Welcome to The University of Oklahoma, a university with 130 years of Academic Leadership. Your student has embarked on an amazing adventure and will blaze new trails into their future. OU will provide your student with a rich sense of community that includes students, faculty, and staff.

The Sooner Parents organization offers you a unique opportunity, as OU's official parent's association, and is here to assist and partner with you on your family's extraordinary journey. We offer many helpful resources for our members and their students including, among other things, the following:

- Monthly Member-only e-newletters highlighting current information
- Early Notification of Fall and Spring Parent's weekends
- Access to purchase identified home football tickets (when an allotment is available)
- Scholarships available to students of Sooner Parents members, $20,000 allocated annually!
- Discounts at area businesses and 10% discount on clothing items at OU Bookstore.
- Opportunities to volunteer.

Having been born and raised a Sooner and as an alumnus of The University of Oklahoma, I am honored that all 3 of my children are currently attending or have graduated from OU. The education and unique opportunities provided by OU has given each of them a solid foundation from which to grow and succeed.

As you begin your journey as part of our Sooner family I encourage you to become a part of the Sooner Parents organization. Please contact me if I can be of any help to your family.

Join Sooner Parents

Patti Smith
Sooner Parents President
Dallas, Texas

Parent and Family Programs

WE ARE HERE TO SERVE YOU!

Welcome to the OU Family!

Parent and Family Programs partners with students’ families to help them thrive at OU, on campus and in life. As part of your student’s support system, you play a critical role in helping your student succeed from orientation through graduation. We are eager to join you in that effort.

The Parent and Family Programs Office is conveniently located in the Oklahoma Memorial Union and open during business hours. If you have any questions or concerns, we hope you will reach out to us during this season of transition.

Tracy Carlson
Coordinator of Parent and Family Programs
parents.ou.edu

CHECK OUT OUR PARENT STORE AT: PARENTS.OU.EDU
WE HOPE TO SEE YOU THIS YEAR: FAMILY WEEKENDS OCTOBER 2-4 APRIL 9-11
Hi there!

I am so beyond excited about your interest in the Panhellenic Association at the University of Oklahoma. Here at OU, we have 11 fantastic chapters; each of them bringing something unique to the sorority experience, while also exemplifying the Panhellenic ideals of scholarship, service, and career development.

Our members are some of the most ambitious, involved, and hardworking people on campus, and you’ll be able to witness those qualities and steadfast relationships for yourself in almost every class or organization available. Once again, welcome! I’m so grateful for your consideration in joining us.

Steadfastly yours,

Maren Schultz
2020 Panhellenic President

Congratulations on your decision to join us at the University of Oklahoma and becoming a part of the OU family! I am thrilled to welcome you to campus on behalf of the Office of Student Life.

Our office serves as a liaison to the students between faculty, alumni advisers, national offices, and families. We develop values-based leadership development programming, provide training in areas such as chapter operations, risk management, health and safety, and membership recruitment. Our team monitors the academic performance of fraternity and sorority members and recognizes the successes and contributions of community members.

It is our hope that you find the Office of Student Life to be a resource to you and your families. If, at any point, you have questions about the fraternity or sorority experience, please do not hesitate to contact us at (405) 325-3163 or panhellenic@ou.edu.

Again, congratulations on your decision to attend the University of Oklahoma. We look forward to seeing you in August!

Kylie Frisby
Coordinator, Fraternity and Sorority Programs and Services
Panhellenic Association Adviser
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 the University of Oklahoma. Learn more on these pages about all the options for joining the fraternity and sorority community at OU. Visit us online at www.greek.ou.edu to learn more about our Greek councils.

**Interfraternity Council (IFC)**
The Interfraternity Council is home to 16 fraternities. It is the second-largest council on campus with over 2,100 members and is comprised of social-interest organizations. To learn more about IFC, visit ifc.ou.edu.

**Independent Greek Council (IGC)**
The Independent Greek Council is home to 9 special-interest organizations, comprised of four fraternities and five sororities. With over 400 members, IGC is our newest council at OU, founded in 2015. To learn more, visit link.ou.edu/igc.

**Multicultural Greek Council (MGC)**
The Multicultural Greek Council is comprised of 14 culturally-based organizations - seven sororities and seven fraternities. MGC is home to over 300 members and is one of the largest and healthiest multicultural councils in the nation. Visit mgc.ou.edu to learn more.

