what TCNJ Panhellenic has to offer.

Going into my Freshman year I did not think that joining a sorority was something that I would be interested in doing. Throughout my first semester, I tried joining clubs and getting more involved but nothing felt right for me. Once registration opened for Spring 2021, I decided to give recruitment a try and sign up. Joining Greek Life was one of the best things I have ever done for myself and I will forever be grateful that I signed up for recruitment. It has provided me with a supportive community, leadership opportunities, and ways to give back through philanthropy. If you had told freshman year me that I would be in this position today, I would not believe you. Joining Greek Life has given me so much more than I could have ever hoped for.

I encourage each and every one of you to go into recruitment with a completely positive and open mindset. I know it can be hard and challenging, but I encourage you to advocate for yourselves. Utilize your Rho Gammas, they're a great resource for you! This is your opportunity to find your home in TCNJ Panhellenic just like countless women before you.

If you have any questions, concerns, or need anything at all, please let me know! <3

**Kourtney Levy**  
VP of Recruitment I



# PANHELLENIC EXECUTIVE BOARD



**MELISSA LAPOINTE**  
**President**

Trust yourself in this process! Do not forget that you have a “why” for going through this process. You are strong, capable, and beautiful and will end up where you belong. Lean on your support systems, we are all here cheering you on!



**JILLIAN COHEN**  
**Vice President**

Be yourself and stay true to what you believe in. Everything works out for a reason and you will find a home that is perfect for you!



**KOURTNEY LEVY**  
**Vice President I of Recruitment**

Be your authentic self and trust the journey that you are on. Keep an open mind throughout the process, every chapter offers something unique and different.



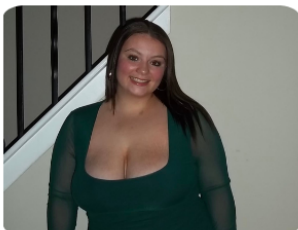
**CLAUDIA ADOLF**  
**Vice President II of Recruitment**

Be yourself and remember that your opinion is the only one that matters! Be true to you. This process is in your hands!



**OLIVIA PAGNILLO**  
**Vice President of Administrative Affairs**

Be true to yourself and think about what you want in a chapter. Keep an open mind and give every organization a chance, you might find your best connections where you least expect them!



**GRACE MCCARTHY**  
**Vice President of Programming**

I know it can be nerve-wracking but stay true to yourself and your values. I’m so excited to support you all on this journey!



# SCHEDULE

## FORMAL SPRING 2025 RECRUITMENT

### DAY 1: MEET THE SISTERS Friday, January 31st



You will learn a little about each chapter and meet their sisters. Additionally, you will learn about their sisterhood and what sisterhood means to each sorority.

#### WHAT TO EXPECT:

On this day of recruitment, you will go to all eight chapters that we have at The College of New Jersey! Each round will be about 40 minutes with a brief break in between.

#### POTENTIAL QUESTIONS TO ASK:

- What has been your favorite sisterhood event?
- How do you all spend time together outside your organization events?
- What are the time commitments as a member?

### DAY 2: PHILANTHROPY Saturday, February 1st

You will learn about each organization's philanthropy. During this time, you will hear about how the chapter gives back to the philanthropy it supports.

#### WHAT TO EXPECT:

During this round, you will attend a maximum of 6 rounds. At the end of the day, you will receive a video from each organization you visited, providing more detailed information about their philanthropy.

#### POTENTIAL QUESTIONS TO ASK:

- What philanthropies does your chapter support?
- What does your chapter's philanthropy mean to you?
- How does your chapter engage with the community?
- Do you help support other chapter philanthropies?



# SCHEDULE

## FORMAL SPRING 2025 RECRUITMENT



### DAY 3: VALUES ROUND Friday, February 7th

This round takes place during the second weekend of recruitment. You will learn each organization's values and how these values are represented within the chapter!

#### WHAT TO EXPECT:

On this day of recruitment, you may be asked to attend up to 4 rounds. You will learn about what each chapter's values mean to them and have the opportunity to share more about yourself.

#### POTENTIAL QUESTIONS TO ASK:

- What values are most important to your chapter?
- How do you embody your sorority's values?
- What has been your best memory throughout your time in your chapter?

### DAY 4: PREFERENCE Saturday, February 8th

This is the final round of recruitment. Semi-formal outfits are suggested for this day. It's a chance to express yourself and showcase your true colors.

#### WHAT TO EXPECT:

During this round, you will attend a maximum of 2 rounds. Each organization will share its ritual preference ceremony with you. Expect more intimate and heartfelt conversations with sisters.

#### POTENTIAL QUESTIONS TO ASK:

- What does sisterhood mean to you?
- Why did you join your organization and how has it shaped your college experience?
- What do you find the best quality of your chapter?





