

The background features several large, overlapping, organic shapes in shades of green, pink, purple, and yellow. Thin, wavy lines in a light pink color are scattered across the white background, some forming partial outlines of the larger shapes.

# **PANHELLENIC SORORITY RECRUITMENT**

Guidebook Spring 2024

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We can't wait to meet you!

- Panhel Executive Board





## Dear future Panhellenic Members

I am so excited for you to begin this journey into our Panhellenic community. Our members are dedicated to friendship, scholarship, service, integrity, and community. Our Panhellenic community truly does make a large school like Pitt feel smaller and more like home. I know that it sounds cliché, but joining a sorority has truly changed my life and has allowed me to blossom into the person that I have always wanted to be. It has given me my best friends, a chance to branch out, countless memories, and endless love and support. I also have learned so much about myself from the experiences I've shared with my sisters, which have allowed me to grow more into myself than I've ever felt before. I would've never had the confidence to pursue a leadership position like this one without their support.

Serving on the Panhellenic Executive Board has allowed me to share my love for recruitment with others and to meet so many amazing people along the way. I truly have the most rewarding job of getting to help all of you find your homes in our community. My fellow members of exec have become some of my closest friends and this really shows that no matter where you end up on Bid Day, you are becoming a part of something greater than just one chapter or sisterhood. This entire community of sorority members has so much to offer and we cannot wait to see what you will add to it.

If I could give you any advice it would be to trust the process, keep an open mind, and stay true to who you are. We are all here to support you and cheer you on as you embark on this journey. I wish you the best throughout your recruitment experience and beyond. I can't wait for you to find your homes both in your respective chapters and in our Panhellenic community.

**Hail to Pitt!**

**Abby Filitsky**

**Vice President of Recruitment, Collegiate Panhellenic  
Association**

# To our future Panhellenic Women,

My name is Bianca and I am the president of the Collegiate Panhellenic Association at the University of Pittsburgh. My job is to oversee everything that sorority life entails: recruitment, public relations, new member education, programming, risk management, and finances. Our executive board consists of five vice presidents, one Greek Week Representative, and six assistants. With the guidance of our advisor, McKenna Ferris, we function as the working body that serves the Panhellenic community, whether that be at our bi-weekly general body meetings, or by offering support to the individual chapters. Though all of us on the executive board represent different chapters, I am extremely thankful to call all of them my best friends.

When I started the recruitment process the spring of my freshman year, I never imagined just how much of an impact it would have on my life and my college experience. As a new member, I was excited to make a philanthropic impact, apply for leadership positions in my chapter, and join a group of women I would call family. Through my semesters as a Panhellenic woman, I have met hundreds of driven, empowered, intelligent, and overall amazing women that inspire me daily.

Going through Panhellenic recruitment was easily the best decision I have made at this university, and I hope you have a similar experience as me. Regardless of the direction you go, I wish you luck and encourage you to be yourself, as that will always guide you to where you are meant to be. Panhel has given me limitless opportunities, and I am incredibly excited for all of you and for this new generation of members to enter and eventually lead the community like I am so lucky to do so.

I encourage you to ask anyone and everyone why they chose to "Go Panhel." I promise you won't ever get the same answer twice.

As I enter my last semester at Pitt, I am saddened by the realization that this chapter of my life is beginning to close and a new one is beginning to open. However, no matter what's next, I know I will always hold memories of my sorority, Panhel, and the community dear. I wish you nothing but luck as you begin your Panhellenic experience.

**Now and always, Hail to Pitt!**

**Bianca Dunay**

**President, Collegiate Panhellenic Association**



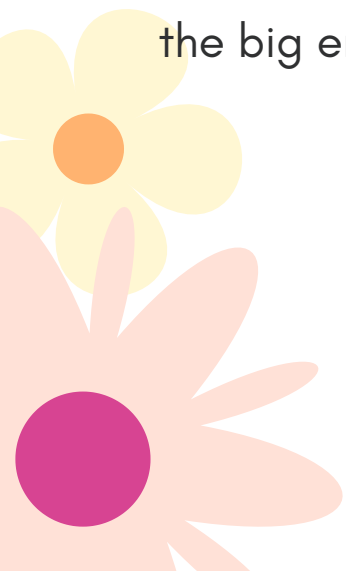
## Dear future leaders,

Congratulations on making the decision to go through Primary Recruitment. While the weeks ahead may feel daunting, they will soon become a core memory filled with tears, laughter, and new friends.

This is a time of self discovery, reflection, and growth. Take time to soak it all in, there are 11 National Panhellenic Conference sororities participating in this process each with their own values, philanthropies, and ideals. Take time to learn them, if you don't relate to all of them, that's okay. You may find yourself in a different organization than the one you set out to be in, trust the process.

I hope that as you go through this process you learn more about yourself and what values you hold close to your heart. I hope that you find your home away from home in our community. Utilize your Recruitment Counselors, they will be your best resource when it comes to this process and having a listening ear. If at any point you feel you would like to talk to someone else, my door is always open to listen or talk through the big emotions you may be feeling.

Yours in Panhellenic,  
McKenna Ferris  
Panhellenic Advisor





# Office of Fraternity and Sorority Life statement on Diversity and Inclusion:

Fraternity and Sorority Life at the University of Pittsburgh is open to students of all backgrounds and identities, as long as they are committed to the values of our community. Students of all races, sexualities, religions, and abilities are welcome. While our chapters are gendered organizations, many chapters are open to accepting non-binary, trans, and gender non-conforming members. It is undeniable that in the past, fraternities and sororities have displayed racism, homophobia, and other forms of discrimination in a variety of ways – from membership selection, to the way chapters were founded, to actions of individual members, and even traditions held by some chapters. At present, we can only recognize this and encourage those around us to understand that discrimination and bigotry do not align with our values and will always keep us from being our best. To ensure our future, fraternities and sororities must continuously work to value and embrace diversity and hold accountable any members who don't. While we all hold internal biases that we must continuously work to unlearn, if you proudly hold or share racist, sexist, homophobic, anti-Semitic, or otherwise discriminatory attitudes and ideas, our community is no place for you. Fraternity and Sorority Life at Pitt is a place to interact with and learn about those different than you with an attitude of respect and care for others. It is a place to strive towards higher values and become a better person. These values and goals are directly at odds with bigotry and intolerance.

