

# *Oklahoma* PANHellenic

## RECRUITMENT GUIDEBOOK



pan.ou.edu  
@oupanhellenic

Formal Recruitment 2025

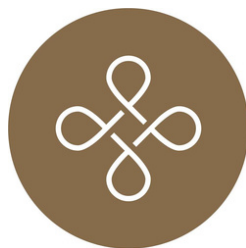
# SHOP OUR *Vendors*

Formal Recruitment would not be possible without the help of our Panhellenic Partners and amazing vendors. These businesses offer recruitment gifts, services, and other ways to get plugged in to the community.

Check them out today - click the logos below to shop online!



Cayman's



Party Pics®



# TABLE OF Contents

WELCOME .....	3
GREEK COUNCILS.....	4
GOING GREEK .....	5
WHO WE ARE .....	6-7
PANHELLENIC EXEC BOARD .....	8
YOUR FIRST YEAR .....	8
HOW TO JOIN .....	9
FINANCES .....	11-13
RECRUITMENT TEAM .....	15
REGISTRATION .....	16
ATTIRE SUGGESTIONS .....	17-18
ROUNDS 1-4 .....	19-22
SCHEDULE .....	23
LIVING OFF-CAMPUS .....	23
RECRUITMENT POLICIES .....	25
RECOMMENDATION LETTERS .....	26
CONTINUOUS OPEN BIDDING .....	27
OUR CHAPTERS .....	28-38
COMMON QUESTIONS .....	39-41
TERMS TO KNOW .....	42
PANHELLENIC FACILITIES MAP.....	43
PANHELLENIC CONTACT.....	44
RHO GAMMA ADVICE .....	45



# Welcome!



Welcome to Panhellenic!

I'm so excited you're here and can't wait to walk alongside you as you begin this journey. This week is all about discovering where you feel most at home. Over the next four years, that home will be the place that celebrates you, challenges you, and supports you through it all. The Panhellenic community is filled with strong, compassionate women who are ready to welcome you with open arms and help you grow in ways you never imagined. Be yourself, and you'll be loved exactly for that. Know that you belong here, and there is a place for you in our Panhellenic community. Now, let's find your home!

*Angelita Ochoa*  
Panhellenic President

A  
N  
G  
E  
L  
I  
T  
A

Hi sweet freshmen—welcome to recruitment!

We are so happy you're here and already so proud of you for being ready to show up with open hearts and hopeful minds. This week is full of excitement, new friendships, and so many little moments that can turn into lifelong memories. It's totally okay to feel nervous or unsure—just remember that every girl you meet has been in your shoes and truly wants the best for you. My biggest piece of advice is to be authentically and beautifully you. The right sisterhood will love you for exactly who you are, and that's where the magic happens! You belong here, and we can't wait to watch your journey unfold! I am here as a resource for you guys so if you ever need someone to talk to throughout the week, I will always be a text or call away! I would love to personally know each and every one of you so don't be afraid to reach out! Can't wait to meet you all!

*Larsen Roussel*  
VP of Recruitment Operations



Welcome to the OU Family!

We are so excited that you are here and welcome you with open arms to our lovely greek community! This a fun week of meeting new people, forming meaningful connections, and introducing you to your new chapter of life at OU. We are all beyond excited to meet you and help you through this process. My biggest piece of advice is to take this process day by day. Although this process is new, fun, and exciting, it can also be a lot to digest! Make sure you are taking care of your mind and body throughout the week and celebrate all of the small and large victories you will have! I am here as a resource to y'all during recruitment! Do not hesitate to reach out to me on any social platform! I can't wait to meet you all so soon! Let's do this!

*Meeg German*  
VP of Recruitment Programming

M  
E  
G





# FRATERNITY & SORORITY COUNCILS

The University of Oklahoma is home to five Greek councils, each offering a unique experience in fraternity and sorority life. From social-interest organizations, to organizations centered around religion, culture, and even academic programs, there is a Greek experience for all students at OU. Learn more on these pages about all the options for joining the fraternity and sorority community. Visit us online at [greek.ou.edu](http://greek.ou.edu) to learn more about the Greek councils.

## AFFILIATE CIRCLE

The Affiliate Circle is home to 6 special-interest organizations, comprised of four sororities and two fraternities. With over 150 members, the Affiliate Circle is our newest council at OU, founded in 2015. To learn more, visit [greek.ou.edu](http://greek.ou.edu).

AC

## INTERFRATERNITY COUNCIL

The Interfraternity Council is home to 18 fraternities. It is the second-largest council on campus with over 2,400 members and is comprised of social-interest organizations. To learn more about IFC, visit [ifc.ou.edu](http://ifc.ou.edu)

IFC

## MULTICULTURAL GREEK COUNCIL

The Multicultural Greek Council is comprised of 12 culturally-based fraternities and sororities. MGC is home to over 400 members and is one of the largest MGCs in the nation. To learn more, visit [@oumgc](https://twitter.com/oumgc).

MGC

## NATIONAL PAN-HELLENIC COUNCIL

The National Pan-Hellenic Council is home of the "Divine Nine" historically Black fraternities and sororities. With over 100 members, NPHC is quickly growing. To learn more, follow NPHC on social media at [@ounphc1930](https://twitter.com/ounphc1930).

NPHC

## PANHELLENIC ASSOCIATION

The Panhellenic Association is the largest Greek council on campus with over 3,400 members in 11 chapters. Comprised of social-interest organizations, PAN is also the largest women's organization on campus. To learn more, visit [pan.ou.edu](http://pan.ou.edu).

PAN

# GOING *Greek*

## MULTICULTURAL GREEK COUNCIL

MGC is home to seven sororities that serve various interest groups including Asian, Latina, and Multicultural interest.

MGC sororities will host two days of informationals, during the first two weeks of each semester - prospective members are required to attend at least one. MGC will host a showcase which highlights all of our organizations at the beginning of each fall semester; however, prospective students are allowed to rush multiple semesters if needed.

Each chapter also hosts individual rush events that all prospective members are welcomed to attend. We welcome everyone to explore their options as our goal is for students to find a home away from home through MGC.



**Tony Arredondo - MGC PRESIDENT**  
antony.arredondo.moran-1@ou.edu

### MGC SORORITIES

alpha Kappa Delta Phi International Sorority, Inc.  
Kappa Delta Chi Sorority, Inc.  
Lambda Delta Psi Sorority, Inc.  
Phi Delta Alpha Sorority, Inc.  
Sigma Lambda Alpha Sorority, Inc.  
Sigma Lambda Gamma National Sorority, Inc.  
Theta Nu Xi Multicultural Sorority, Inc.

LEARN MORE AT @OUMGC

## NATIONAL PAN-HELLENIC COUNCIL

NPHC is home to four sororities, each part of the "Divine Nine." NPHC organizations are historically Black Greek-lettered organizations.

NPHC does not have a formal recruitment process, however, each chapter does hold individual rush and intake meetings or informationals at their own discretion. Typically, flyers or social media announcements will be posted in advance. Each organization has different, specific requirements for their applicants in order to become a candidate for membership. NPHC organizations are typically looking for students with an established collegiate GPA - meaning, first semester freshmen are not often eligible to join.



**Davin Praino - NPHC PRESIDENT**  
dav.praino@ou.edu

### NPHC SORORITIES

Alpha Kappa Alpha Sorority, Inc.  
Delta Sigma Theta Sorority, Inc.  
Sigma Gamma Rho Sorority, Inc.  
Zeta Phi Beta Sorority, Inc.

LEARN MORE AT @OUNPHC1930

## AFFILIATE CIRCLE

Affiliate Circle is home to four sororities that serve various interest groups including STEM, Christian, cultural and music interest.

The recruitment process for the Affiliate Circle varies by chapter. Some chapters recruit semesterly, while others recruit annually. Many Affiliate Circle chapters recruit the first few weeks of each semester and hold a variety of events for those interested in joining their chapter to attend.

Consider following individual chapters you might be interested in to stay up to date with all current and upcoming recruitment events. Visit [greek.ou.edu](http://greek.ou.edu) to see a full list of Affiliate Circle organizations and learn more about the council.

### AFFILIATE CIRCLE SORORITIES

Alpha Sigma Kappa  
Gamma Delta Pi Sorority, Inc.  
Sigma Alpha Iota  
Sigma Phi Lambda

LEARN MORE AT [GREEK.OU.EDU](http://GREEK.OU.EDU)

# WHO WE ARE

## *our Values*

The Panhellenic Association has been the center for women's leadership and service on campus since 1909. The council serves as the coordinating body of 11 National Panhellenic Conference affiliated sororities on campus. The council promotes four core values in all we do - scholarship, service, leadership and sisterhood.

## SCHOLARSHIP



Our council provides academic mentoring, tutoring, time management seminars, student halls, and information on free campus resources.

## SERVICE



All of our organizations provide assistance to their individual philanthropies, as well as Panhellenic's philanthropy, the United Way of Norman.

## LEADERSHIP



The fraternity and sorority experience is a direct springboard into campus engagement. Panhellenic membership provides multiple opportunities to help members grow as leaders.

## SISTERHOOD



Joining a Panhellenic organization means having over 3,400 women on your team. Sororities offer opportunities to create lifelong bonds while encourages individual growth.

# WHO WE ARE

## by the numbers

The University of Oklahoma Panhellenic Association is a vibrant community filled with scholars, leaders, and engaged citizens. We pride ourselves on bringing excellence to our community each day. Take some time to learn more about our community of sorority members.

