



KNOX COLLEGE

**PANHHELLENIC
RECRUITMENT
HANDBOOK
WINTER 2025**

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WHAT IS PANHELLENIC?

Panhellenic is the governing body for the four National Panhellenic Conference sororities here at Knox College: Alpha Sigma Alpha, Delta Delta Delta, Kappa Kappa Gamma, and Pi Beta Phi.

The Knox College Panhellenic Council meets weekly to discuss upcoming chapter events, programs, and community concerns. The council is made up of one executive member and delegate from each of our Panhellenic chapters. The council is responsible for enhancing the social and educational benefits of sorority life. The main goal of the council is to promote the values of sorority membership, deepen the bonds, and strengthen the community between sorority chapters. Knox College Panhellenic Council partners with the Interfraternity Council to plan events that promote inter-fraternal unity.

Panhellenic is here to help any and all Potential New Members, and the goal of recruitment is to ensure that you match with the chapter that is your best fit. Hopefully this handbook answers all of your questions about recruitment, but please reach out through our Instagram, email a member of the Panhellenic Executive Council, or stop by the Campus Life Office if you need more clarification!



Dear Potential New Member,

Welcome to Winter Recruitment! I am so excited that you've chosen to explore this incredible journey and take the first steps toward finding your home within our community. As Panhellenic President, I want to share how special this experience can be.

I went through informal recruitment in the fall term of my sophomore year in college. When I first walked into recruitment, I was filled with a mix of excitement and nerves. I didn't know what to expect, but I quickly realized that this process isn't about fitting into a mold; it's about discovering the chapter that feels like home to you. Each sorority within our Panhellenic community is unique, full of strong and passionate people who are eager to meet you and share their stories. No matter where you find your place, you'll gain a group of siblings that will encourage you to grow, achieve, and make lifelong memories.

So, my advice to you during this process? Be yourself. Trust your instincts. Have fun! You'll know when you find the right home for you the moment you step through the door, and don't be afraid to go out there and meet some people. Recruitment is a chance to meet people who want to know you—your values, your aspirations, and the things that make you shine. No matter where this journey takes you, remember that you belong here.

The following weeks are full of new friends and exciting events! We're so excited to finally meet you and can't wait to embark on this journey with you. The path to finding your home might feel overwhelming, but know that every person you meet along the way is cheering you on. I hope you soak it all in and make connections and memories that will last a lifetime!

I can't wait to see the amazing things you'll accomplish and the friendships you'll form as you begin this exciting new chapter. Remember, this is your journey, and we're here to support you every step of the way!

With Love,

Melly Benitez

Panhellenic President



PANHellenic STATEMENTS

THE NATIONAL PANHELLENIC CONFERENCE CREED

We, as undergraduate members, stand for good scholarship, for guarding of good health, for maintenance of fine standards, and for serving, to the best of our ability, our college community. Cooperation for furthering fraternity life, in harmony with its best possibilities, is the ideal that shall guide our fraternity activities. We, as fraternity [members], stand for service through the development of character inspired by the close contact and deep friendship of individual fraternity and Panhellenic life. The opportunity for wide and wise human service, through mutual respect and helpfulness, is the tenet by which we strive to live.

SORORITY LIFE VALUES

Academic Excellence
Lifelong Friendship
Siblinghood
Personal Development
Philanthropy
Leadership
Community

DIVERSITY, EQUITY, AND INCLUSION STATEMENT

We are actively striving to gain an understanding of how we can support potential new members of varying backgrounds and identities. Our goal is to build an equitable environment that is diverse and inclusive for all. We understand that historically sorority life has been extremely exclusionary. Therefore, we are committed to dismantling the systems that perpetuate those beliefs. We understand that this process is not simple and we are consistently learning how to better our strategies and processes.