## **Pitt is greater than hazing!**

Hazing at the University of Pittsburgh is considered a violation of the Office of Fraternity and Sorority Life Policies and Procedures Manual, University's Anti-Hazing Policy, Student Code of Conduct, and all Panhellenic sorority's national policies and procedures, and is absolutely prohibited. Hazing considered a criminal act in the Commonwealth of Pennsylvania. If you believe you are being hazed, please report it.

You can report hazing online through the Pitt Concern Connection or by contacting the Pitt Police or Office of Fraternity and Sorority Life.



# Why join a Panhellenic Sorority?

Every organization offers service opportunities, leadership roles, lifelong connections, philanthropy, and interesting social gatherings. Joining a sorority gives you the opportunity to share your college career and beyond with like-minded women who will enrich your time at the University of Pittsburgh. Sorority membership creates immediate connections to a small social group that will allow you to participate in numerous activities, not just through the sorority but also with the larger student body.

**Social Life:** Many sorority members would tell you that the friendships made through fraternity and sorority life social activities have been the highlight of their college years. Whether you need a running buddy, a chemistry tutor, or a friend to play in Houseparty, you will be able to find that in a sisterhood. Upon graduation, you will not only reflect on the memories but you also will be grateful for the sisters who you were able to create those memories with during your time at Pitt. A unique aspect of joining a sorority is that the friendships don't end at graduation, but continue throughout life.

**Leadership:** Being a part of a sorority creates many opportunities for leadership, as there are not only leadership roles within each chapter, but there also are prestigious positions within the fraternity and sorority life community you may apply. Within the chapters, you may choose to be a part of the executive board, or you could choose to take a smaller role as one of the committee leaders, or head a fundraiser that your organization is hosting. If you wish to play a larger role in fraternity and sorority life at Pitt, the Collegiate Panhellenic Association is a fantastic platform. The Collegiate Panhellenic Association has many executive positions and helps to oversee the 15 Collegiate Panhellenic Association chapters on campus. In addition to fraternity and sorority life leadership opportunities, Panhellenic members often take part in honor societies, sports, and student government; assist with research; and have part-time employment. Some leadership opportunities available within the University of Pittsburgh fraternity and sorority community include the following:





- Chapter executive board positions
- Panhellenic executive board positions
- Greek Week committee members and captains
- Pitt Dance Marathon committee members and captains
- Order of Omega executive board positions
- Fraternity and Sorority Leadership Academy

**Networking:** By becoming a fully initiated member of a sorority, you not only are becoming connected to the local chapter, but also are now part of a national organization that includes thousands of alumni. These alumni often become important mentors who may inspire you and help to open many doors in your future. There are numerous advantages to joining a sorority that may not be apparent at the beginning of your college years. For instance, being a sorority member may steer your career path in ways you did not expect or it may help to enhance your career opportunities.

**Service and Philanthropy:** Typically, fraternities and sororities have individual charitable organizations that they support nationally, year-round. It is encouraged to work with the national philanthropy of the sorority while also engaging with other service organizations. Fraternities and sororities also work synergistically to raise money for charitable organizations. Since 2015, the fraternity and sorority life community has raised money for the Children's Miracle Network program of the UPMC Children's Hospital of Pittsburgh Foundation through Pitt Dance Marathon. By joining a sorority, you will be able to contribute to raising money and awareness for many philanthropic efforts.



# Helpful Terms

**Active Member:** A fully initiated undergraduate member of a sorority or fraternity

**Bid:** A formal invitation to join a sorority or fraternity. Upon completion of all rounds of recruitment, you may receive a bid card on Bid Day

**Chapter:** A local organization of undergraduate students on a campus that is recognized by the University and the national or international organization

**Collegiate Panhellenic Association (Panhel):** The governing body for 15\* national or international social sororities at the University of Pittsburgh

**Formal Recruitment:** This is the designated period in the spring when potential new members and Panhellenic sororities get to know each other through structured events. Formal recruitment is a mutual selection process, meaning that potential new members choose which parties they want to attend and sororities choose which potential new members they want to invite to their parties.

**Initiation:** A formal ceremony during which new members become active members of their chapter

**Interfraternity Council (IFC):** The governing body of 19 social fraternities at the University of Pittsburgh

**Legacy:** A legacy is an immediate family member of an initiated member. Some sororities also recognize grandchildren, stepsiblings, stepdaughters, and aunts. Some sororities do not consider legacy status. Each sorority has their own unique legacy policy.

# Helpful Terms cont.d

**National Panhellenic Conference (NPC):** The umbrella organization for 26 national and international social sororities

**National Pan-Hellenic Council (NPHC):** The governing body of the historically Black fraternities and sororities at the University of Pittsburgh

**New Member:** A person who accepts a bid from a sorority or fraternity chapter, but is not yet initiated.

**New Member Period:** A period of six to eight weeks prior to initiation when a new member learns about their sorority or fraternity's values and expectations and develops relationships within the organization

**Potential New Member (PNM):** A prospective member of a Panhellenic sorority.

**Recruitment Counselor:** An active sorority member who chooses to serve as a guide through formal recruitment to assist and counsel potential new members

*\* Of the 15 Panhellenic sorority chapters at Pitt, 11 chapters participate in formal sorority*