### people



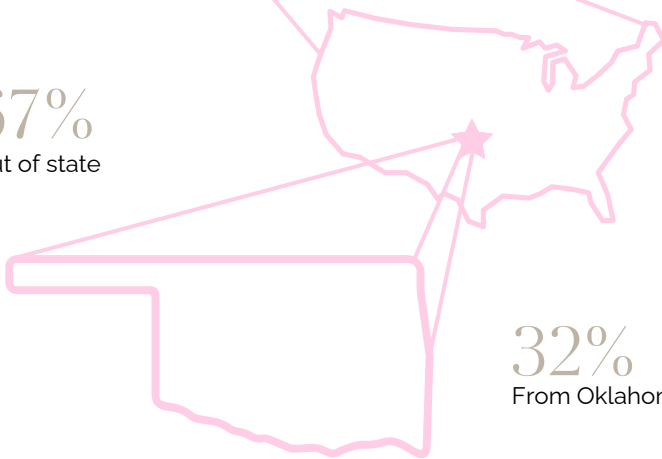
3,410 total members

11 Panhellenic chapters at OU



1% < International students

67%  
Out of state



32%  
From Oklahoma

### PANHELLENIC CREED

We, as Undergraduate members of women's fraternities, 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 Women, 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.

### academics



3.45 GPA

All-Panhellenic GPA compared to the all-women's GPA at OU of a 3.36



427

Panhellenic members pursuing more than one degree

### service



60,000 +

Community service hours completed in 2024



\$300,000+

Philanthropic funds raised in 2024



1,100+

Leadership positions held on campus in 2024



# PANHellenic

## *Executive Board*

The Panhellenic Association at the University of Oklahoma is a student-led organization, with current students comprising our executive council team. These students are elected in November and serve a full calendar term from January - December. Each Panhellenic Executive Board member is a sorority member at the University of Oklahoma in good standing with their chapter.

During Formal Recruitment, these student leaders will be in the Panhellenic Headquarters Office located in the Jim Thorpe Multicultural Center. The Panhellenic Executive Board will serve as Panhellenic staff in the summer and are happy to provide assistance or answer questions you may have about Formal Recruitment, Continuous Open Bidding or general Panhellenic information.



Top row, left to right: Emma Evans (VP of Inclusivity), Landry Murphy (VP of Programming), Paige Hester (VP of Public Affairs), Jessica Steel (VP of Finance) and Meg German (VP of Recruitment Programming)

Bottom row, left to right: Lesley Hudspeth (VP of Judicial Affairs), Caroline McDaniel (VP of Administrative Affairs), Angelita Ochoa (Council President), Larsen Roussel (VP of Recruitment Operations), and Olivia O'Brien (VP of Philanthropy).

# HOW TO JOIN *our community*

The Panhellenic Association at the University of Oklahoma is proud to offer multiple ways for students to become members of the Panhellenic organizations. While this booklet does focus on Formal Recruitment, many students in our community have joined their organizations through Panhellenic's Informal Recruitment process.

Learn more about how to become a Panhellenic member below:



## FORMAL RECRUITMENT

The process by which most Panhellenic members join their organizations. Formal Recruitment begins several days before classes begin in the fall term.

Potential new members (PNMs) receive individual party schedules from the Panhellenic staff each morning during the process (beyond Round 1).

Formal Recruitment is also referred to as "Fall Formal Recruitment" or "Primary Recruitment." This standardized process of recruitment only occurs before the fall term begins.

During Formal Recruitment, chapters are allowed to recruit up to quota, or the number of PNMs (determined at the end of recruitment) that each chapter is allowed to pledge regardless of a chapter's total membership number.

All 11 Panhellenic organizations participate in Formal Recruitment.

## INFORMAL RECRUITMENT

Fewer students join our community through Informal Recruitment (75-125 each term) than Formal Recruitment (1,000-1,200 in the fall term).

This process is informal in nature. Chapters drive the process and invite students to recruitment events independent from Panhellenic.

Informal Recruitment is also referred to as "Continuous Open Bidding," or COB, and sometimes referred to "Spring / Informal Recruitment." Informal Recruitment occurs in the fall and spring semesters.

During Informal Recruitment, only chapters that have not pledged to campus total are eligible to participate. Total is automatically reset within 24 hours following Fall Formal Recruitment and 24 hours after start of the spring term.

Only chapters that are below campus total can participate in Informal Recruitment.



There is no one correct way to join a Panhellenic organization. Our team encourages you to find the recruitment process that best suits your personality and your circumstance. If you have additional questions or want to talk about your options, please reach out to us at [panhellenic@ou.edu](mailto:panhellenic@ou.edu) or by calling (405) 325-3163

# YOUR FIRST YEAR

## *at a glance*



The University of Oklahoma Panhellenic Association strives to make every year of the sorority experience a great one. However, we recognize the first year can be the most exciting and influential of all.

The new member experience may vary slightly between organizations, but we wanted to share a few things that you can expect in your first year as a Panhellenic member.

### *Study Hours*

Some chapters require a certain number of study hall hours to be completed during the week. Sororities also implement a number of educational programs to assist new members in the academic transition into college. High academic standards are a pillar of sorority life at OU.

### *New Member Experience*

As a new member, you will be required to attend a weekly new member meeting in addition to weekly chapter meetings. The goal of these meetings is to teach new members the values, traditions, and rituals of the organization.

### *Philanthropic Service*

Each Greek chapter enjoys serving its local and national philanthropy and will host events each semester to raise awareness and donations for the cause. New members are invited to attend these events as a way to socialize within the community while supporting a worthy cause.

### *Community Involvement*

As a new member, you will be encouraged to participate in campus and Greek-wide events such as The Big Event, Dance Marathon, and Homecoming. These events are not only fun, but provide an opportunity to meet and work with students from across campus. This is also a great opportunity to get involved in leadership on campus through networking and involvement.

### *Sisterhood Events*

Joining a Panhellenic organization is a great way to meet people and create lifelong friendships. Many organizations hold events to help bond chapter members. Sisterhood events, date parties, member class mixers, etc. create a lasting memories for Panhellenic members.

### *Educational Programming*

Fraternity and Sorority Programs and Services and the Panhellenic Association host various educational programs each year to educate our students on topics such as leadership and risk management. Our programs include the following:

- Hazing and alcohol education
- Sexual assault awareness
- Positive social media strategies

### *Safe Break*

Safe Break is an annual event hosted by the Panhellenic Association each year before Spring Break. The event is focused on safety and smart decision-making during the time off from classes.

Each year, we celebrate the life of Lisa Wieder, a beloved member of the Panhellenic community and Alpha Omicron Pi sisterhood at OU who tragically passed away during her Spring Break vacation in 2004.

# FINANCIAL *Transparency*

The information on the next page includes all required costs of Panhellenic membership for the 2025-2026 year as reported in April 2025. Total costs below include member dues, chapter fees, and assessments including inter/national fees, required apparel, housing and/or parlor fees, etc.

In a spirit of transparency and accountability, this information will be provided to potential new members and other Panhellenic constituents before, during, and after the University of Oklahoma Formal Recruitment process.



# FINANCIAL

## Transparency

ORGANIZATION	NEW MEMBER YEAR	MEMBER IN HOUSE	MEMBER OUT OF HOUSE
<b>Alpha Chi Omega</b>	\$4,908.00	\$13,574.00	\$4,374.00
<b>Alpha Gamma Delta</b>	\$3,923.00	\$12,090.00	\$3,318.00
<b>Alpha Omicron Pi</b>	\$4,557.50	\$12,500.00	\$2,705.00
<b>Alpha Phi</b>	\$5,356.53	\$11,411.52	\$3,347.51
<b>Chi Omega</b>	\$3,950.00	\$11,580.00	\$3,126.00
<b>Delta Delta Delta</b>	\$3,939.00	\$12,900.00	\$3,600.00
<b>Delta Gamma</b>	\$3,673.00	\$10,017.00	\$3,317.00
<b>Gamma Phi Beta</b>	\$5,465.50	\$12,390.00	\$4,030.00
<b>Kappa Alpha Theta</b>	\$5,524.00	\$13,564.00	\$4,510.00
<b>Kappa Kappa Gamma</b>	\$4,663.00	\$12,518.00	\$3,558.00
<b>Pi Beta Phi</b>	\$4,697.00	\$11,720.00	\$3,990.00
AVERAGE	<b>\$4,605.09</b>	<b>\$12,205.87</b>	<b>\$3,625.05</b>
RANGE	<b>\$3,673 - \$5,524</b>	<b>\$10,071 - \$13,574</b>	<b>\$2,705 - \$4,510</b>

*(subject to slight changes)*

# FINANCIAL *Information*

Financial requirements are an important consideration for students participating in sorority recruitment. It is important to be as informed as possible with the costs associated with the sorority experience. If you accept an invitation to join a chapter, you will enter into a financial agreement and contract for housing that includes membership dues and fees during your collegiate years.

Dues and fees vary from chapter to chapter and from year to year. It is important to note sorority costs may be more expensive during your first year in the organization due to one-time fees and expenses. It is also important to mention that additional costs may arise during the year for items such as pictures, t-shirts, or other miscellaneous items.