# SCHEDULE

## FORMAL SPRING 2025 RECRUITMENT

### BID DAY

#### Sunday, February 9th



After preference round, each organization and PNM participate in a mutual selection process. Following this, each chapter extends invitations, or bids, to potential new members.

### WHAT TO EXPECT:

You will be able to open your bid from your Rho Gammas starting in the morning. Afterward, you will have a short amount of time to get ready for Bid Day. Then, you will meet back at the Student Center for our Bid Day celebration and Rho Gamma Reveal!

### TIPS:

- Come with enthusiasm; this day is all about new beginnings
- Engage in the festivities and have fun with your new sisters
- Be open to the new journey!
- Take lots of pictures





# PNM Bill of Rights

**As a Panhellenic Council we are committed to upholding the rights of every Potential New Member**

- 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 implicitly 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



# NEW MEMBER EXPECTATIONS

## New Member Education

The New Member Process begins on Bid Day and ends on the day of formal initiation into the national organization. The New Member education process does not extend more than 6 weeks and is an opportunity for each New Member to learn about the organization which they have just joined. Each New Member Education Process is unique to each organization, however, they all encompass the history of the organization along with the design and structure of the sorority overall. Each New Member Process is led by the New Member Educator, who has been elected by her sisters to direct the New Member Program.



## Active Participation

Being an active New Member is vital during this New Member process. There are often required meetings during which the members learn about their organization and their history. Aside from these meetings, there are weekly chapter meetings which are mandatory for the entire chapter to participate in and attend. This is a time for the chapter to discuss new happenings, bond, and keep in touch throughout the school year. Attendance at philanthropy events is also an extremely important part of being in a sorority at TCNJ. We pride ourselves on the attention to service and philanthropy and therefore it is important to have every member of the organization participate.



## Financial Obligation

Being in a sorority has some financial obligations. Dues are typically paid each semester and are slightly higher for new members. Each organization has a different price range for their dues which are found on their individual page. Most if not all organizations have a payment plan which is installed by their treasurer. This helps each member to pay their dues and makes it easier to take on the financial obligation of being in a sorority.



**The College of New Jersey and TCNJ's Panhellenic Association do not condone any behavior that could be considered hazing. Examples of hazing include any action that is forced. Hazing is considered anything that makes an individual uncomfortable or creates any added stress for any of the new members. Any physical or emotional stress, discomfort, or anguish is also considered hazing.**

If you are ever in a situation where you feel uncomfortable you can contact any member of the TCNJ Panhellenic Council or any Fraternity and Sorority Life or Student Involvement Staff.

# TERMS TO KNOW



**Active Member:** An initiated member of a chapter who is in college and participates in chapter activities.

**Bid:** A formal invitation to join a sorority.

**COB:** Also called “informal recruitment” this stands for Continuous Open Bidding and is a process in which chapters extend bids outside of the primary recruitment period.

**New Member:** A member of a chapter who has accepted a bid but has not yet been initiated

**No “Frills” Recruitment:** A style of recruitment that we use here at TCNJ. This allows minimum decorations during rounds to allow the focus to be on conversation.

**Value-Based Recruitment:** An approach to recruitment, which we follow here at TCNJ, that selects individuals based on their own values and how they align with those of each organization.

**NPC:** The National Panhellenic Conference, is the National organization to which each national Panhellenic sorority belongs.

**Panhellenic:** This often refers to the Panhellenic Association which is the umbrella term for all the sororities who report to the National Panhellenic Conference on our campus.

**Party:** A specific round on each different day of recruitment.

**PNM:** Potential New Member- A woman who is seeking membership in a Panhellenic organization.

**Rho Gamma:** These are upperclassmen women who have disassociated from their sorority to help PNMs through recruitment. Rho Gammas are there to help answer questions and give values-based decisions.



# FAQS

## FREQUENTLY ASKED QUESTIONS

### Can I be involved in a sorority and still involved in academics and other organizations?

Yes! Academics always come first for everyone here! Each organization has a chair position for academics who can help you if you begin to fall behind in your studies. Furthermore, most sorority women are involved in many other clubs on campus! Many are in Student Government, CUB, and even run some of the other student organizations on campus!



### Do I need to attend all parties on my schedule each day?

Yes. The objective of recruitment as a potential new member is to learn as much as you can about The College of New Jersey's Panhellenic Community. If you do not go to all of the parties listed on your schedule you risk being released from Formal Recruitment.



### Can I miss a day of rounds?

You are allowed to miss a day of rounds as long as you fill out an absence form 24 hours prior to the round beginning and let your Rho Gammas know. It is highly encouraged that you do not miss any rounds of recruitment either weekend. There is an exception for any medical or family emergency.