**National Pan-Hellenic Council (NPHC)**
The National Pan-Hellenic Council is home to the “Divine Nine” historically Black fraternities and sororities. With nearly 100 members, NPHC is quickly growing. The University of Oklahoma is proud to be the only institution in the Big XII to host all nine NPHC charters. Learn more at link.ou.edu/nphc.

**Panhellenic Association (PAN)**
The Panhellenic Association is the largest Greek council on campus with over 3,000 members in 11 chapters. Comprised of social-interest organizations, the Panhellenic Association is also the largest women’s organization on campus. Visit pan.ou.edu to learn more.
GOING GREEK
at the University of Oklahoma

INDEPENDENT GREEK COUNCIL

IGC is home to five sororities that serve various interest groups including STEM interest, Native interest, Christian interest, and music interest.

The recruitment process for the Independent Greek Council varies by chapter. Some chapters recruit semestery, others recruit annually. Many IGC chapters recruit the first few weeks of each semester and hold a variety of events for those interested in joining their chapter to attend. Be sure to follow IGC on social media as well as consider following individual chapters you might be interested in to stay up to date with all current and upcoming recruitment events. Visit link.ou.edu/igc to see a full list of IGC organizations and learn more about the council.

For questions, contact Alene Basmadjian, IGC VP of Programming at alene.basmadjian@ou.edu

IGC 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 Gamma National Sorority, Inc.
- Theta Nu Xi Multicultural Sorority, Inc.

LEARN MORE AT LINK.OU.EDU/IGC

MULTICULTURAL GREEK COUNCIL

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

MGC sororities will host two days of informational, 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.

For questions, contact Abraham Mendieta, MGC VP of Recruitment at recruitment.oumgc@gmail.com

MGC SORORITIES

- Alpha Sigma Kappa (STEM interest)
- Gamma Delta Pi (Native interest)
- Kappa Phi (Christian, service interest)
- Sigma Alpha Iota (music interest)
- Sigma Phi Lambda (Christian interest)

LEARN MORE AT MGC.OU.EDU

NATIONAL PAN-HELLENIC COUNCIL

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

The National Pan-Hellenic Council does not have a formal recruitment process. However, each chapter does hold individual rush and intake meetings or informational 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.

For questions, contact Ushyra Raymond, NPHC President at uraymond@ou.edu

NPHC SORORITIES

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

LEARN MORE AT LINK.OU.EDU/NPHC
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 the 11 National Panhellenic Conference affiliated sororities on campus and promotes our four core values in all we do - scholarship, service, leadership, and sisterhood.

**Scholarship**

Greek organizations were founded on the principle of exceptional scholarship. Our council and chapters provide academic mentoring, tutoring services, time management seminars, proctored study halls, and information on free campus resources to members.

**Service**

Sorority members recognize the need for service in their communities. All of our organizations provide assistance to their individual philanthropic organizations, as well as Panhellenic’s official philanthropy, the United Way of Norman.

**Personal Growth**

We hope that our community provides each member a place to grow and develop as a student, a leader, a sister, and a person. Leaving the sorority experience as an improved version of yourself is something we strive to aid our members in achieving through the Panhellenic membership experience.

**Sisterhood**

Joining a Panhellenic organization means having over 3,000 women on your team. Sororities offer new friends, lifelong bonds, and invaluable experience that will last long after your collegiate years are over.

**Leadership**

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

**Inclusivity**

While this area is one our community is continually growing in, we strive to find ways to appreciate the unique aspects of each of our members. Our organization is a place for you to grow and learn more about yourself and others - valuing inclusion, cultural appreciation, and human dignity are vital when looking to join Panhellenic.
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 about our community of sorority members.