## SORORITY LIVING

Sorority members have the opportunity to live in beautiful, historic homes just off of campus. Chapter houses are privately owned and maintained by local and national sorority alumnae housing corporations.

Once a student has accepted a bid to join a sorority chapter at OU, new members do not usually move immediately into the chapter houses. Typically, sorority members do not move in the chapter facility later in their experience - until their sophomore, junior or senior year. **All members have an obligation to live in the chapter facility at some point during their experience.** Below we have broken down some of the features of the chapter facilities:

### *Panhellenic Housing*

All 11 of our Panhellenic organizations have chapter facilities. In the 2024-2025 academic year, about 27% of Panhellenic members lived in their sorority's chapter housing. Many of these facilities include full room/board, laundry, parking, and close proximity to campus.

### *House Directors*

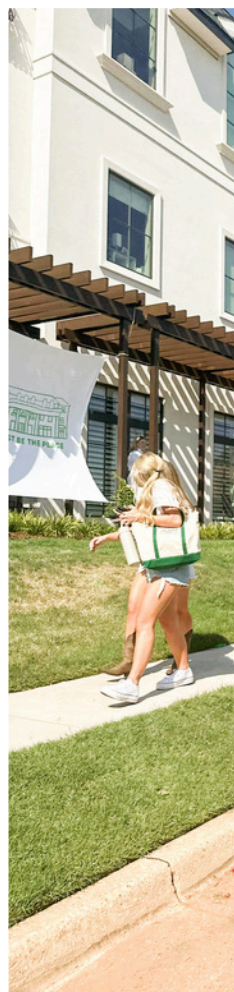
Panhellenic chapter houses employ a full-time, live-in House Directors, sometimes referred to affectionally as, "House Mothers." The House Director oversees the daily operations of the facility and ensures it meets all health and safety standards.

### *Living 'In-House'*

Nearly 900 students live in Panhellenic chapter facilities each year. Students that live "in house" get to enjoy living with their sorority siblings. Most Panhellenic members live-in during their sophomore, or second year, and perhaps juniors or senior year if they are involved in chapter leadership.

### *Living 'Out of House'*

All Panhellenic members are required to live in the chapter facility at some point during their experience, per local chapter policies. Many live in on-campus housing, or privately owned off-campus housing options when not living in the facility. Out of house members are always welcome in the facility and often eat 1-2 meals a week at the house with their friends and siblings.



# RECRUITMENT TEAM

The Panhellenic Association is a student-led organization and Panhellenic members step away from their chapters to join our full-time professional staff to organize and coordinate the Formal Recruitment process.

The University of Oklahoma is dedicated to finding your home away from home and we believe Panhellenic is the place for you. Panhellenic can help you grow into the best version of yourself during your undergraduate years, and beyond. The OU's Greek community is built on fostering high ideals of friendship, scholarship, community service, and leadership.

By choosing to go through recruitment, you will meet many amazing Panhellenic members that want to get to know you, and help you find your home here in OU Panhellenic. Please take the time to read this guide to better help you understand how sorority life can benefit your college career - and decide if the Formal Recruitment process is right for you.

With that, we formally invite YOU to meet our 11 Panhellenic chapters. Each chapter has many opportunities that they provide to their members to enhance their collegiate experience. We are so excited for you to go on this journey with OU Panhellenic and find the place that is best for YOU!

♥ Recruitment Team  
2025

VP of Recruitment  
Operations



**LARSEN ROUSSEL**

[larsen.m.roussel-1@ou.edu](mailto:larsen.m.roussel-1@ou.edu)

Larsen oversees general recruitment information, registration/reimbursement issues, and accommodations.

VP of Recruitment  
Programming



**MEG GERMAN**

[megerman@ou.edu](mailto:megerman@ou.edu)

Meg oversees all Recruitment Guides (Rho Gammas) and questions over recommendation letters.



# REGISTRATION

Registration for the University of Oklahoma's Panhellenic Association Formal Recruitment opens on April 21st. Once registration opens, you can log on to our website, [pan.ou.edu](http://pan.ou.edu), to register. Please check out the information below for additional details:

## Registration Deadlines

APRIL 21

Registration opens on [pan.ou.edu](http://pan.ou.edu)

JULY 1

Formal Recruitment registration closes at 11:59 PM CT

JULY 18

Last day of refunds - *not including the non-refundable \$5 tech fee with ICS*



## Housing

University of Oklahoma students with residence hall contracts for 2025-2026 academic year will move in to their residence halls August 7 & 8. OU Housing and Food Services will send an email with more information about your specific move-in date and time in early July.

For students living off campus, you will not be required to stay on campus during Formal Recruitment. You are responsible for your own housing during the Formal Recruitment process. Some events, such as nightly meetings, will be held on campus and we will notify you of those meeting locations as we get closer to recruitment.

## Meals

As recruitment will be occurring after the campus meal plan has started, we encourage students to use their meal plans during Formal Recruitment. Those students without meal plans will receive food vouchers so they may eat at Couch Restaurants.

## Tips & Advice

- Be prepared. Have your updated resume, high school GPA, and activity information prepared to plug into our online registration. You will be prompted to enter this information and it will be released to the 11 chapters.
- Make sure you know your University of Oklahoma identification number. This is a 9 digit number that will be given to you once you are admitted to OU.
- Save a high-quality photo of yourself. Our online system will prompt you to upload an image with the rest of your registration. Make sure it is a true headshot - we will not accept a full-body image. Aim for the photo to be of high-quality so that the chapters will be able to clearly see you!
- Don't be humble. This is a time to brag about yourself and all of the wonderful things you have done prior to going through recruitment!
- Be honest. Our team does cross-check grade data with the OU's records office. The grades you were admitted to the university with will be the grades listed on your profile. For more questions, please email [panhellenic@ou.edu](mailto:panhellenic@ou.edu).
- Make sure to submit your payment. You will not be registered for recruitment until you have submitted your \$175 registration fee.



## MOST IMPORTANTLY...

The chapters are excited to get to know **YOU** for **YOU**. Don't be nervous to talk about your values and what makes you passionate. Be **CONFIDENT** and know that there is a place for anyone among our chapters!

# ROUNDS 1 & 2

## Attire Suggestions

For Rounds 1 - 3 (Open House, Philanthropy, and Sisterhood) potential new members will be wearing their "Oklahoma Panhellenic Formal Recruitment" t-shirts. Each student will be given five t-shirts at check-in - a white, red, cream, pink, and purple shirt.

### ROUND 1

Day 1



Day 2



### ROUND 2



Rounds 1-2 of Formal Recruitment will be filled with a lot of walking and can be quite hot. We encourage you to wear something that will make you feel comfortable and confident while you chat with chapters. Perhaps consider sporting your favorite skirt or shorts and wearing colors that make you feel your best! We suggest wearing shoes comfortable for walking in the heat.

# ROUNDS 3 & 4

## Attire Suggestions

As recruitment continues, each round gets a little more formal and serious. Rounds 3 and 4 are the final rounds of recruitment and chapters will be excited to get to know you on a deeper level. Students will wear their pink and purple Panhellenic shirts on Round 3. Chapters conduct house tours on Round 3 - be thinking about footwear you are comfortable walking up and down stairs in for this round of recruitment.

Day 1

### ROUND 3

Day 2



### ROUND 4

Attire for Preference Round is typically more formal than other rounds of recruitment. Many potential new members wear a cocktail dress or a similar outfit with heels or wedges. A great way to think of attire for this round is what you would wear to an evening summer wedding. Students wear all kinds of dresses of other formal outfits during this round of recruitment. Dress in a way that makes you feel like your **best self**. There is less walking and standing during this round which makes it easier to wear heeled shoes. This round is typically more serious and formal, chapters are focused on having meaningful conversations with you!



# ROUND 1

## Open House

AUGUST 11th - AUGUST 12th, 2025

Round 1 of Formal Recruitment is an open house round, meaning, all potential new members will visit all participating Panhellenic chapters over two days. This round of recruitment focuses on the importance and excitement of "going Greek" and a great opportunity to visit with all of our amazing Panhellenic chapters.

### The Basics

Spend some time checking out our Panhellenic chapters prior to recruitment beginning. We suggest learning a little about the basics of each chapter through their websites and social media.

- Round 1 is August 11th-12th, 2025
- 11 parties attended over two days
- You will be grouped alphabetically and will be lead to each chapter facility by Rho Gammas.



## WHAT TO EXPECT

These days can feel very long - you'll get to meet a lot of people. Find a method to keep track of the chapters you visit with to help with your selections at the end of Round I, one common method is jotting down notes in a journal after each party.

We suggest keep a water bottle, some supplies to freshen up as well as a way to take notes between parties. It can be very hot in during this time in Oklahoma, please hydrate!

## TIPS & TRICKS

This is a "get to know you" round. Members will be asking about yourself so have some talking points ready.

Round 1 is a great opportunity to ask general questions about sorority life at OU. You can ask more specific questions about the chapter later on during recruitment.

You may be conversing in a group - be an active listener and get to know the students around you in your Tour Group!



# ROUND II

## *Philanthropy*

AUGUST 13th, 2025



Round 2 of Formal Recruitment is focused largely on the Panhellenic pillar of philanthropy. Potential new members (PNMs) can attend a maximum of 8 chapters after making selections following Round 1. Each PNM will have their own party schedule that their Rho Gammas will deliver the morning of Round 2. PNMs will learn about chapter philanthropies and the event will focus on conversation surrounding service and philanthropy.