PANHellenic COUNCIL



PANHellenic PRESIDENT
Melany Benitez
she/her



VICE PRESIDENT OF RECRUITMENT
Lexi Sendall
she/her



VICE PRESIDENT OF COMMUNICATIONS
Janet Lentini
she/her



**VICE PRESIDENT OF
DIVERSITY & INCLUSION**
Abby Neilan
she/her



FRATERNITY AND SORORITY LIFE ADVISOR
Corgan Ball
they/them

PANHHELLENIC DELEGATES



ALPHA SIGMA ALPHA
Jenna Schweikert
she/they



DELTA DELTA DELTA
Jill Rochford
she/her



KAPPA KAPPA GAMMA
Maddie Hicks
she/her



PI BETA PHI
Liv Dunn
she/her

FREQUENTLY ASKED QUESTIONS

DO I NEED TO ATTEND EVERY RECRUITMENT EVENT?

No, you do not have to attend every recruitment event. However, it's highly encouraged to attend as many as you can to get a full experience and learn about the different sororities. Attending a variety of events will help you make an informed decision about where you feel most comfortable and where you'll fit best.

DO I HAVE TO BE A FIRST-YEAR TO PARTICIPATE?

No, transfer and current undergraduate students are welcome!

WHAT SHOULD I WEAR TO RECRUITMENT EVENTS?

There is no specific dress code for recruitment events, so wear whatever you feel most comfortable in! The way you dress will not impact your bid, so focus on wearing something that makes you feel confident and at ease.

IF I GO THROUGH RECRUITMENT, AM I OBLIGATED TO JOIN A SORORITY?

No, you are not! Please read through the MRABA section for more details on what this means for your future eligibility, but you are free to decline a bid/drop the recruitment process at any point in time, for any reason.

HOW MUCH DOES IT COST TO BE IN A SORORITY?

The cost of dues will vary between chapters. In each chapters' section, more specific information on finances is offered.

WHAT TYPES OF EVENTS WILL I ATTEND DURING RECRUITMENT?

Recruitment typically includes a variety of events, such as meet-and-greets, information sessions, house tours, and more. Some events may include casual mixers, while others may focus on conversations or activities to get to know members.

WHY DO YOU USE THE TERM "SIBLINGS" INSTEAD OF "SISTERS" IN SORORITY LIFE AT KNOX COLLEGE?

At Knox College, the term "siblings" is used in sorority life to emphasize inclusivity and equality. It reflects a commitment to creating a more gender-neutral and supportive environment where all members are viewed as equal, regardless of gender. It focuses on the shared bond of membership and sorority life, rather than gender-based distinctions. It's a way of modernizing language and promoting a more inclusive atmosphere.

FINANCIAL INFORMATION

Sororities do come with a financial commitment. Generally, finances are paid out in the form of what we call 'dues', which are termly charges that will pay for chapter operations, and may include merchandise, social events, and philanthropies.

Every sorority has a different cost of dues. Generally, one-time fees such as badge fees will make your first term slightly more expensive.

Full financial transparency will be provided in each chapters' section and during orientation, but the cost of the first term can range from \$245 to \$654. All sororities also offer payment plans, where you will able to pay your dues in installments — all at once, weekly, biweekly, etc. — depending on your financial needs.



TERMS

Philanthropy

Fund-raising projects sponsored by fraternities or sororities supporting local and inter/national charitable organizations. Note: this is different from community service.

Panhellenic Council

The governing body for all National Panhellenic Conference sororities on campus.

New Member Education Period

The period before initiation when new members learn about their sorority.

CPA

College Panhellenic Association, also known as Panhellenic Council.

Active/Active Member

A member of a fraternity or sorority who has been initiated and is currently in college.

Chapter

A chartered undergraduate or alumni group that is recognized by the national and inter-fraternity or sorority.

Continuous Recruitment (CR)

A formal recruitment process that occurs during the primary recruitment period, providing sororities an opportunity to engage potential new members in a structured yet flexible way, similar to Continuous Open Bidding (COB).

Continuous Open Bidding (COB)

An informal recruitment process sororities use to invite and extend bids to potential new members outside the formal recruitment period, typically for potential members that are looking for a less structured recruitment style.

Legacy

Someone whose family member holds or has previously held membership in a sorority. This can be your sibling, parent, etc.

Sibling

A term used within sororities when referring to other members.

Potential New Member (PNM)

A person participating in recruitment.

New Member

A potential new member who has accepted a sorority bid, but has yet to be initiated.

Initiation

The formal ritual that brings new members into full membership of the sorority or fraternity. Through initiation, members learn and commit themselves to upholding the ideals of the sorority or fraternity.