### PANHELLENIC

**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 about our community of sorority members.

<table>
<thead>
<tr>
<th>who we are</th>
<th>what we do</th>
<th>how we give</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,047 total members in 11 Panhellenic Chapters</td>
<td>3.41 GPA</td>
<td>80,000+ Community service hours completed in 2019</td>
</tr>
<tr>
<td>&lt;1% International Students</td>
<td>All-Panhellenic GPA compared to the All-Women’s GPA of a 3.31</td>
<td>$500,000+ Philanthropic funds raised in 2019</td>
</tr>
<tr>
<td>55.4% Out of State</td>
<td>Panhellenic members with more than one degree program</td>
<td>1,100+ Leadership positions held on campus in 2019</td>
</tr>
<tr>
<td>43.6% From Oklahoma</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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 friendships of individual fraternity and Panhellenic life. The opportunity for wide and wise human contact, through mutual respect and helpfulness is the tenet by which we strive to live.
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 term from January - December. Each Panhellenic Executive Team 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 near the residence halls. The Panhellenic Executive Team will serve as Panhellenic staff in the summer and are happy to provide assistance or answer questions you might have about Formal Recruitment, Continuous Open Bidding, or general Panhellenic information.

Panhellenic Executive Team from left: Mackenzie Tullier, VP Programming; Heather Balliew, VP Recruitment Operations; Amy Harris, VP Administrative Affairs; Riley Burr, VP Recruitment Programming; Morgan Rowe, VP Philanthropy; Maren Schultz, Panhellenic President; Shelby Boyer, VP Inclusivity; Sydney Smith, VP Judicial Affairs; Delaney Mack, VP Public Affairs; Whitleigh Simmons, VP Finance.
The Panhellenic Association at the University of Oklahoma is proud to offer multiple ways for students to become members of 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.

This process is formalized. Potential New Members receive party schedules from the Panhellenic staff each morning during the process.

Formal Recruitment is also referred to as “Fall Formal Recruitment” or “Primary Recruitment.”

Formal Recruitment only occurs in the fall term.

During Formal Recruitment, chapters are allowed to recruit up to quota, or the number of potential new members (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 (50-80 each term) than Formal Recruitment (900-1000 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. Sometimes called “Spring 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 72 hours following primary, or Fall Formal Recruitment.

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 or by calling (405) 325-3163.
Your First Year
as a Panhellenic member

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.

While the fall 2020 semester is still a bit in flux with the ripple effects of COVID-19, we wanted to share some things to expect during your first year.

Study Hall 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.

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

Philanthropic Work
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.

Recruitment Events
In the spring, chapters host recruitment workshops to help their new members prepare for next year’s Formal Recruitment process.

Active Participation
As a new member, you will be encouraged to participate in campus and Greek-wide events such as The Big Event, Soonerthon, and Homecoming. These events are not only fun, but provide an opportunity to meet and work with students from across campus.

New Member Education
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 and active bystander training
- Positive social media strategies

Safebreak
Safebreak 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 Spring Break.

Each year, we celebrate the life of Lisa Weider 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 requirements are an important consideration for students participating in sorority recruitment, so 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 and membership dues and fees during your collegiate years.

Dues and fees vary from chapter to chapter and 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 note that additional costs may arise during the year for items such as pictures, t-shirts, or other miscellaneous items.

At the University of Oklahoma, 73% of Panhellenic women received financial aid in 2019 and over $11.8 million in scholarships have been awarded to Panhellenic members in the last year.

2020 - 2021 Financial Breakdown
Costs below are for a full academic year at the University of Oklahoma. Member In-House Fees include room/board as well as organizational membership fees.

**First Year Membership Fees**
- Average: $3,702.63
- Range: $2,506.00 - $4,550.00

**Member In-House Fees**
- Average: $9,963.39
- Range: $7,802.00 - $11,675.00

**Member Out-of-House Fees**
- Average: $3,172.68
- Range: $2,261.00 - $3,580.00

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 typically live in chapter housing. Typically, sorority members do not move into the chapter facility until their sophomore, junior, or senior years. Upperclassmen may have an obligation to live in the chapter house; however, each chapter regulates membership living. Check out some features of our sorority homes below:

**Panhellenic Housing**
All 11 of our Panhellenic organizations have chapter facilities. In the 2018-2019 academic year, about 29% of Panhellenic members lived in sorority chapter housing. Many of these facilities include full room/board, laundry, parking, and close access to campus.

**House Directors**
Panhellenic chapter houses employ full-time, live-in House Directors, sometimes referred to affectionately 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 women live in Panhellenic chapter facilities each year. Women that live “in house” get to enjoy living with their sorority sisters. Most Panhellenic women live in their sophomore year and perhaps junior or senior years if involved in chapter leadership.