### *The Basics*

- Round 2 is August 13th, 2025
- PNMs can attend a maximum of 8 chapters
- From Round 2 on, each PNM will have an individualized party schedule that will be delivered to their residence hall room by their Rho Gamma in the morning.

## WHAT TO EXPECT

Chapters will be telling you about the philanthropy and service they enjoy doing in the OU and Norman community.

Think about what philanthropic work you are passionate about or what service you have done in your own community. Ask about ways you can serve as a sorority member.

Don't hesitate to promote your own passion and work in philanthropy and community service. Chapters want to know how you give back to your community.

Many chapters will share presentations on their philanthropy and the role it plays in their organization. Ask them questions! This is an opportunity to know more about each philanthropy, their service events, and the member connection to their philanthropy.

## TIPS & TRICKS

The Oklahoma weather can be unpredictable so we suggest you prepare for warm weather as well as rain. Many PNMs bring small, handheld fans and water to keep cool and hydrated throughout the day.

Since you will be visiting up to 8 chapters, we suggest you jot down quick notes after parties so you can remember your conversations and feelings throughout the round.



# ROUND III

## Sisterhood

AUGUST 14th - AUGUST 15<sup>th</sup>, 2025

Round 3 is our sisterhood round - a round that gives potential new members (PNMs) and chapter members the chance to connect about the values that drive their actions. PNMs can attend a maximum of 5 parties over two days, each containing a tour of the chapter facility, longer conversation time to dig deeper into the values and sisterhood of our organizations, and more time for questions.

### The Basics

- Round 3 is August 14th - August 15th, 2025
- PNMs can attend a maximum of 5 chapters over two days
- From Round 2 on, each PNM will have an individualized party schedule that will be delivered to their residence hall room by their Rho Gamma in the morning.



## WHAT TO EXPECT

Round 3 is focused on sisterhood, campus involvement, financial commitments and values. Think about these things before the round begins.

Share with the chapters what you are looking for in a sisterhood and what you value in a friendship. This will help you understand how you may fit into their sisterhood.

Think about asking questions about the chapter's sisterhood traditions, fees/dues related to the chapter, and what they do on campus. Find where you feel values match up.

This is a great time to learn about what the life of a member in these chapters is like. Take this opportunity to picture yourself growing bonds in each of the chapters you visit. You may have to make hard decisions following this round so be present in your conversations!

## TIPS & TRICKS

Round 3 is focused on going deeper into intentional conversations. Do not be afraid to ask chapter members questions about why their organization means so much to them!

This round of recruitment contains a house tour, so think about that when choosing your shoes.

The chapters will also be discussing the financial commitments of membership. This is a great time to ask financial questions you may have - it is important piece of the membership experience.



# ROUND IV

## *Preference*

AUGUST 16th, 2025



Preference Round is the last round of Formal Recruitment before Bid Day! An invitation to preference round means the particular sorority is very interested in extending membership to you. The parties will focus on the core aspects of sorority life, including friendships, sisterhood, and tradition. This will be your last chance to interact with members before final selections are made.



### *The Basics*

- Round 4 is August 16th, 2025
- PNMs can attend a maximum of 2 chapters
- Party rounds are 60 minutes
- Each PNM will have an individualized party schedule that will be delivered to their residence hall room by their Rho Gamma in the morning.

## WHAT TO EXPECT

Parties during Preference round are longer than previous rounds. Expect to spend more time with chapter members. The conversation will be much deeper and meaningful, enjoy your time with the members!

Preference round is a great time to ask any last-minute questions you might have. Chapter and Panhellenic team members are happy to help. We understand it is a big decision!

This is a time to reflect on all you learned about the chapters. During this round, you will deepen your connections with the chapters that were formed each round.

You will make final selections after your last party so it is important to be present throughout this round.

## TIPS & TRICKS

Preference round can be a long day with a lot of down time. Use this time to reflect on your experience and all that you learned during recruitment!

Make sure your phone is charged. You will make your final selections after your last party with Panhellenic on your phone.

After each party, take a few moments to reflect on what the chapter you visited means to you and how you may see yourself within it.

The decision following this round may be difficult so we encourage you to reach out to Rho Gammas or Panhellenic team members if you need any support!

# SCHEDULE

## 2025 Summer & Fall

### MONDAY, APRIL 21

#### Recruitment Registration Opens

Register for Fall Formal Recruitment at [pan.ou.edu](http://pan.ou.edu).

### TUESDAY, JULY 1

#### Recruitment Registration Closes

Registration closes at the end of the day (11:59 PM CT).

### FRIDAY, JULY 18

#### Registration Deadline

Last date for refund request - *this does not include the non-refundable \$5 tech fee for ICS.*

### AUGUST 7-8

#### Panhellenic Move-In

Student will move into their on campus housing locations (if applicable). Moving-in times are all dependent on OU Housing and Food Services .

### SATURDAY, AUGUST 9

#### Check-In and Orientation

All students need to check-in to confirm their participation in Formal Recruitment. You'll attend a mandatory orientation session this day.

If you plan to not live on-campus for the 2025 - 2026 year, we communicate check-in plans for you as recruitment approaches in July!

### SUNDAY, AUGUST 10

#### Free Day

Sunday is a free day for students to get settled, run errands, and prepare for Formal Recruitment.

Visit our vendors and try some restaurants in Norman. Be on the lookout for Panhellenic's Guide to Norman in July!

### MONDAY, AUGUST 11

#### Round 1 - Open House

Potential new members will visit all 11 chapters over two days.

### TUESDAY, AUGUST 12

#### Round 1 - Open House

Potential new members will visit all 11 chapters over two days.

### WEDNESDAY, AUGUST 13

#### Round 2 - Philanthropy Day

Potential new members attend a maximum of eight parties.

### THURSDAY, AUGUST 14

#### Round 3 - Sisterhood

Potential new members attend a maximum of five parties over two days.

### FRIDAY, AUGUST 15

#### Round 3 - Sisterhood

Potential new members attend a maximum of five parties over two days.

### SATURDAY, AUGUST 16

#### Round 4 - Preference

Potential new members attend a maximum of two parties.

### SUNDAY, AUGUST 17

#### Bid Day

Matched potential new members will receive their bids and attend activities with their new chapter

### MONDAY, AUGUST 18

#### Camp Crimson

An orientation for all incoming students.

### MONDAY, AUGUST 25

#### First Day of Classes

Classes begin at the University of Oklahoma. We suggest using any down time during the formal recruitment process to prepare for the first day of classes. Your Rho Gammas will be a great resource for you as you prepare for the Fall 2025 semester!



# WHAT IF I LIVE OFF-CAMPUS?

*No problem!*

It is **not** a requirement to be a first-year student to participate in the Formal Recruitment process. This process is open for all undergraduate students! There are just a few minor changes to your schedule that will be different from someone going through Formal Recruitment who lives on campus. Please see below for a few FAQs and Advice:

## WHERE WILL I MEET MY RHO GAMMAS?

You will have have 2 sets of Rho Gammas: Tour Group Rho Gammas and Hall Group Rho Gammas. **Tour Group Rho Gammas** will **ONLY** be assisting you to each chapter during the days of Round 1 while **Hall Group Rho Gammas** will be your all-around go to people throughout the week!

You will receive an email letting you know who your Tour Group and Hall Group Rho Gammas will be. They will communicate with you in a form of a group chat to let you know where you will be meeting them each day of the process.

Again, you will be mostly paired with your Hall Group Rho Gammas as they will be meeting with you each morning and night of the process.

## HOW WILL I BE RECEIVING MY SCHEDULE?

You will be given your schedule through your Hall Group Rho Gammas. Again, they will let you know where you will be meeting each day to receive your schedules and have your nightly meetings!

## HOW DO MEALS WORK?

During both days of Round 1, Panhellenic will provide meal cards to anyone who does not have a food plan with Couch Restaurants ("the Caf"). During this round we have a break in our schedule in order for everyone to have lunch and your Tour Group Rho Gammas will help you navigate the timing of this round.

For the other rounds, you are able to come and get a meal card from your Rho Gamma in order for you to get something to eat at Couch Restaurants. Please know, that the schedule does not stop for lunch during the rest of the rounds - please be mindful of your schedule so you do not miss a party!

## COMMUTING TO CAMPUS

Since you do not live on-campus, you will need to commute each day for the nightly group meetings as well as the mandatory orientation on August 9<sup>th</sup>.

Please make sure to allow more than enough time to travel to campus and find a place to park in order to not miss any of the required events for this process. You'll need a commuter parking pass for the Norman campus.

## WHERE CAN I PARK?

Go ahead and confirm that you have purchased your parking permit for the 2025-2026 year. You will need to park in the parking lots that match your permit. If you need suggestions on where to park, please reach out to your Rho Gamma! They are all upperclassmen and know all of the best locations to park.

## IS THERE A PLACE FOR ME TO GO IN-BETWEEN MY PARTIES?

Yes! You are always welcome to come and rest in-between your party schedule at Panhellenic's Headquarters. We will be located at Jim Thorpe Multicultural Center.

## IF I AM OFFERED A BID, CAN I THEN MOVE INTO THE CHAPTER HOUSE?

Unfortunately, no. The chapters do not have the capacity to move new members into the chapter houses right after Formal Recruitment. You may, however, ask your chapter what the Spring semester may look like and see if there is availability to move-in then. Most active members live-in during the 2nd year of their experience.