Big

An older member assigned to assist a new member in their college transition.

Bid

A formal invitation to join a sorority or fraternity, given at the end of the recruitment period.

Alumna/Alumnae/Alum

An initiated member of a sorority who has received their undergraduate degree.

Letters

All Greek organizations are represented in Greek letters. Members' affiliations can be identified by the greek letters they wear.

Chapter Meetings

Sorority chapter meetings are regularly scheduled gatherings where members of a sorority come together to discuss organizational business, plan events, share updates, and address community or chapter-related matters in accordance with their bylaws and policies.

ALPHA SIGMA ALPHA

Basic Information

Chapter: Theta Nu

Founding Date: November 15th, 1901

Values: Balance, Generosity, Growth, Responsibility, Relationships, Enjoyment, Integrity, Learning

Philanthropies: Special Olympics and Girls on the Run

Symbols: Insignia, Star, Crown, Palm Tree, Phoenix

Colors: Crimson and Pearl White

Flower: Aster and Narcissus

Jewels: Pearl and Ruby

Mascot: Dot the Ladybug

Motto: Aspire. Seek. Attain.

GPA Requirement: 2.5

Winter Term New Member Dues: \$346

Winter Term Active Member Dues: \$383

Social Media

Facebook - [knoxalphasig](#)

Instagram - [@knoxalphasig](#)



Contact

President: Jenna Schweikert, jeschweikert@knox.edu

VP of Communications: Lana Gallagher, Imgallagher@knox.edu



ALPHA SIGMA ALPHA

Dear Potential New Member,

What an exciting time to be thinking about getting involved in sorority life! We here at the Theta Nu chapter of Alpha Sigma Alpha are so excited to meet you, become friends with you, and see how you grow in and through sorority life.

We know firsthand that recruitment can be incredibly confusing, overwhelming, and even scary, and we just want to say that we are here for you. No matter where you end up, whether it's within our chapter, in another chapter, or not within a sorority at all, you are welcomed and loved here. Above all, we hope you see the treasure of our siblinghood during this time. Our motto—aspire, seek, attain—describes us perfectly.

Members of Alpha Sigma Alpha value balance, enjoyment, relationships, growth, generosity, integrity, responsibility, and learning. They are involved members of their community, engaged in service and personal development. They care about and for their chapter members, and for all people. They are generous, loving, and kind, committed to enjoying life to its fullest and nurturing the best of themselves.

When I walk to our chapter house, I see the light in the window and I know I am home. That light guides my footsteps, a steady, silent beacon. I want to be the best version of myself, to know that I gave love and good to the world. Within Alpha Sigma Alpha, within Theta Nu, I know there is always hope—and always something to strive for.

Potential New Member, I hope you enjoy this time and process as you learn about each chapter. I hope you find your home as I have found mine, and I hope it is everything you are looking for.

With Alpha Love and Magic,
Jenna Schweikert
Theta Nu Chapter President

The logo for Alpha Sigma Alpha, featuring the letters A, Σ, and A in a stylized, red, serif font. The letters are bold and have a classic, elegant appearance.

DELTA DELTA DELTA

Basic Information

Chapter: Epsilon

Founding Date: November 27th, 1888

Values: Self-Sacrifice, Truth, Friendship

Philanthropy: St. Jude Children's Research Hospital

Symbols: Poseidon, Pearl, Pine, Pansy, Dolphin

Colors: Blue, Gold, and Silver

Flower: Pansy

Jewel: Pearl

Motto: Brave. Bold. Kind.

GPA Requirement: 2.5

Winter Term New Member Dues: \$654

Winter Term Active Member Dues: \$329

Social Media

Facebook - Knox College Delta Delta Delta

Instagram - @knoxtridelta

Contact

President: Madison Byrket, mlbyrket@knox.edu

Director of Recruitment: Jubilee Close, jcclose@knox.edu



DELTA DELTA DELTA

Dear Potential New Member,

Welcome to sorority recruitment! We are so excited to meet you all during recruitment and get to know each of you. While it may seem like an overwhelming process, know that you are not alone! You will have your fellow potential new members beside you and all of the active sorority members who remember feeling the exact same way you are feeling now.