# Schedule of Events

## **ACADEMIC ROUND, JANUARY 12-13**

During the Academic Round, you will visit all 11 Panhellenic sororities for 20 minutes each. Potential new members will travel to each sorority's location with their recruitment counselor group. At the end of the Academic Round, you must select 8 chapters to potentially visit during the Philanthropy Round. You must visit all 11 chapters to participate unless you submitted an excused absence note for extenuating circumstances. *Lunch will be provided on Saturday, January 13.*

## **PHILANTHROPY ROUND, JANUARY 14**

During the Philanthropy Round, you will visit up to 8 chapters each for 30 minutes. Each chapter will share information about their philanthropy and service projects. There will be at least one hour-long break during the day. That night, you will choose a maximum of 5 chapters to visit during Sisterhood Round. *Lunch will be provided on Sunday, January 14.*

## **SISTERHOOD ROUND, JANUARY 18 & 19**

During the Sisterhood round, you will visit up to 5 chapters for 40 minutes. Each chapter will spotlight what sisterhood means to them. This round is also the first round where the parties will be held in the chapter's suite or house. At the end of 5 rounds, you will choose a maximum of 2 chapters to return to for Preference Day.

## **PREFERENCE ROUND, JANUARY 20**

During the Preference Round, you will visit up to 2 chapters for 60 minutes each, to participate in their preference ceremonies. These ceremonies will highlight the values and ideals held by the chapter. These parties also will be held in the chapters' suites or houses. At the end of the day, you will review the Membership Acceptance Binding Agreement and make your final chapter selection with a Division of Student Affairs staff member.

## **BID DAY, JANUARY 21**

Potential new members will meet in the Soldiers and Sailors Auditorium with their recruitment group. You will receive your invitation, or bid, to join a Panhellenic sorority. Once everyone receives their bids, new members will go out to the Soldiers and Sailors lawn to meet their new member class and future sorority sisters! You will go back to the sorority's suite or house to meet everyone and participate in some fun Bid Day activities.

# What to wear?

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## **ACADEMIC ROUNDS, JANUARY 12 & 13**

During the first formal round of recruitment, potential new members should dress casually in the shirt you will pick up before recruitment and jeans.



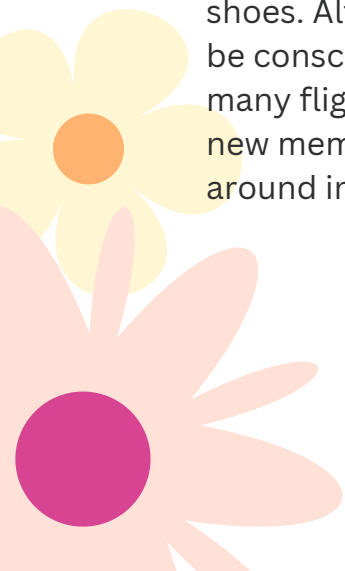
## **PHILANTHROPY ROUND, JANUARY 14**

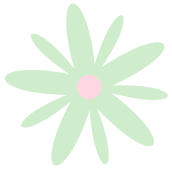
This round requires casual but neat attire. Philanthropy Round is somewhat dressier than Academic Round. Nice shirts and pants, skirts and flowy dresses.



## **SISTERHOOD ROUNDS, JANUARY 18 & 19**

The dress code for this round is dressier than the previous rounds— skirts, dresses, pants, and dress shoes. Although heels may be worn, be conscious that you will be walking up and down many flights of stairs during the night. Many potential new members bring an extra pair of shoes to walk around in between parties.





# What to wear?



## PREFERENCE ROUNDS, JANUARY 20

This night is a special night of recruitment, as many of the chapters will be including you in part of their rituals. As such, the suggested attire is semiformal, cocktail-type wear with more formal shoes and jewelry.

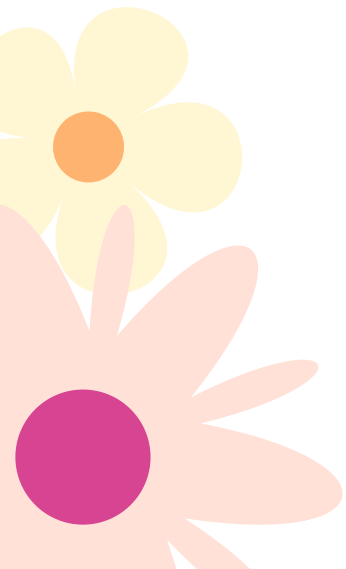


## BID DAY, JANUARY 21

Bid Day dress is casual—jeans and a comfortable top. Chapters will provide you with a Bid Day shirt after you receive your bid!

## DRESS CODE

While dressing sharp and looking your best should make you feel comfortable and confident, remember that who you are is much more important than how you look. There is no need to buy a new wardrobe or adopt a different personal style for recruitment. If you are not sure whether your outfit is appropriate for any particular round, please contact one of your recruitment counselors for assistance. Remember your recruitment counselors are there to help you whenever you need it! Please note that you may choose to bring extra shoes to change into.





# Fraternity and Sorority Life Traditions

## Greek Sing

Greek Sing is held annually and allows for fraternities and sororities to pair up and compete together by performing various musical numbers centered on a theme selected by their individual Greek Sing committees. This competition is a great way to build camaraderie among your paired organization and the entire Greek community. Not only is participating a chance to be a leader in your organization, but this event also is one of the most anticipated events of the year.

## Pitt Dance Marathon

The Pitt Dance Marathon is a 12-hour dance marathon and is the largest philanthropic event held by a student organization at the University of Pittsburgh. The event is held in the Cost Center and has different musical themes for each hour of the dance marathon.

## Greek Week

Greek Week promotes events like Pitt Dance Marathon, the Steel City Step Show, and Greek Sing and continues throughout the week with various competitions among the sororities and fraternities. During this week, the campus has a certain tangible buzz because though teams are competing amongst one another, the chapters who are paired together become very close. Some of the most popular events of Greek Week are the blood drives, Pitt Dance Marathon Fashion Show with Miracle Kids, and family feud.