# FORMAL RECRUITMENT

## *Guidelines & Policies*

### *Formal Recruitment Guidelines*

- A student must be an enrolled, full-time undergraduate student at the University of Oklahoma (Norman or OUHSC campus) to be eligible to participate in formal or informal recruitment activities.
- Potential new members must register with the University of Oklahoma Panhellenic Association and pay the registration fees in order to participate in Formal Recruitment.
- All students participating in Formal Recruitment are not required to live in the OU residence halls during the week of recruitment.
- PNMs must abide by the Membership Recruitment Guidelines and Code of Ethics published in the OU Panhellenic Recruitment Guidebook, the Canvas Class and the National Panhellenic Conference Unanimous Agreements.
- PNMs participating in Formal Recruitment must wear their nametags provided by the Panhellenic Association during all Formal Recruitment activities.
- PNMs participating in Formal Recruitment may not visit any fraternity chapter from August 7 - August 17, 2025. Sorority members may not visit chapter facilities during fraternity recruitment (August 20 - 24).
- PNMs must attend all Formal Recruitment events at the designated times or they may not continue in the process.
- A PNM participating in Formal Recruitment shall not be, nor have ever been, an initiated member of a NPC organization.
- A student is ineligible for Panhellenic membership recruitment if they have been a new member of a NPC sorority at OU in the same calendar year.
- A student shall complete the Membership Recruitment Acceptance Binding Agreement card immediately following the last preference event they attend. Once a MRABA has been signed and submitted, no changes may be made. For questions, please ask the Panhellenic Recruitment Team.
- A student signing a MRABA card and receiving a bid at the end of Formal Recruitment shall be bound to the chapter they matched with by the agreement for one calendar year at OU per NPC policies.
- Failure to follow any of these rules could result in dismissal from the Formal Recruitment process.

### *Summer Contact*

The National Panhellenic Conference has amended the summer contact policies. Chapters may reach out to PNMs to promote the overall sorority experience - not recruit for their own organization. This contact should be in the Panhellenic spirit. Should a PNM not feel comfortable with this contact, please reach out to Panhellenic at [panhellenic@ou.edu](mailto:panhellenic@ou.edu).

No student is eligible to join a sorority in the summer months or anytime when school is not in session with the exception of the end of Formal Recruitment.

### *Legacy Information*

A legacy is defined as a daughter or sister of an initiated sorority member unless an international or national organization recognizes additional relations.

A legacy may not be given any gifts by the legacy sorority. Nor may they be allowed to purchase merchandise from a chapter.

PNMs may not spend the night at a sorority house unless prior approval is obtained from the Panhellenic Advisor. However, a legacy is permitted to spend the night at a legacy house, upon invitation, during the academic year.

## **ZERO TOLERANCE POLICY**

If an individual breaks any of policies outlined in the Panhellenic Association's PNM Code of Ethics, they may be completely removed from the Formal Recruitment process.

# RECOMMENDATION LETTERS

A letter of recommendation, sometimes referred to as a "rec" or a RIF (Recommendation Information Form) is a recruitment information form that is completed by an alumna of a specific sorority. These forms are used to introduce a potential new member to the alumna's sorority chapter at the University of Oklahoma.

## Recommendation Information

Some sororities might require a letter of recommendation, but it is important to understand that, if a sorority requires a recommendation it is that individual sorority's responsibility to obtain said recommendation, not the responsibility of the PNM.

It is permissible for a PNM to ask a sorority alumna member to complete a recommendation for her own chapter. However, is inappropriate for PNM (or anyone on the PNM's behalf) to contact an alumna member that they do not know to ask for a recommendation. Each national sorority has its own guidelines and its own recommendation forms the alumna must use. If an alumna is not familiar with her own sorority's regulations, she should contact the national organization.

There is a lot helpful information on our Recommendation Letters page of our website, [pan.ou.edu](http://pan.ou.edu). Please refer to this guide for questions about the recommendation process - QR code to the website is provided for you below. If you have additional questions, feel free to reach out for assistance. Our team is happy to help.

## Tips & Advice

- Always send a thank you note. Alumnae members are busy and sending them a brief note will show them your appreciation of them and their time.
- Know what to send. Chapters need only the recommendation forms from alumnae members. They do not need packets, gifts, or anything else mailed to their facilities. Forms can be sent to the chapter facilities themselves, the Panhellenic Office, or emailed.
- Get them in early. There is no official deadlines for when letters of recommendation must be received, but we suggest before July 15 to give the chapters ample time to process the paperwork.
- Use your network. If you are worried about finding a reference, ask teachers, coaches, family friends, or anyone else you feel comfortable talking to. You might find you know more sorority members than you think.

## CHAPTER MAILING & WEB ADDRESSES

### *Alpha Chi Omega*

1115 College Avenue  
Norman, OK 73072  
[oualphachi.com](http://oualphachi.com)

### *Alpha Gamma Delta*

930 Chautauqua Avenue  
Norman, OK 73069  
[alphagammadelta.org](http://alphagammadelta.org)

### *Alpha Omicron Pi*

1411 Elm Avenue  
Norman, OK 73072  
[ou.alphaomicronpi.org](http://ou.alphaomicronpi.org)

### *Alpha Phi*

1401 College Avenue  
Norman, OK 73072  
[oklahomaaalphaphi.org](http://oklahomaaalphaphi.org)

### *Chi Omega*

820 Chautauqua Avenue  
Norman, OK 73069  
[ou.chiomega.com](http://ou.chiomega.com)

### *Delta Delta Delta*

1611 College Avenue  
Norman, OK 73072  
[ou.tridelta.org](http://ou.tridelta.org)

### *Delta Gamma*

744 Elm Avenue  
Norman, OK 73069  
[oudeltagamma.com](http://oudeltagamma.com)

### *Gamma Phi Beta*

1105 College Avenue  
Norman, OK 73072  
[gammaphibeta-ou.org](http://gammaphibeta-ou.org)

### *Kappa Alpha Theta*

845 Chautauqua Avenue  
Norman, OK 73069  
[outheta.com](http://outheta.com)

### *Kappa Kappa Gamma*

700 College Avenue  
Norman, OK 73069  
[ou.kappa.org](http://ou.kappa.org)

### *Pi Beta Phi*

1701 Elm Avenue  
Norman, OK 73072  
[ou.pibetaphi.org](http://ou.pibetaphi.org)

# CONTINUOUS OPEN BIDDING

## *Informal Recruitment*

Continuous open bidding (COB), sometimes referred to as "Informal Recruitment," is a way for students interested in joining our Panhellenic system to become members in an informal process. COB is a chapter-driven process through which chapters invite students to recruitment events independent from Panhellenic. This type of recruitment process happens in the spring and fall terms.

### *Fall Semester*

The interest form for Fall 2025 COB will open at 4:00 PM on August 17. You may access the form at [pan.ou.edu](http://pan.ou.edu) or by visiting the Panhellenic Engage portal.

Chapter participation will be determined following Formal Recruitment 2025. For questions on chapters that will be COB eligible, please email [panhellenic@ou.edu](mailto:panhellenic@ou.edu) after 4:00 PM on August 17.

Last fall, five chapters were COB-eligible and about 90 students joined our community through the informal recruitment process.

It is important to note that if you should decide to go through the formal recruitment process and be matched with a chapter after preference round, you will **NOT** be eligible to participate in COB. If you are matched to an organization, you are not eligible to participate in any kind of Panhellenic recruitment process at OU until the start of the next primary recruitment period (Fall 2025 Formal Recruitment).

Our team can help you determine your eligibility should you have questions.



### *Spring Semester*

The interest form for Spring 2026 COB will open mid-December 2025. You may access the form at [pan.ou.edu](http://pan.ou.edu) or by visiting the Panhellenic Engage portal.

Chapter participation will be determined following the reset of total on the Tuesday of the first week of classes. For questions on chapters that will be eligible for COB, feel free to reach out to Panhellenic mid-January.

Typically four to five are COB eligible since campus total is set by the average chapter size. Last spring about 75 women joined our community through the informal recruitment process.

In the spring, Panhellenic will host an informational meeting the first week of the spring term. Follow us on social media to hear about that event as the date approaches. Anyone who completes the interest form before the first week of school will be emailed a reminder about the meeting.

Should you participate in 2025 Formal Recruitment and be matched with a chapter after preference round, you will **NOT** be eligible to participate in COB during the Spring 2026 term. Let us know if we can help assist you in determining your eligibility.

There is no registration / fee for COB! You can access the form at [pan.ou.edu](http://pan.ou.edu) or by visiting the Panhellenic Engage portal. The information you provided will be sent to COB-eligible chapters in that semester. Should you wish to participate in COB in different semester, that form will need to be filled out for each term participation occurs.



# Common Questions

## HOW CAN I SIGN UP?

Signing up for COB is quick and easy. You can visit [pan.ou.edu](http://pan.ou.edu) or the Panhellenic Engage portal to fill out the form. This information you provide in this form will be distributed to all COB-eligible chapters. Please note that COB forms must be filled out each semester a student is interested in membership.

## WHAT CHAPTERS PARTICIPATE IN COB?

Unlike Formal Recruitment, not all of our 11 chapters will participate in COB. Each term, campus total is calculated using chapter median size, or the previous fall's total size (whichever is larger). Any chapters that are not at or above the campus total number are eligible to participate in COB.

