

pan.ou.edu
@oupanhellenic

Oklahoma
PANHellenic
GREEK PREVIEW GUIDE BOOK



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 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.

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

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.

PAN

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 encouraging individual growth.

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.



From left to right: Scarlett Johnson (VP of Philanthropy), Channing Holloway (VP of Public Affairs), Courtney Brydon (VP of Finance), Andie Humes (VP of Recruitment Operations), Edie Gill (VP of Judicial Affairs), Julia Coats (Panhellenic President), Abigail Galdean (VP of Programming), Hannah Feuerhelm (VP of Recruitment Programming), Makenzie Brown (VP of Campus Engagement) and Reagan Liechti (VP of Administrative Affairs).

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 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 *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 IF space allows.** 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
2026

*VP of
Recruitment Operations*



Andie Humes

Sandra.M.Humes-1@ou.edu

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

*VP of
Recruitment Programming*



Hannah Feuerhelm

Hannah.K.Feuerhelm-1@ou.edu

Hannah 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 1st. Once registration opens, you can log on to our website, pan.ou.edu, to register. Please check out the information below for additional details:

Registration Deadlines

APRIL 1

Registration opens on pan.ou.edu at 9 am CT

JUNE 15

Formal Recruitment registration closes at 11:59 PM CT

JULY 1

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 6 & 7. 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.
- Make sure to submit your payment. You will not be registered for recruitment until you have submitted your \$180 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!

Greek Preview

Attire Suggestions

For Greek Preview we recommend wearing whatever you feel confident in, but if you are unsure we have provided some suggested apparel. There will be a lot of walking so we recommend shoes that are good for long distances. The Oklahoma weather can be unpredictable so also suggest watching the weather as the day approaches.



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.

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.



Meet our Chapters



Alpha Chi Omega

"Together Let Us Seek the Heights"

NATIONAL FOUNDING:

October 15, 1885

PHILANTHROPY:

Domestic Violence Awareness

CHAPTER VALUES:

Leadership Ability, Personal Development, Academic Interest, Character, and Financial Responsibility

SYMBOL: Three-Stringed Lyre

FLOWER: Red Carnation

COLORS: Scarlet Red & Olive Green





Alpha Gamma Delta

“Loving. Leading. Lasting”

NICKNAME: Alpha Gam

NATIONAL FOUNDING:

May 30, 1904

PHILANTHROPY:

Fighting Hunger

CHAPTER VALUES: leadership, scholarship, service and sisterhood

FLOWER: Red & Buff Rose & Plumosa Asparagus Fern

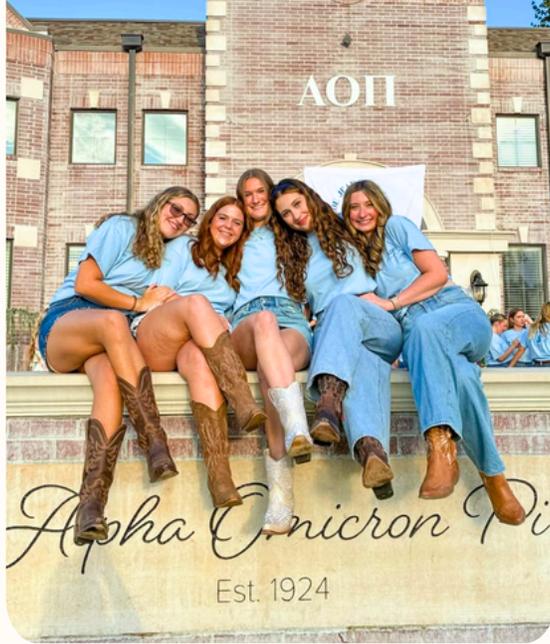
MASCOT: Squirrel

COLORS: Red, Buff, & Green



ΑΓΔ





Alpha Omicron Pi

"Inspire Ambition"

NICKNAME: AOII

NATIONAL FOUNDING:

January 2, 1897

PHILANTHROPY: National

Arthritis Foundation

CHAPTER VALUES: Character,
Dignity, Scholarship, and College

Loyalty

SYMBOL: Sheaf of Wheat

FLOWER: Jacqueminot Rose

JEWEL: Ruby

MASCOT: Panda

COLORS: Cardinal & Pink





Alpha Phi

"Union Hand in Hand"