# Formal Recruitment Information


## MANDATORY ATTENDANCE

The Collegiate Panhellenic Association has a mandatory attendance policy. When a potential new member is invited back to a chapter event, they are then required to attend. The recruitment process does not allow for potential new members to skip chapter events that they do not wish to attend. Potential new members must submit any academic or athletic conflicts to their recruitment counselor at orientation. The Collegiate Panhellenic Association encourages chapters to invite back potential new members who must miss parties due to conflicts, but unfortunately an invitation back to chapters that you previously missed parties with is not guaranteed. If a potential new member would like to withdraw from the recruitment process, they will need to email Abby Filitsky, Vice President of Recruitment, [pittpanhelrecruitment@gmail.com](mailto:pittpanhelrecruitment@gmail.com), or notify their recruitment counselor.

## MEMBERSHIP RECRUITMENT ACCEPTANCE

### BINDING AGREEMENT (MRABA)

In electronically signing a preference card, a potential new member is making a binding agreement that they will accept a bid from any of those sororities they list in order of preference on their card. If a PNM does not maximize their options while electronically signing their preference card, they will not be guaranteed a bid. PNMs should review the MRABA before electronically signing their preference card.





## Potential New Members have the right to:

Be recognized as the unique individual they are;

- Have a complete understanding of the rules and regulations of the recruitment process;
- Utilize recruitment counselors to objectively answer any questions;
- Be treated with respect;
- Be in a recruitment atmosphere of equality, not inferiority;

Ask sorority members questions and receive honest answers;

- Have a personal viewpoint and be able to communicate with recruitment counselors;
- Be able to trust their recruitment counselor with strict confidentiality;
- Make informed choices without undue pressure from others;
- Know the implicit contractual agreements associated with preference and signing a bid;
- Make an independent choice regarding membership and be comfortable with the accompanying commitments;
- Be able to have a fun, comfortable, and unpressured recruitment and new member experience.





# Recruitment Behavior

## PNM Code of Ethics

- You must attend all scheduled recruitment parties and events.
- All sororities deserve and require equal respect from potential new members. In addition, all sorority members must respect you by not taking personal phone calls or bad-mouthing other sororities, etc. If there is a case where you feel as if a sister has disrespected you, please make your recruitment counselor aware of the incident. The Judicial Board will handle the incident while keeping you anonymous.
- You may not make negative remarks regarding any sorority to any sorority member or other potential new member. Only with your recruitment counselor should you express any personal opinions. As you go through the recruitment process, it is essential to keep an open mind and arrive at a decision that represents your true self and not the opinions of others.
- Sorority members may not ask you about other recruitment events you've attended, whether you are a legacy, or about other potential new members you may know in recruitment. Be aware that these questions are inappropriate and do not require your response. If any inappropriate questions are directed towards you, tell your recruitment counselor immediately following the party.
- You may not accept ANY type of gifts, favors, letters, meals, or paraphernalia before or during the recruitment process.
- You may not discuss rumors or stereotypes with any other potential members or sorority members.
- You may not make derogatory comments or actions meant to discriminate against or generalize groups of people based on race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, gender identity and expression, genetic information, dis(ability), or status as a veteran during recruitment or as a member of the chapter.
- Any contact with sorority members pertaining to the recruitment process is strictly prohibited. This includes Facebook, Twitter, e-mail, text messaging, etc. If you have any questions about sorority recruitment, ask your recruitment counselor.
- Upon completing a recruitment event, do not discuss your personal opinions with other potential new members. You may take notes after each round to record your opinions and reference them later.
- **YOU MAY NOT ATTEND SOCIAL EVENTS WITH SORORITY MEMBERS.** This includes all sporting events, off-campus events, parties, meals, etc.

# Recruitment Behavior

## PNM Code of Ethics

Penalties for violating the potential new member code of conduct are as follows:

- **First Violation:** A recruitment counselor will meet with you to discuss the situation.
- **Second Violation:** You will meet with an overall recruitment team member, who will give you your first official warning.
- **Third Violation:** A member of the Collegiate Panhellenic executive board will meet with you, and you will receive your final warning.
- **Fourth Violation:** A member of the Collegiate Panhellenic executive board will remove you from the recruitment process. A potential new member who is removed from the recruitment process may not receive a bid during the formal recruitment process.

A recruitment counselor may remove you at any time during a recruitment event if she sees any of these rules being violated.

## Hints for a Successful Sorority Recruitment

Because sorority recruitment is such a formal and intricate process, make sure to budget your time wisely. It is essential to get plenty of sleep and not to lose sight of your academic goals. Throughout the recruitment process you'll be meeting lots of people who will become lifelong friends. In order for you to have the best experience meeting the hundreds of people in the recruitment process, you must keep an open mind and rely solely upon your own opinions, not those of the people around you. By doing so, you will find yourself in the sorority that you were meant to be in all along. Potential new members have the opportunity to utilize their recruitment counselors to the fullest. Recruitment counselors are active sorority members, they have all been through the process before and have chosen to disassociate from their chapters before and during recruitment. This ensures potential new members have an unbiased counselor with whom they can discuss things openly and honestly. There will be two or three recruitment counselors assigned to each recruitment group.

## Helpful Hints

**Be yourself.** Don't try to be someone else during recruitment just because you may think you're supposed to act a certain way. It's important to remember who you are as an individual as each chapter has its own personality and is full of members with whom you may click. You're going to be in the sorority for life and chapters want to recruit the true you, not someone you may pretend to be for the weeks of recruitment.

**Stay open minded.** You may not always get your top choices on your schedules at the beginning of each round, but don't feel defeated by this! Many times students who go through recruitment realize how much their opinion of each chapter changes throughout the course of the two weeks of recruitment. It is difficult to get an all-encompassing feel for the chapter during the first few rounds of recruitment because the rounds are short and you might only talk to one or two members. That's why it's important to listen solely to your own opinions and not let other's viewpoints influence your decisions about which parties to go to in the following rounds.