Our team will know what chapters are COB-eligible after the following dates. Feel free to reach out to [panhellenic@ou.edu](mailto:panhellenic@ou.edu) to inquire for either semester:

- Fall 2025 after 4:00 PM on August 17
- Spring 2026 after the Tuesday of the first week of classes



## HOW WILL CHAPTERS KNOW I WANT TO PARTICIPATE?

The Panhellenic Recruitment Team will give a copy of your completed interest form to the chapters who are eligible to participate in COB for the semester. The chapters will then contact you directly if they are interested in inviting you to one of their recruitment or COB events.

These COB events are often informal in nature. Some examples can include: dinner at a chapter house, grabbing coffee with current members, a movie night or game night with the chapter, attending an OU event, or sporting event together. Chapters arrange these events and often control the guest lists.

## HOW CAN I FIND OUT IF I AM COB-ELIGIBLE?

COB-eligibility is determined on several factors. If you have never gone through a Panhellenic recruitment process and have never been affiliated in any way with a NPC organization, you are COB eligible!

Students who went through the Formal Recruitment process and were matched with a chapter after preference round are not COB eligible until the following year.



*Let's Chat!*

If you have questions, you can contact us at:  
[panhellenic@ou.edu](mailto:panhellenic@ou.edu)  
(405) 325-3163

# OUR CHAPTERS

## Alpha Chi Omega

**NICKNAME:** Alpha Chi

**NATIONAL FOUNDING:** October 15, 1885

**OU FOUNDING:** 1916

**CHAPTER NAME:** Psi

**PHILANTHROPY:** Domestic Violence  
Awareness

**CHAPTER VALUES:** Leadership Ability,  
Personal Development, Academic  
Interest, Character, and Financial  
Responsibility

**MOTTO:** "Together Let Us Seek the Heights"

**SYMBOL:** Three-Stringed Lyre

**FLOWER:** Red Carnation

**COLORS:** Scarlet Red & Olive Green

**CHAPTER WEBSITE:**

[oualphachiomega.com](http://oualphachiomega.com)

**CHAPTER INSTAGRAM:**

[@oualphachiomega](https://www.instagram.com/oualphachiomega)

# AXΩ





# OUR CHAPTERS

## Alpha Gamma Delta



**NICKNAME:** Alpha Gam

**NATIONAL FOUNDING:** May 30, 1904

**OU FOUNDING:** 1919

**CHAPTER NAME:** Upsilon

**PHILANTHROPY:** Fighting Hunger

**CHAPTER VALUES:** leadership, scholarship,  
service and sisterhood

**MOTTO:** "Loving. Leading. Lasting"

**FLOWER:** Red & Buff Rose & Plumosa  
Asparagus Fern

**JEWEL:** Pearl

**MASCOT:** Squirrel

**COLORS:** Red, Buff, & Green

**WEBSITE:** [alphagamdelta.org](http://alphagamdelta.org)

**CHAPTER INSTAGRAM:** @oualphagam





# OUR CHAPTERS

## Alpha Omicron Pi

**NICKNAME:** AOII

**NATIONAL FOUNDING:** January 2, 1897

**OU FOUNDING:** 1924

**CHAPTER NAME:** Xi

**PHILANTHROPY:** National Arthritis  
Foundation

**CHAPTER VALUES:** Character, Dignity,  
Scholarship, and College Loyalty

**MOTTO:** "Inspire Ambition"

**SYMBOL:** Sheaf of Wheat

**FLOWER:** Jacqueminot Rose

**JEWEL:** Ruby

**MASCOT:** Panda

**COLORS:** Cardinal & Pink

**CHAPTER WEBSITE:** [ou.alphaomicronpi.org](http://ou.alphaomicronpi.org)

**CHAPTER INSTAGRAM:** @ouaoii



# AOPI



# OUR CHAPTERS

## Alpha Phi



**NICKNAME:** A Phi

**NATIONAL FOUNDING:** October 10, 1872

**OU FOUNDING:** 1917

**CHAPTER NAME:** Phi

**PHILANTHROPY:** Alpha Phi Foundation

**CHAPTER VALUES:** sisterhood, innovation, generosity and character

**MOTTO:** "Union Hand in Hand"

**SYMBOL:** Ivy Leaf

**FLOWER:** Lily of the Valley & Forget-Me-Not

**MASCOT:** Phi Bear

**COLORS:** Silver & Bordeaux

**CHAPTER WEBSITE:**

[oklahomaphi.org](http://oklahomaphi.org)

**CHAPTER INSTAGRAM:** @oualphaphi





# OUR CHAPTERS

## Chi Omega



**NICKNAME:** Chi O

**NATIONAL FOUNDING:** April 5, 1895

**OU FOUNDING:** 1919

**CHAPTER NAME:** Epsilon Alpha

**PHILANTHROPY:** Make-A-Wish  
Foundation

**CHAPTER VALUES:** Friendship,  
Involvement, Integrity, Leadership,  
Scholarship & Service

**MOTTO:** "Sisters on purpose"

**SYMBOL/MASCOT:** Owl

**FLOWER:** White Carnation

**JEWEL:** Pearl & Diamond

**COLORS:** Cardinal & Straw

**CHAPTER WEBSITE:**

[oklahomachio.com](http://oklahomachio.com)

**CHAPTER INSTAGRAM:**

[@ouchiomega](https://www.instagram.com/ouchiomega)





# OUR CHAPTERS

## *Delta Delta Delta*



**NICKNAME:** Tri Delt

**NATIONAL FOUNDING:** November 27, 1888

**OU FOUNDING:** 1910

**CHAPTER NAME:** Theta Gamma

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

**CHAPTER VALUES:** Truth, Self-Sacrifice,  
& Friendship

**MOTTO:** "A Perpetual Bond of Friendship"

**SYMBOL/MASCOT:** Dolphin

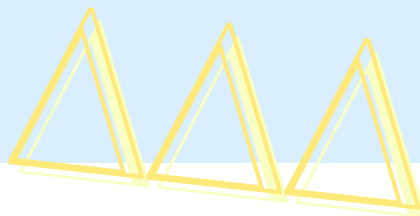
**FLOWER:** Pansy

**JEWEL:** Pearl

**COLORS:** Silver, Gold & Cerulean Blue

**CHAPTER WEBSITE:** [ou.tridelta.org](http://ou.tridelta.org)

**CHAPTER INSTAGRAM:** @outridelta



# OUR CHAPTERS

## *Delta Gamma*



**NICKNAME:** DG

**NATIONAL FOUNDING:** December 25, 1873

**OU FOUNDING:** 1918

**CHAPTER NAME:** Alpha Iota

**PHILANTHROPY:** Service for Sight

**CORE VALUES:** Friendship Among Women,  
Educational and Cultural Interests, Social  
Responsibility, & Character

**MOTTO:** "Do Good"

**SYMBOL:** Anchor

**FLOWER:** Cream-Colored Rose

**COLORS:** Bronze, Pink, & Blue

**CHAPTER WEBSITE:**

[ou.deltagamma.com](http://ou.deltagamma.com)

**CHAPTER INSTAGRAM:**

[@oudeltagamma](https://www.instagram.com/oudeltagamma)





# OUR CHAPTERS

## *Gamma Phi Beta*



**NICKNAME:** G Phi, Gamma Phi

**NATIONAL FOUNDING:** November 11, 1874

**OU FOUNDING:** 1918

**CHAPTER NAME:** Psi

**PHILANTHROPY:** Girls on the Run

**CORE VALUES:** Love, Labor, Learning, and Loyalty

**MOTTO:** "Founded on a Rock"

**SYMBOL:** Crescent Moon

**FLOWER:** Pink Carnation

**JEWEL:** Pearl

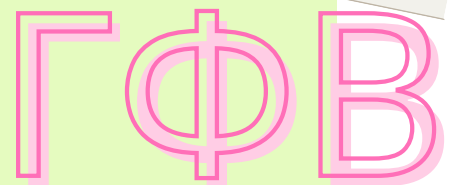
**COLORS:** Blush & A-la-Mode

**CHAPTER WEBSITE:**

[gammaphibeta-ou.org](http://gammaphibeta-ou.org)

**CHAPTER INSTAGRAM:**

[@ougammaphi](https://www.instagram.com/ougammaphi)