At Tri Delta, our biggest focus during recruitment is to Bring You. For us, this means bringing your authentic self to recruitment events. We promise that you will meet current sorority members that you can relate to and share any interests. We want to meet and connect with you, not who you think you should be.

With Friendship as one of our values, Tri Delta greatly focuses on fostering connections between our members. To us, being a member of a sorority is not just attending meetings and planning events, it is cheering on our fellow Deltas at games and performances, supporting each other through difficult times, and being there for each other no matter what. We hope that, by going through recruitment, you are able to find the same deep connection, understanding, and love that we experience in Tri Delta.

We are on the edge of our seats waiting to meet you! We cannot wait to see how you Bring You to recruitment, share our Tri Delta experiences with you, and see where the recruitment journey brings each of you. Remember to enjoy the process and let your heart lead you to your new home!

Delta Love,
Madison Byrket
Tri Delta Chapter President



KAPPA KAPPA GAMMA

Basic Information

Chapter: Eta

Founding Date: October 13th, 1870

Values: Friendship, Leadership, Scholarship

Philanthropies: Mental Health Organizations

Symbols: Key, Owl, and Fleur-de-lis

Colors: Light Blue and Dark Blue

Flower: Iris

Jewel: Sapphire

Motto: Dream boldly. Live fully.

GPA Requirement: 2.5

Winter Term New Member Dues: \$457

Winter Term Active Member Dues: \$280

Social Media

Instagram - @knoxkkg_

Contact

President: Maddie Poetzinger, mfpoetzinger@knox.edu

VP of Membership: Frances Hilliard, frhilliard@knox.edu



KAPPA KAPPA GAMMA

Dear Potential New Member,

In Kappa, we believe in seeing the beauty in each and every person, and treating everyone with respect and dignity. Our relationship with each other is built upon mutual respect, endless support, and always - unconditional love.

We spend time with each other; not because we ever feel obligated to, but because we WANT to! We love to hangout and talk about the latest adventures of our lives. We tend to find ourselves straying from topic to topic, ending every conversation with; “how did we even end up talking about this?”

In Kappa, we use the acronym ‘TTROCK’ to represent our values. The ‘C’ represents our value of connection, whether it’s inside or outside the sorority, Knox community, or Galesburg as a whole. We value our bonds between siblings, chapters, fraternities, clubs, organizations, and more!

Deciding to follow through with sorority life recruitment can be scary. But remember - your choice is always yours. You may decide that sorority life isn’t for you, and that’s okay, too! We as a community will continue to support you, endlessly. This process is for you, to ensure you have a good experience as you branch out.

This process is meant to be fun! If you begin to feel stressed, overwhelmed, or are having a hard time making a decision; it is always, 100% okay to take a step back! Allow yourself time to process and truly enjoy recruitment!

We encourage you to branch out! Explore other chapters, even if you have a strong sense of where you’d like to go. This is both helpful to you as a PNM and as a member of a chapter to get a better understanding of what life is like in all four chapters. Cover all your bases, ask questions! You will never be faulted for your curiosity. We hope that you enjoy your recruitment process, and that you make the decision best for you!

Best,
Madeline Poetzinger
Kappa Kappa Gamma

The logo for Kappa Kappa Gamma, consisting of the letters 'KKG' in a large, light blue, serif font.

PI BETA PHI

Basic Information

Chapter: Illinois Beta-Delta

Founding Date: April 28th, 1867

Values: Integrity, Lifelong Commitment, Honor and Respect, Personal and Intellectual Growth, Philanthropic Service to Others, and Sincere Friendship

Philanthropies: Children's Literacy, Read > Lead > Achieve

Symbols: Arrow and Angel

Colors: Wine and Silver Blue

Flower: Wine Carnation

Motto: Friends and Leaders for Life

GPA Requirement: 2.0

Winter Term New Member Dues: \$245

Winter Term Active Member Dues: \$344



Social Media

Facebook - Pi Beta Phi: IL Beta Delta Chapter

Instagram - @knox.pibetaphi

Contact

President: Liv Dunn, ocdunn@knox.edu

VP of Recruitment: Abby Neilan, afneilan@knox.edu



PI BETA PHI

Dear Potential New Member,

We're so happy you're here and can't wait to get to know each and every one of you! Recruitment is full of new friends, exciting events and lots of open doors. We hope you soak it all in and make connections and memories that will last a lifetime! Even though this experience can be hectic, remember to take time to reflect and practice self care. The most important person in this is you!