**Budget your time.** Because recruitment can be fun and all-consuming, it is important to budget your time. It can be easy to let academics, proper sleep, and nutrition fall by the wayside. In order to have the best possible recruitment, remember to save time for homework, meals, and sleep.





## Helpful Hints

**Attempt to meet many members of each chapter.** Each chapter is full of a variety of members, some of whom you may get along with better than others. It's important to meet more than just a handful of members in order to get a better grasp of what the sorority is like as a whole.

**Ask about finances and housing.** The financial obligations of joining a sorority vary for each chapter, and you have the right to know about each chapter's individual obligations. Your recruitment counselor may be another good resource. In addition, housing is a great topic to discuss with sorority members. Living in a sorority suite is an exciting advantage of being in a sorority, but each chapter has a different way of determining who lives in the suite.

**Spend time with your recruitment group.** You'll be able to meet hundreds of sorority members and potential new members during formal recruitment. It is a great opportunity to find friends that you may keep throughout your years at the University of Pittsburgh, and some of the members of your recruitment group might become your sisters. Those who don't will most likely be in other chapters, and you'll be able to see them at the various fraternity and sorority life events throughout the year. It's nice to have friends in other chapters as you may spend a lot of time with the fraternity and sorority life community as a whole.

**Trust the process.** It's normal to feel stressed and overwhelmed during recruitment, but stay with it and focus on having fun! You will end up in the chapter that you were meant to be in and you'll meet hundreds of great people in the process.

# Frequently Asked Questions



**Q: Do sorority women have friends in other sororities and outside the fraternity and sorority life community?**

**A:** Yes. Sorority members are involved in activities throughout campus and are a part of many different social circles, not just their individual chapters. Many sorority members are very close to members in other chapters and with people they were friends with before recruitment. Joining Fraternity and Sorority Life is an opportunity to make more friends, not to lose ones that you previously had.

**Q: Outside recruitment, can I talk to sorority women?**

**A:** To ensure a fair and pressure-free process, there is a period of professional contact between sorority members and potential new members. The professional contact period is from Sunday, January 14th through Saturday, January 20th. During the professional contact period, friendly conversation is encouraged. Conversation about recruitment is strictly prohibited. Communication through calls, e-mails, texts, letters, and social media should be restricted. If a sorority member contacts you about recruitment, they are putting their entire chapter at risk for judicial sanctions and is undermining the spirit of our Panhellenic community. You have the right to a confidential and fair recruitment process. If you have any questions about how to interact with sorority members, talk to your recruitment counselor.

**Q: When do I get to live in the sorority suite?**

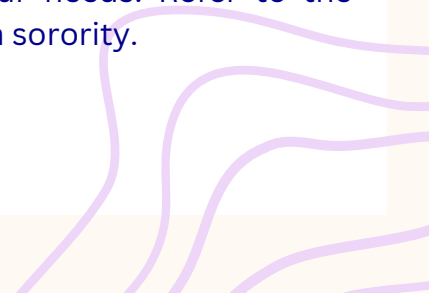
**A:** Whether or not you will be able to live in the suite depends on multiple factors varying among chapters. Although not all members of each sorority will be able to live in the suite during their college career, each chapter makes a sincere effort to enable members who wish to live in the suite to do so. If you are interested in living in your sorority's housing facility, let someone in your new chapter know as soon as possible to learn more about the process.

**Q: How much time is needed to be involved in a sorority?**

**A:** You will determine your level of involvement in the chapter after initiation, although the more effort you put into it, the more reward you ultimately will get out of it. During your new member period, there will be weekly meetings, social gatherings, and community service projects.

**Q: I'm not sure I am financially able to pay for sorority membership. Should I still go through recruitment?**

**A:** Many chapters offer payment plans, and some chapter events have scholarships for their members. It is true that sorority membership does cost money, but the chapters are willing to work with you on ways for you to make those payments to suit your needs. Refer to the Financial Transparency form for more details regarding finances for each sorority.



# Our Chapters

In the next pages, you'll find a little bit of information about each of our chapters! 11 NPC Sororities will be participating in Primary Recruitment. For more information about the chapters not participating, please email the person listed on their page! We can't wait for you to find your perfect fit!