# OUR CHAPTERS

## Kappa Alpha Theta



**NICKNAME:** Theta

**NATIONAL FOUNDING:** January 27, 1870

**OU FOUNDING:** 1909

**CHAPTER NAME:** Alpha Omicron

**PHILANTHROPY:** Court Appointed Special  
Advocates (CASA)

**CORE VALUES:** intellectual curiosity,  
leadership potential, commitment to  
service, and personal excellence

**MOTTO:** "Leading Women"

**SYMBOL:** Kite, Twin Stars

**FLOWER:** Black & Gold Pansy

**COLORS:** Black & Gold

**WEBSITE:** [kappaalphatheta.org](http://kappaalphatheta.org)

**CHAPTER INSTAGRAM:**

@oklahomatheta



# KAΘ





# OUR CHAPTERS

## *Kappa Kappa Gamma*

**NICKNAME:** Kappa

**NATIONAL FOUNDING:** October 13, 1870

**OU FOUNDING:** 1914

**CHAPTER NAME:** Beta Theta

**PHILANTHROPY:** National Alliance for  
Eating Disorders

**CORE VALUES:** Friendship, Inclusiveness,  
Accountability, Compassion, Loyalty

**MOTTO:** "Dream Boldly. Live Fully."

**SYMBOL:** Golden Key

**FLOWER:** Fleur-De-Lis

**MASCOT:** Owl

**COLORS:** Light Blue & Dark Blue

**CHAPTER WEBSITE:** [ou.kappa.org](http://ou.kappa.org)

**CHAPTER INSTAGRAM:** @oukkg



# KKΓ



# OUR CHAPTERS

## Pi Beta Phi

**NICKNAME:** Pi Phi

**NATIONAL FOUNDING:** April 28, 1867

**OU FOUNDING:** 1910

**CHAPTER NAME:** Oklahoma Alpha

**PHILANTHROPY:** Read>Lead>Achieve

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

**MOTTO:** "Friends and Leaders for Life"

**SYMBOL:** Arrow

**FLOWER:** Wine Carnation

**MASCOT:** Angel

**COLORS:** Wine & Silver Blue

**CHAPTER WEBSITE:** [ou.pibetaphi.org](http://ou.pibetaphi.org)

**CHAPTER INSTAGRAM:**

@oupiphi





# FREQUENTLY ASKED QUESTIONS

Greek or Panhellenic membership can come with many questions. We have provided some frequently asked questions our team often receives. However, if you have additional questions or need assistance, please don't hesitate to reach out. The Panhellenic team is always happy to assist where we can. You can reach us at [panhellenic@ou.edu](mailto:panhellenic@ou.edu) or by calling (405) 325-3163 during business hours (Monday - Friday from 9:00 AM - 5:00 PM).

## HOW MUCH TIME DOES A SORORITY REQUIRE?

There is a required meeting once a week where you will exchange information on chapter events and organization education. Weekly chapter study sessions are an option for all members, along with events such as sisterhood activities, community service projects and social events.

## ARE UPPERCLASSMEN ALLOWED TO PARTICIPATE IN RECRUITMENT ACTIVITIES?

Many sororities look for a four-year commitment; however, most of our groups do consider upperclassmen in their recruitment process. Fewer upperclassmen than freshman participate in Formal Recruitment and fewer join chapters. We cannot predict any one person's recruitment experience. The best advice is to go through the process with an open mind.

## IS THERE A GPA REQUIREMENT TO PARTICIPATE IN FORMAL OR INFORMAL RECRUITMENT?

The OU Panhellenic Association does not require a certain GPA to participate in Formal Recruitment. However, each sorority has a minimum GPA to be considered for membership and initiation. The average GPA to join is around a 3.25 and the average GPA for an upper class student is around a 3.00.

## DO I NEED TO ATTEND ALL PARTIES USED ON MY RECRUITMENT SCHEDULE?

Yes. The objective of recruitment as a potential new member is to learn as much as you can about the OU Greek community and the chapters so you can make an informed decision regarding membership.

If you intentionally miss an event you were invited to, you are not maximizing your options and will be released from the Formal Recruitment process. Your Rho Gammas will be helpful in answering questions about maximizing your options and what that looks like for you as a PNM.

## HOW LONG DOES IT TAKE TO BE INITIATED?

Most chapters have an initiation period that ranges from four to 12 weeks. The new member period offer opportunities to meet other members, learn organization history, and establish a level of comfort within the chapter. Each chapter builds its own new member program and sets its own initiation dates.

## WHAT DOES IT MEAN TO "MAXIMIZE MY OPTIONS"?

When a PNM makes a selection, it is in their best interest to rank all of the chapters they attended during that round. By ranking all chapters, they maximizes their ability to receive an invitation from any chapter for the next round.

If a PNM does not maximize their options, it is possible that they will receive zero invitations for the next round. OU Panhellenic strongly discourages intentional single preferences (ISP), but we will fully support the students' decision if they want to make this choice. ISP limits PNMs' chances of receiving a bid. We will cover this in much more detail prior to selections each round of recruitment, especially preference round.

## WILL ALL PARTICIPANTS PLEDGE A SORORITY AT THE END OF THE FORMAL RECRUITMENT PROCESS?

Recruitment is a process of mutual selection and, as such, there are many different outcomes to their process. Participation in Formal Recruitment does not guarantee an invitation to join a sorority, nor does it obligate you to join.

However, approximately 80-90% of the students participating in Formal Recruitment each year join a sorority at the end of the process! We encourage all participants to go through our process with an open mind. An open mind allows students to meet others and find the chapter they feel the most at home in.

Some students do decide that sorority life is not for them during the recruitment process - and that's ok! We work with these students to get them plugged in on campus if they decide to withdraw from formal recruitment.

## WHAT IF I WANT TO BE IN A CERTAIN SORORITY?

Only wanting to be a member of one specific sorority or only considering a few chapters can severely limit a PNM's options for membership and can lead to disappointment. Panhellenic discourages joining a sorority based on stereotypes or other's opinions. We encourage you to keep an open mind and make a decision that is best for you.

## WHAT SHOULD I BRING TO RECRUITMENT?

Panhellenic will provide t-shirts to be worn during Round 1 - Round 3 of the Formal Recruitment process.

Other helpful hints:

- Consider bringing a change of shoes. There is a lot walking during recruitment from chapter facility to facility.
- Plan ahead. Many students find it helpful to bring a bag with them with face towels, personal fans, cosmetic products or band aids. Again, long days and lots of walking in the Oklahoma summer heat!
- Water is provided for students going through the recruitment process, but bringing a water bottle is advised as well.
- Don't be afraid to ask for tips. Recruitment Guides are great resources for students participating in the recruitment process and can provide helpful advice for a positive experience.

## WHAT IS A LEGACY?

A legacy can be defined differently by each chapter, but most commonly, a legacy is defined as a potential new member who is the sister, daughter, or granddaughter of an alumnae sorority member.

## AM I GUARANTEED A BID IF I AM A LEGACY?

If you are a legacy, you are not guaranteed a bid to your legacy's chapter. It does not hurt or help to be a legacy; it just notifies our chapters that you have a family member that was a part of that specific organization. Each chapter looks at the individual going through and will make their decision on what is best for their group at that time. We would encourage you to go through the process with an open mind.

The Panhellenic Association allows students to claim a legacy on their recruitment registration form. However, only the chapter(s) you claim will see that you are a legacy of that specific organization. We do not share legacy status with any other chapters.

## ARE LETTERS OF RECOMMENDATION REQUIRED?

No. Letters of Recommendation are not required by Panhellenic and most individual chapters for membership.

However, many students choose to ask alumnae of various organizations to complete a RIF (Recruitment Information Form), sometimes called a "rec letter" on their behalf. IF you choose to do this, we recommend having those forms to the chapters by July 15.

If you do not know an alumna of a certain chapter, it is inappropriate for you to ask someone that you do not know to complete a recommendation form for you. Each chapter knows that it is their responsibility to find a recommendation for students going through the recruitment process that they would like to pledge.

*Don't See Your Question?*

If you don't see the answer to your question here, feel free to reach out to us! We are here to make the transition to college and the experience of recruitment easy! We regularly update information on our website: [pan.ou.edu](http://pan.ou.edu)

You can contact us directly at:  
[panhellenic@ou.edu](mailto:panhellenic@ou.edu)  
(405) 325-3163



# TERMS TO KNOW

## ACTIVE

A fully initiated member of a sorority who is currently participating as a member.

## ALUMNAE

Sorority members who are no longer active, collegiate members of a Panhellenic organization.

## BADGE

Also known as a pin, the badge is an item of jewelry given to members upon invitation. Badges are often worn to chapter events and functions.

## BID

An invitation to join a Panhellenic sorority. Bids are given during formal or informal recruitment to potential new members. Once a PNM accepts a bid, they become a new member.

## BIG SISTER

Nickname for a big sister, a mentor assigned to a new member. Many organizations have special names and ceremonies for these pairings.

## CHAPTER

A branch of a national fraternity or sorority established at a campus. Each will have their own name, usually designated by Greek letters.

## CONTINUOUS OPEN BIDDING

Continuous Open Bidding, (COB) is the chapter-driven recruitment process that can occur all year. COB eligibility is set at the start of each semester when chapters turn in their most updated rosters to the Panhellenic office. Any chapter falling below the median chapter size can recruit up to that number.

## INITIATION

A ceremony during which new members receive a full and life-long membership privileges. Initiation ceremonies are held during the first semester of membership.

## INTENTIONAL SINGLE PREFERENCE (ISP)

When a student only lists one sorority on their Membership Recruitment Acceptance Binding Agreement (MRABA) form when two options are available. Students who ISP are not maximizing their options.

## LEGACY

The daughter, sister, grandchild (and in rare cases, niece) of an organization's member. National organizations determine legacy status for that specific organization.

## LITTLE SIBLING

Sometimes called "little." This is the nickname for a Big's new member that they mentor during their collegiate career.

## MAXIMIZING YOUR OPTIONS

A phrase used during primary, fall formal recruitment process. To maximize your options means to utilize all the options available to you. At the University of Oklahoma, you are required to maximize your options in each round with the exception of Preference Round (Round IV). Maximizing your options is always recommended.

## NATIONAL PANHELLENIC CONFERENCE

Also known as "NPC." NPC provides support and guidance for its 26 member national or international sororities/women's fraternities and organizations.