### What does it mean to maximize your options?

When a PNM makes a selection it is in her best interest to rank all of the chapters that were attended. This maximizes her options to receive an invitation from any chapter she previously attended for the next round. If the PNM does not maximize her options she may receive no invitations back to the next round. TCNJ Panhellenic strongly discourages intentional single preference.

# TALKING TIPS

**It is important to be yourself during recruitment. Don't be afraid to ask questions! It is as important for you to get to know these sorority sisters as it is for them to get to know you.**

## **Examples of Questions to Ask:**

- **What is favorite part about being in this organization? Why is it your favorite?**
- **What kind of academic programs and support do you have?**
- **What are the leadership opportunities within your organizations?**
- **What types of campus community activities are your members involved in?**
- **What are the expectations of your new member program?**
- **What does the time commitment for being a member look like?**
- **What sort of sisterhood events do you have? Which is your favorite?**
- **What has been the most rewarding aspect of your Greek Life experience thus far?**



# ALPHA XI DELTA

SPRING 2025

## **MOTTO:**

Realize Your Potential

## **VALUES:**

Sisterhood, Leadership, Knowledge, Service to our Community

## **DUES:**

New Member: \$400

Member: \$419

## **GPA:**

2.5

## **PHILANTHROPY:**

Kindly Hearts

Alpha Xi Delta's national philanthropy is the Kindly Hearts Initiative, which focuses on supporting children experiencing foster care or homelessness. Under Kindly Hearts, the Iota Omega chapter works with HomeFront, an organization that provides different forms of support for families facing homelessness in the Central Jersey area. The Iota Omega chapter holds several fundraisers to raise money for HomeFront; two of our biggest being our Alpha Xi-Fa soccer tournament in the Fall and Snowflake Buddy Boxes during the holiday time.





# DELTA PHI EPSILON

## FORMAL SPRING 2025 RECRUITMENT

### MOTTO:

Come as you are

### VALUES:

The 5 S's: Sisterhood, Scholarship, Service, Social, & Self

### DUES:

New Member: \$300

Member: \$360

### GPA:

2.5

### PHILANTHROPY:

ANAD (Anorexia, Nervosa and Associated Disorders) • The Cystic Fibrosis Foundation • AFSP (American Foundation for Suicide Prevention) • Delta Phi Epsilon Educational Foundation

Our chapter celebrates and encourages awareness of all of our philanthropies in unique ways on both an individual and community basis. ANAD is held very near and dear to our chapter as we try our best to teach, support, and encourage each other to promote body neutrality and learn to love ourselves for all that we are. We host a week-long series of interactive events and activities to bring awareness to ANAD, provide resources and support, as well as promote love for all bodies, culminating in a candlelight vigil to share stories of personal struggles, strength, and love.

We annually support CFF by participating in the Great Strides walk, raising both money and awareness with each step, and cheering on CF patients while also hosting our vibrant Deepher Dude competition. The chapter adopted a

personal philanthropy of AFSP, helping to remind us of the importance of checking in on our sisters and the strength of kindness in our everyday lives. To honor our chapter's commitment, we host a campus-wide AFSP walk while also raising money and hosting self-care activities throughout the year.



# DELTA ZETA

## FORMAL SPRING 2025 RECRUITMENT

### MOTTO:

Love That is Ever Steadfast

### VALUES:

Scholarship, Service, Leadership

### DUES:

New Member: \$230

Member: \$204

### GPA:

2.5

### PHILANTHROPY:

Heart For Hearing And Speech, the starkey hearing foundation,  
The American Society For Deaf Children, SeriousFun Children's Network

Hearing and Speech, in partnership with the Starkey Hearing Foundation & The American Society for Deaf Children. Through our national philanthropic partners, we support individuals who need assistance with healthcare and hearing aids and to be able to receive them at a free and reduced cost. This creates not only an opportunity but a world of new possibilities for all. In 2020, Delta Zeta completed a 5-year, 5 million dollar pledge with the Starkey Hearing Foundation! As Delta Zetas, we take pride in our philanthropy and feel everyone deserves to hear the beauty of sound which we often take for granted!



# KAPPA DELTA

## FORMAL SPRING 2025 RECRUITMENT

### MOTTO:

Let us strive for that which is honorable, Beautiful and highest

### VALUES:

Academics, Campus Involvement and Community Service

### DUES:

New Member: \$677

Member: \$352

### GPA:

2.5

### PHILANTHROPY:

Prevent child abuse America & Scouts of the USA

Kappa Delta strives to build confidence and inspire action through our two philanthropies. For Girl Scouts of the USA, we take a hands-on approach with our local troupes hosting “Girl Scout days,” comprising activities with sisters such as career fairs, yoga sessions, arts and crafts, and lots of dance parties. Our goal is to support these young girls and help them realize their potential through setting examples and giving them women role models. We also support Prevent Child Abuse America through various on-campus fundraising events during our Shamrock Week, featuring our annual Food Truck Festival. Both of these philanthropies are very important to our organization as we work to raise thousands of dollars to help save children’s lives. And make meaningful impacts on local young girls.