# ALPHA DELTA PI

**Founding Date: May 15, 1851, at Wesleyan College**

**Founded at Pitt: February 21, 1920**

**Flower: Woodland Violet**

**Symbol: Diamond and Alphia, the lion**

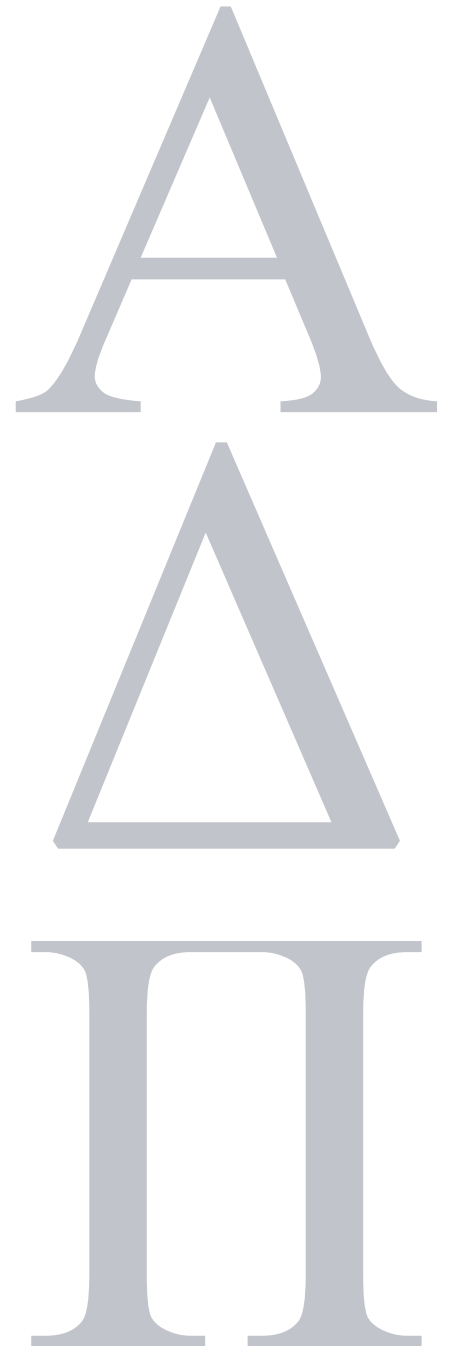
**Colors: Azure Blue and White**

**Location: Amos Hall, 10th floor**

**Philanthropy: Ronald McDonald House Charities**

**Nickname: ADPi**

**Motto: "We live for each other"**





# ALPHA EPSILON PHI

**Founding Date: October 24, 1909, at Barnard College**

**Founded at Pitt: May 5, 1920**

**Flower: Lily of the Valley**

**Symbol: Pearl and Giraffe**

**Colors: Green and white**

**Location: Amos Hall, 5th floor**

**Philanthropy: Elizabeth Glaser Pediatric AIDS**

**Foundation (EGPAF) and Sharsheret**

**Breast Cancer Awareness**

**Nickname: AEPHi**

**Motto: "Many hearts, One purpose"**

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Φ



# ALPHA SIGMA KAPPA

**Founding Date: May 1st, 1989, at University of Minnesota**

**Founded at Pitt: October 29, 2022**

**Flower: White Carnation**

**Symbol: the Lioness and the infinity symbol**

**Colors: Royal Blue and Silver**

**Philanthropy: DonorsChoose**

**Nickname: ASK**

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



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Σ  
K

If you are interested in learning more about Alpha Sigma Kappa, Women in Technical Studies, please email [Gds30@pitt.edu](mailto:Gds30@pitt.edu).

# ALPHA SIGMA RHO SORORITY, INC.

**Founding Date: April 2, 1998, at University of Georgia at Athens**

**Founded at Pitt: June 18, 2020**

**Flower: Calla Lily**

**Symbol: 女 (nü) – Chinese for woman**

**Colors: Red, White, Silver**

**Philanthropy: National Ovarian Cancer Coalition (NOCC)**

**Nickname: ASR, Lovely Ladies in Red**

**Motto: “Strength in Unity”**



# ΑΣΡ

If you are interested in learning more about Alpha Sigma Rho SorORITY, Inc., Pitt's first and only Asian-interest sorORITY, please email [pittsburghasr@gmail.com](mailto:pittsburghasr@gmail.com).

# CHI OMEGA

**Founding Date: April 5th 1895, University of Arkansas**

**Founded at Pitt: December 16, 1919**

**Flower: White carnation**

**Symbol: Owl and skull and crossbones**

**Colors: Cardinal and Straw**

**Location: Amos Hall, 4th Floor**

**Philanthropy: Make-A-Wish America and Family House**

**Nickname: Chi O**

**Motto: "To be womanly always, to be discouraged never"**



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# DELTA DELTA DELTA

**Founding Date: November 27, 1888, at Boston University**

**Founded at Pitt: April 15, 1916**

**Flower: Pansy**

**Symbol: Pearl and Dolphin**

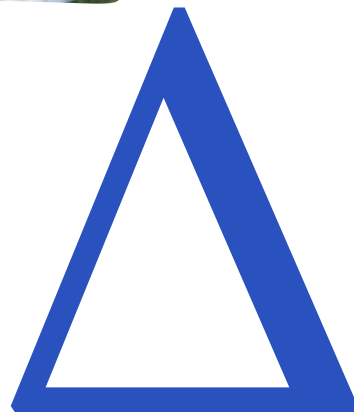
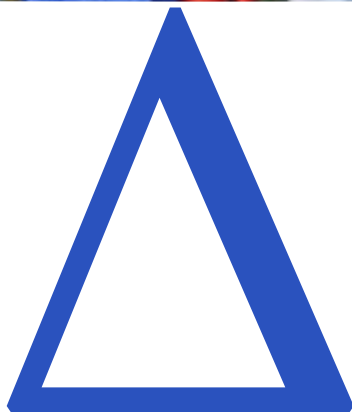
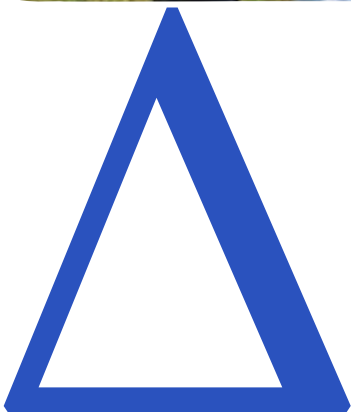
**Colors: Cerulean Blue, Gold, and Silver**

**Location: Amos Hall, 9th floor**

**Philanthropy: St. Jude Children's Research Hospital**

**Nickname: Tri Delta**

**Motto: "Let us steadfastly love one another"**



# DELTA PHI EPSILON

**Founding Date: March 17, 1917, at New York University School of Law**

**Founded at Pitt: 1925**

**Flower: Lovely Purple Iris**

**Symbol: Pearl and Unicorn**

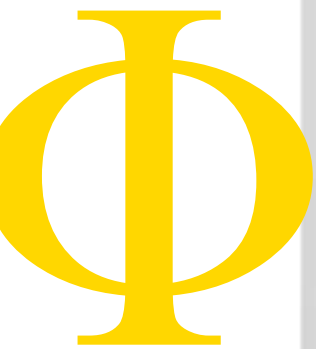
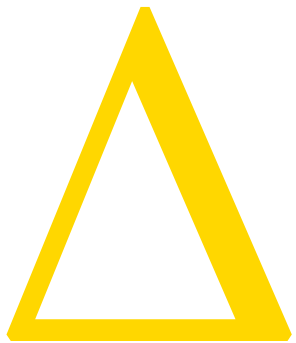
**Colors: Royal Purple and Pure Gold**