## NEW MEMBER

A student who has accepted a sorority bid but is not yet an initiated member.

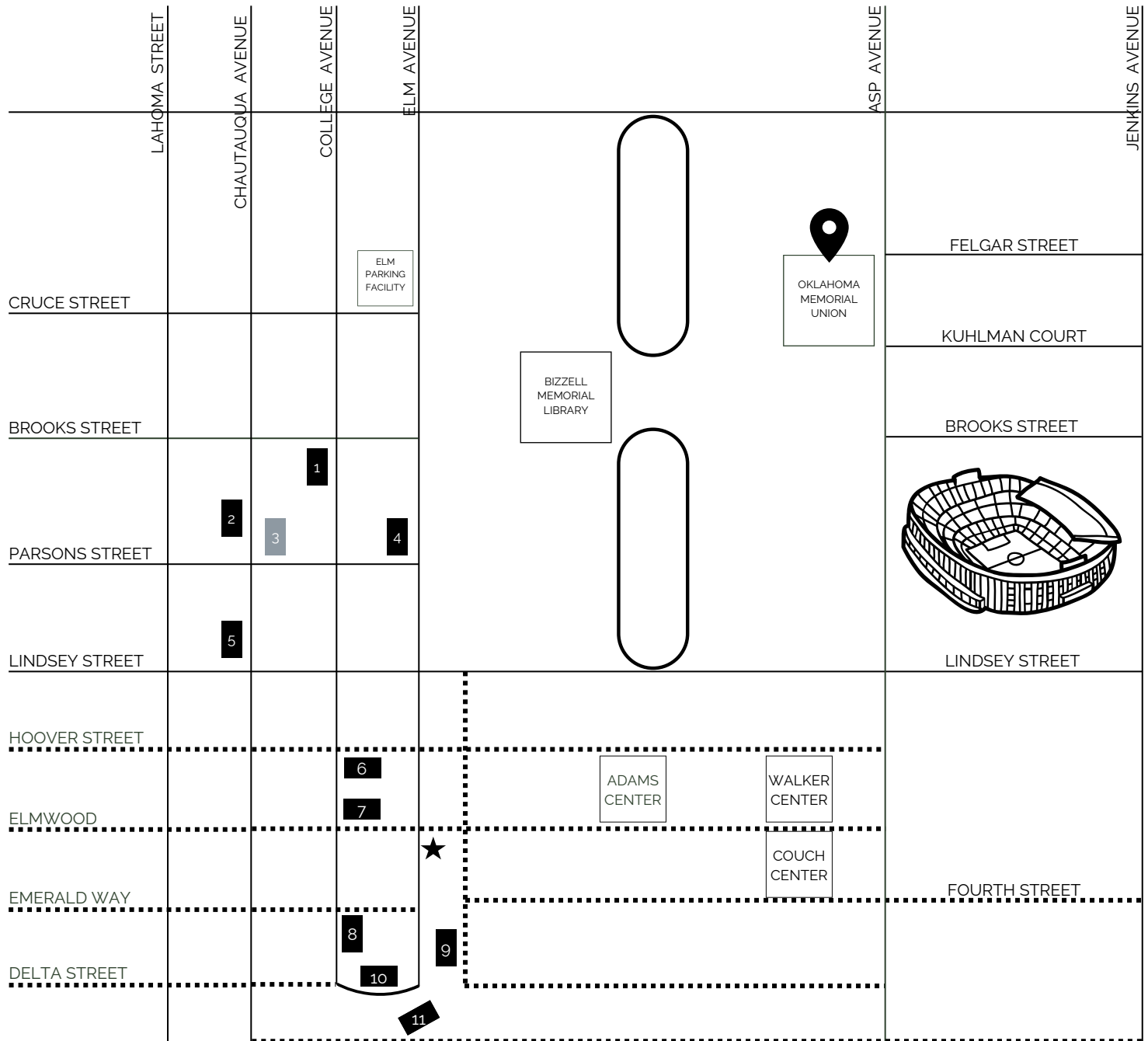
## PARTY

When a PNM attends a round of recruitment, that specific event is called a "party."

## POTENTIAL NEW MEMBER

A PNM is a student participating in any kind of Panhellenic recruitment process.

# Panhellenic FACILITY MAP



## SORORITY CHAPTER FACILITIES

- 1 Kappa Kappa Gamma (KKG)
- 2 Chi Omega (ChiO)
- 3 Kappa Alpha Theta (KAT) ★ Using BCM
- 4 Delta Gamma (DG)
- 5 Alpha Gamma Delta (AGD)
- 6 Gamma Phi Beta (GPhiB)
- 7 Alpha Chi Omega (AChiO)
- 8 Alpha Phi (APhi)
- 9 Alpha Omicron Pi (AOPi)
- 10 Delta Delta Delta (DDD)
- 11 Pi Beta Phi (PiPhi)



## FRATERNITY AND SORORITY PROGRAMS AND SERVICE

### Office of Student Life

900 Asp Avenue, Suite #428  
Norman, OK 73019

### PANHELLENIC HEADQUARTERS

(during Formal Recruitment only)

### Jim Thorpe Multicultural Center

1620 Asp Avenue  
Norman, OK 73019



# Recruitment Guides

## Advice and Well Wishes

As we will not see you until August, some of the Rho Gammas for this upcoming year have offered a few well wishes as you head into the summer!

Lexi

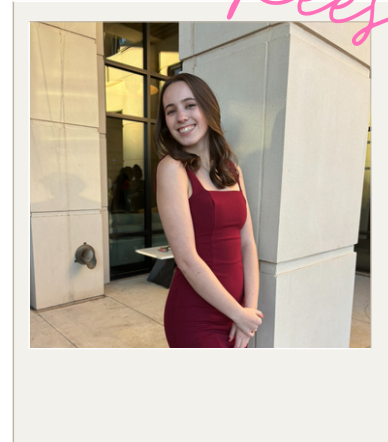


"Hi, my name is Lexi Elliott, and I am one of the 2025 Recruitment Guides! Going Greek has been one of the best decisions I've made since coming to OU. It has introduced me to so many amazing people, offered me so many fun ways to get involved, and genuinely grown me so much throughout my time in college. If I could give the incoming PNMs any advice, it would be to take it all in and make the most of every moment. This time goes by so fast, and recruitment seriously is such a fun experience. It's an opportunity to branch out, meet new people, and get started here at OU! Make friends with others around you, and most importantly, be yourself. No matter which one of our amazing chapters you end up calling home, you're going to do great things. Take a deep breath and enjoy this season because pretty soon, you'll be looking back and wondering where all the time went! I'm so excited to meet everyone so soon. See ya'll in the fall!"

Lexi Elliot

Chapter: Kappa Alpha Theta

Reese



"Going through recruitment can feel overwhelming at times, but it is also full of so much excitement!! During this week, make sure you're taking care of yourself and remember just how amazing you are! This process does not define you as a person, but should enhance your character and highlight your best qualities. My biggest advice is to have someone you can talk to throughout the process! Whether that be your mom, your best friend, or a Rho Gamma, having someone to talk to after a long day really can make such a huge difference! "

Reese Kuester

Chapter: Gamm Phi Beta

Grace



"Rush is such an impactful and memorable experience for everyone! While it may feel overwhelming or like "a long week" at times, it's truly a journey you'll cherish forever. The most important thing to remember is to make this experience YOURS. Rush is meant to be fun, exciting, and full of opportunities, and your perspective can shape it all! If the week ever feels tough, know that your Rho Gams are always here for you. We're your safe space, your support system, and your biggest cheerleaders throughout the entire process. Never hesitate to lean on us! We're here to listen, encourage, and walk alongside you every step of the way. We can't wait to share this special time with you and help make it everything you hoped for and more. See you soon!"

Grace Nichols

Chapter: Chi Omega

Camryn



"As you go through recruitment, my biggest piece of advice is to stay true to yourself and keep an open mind. It's easy to overthink conversations, but the right chapter will love you for exactly who you are. Remember, this process is about finding a place where you feel comfortable, valued, and genuinely at home. Each chapter is unique, and every conversation is a chance to learn more about what makes them special. Trust the process, give yourself grace, and know that your Rho Gamma is here to support you every step of the way!"

Camryn Stacey

Chapter: Alpha Phi

# QUESTIONS?

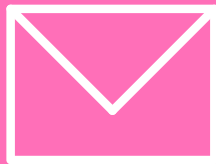
*Let's Chat!*

## CONNECT WITH PANHELLENIC



### OFFICE OF STUDENT LIFE

Oklahoma Memorial Union  
900 Asp Avenue, Suite #428  
Norman, OK 73019



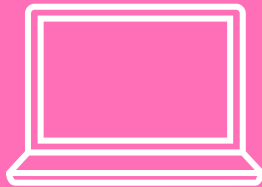
PANHELLENIC@OU.EDU



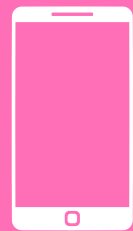
(405) 325-3163

### PANHELLENIC HEADQUARTERS

Jim Thorpe Multicultural Center  
1620 Asp Avenue  
Norman, OK 73019  
(during Formal Recruitment ONLY)



WWW.PAN.OU.EDU



@OUPANHELLENIC  
(Instagram & Facebook)

# WE CAN'T WAIT TO SEE YOU IN AUGUST!

♥, *Panhellenic Association*