We know the recruitment process can feel overwhelming, but not only will you find your forever home, you will also have a whole community standing beside you. The Panhellenic community is full of love, empowerment, and life-long friendships, no matter where you run home to!

For our chapter, siblinghood is one of the most beautiful connections we have in our lives. While we may originate from different backgrounds and places, Pi Phi is somewhere we can feel unconditional love and support. We are all united in our shared values and love of our philanthropy, which pursues literacy, especially in children. To be in our chapter has truly been one of the biggest blessings of our college careers. The opportunities provided to us have allowed us to advance our academics and careers, and the memories we have made will last us a lifetime.

Even if you don't run home to Pi Phi, we hope that your siblinghood feels as wonderful, fulfilling, and sweet as ours. We can't wait to meet you!

Pi Phi Love,
Abby Neilan
Pi Beta Phi

The logo for Pi Beta Phi, consisting of the Greek letters Π, Β, and Φ in a large, bold, serif font.

RECRUITMENT SCHEDULE

Monday January 20th	Tuesday January 21st	Wednesday January 22nd	Thursday January 23rd	Friday January 24th	Saturday January 25th
Kappa Kappa Gamma <i>Kappa Kookout</i> 6-7pm at the KKG House	Pi Beta Phi <i>Self-Care Science Fair</i> 6- 7pm at the PBP Bungalow	Kappa Kappa Gamma <i>Kraft Night</i> 6-7pm at the KKG House	Pi Beta Phi <i>Planet Painting</i> 7-8pm at the PBP Bungalow	<i>Invite- Only Rounds</i> <i>5-8pm</i>	<i>Bid Day Celebration</i> 2:30-6:30pm
	Delta Delta Delta <i>Cozy Coasters</i> 7-8:30pm at the DDD Lodge	Delta Delta Delta <i>Trivia Night</i> 7-8:30pm at the DDD Lodge			

Please note that Alpha Sigma Alpha is open for membership, but will not be hosting larger formal events. If you are interested in learning more about membership in Alpha Sigma Alpha, please contact Jenna Schweikert at jeschweikert@knox.edu!

Friday, January 24th are Invite-Only Rounds. If invited by a chapter, you will receive an email and/or Engage RSVP! You may be invited to multiple one-hour rounds, where each will consist of different rituals and traditions.

Saturday, January 25th is Bid Day! If you receive a Bid from a chapter, you will receive an email with more information about where to be and when!

Throughout Winter term, chapters will host multiple recruitment events. These could range from large group activities to one-on-one coffee dates! Recruitment is flexible, and we want to work with your schedule. If you can't find an event that works for you, reach out to the chapter's Panhellenic representative!

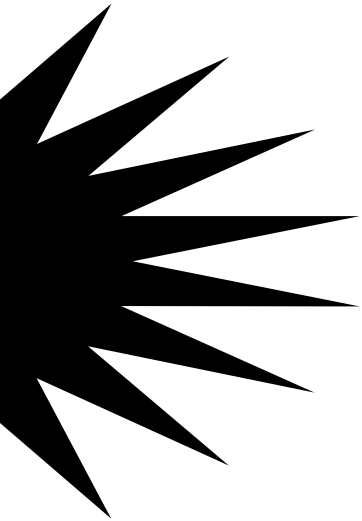
RECRUITMENT INFO



- The College Panhellenic has information available that tells you what to expect during recruitment.
- You should ask questions when you do not understand.
- Some events will have more potential new members in attendance than others, and this is no reflection on a chapter.
- Being a legacy of an organization does not ensure membership in that chapter.
- Panhellenic sororities recognize the importance of scholarship, and therefore each has a minimum GPA requirement to be a member of the chapter.
- Knox College and all NPC organizations have policies against hazing.
- No chapter member may promise or imply the promise of a bid.
- You are expected to act respectfully when attending recruitment events.
- You should expect to be treated with respect.
- You must be certain you understand the Membership Recruitment Acceptance Binding Agreement (MRABA) that you will be expected to sign after accepting a bid.
- You may choose not to join an organization and therefore not sign the MRABA.
- Male-identifying people and alcohol are not permitted during recruitment or Bid Day activities.