**Location: Amos Hall 3rd floor**

**Philanthropy: Anorexia Nervosa and Associated Disorders, National Eating Disorder Association, Cystic Fibrosis Foundation, and Delta Phi Epsilon Education Fund**

**Nickname: DPhiE and Deephers**

**Motto: Esse Quam Videri (To be, rather than to seem to be)**



# DELTA ZETA

**Founding Date: October 24th, 1902, at Miami University**

**Founded at Pitt: January 21, 1916**

**Flower: Pink Killarney Rose**

**Symbol: Roman lamp, turtle, and diamond**

**Colors: Rose and green**

**Location: Amos Hall, 2nd floor**

**Philanthropy: Starkey Hearing Foundation, American Society for Deaf Children, The Painted Turtle Camp, Serious Fun Children's Network, and the Western Chapter of the American Foundation for Suicide Prevention**

**Nickname: DZ**

**Motto: "Love that is ever steadfast"**





# KAPPA DELTA

**Kappa Delta Founding Date: October 23, 1897, at Longwood University**

**Founded at Pitt: March 13, 1920**

**Flower: White Rose**

**Symbol: Nautilus shell and dagger**

**Colors: Olive green and pearl white**

**Location: Amos Hall, 7th floor**

**Philanthropy: Girl Scouts of the United States of America and Prevent Child Abuse America**

**Nickname: KD**

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



K

Δ



# KAPPA KAPPA GAMMA

**Founding Date: October 13, 1870, at Monmouth College**

**Founded at Pitt: February 21, 1919**

**Flower: The mythical fleur-de-lis or iris**

**Symbol: The golden key, owl, and sapphire**

**Colors: Dark blue and light blue**

**Location: 4401 Bayard Street**

**Philanthropy: the National Eating Disorders Association and the Kappa Kappa Gamma Foundation**

**Nickname: Kappa and KKG**

**Motto: "Dream boldly, live fully"**



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# PHI SIGMA RHO

**Founding Date: September 24th, 1984 at Purdue University**

**Founded at Pitt: January 8, 2000**

**Flower: Orchid**

**Symbol: Star and Pyramid**

**Colors: Wine Red and Silver**

**Philanthropy: Leukemia and Lymphoma Society**

**Nickname: Phi Rho**

**Motto: "Together we build the future"**

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P



If you are interested in learning more about Phi Sigma Rho, please email [eed34@pitt.edu](mailto:eed34@pitt.edu) or [hinz7@pitt.edu](mailto:hinz7@pitt.edu).