# SIGMA KAPPA

## FORMAL SPRING 2025 RECRUITMENT

### **MOTTO:**

One Heart, One Way

### **VALUES:**

Friendship, Service, Personal Growth, and Loyalty

### **DUES:**

New Member: \$652

Member: \$299

### **GPA:**

2.5

### **PHILANTHROPY:**

Our national philanthropies follow the acronym SIGMA:

the Sigma Kappa Foundation, Inherit the Earth, Gerontology, the Maine Seacoast Mission, and the Alzheimer's Association.

We focus primarily on the Alzheimer's Association because it is extremely close to the hearts of many of our sisters. Alzheimer's is the sixth leading cause of death in the United States and currently has no working treatment or cure. Our sisterhood is dedicated to helping change that. We support our philanthropy by hosting our SKetti Night where individuals from the TCNJ community pay for unlimited pasta and spaghetti. We also host our very own SK 5K and Ultra-Violet Week on campus. As a chapter, we also take part in the Mercer County Walk to End Alzheimer's. Our efforts help raise thousands every year to give back to the cause.



# SIGMA SIGMA SIGMA

## FORMAL SPRING 2025 RECRUITMENT

### MOTTO:

Faithful Unto Death

### VALUES:

Wisdom, Power, Faith, Hope and Love

### DUES:

New Member: \$325

Member: \$280

### GPA:

2.5

### PHILANTHROPY:

March of Dimes • Robbie Page Memorial Fund

Tri Sigma is deeply committed to making a positive impact, guided by the principle that “in order to receive much, one must give much.” Since 1951, the organization has prioritized philanthropy through initiatives like “Sigma Serves Children,” which began with funding polio research via the Robbie Page Memorial Fund. Today, Tri Sigma supports play therapy for hospitalized children, helping their emotional well-being. Through the Tri Sigma Foundation, members provide grants to hospitals and clinics, fund scholarships, and foster leadership development. Additionally, their partnership with the March of Dimes involves advocacy, awareness, and direct support for healthier mothers and babies, reflecting their dedication to giving back.





# THETA PHI ALPHA

## FORMAL SPRING 2025 RECRUITMENT

### **MOTTO:**

Ever Loyal, Everlasting & Nothing Great Is Ever Achieved Without Much Enduring

### **VALUES:**

Justice, Wisdom, Loyalty, Faith, Truth, Honor

### **DUES:**

New Member: \$240

Member: \$250

### **GPA:**

2.5

### **PHILANTHROPY:**

Glenmary Home Missioners • The House that Theta Phi Alpha Built.

Both of these have the goal of improving the plight of hunger and homelessness in differing areas of the United States.

Glenmary Home Missioners focuses on families in the Appalachian area, and The House that Theta Phi Alpha built allows us to fight hunger and homelessness in our area. The Beta Beta Chapter of Theta Phi Alpha also supports the 'Don't Stop Believing Fund,' which is an organization in honor of one of our sisters, Stephanie Coonan, who passed away from stomach cancer in 2009. The 'Don't Stop Believing Fund' offers a scholarship for families that are going through a similar situation to the Coonans. We are extremely grateful to be able to support this cause every year.





# ZETA TAU ALPHA

## FORMAL SPRING 2025 RECRUITMENT

### MOTTO:

Seek the Noblest

### VALUES:

Love, Loyalty, Commitment, Service

### DUES:

New Member: \$584

Member: \$343

### GPA:

2.75

### PHILANTHROPY:

Breast Cancer Education and Awareness

Our philanthropy, Breast Cancer Education, and Awareness is an important part of who we are in Zeta Tau Alpha. Each October and April, we dedicate an entire week to educating the TCNJ community by holding “pink” themed events. Whether it’s tabling in Alumni Grove or selling Pink Hair Tinsel, we are always doing what we can to promote awareness. Our biggest event throughout Pink Out Week is called Big Man on Campus, a male pageant open for all students to compete in. When it’s not Pink Out Week, we continuously strive to raise money in other ways, such as going to Breast Cancer Walks, handing out pink ribbons, and doing Dine and Donates, at places like Chipotle, Jersey Mike’s, and Panera. In the spring, we have more events like selling cookies for a cure, pink-out pretzels, pop-up boutiques in the student center, and so much more! All of us in ZTA strive to raise as much money as we can to show how important this cause is to each and every one of us! We also all wear our pink ribbons on our backpacks to show dedication to spreading awareness. As zetas, we also try to come up with countless new ways to fundraise and get the TCNJ community involved to support breast cancer education and awareness!





Website: <https://tcnjpanhell.weebly.com/>



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TCNJ Panhellenic  
XOXO