NICKNAME: A Phi
NATIONAL FOUNDING:

October 10, 1872

PHILANTHROPY:

Alpha Phi Foundation

CHAPTER VALUES:

sisterhood, innovation,
generosity and character

SYMBOL: Ivy Leaf

FLOWER: Lily of the Valley &

Forget-Me-Not

MASCOT: Phi Bear

COLORS: Silver & Bordeaux





Chi Omega

“Sisters on purpose”

NICKNAME: Chi O
NATIONAL FOUNDING:

April 5, 1895

PHILANTHROPY:

Make-A-Wish Foundation

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

SYMBOL/MASCOT: Owl

FLOWER: White Carnation

JEWEL: Pearl & Diamond

COLORS: Cardinal & Straw





Delta Delta Delta

"A Perpetual Bond of Friendship"

NICKNAME: Tri Delt

NATIONAL FOUNDING:

November 27, 1888

PHILANTHROPY: St. Jude
Children's Research Hospital

CHAPTER VALUES: Truth, Self-

Sacrifice, & Friendship

SYMBOL/MASCOT: Dolphin

FLOWER: Pansy

JEWEL: Pearl

COLORS: Silver, Gold & Cerulean

Blue





Delta Gamma "Do Good"

NICKNAME: DG

NATIONAL FOUNDING:

December 25, 1873

PHILANTHROPY:

Service for Sight

CORE VALUES: Friendship

Among Women, Educational and

Cultural Interests, Social

Responsibility, & Character

SYMBOL: Anchor

FLOWER: Cream-Colored Rose

COLORS: Bronze, Pink, & Blue





Gamma Phi Beta

“Founded on a Rock”

NICKNAME:

G Phi, Gamma Phi

NATIONAL FOUNDING:

November 11, 1874

PHILANTHROPY:

Girls on the Run

CORE VALUES: Love, Labor,

Learning, and Loyalty

SYMBOL: Crescent Moon

FLOWER: Pink Carnation

COLORS: Blush & A-la-Mode





Kappa Alpha Theta

“Leading Women”

NICKNAME: Theta
NATIONAL FOUNDING:

January 27, 1870

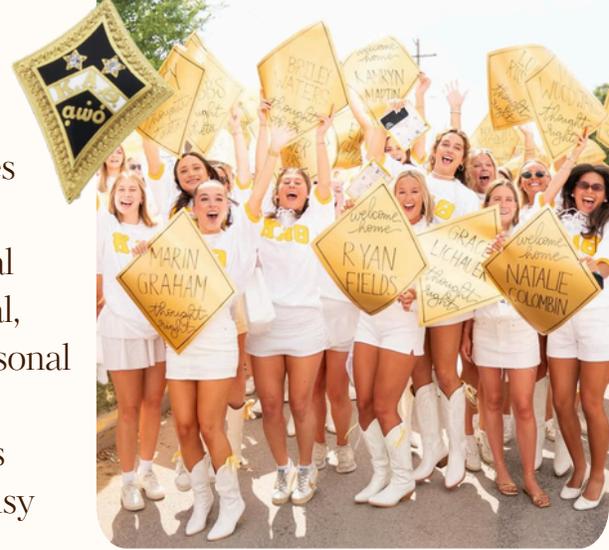
PHILANTHROPY: Court
Appointed Special Advocates
(CASA)

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

SYMBOL: Kite, Twin Stars

FLOWER: Black & Gold Pansy

COLORS: Black & Gold





Kappa Kappa Gamma

“Dream Boldly. Live Fully.”

NICKNAME: Kappa

NATIONAL FOUNDING:

October 13, 1870

PHILANTHROPY: National Alliance for Eating Disorders

CORE VALUES: Friendship, Inclusiveness, Accountability,

Compassion, Loyalty

SYMBOL: Golden Key

FLOWER: Fleur-De-Lis

MASCOT: Owl

COLORS: Light Blue & Dark Blue





Pi Beta Phi

"Friends and Leaders for Life"

NICKNAME: Pi Phi

NATIONAL FOUNDING:

April 28, 1867

PHILANTHROPY:

Read>Lead>Achieve

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

SYMBOL: Arrow

FLOWER: Wine Carnation

MASCOT: Angel

COLORS: Wine & Silver Blue



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.