PNM BILL OF RIGHTS

- The right to be treated as an individual.
- The right to be fully informed about the recruitment process.
- The right to ask questions and receive true and objective answers from 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.
- The right to make informed choices without undue pressure from others.
- The right to be fully informed about the NPC Unanimous Agreements implicit in the Membership Recruitment Acceptance Binding Agreement (MRABA) signing process.
- The right to make one's own choice and decision and accept full responsibility for the results of that decision.
- The right to have a positive, safe, and enriching recruitment and new member experience.



GPA RELEASE & ANTI-HAZING FORM

This form provides authorization from the student to waive their FERPA rights so the following information related to the student may be shared with the Campus Life Office, who in turn may share all such information with a chapter's leadership and other local and national chapter representatives.

This authorization will continue for as long as the student is a member of the indicated chapter. Chapters use this information to confirm GPA requirements and provide academic and behavior support and best practices as needed.

Information that may be shared includes:

- Grade point average (term and cumulative)
- Midterm grades
- Term credits
- Term hours
- Enrollment status
- Disciplinary probation status and related information



This form also explains the Anti-Hazing Policy of Knox College, an overview of hazing, and resources available related to hazing.

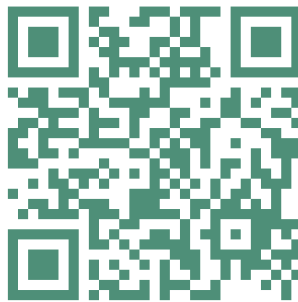
This form must be signed by any student interested in joining a social fraternity or sorority chapter at Knox College, including Order of Omega. This form must be filled out by a potential new member before a bid can be extended. A student is not considered by Knox College to be eligible for membership of one of the chapters unless this form is signed.

MRABA

The Membership Recruitment Acceptance Binding Agreement (MRABA) is a document that you will sign after receiving a bid from a sorority that you would like to accept. Signing this document means that you are willing to accept the bid from indicated sorority.

Until you sign the MRABA, you are able to drop out of the recruitment process at any time, for any reason, without repercussions. If you receive a bid, sign the MRABA, and then choose to drop out, you will not be eligible to join a sorority until next Winter Recruitment in 2026. This means you will not be able to receive a bid from another sorority through COB or spring/fall recruitment.

Please read this document carefully. You should not sign this binding agreement unless you understand it. You will need a witness signature from a member of the chapter or college advisor in order to submit it. Members accepting a bid will sign the MRABA on Bid Day.



ANTI-HAZING POLICIES

Hazing includes any action that endangers mental or physical health, causes ridicule, embarrassment, harassment, or violates personal or moral beliefs as part of initiation or membership in a group. Examples include:

- Physical Harm: Paddling, assault, forced consumption of substances.
- Psychological Harm: Verbal abuse, degrading acts, sleep deprivation.
- Humiliation: Public stunts, extra chores, name-calling.

Hazing is prohibited regardless of consent or apathy. Initiations must avoid harm, prioritize academics, and receive prior approval if conducted outside of chapter houses.

Bid promising occurs when a sorority member implies or explicitly guarantees a bid before formal recruitment concludes. This undermines fairness, creates undue pressure, and sets false expectations for potential new members. Any instance of bid promising should be reported immediately.

If you witness or experience hazing or bid promising, report it through the Knox College Incident Report Form or contact:

- Nate Kemp, Director of Campus Safety: nkemp@knox.edu, 309-341-7255
- Campus Safety: 309-341-7979
- Debbie Southern, Dean of Students: dsouther@knox.edu, 309-341-7225
- Campus Life Office: campuslife@knox.edu, 309-341-7527
- National Hazing Hotline: 1-888-NOT-HAZE

Learn more at hazingprevention.org.

THANK YOU!

The Panhellenic Community can't wait to meet you! We hope you connect with amazing people and have a fantastic experience throughout the process. If you have any questions, feel free to reach out to the Fraternity and Sorority Advisor, Corgan Ball, at cball@knox.edu.



Sorority Life Interest Form