# SIGMA DELTA TAU

**Founding Date: March 25, 1917, at Cornell University**

**Founded at Pitt: February 2, 2020**

**Flower: Golden Tea Rose**

**Symbol: Torch**

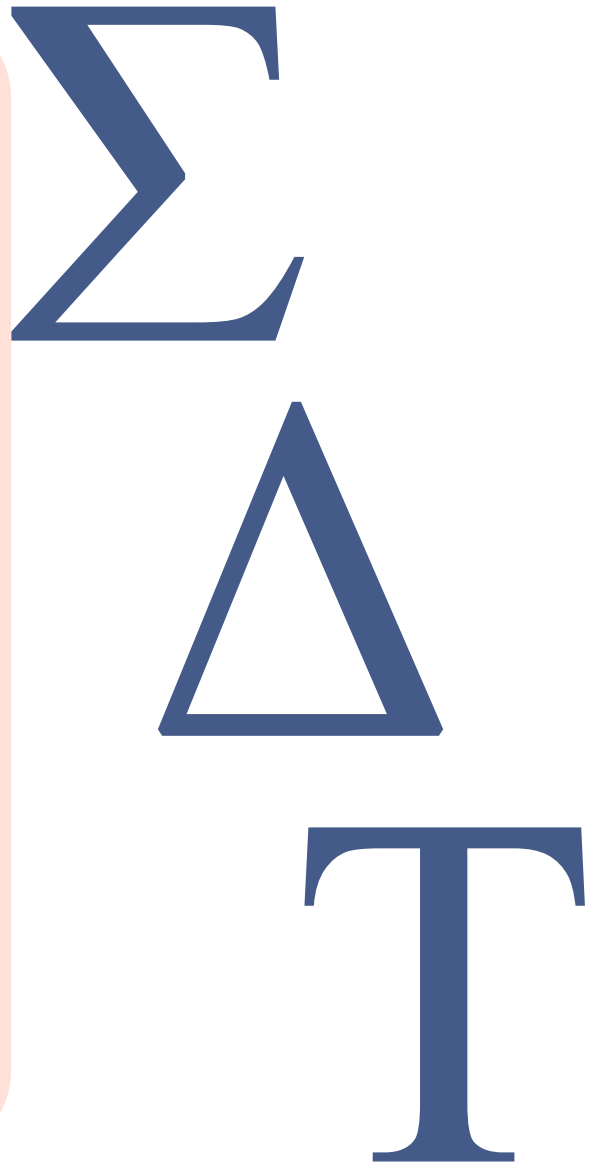
**Colors: Old Blue and Café Au Lait**

**Location: Bruce Hall, 3rd Floor**

**Philanthropy: Prevent Childhood Abuse America, Jewish Women International, and Sigma Delta Tau Foundation**

**Nickname: Sig Delt and SDT**

**Motto: "One hope of many people"**





# SIGMA SIGMA SIGMA

**Founding Date: April 20, 1898, at Longwood University**

**Founded at Pitt: April 22, 1949**

**Flower: Purple violet**

**Symbol: Sailboat and skull**

**Colors: Royal purple and white**

**Location: Amos Hall, 6th floor**

**Philanthropy: Tri Sigma Foundation, Robbie Page**

**Memorial Fund, March of Dimes**

**Nickname: Tri Sigma**

**Motto: "Ever forward"**





# THETA PHI ALPHA

**Founding Date: August 30, 1912, at the University of Michigan**

**Founded at Pitt: 1922**

**Flower: White rose**

**Symbol: Compass, Sapphire, and Pearls**

**Colors: Blue and Gold**

**Location: Amos Hall, 8th floor**

**Philanthropy: The House that Theta Phi Alpha Built, and the Children's Miracle Network**

**Nicknames: Theta Phi and TPA**

**Motto: "Nothing great is ever achieved without much enduring."**



# Θ Φ Α

# To the future leaders of Fraternity and Sorority Life,

Hello, my name is Selase Tedjame-Mortty and I am a current member of Omega Psi Phi Fraternity, Inc. and the current president of the National Pan-Hellenic Council. We are more than happy that you have decided to take your first step in joining the rich history and tradition of Fraternity and Sorority Life at Pitt. While this may be a new experience for you, I want to assure you that hundreds of thousands of students before you have already embarked on this journey at Pitt in the past. If they can do it, so can you. There's no better feeling than finding that one organization that you can call yours. The sisterhood within the organizations will definitely manifest itself in the laughs and happy times you will eventually experience as well as the tough times that force you to rely on your sisters in your time of need.

Wherever your journey takes you, you can be sure to find a plethora of opportunities to better yourself as a leader and to network and connect with alumni and members of other chapters. Fraternity and sorority life is more than just the arrangement of Greek letters on a shirt; it is an enhancement to your collegiate career socially, professionally and academically. You get out of fraternity and sorority life what you put in, and I sure hope you are looking forward to a shower of positive experiences.

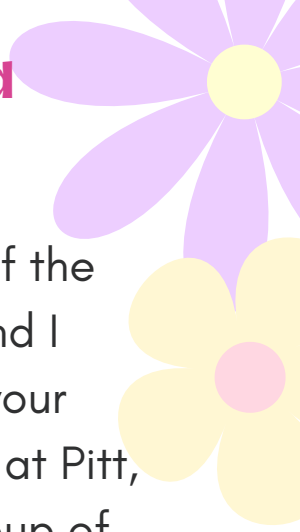
The NPHC is looking forward to see the impact you will have on Pitt's campus and the culture you help cultivate with Panhel. With that being said, do not be a stranger! We are more than willing to lend a helping hand and be your partners as you help change the University of Pittsburgh.



I wish you all the best. Hail to Pitt!

*Selase Tedjame-Mortty*

# To the prospective leaders of Fraternity and Sorority Life



Hello! My name is Adarsh Kotlapati, and I am the President of the Interfraternity Council here at the University of Pittsburgh, and I want to extend a warm welcome and invite you into taking your first steps into the world of Fraternity and Sorority Life. Here at Pitt, our Fraternity and Sorority community is more than just a group of organizations; it's a place where leaders are born, lifelong friendships are forged, and personal growth is nurtured. We believe that every individual has the potential to make a meaningful impact on our campus and beyond, and we're here to provide you with the support, resources, and opportunities to achieve just that.

Being a member of our community has permanently changed my life for the better, and I can confidently say that I've enhanced my abilities and values as a result of joining this community. Do not hesitate to dive head-first and put yourself out there; your head and heart will lead you to the right place!

I look forward to meeting you this year, and I wish you the best of luck in this process and all that you do in the future!



**Hail to Pitt!**

*Adarsh Kotlapati*



# Dear potential new member,

Thank you for considering Panhellenic sorority life in your journey here at the University of Pittsburgh! You have decided to join a community of sorority members who stand for good scholarship, for wide and wise human service, and for deep friendship. Recruitment in any format has the same goal—facilitating an opportunity to form lifelong bonds. We commend you for taking a chance to meet new people and adding another chapter to your Pitt experience.

We are the professional staff members of the Office of Fraternity and Sorority Life at the University of Pittsburgh. You may have met one of us at a Fraternity and Sorority Life 101 (FSL 101). During FSL 101, we discussed expectations for membership, as well as what new members should and should not expect during recruitment or new member education. The Office of Fraternity and Sorority Life wants to ensure that all potential new members are positively impacted by their experience within our community and are treated with dignity and respect at all times.

The fraternity and sorority life community places great emphasis on five key values:

- Scholarship
- Leadership
- Service/Citizenship
- Brotherhood/Sisterhood
- Diversity, Equity, and Inclusion

We look forward to seeing you thrive in the fraternity and sorority life community and watching you grow academically, professionally, and personally during your time here at Pitt. Should you have any concerns about fraternity and sorority life and beyond, please do not hesitate to connect with us.

**Alexis Davis**, Assistant Director of Fraternity and Sorority Life,

[alexis.davis@pitt.edu](mailto:alexis.davis@pitt.edu)

**McKenna Ferris**, Program Coordinator of Fraternity and Sorority Life,

[mckenna.ferris@pitt.edu](mailto:mckenna.ferris@pitt.edu)

**Maria Hays**, Program Coordinator of Fraternity and Sorority Life,

[maria.hays@pitt.edu](mailto:maria.hays@pitt.edu)



# The 2023-2024 Panhellenic Executive Board

**Bianca Dunay**  
President



**Abby Filitsky**  
Vice President of  
Recruitment



Gabby Sharp - VP of New Member Ed

Tianna Staten - VP of Programming

Mia Dektor - VP of Risk Management

Lacey Gelfand - Greek Week Representative

Tina Dong - VP of Communications and Finance





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