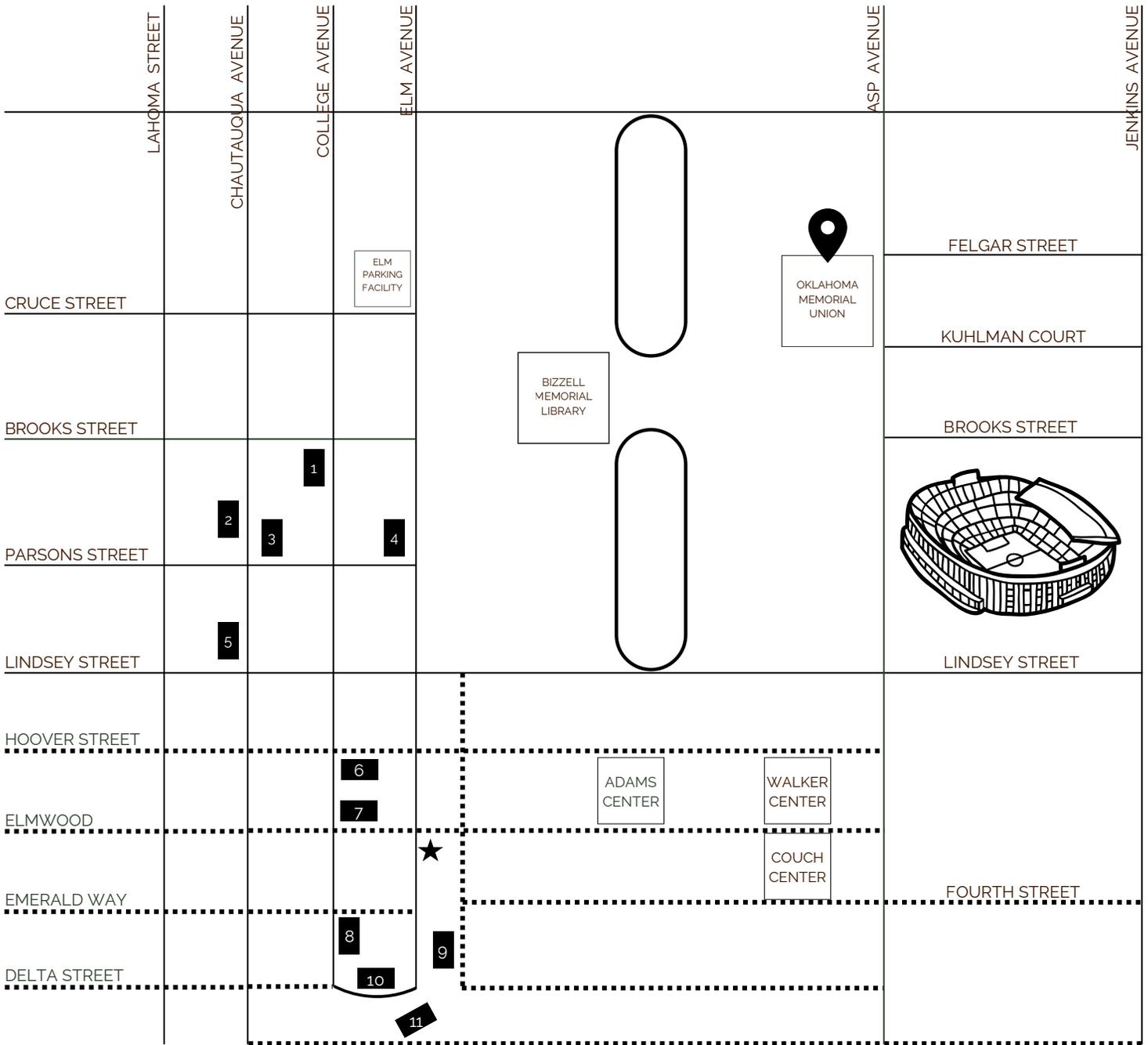
PARTY

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 (Theta)
- 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

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](mailto:panhellenic@ou.edu)



(405) 325-3163

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



[WWW.PAN.OU.EDU](http://www.pan.ou.edu)



[@OUPANHELLENIC](#)
(Instagram & Facebook)

WE CAN'T WAIT TO SEE YOU IN AUGUST!

 *, Panhellenic Association*