**Living “Out of House”**
Not all Panhellenic women live in chapter housing. Many live in on-campus housing, or privately owned off-campus housing options. Out of house members are always welcome in the facility and often eat 1-2 meal a week at the chapter house with friends and sisters.
On February 20, 2019 the University of Oklahoma Panhellenic Association voted to adopt a resolution regarding financial transparency during Panhellenic recruitment processes. 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.

The information below includes all required costs of Panhellenic membership for the 2020 – 2021 year as reported in May 2020. Total costs below include member dues, chapter fees, and assessments including inter/national fees, required apparel, housing and/or parlor fees, etc.

**New Member Year**
Totals include all required costs including initiation fees, inter/national initiation fees, lowest badge or pin costs, and a set number of meals at the chapter facility each week.

**Member In House**
Totals include all required costs including membership dues and fees, room and board costs, and chapter parking. Price does not necessarily include laundry. For comparison, the cost of the University of Oklahoma residence halls for the 2020 – 2021 academic year is $11,324 for a Tower double room including room and board costs. A full list of rates can be found at ou.edu/housingandfood.

**Member Out of House**
Totals include membership dues and fees and a set number of meals at the chapter facility each week.

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>NEW MEMBER YEAR</th>
<th>MEMBER IN HOUSE</th>
<th>MEMBER OUT OF HOUSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha Chi Omega</td>
<td>$3,867.99</td>
<td>$10,324.80</td>
<td>$3,408.00</td>
</tr>
<tr>
<td>Alpha Gamma Delta</td>
<td>$3,437.00</td>
<td>$10,154.00</td>
<td>$3,104.00</td>
</tr>
<tr>
<td>Alpha Omicron Pi</td>
<td>$3,674.00</td>
<td>$11,675.00</td>
<td>$3,780.00</td>
</tr>
<tr>
<td>Alpha Phi</td>
<td>$4,273.48</td>
<td>$9,279.48</td>
<td>$3,395.48</td>
</tr>
<tr>
<td>Chi Omega</td>
<td>$3,435.00</td>
<td>$11,540.00</td>
<td>$3,530.00</td>
</tr>
<tr>
<td>Delta Delta Delta</td>
<td>$3,990.50</td>
<td>$10,600.00</td>
<td>$3,180.00</td>
</tr>
<tr>
<td>Delta Gamma</td>
<td>$2,506.00</td>
<td>$7,802.00</td>
<td>$2,261.00</td>
</tr>
<tr>
<td>Gamma Phi Beta</td>
<td>$3,000.00</td>
<td>$9,550.00</td>
<td>$3,700.00</td>
</tr>
<tr>
<td>Kappa Alpha Theta</td>
<td>$4,550.00</td>
<td>$8,876.00</td>
<td>$3,020.00</td>
</tr>
<tr>
<td>Kappa Kappa Gamma</td>
<td>$4,317.00</td>
<td>$11,327.00</td>
<td>$3,062.00</td>
</tr>
<tr>
<td>Pi Beta Phi</td>
<td>$3,478.00</td>
<td>$8,469.00</td>
<td>$2,349.00</td>
</tr>
<tr>
<td><strong>AVERAGE</strong></td>
<td><strong>$3,708.63</strong></td>
<td><strong>$9,963.39</strong></td>
<td><strong>$3,172.68</strong></td>
</tr>
<tr>
<td><strong>RANGE</strong></td>
<td><strong>$2,506.00 - 4,550.00</strong></td>
<td><strong>$7,802.00 - 11,675.00</strong></td>
<td><strong>$2,261.00 - 3,580.00</strong></td>
</tr>
</tbody>
</table>

*Prices subject to change. Chapters determine final membership dues and fees.*
Being a sorority member can be an integral part of your college years. Panhellenic chapters enhance the collegiate experience and provide opportunities for you to become the best version of yourself. The University of Oklahoma’s Greek community is built on fostering high ideals of friendship, scholarship, community service and leadership.

We would like to formally invite YOU to explore our 11 Panhellenic chapters and discover what we have to offer. We highly encourage you to participate in our recruitment programs. By choosing to go through recruitment, you are exposing yourself to a myriad of opportunities and connecting with exceptional members of the Greek community. 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.

All of our Panhellenic chapters are unique and give something different to their members. We believe that there is a sorority for everyone at the University of Oklahoma and specifically one for YOU!

-2020 Panhellenic Recruitment Team

The Panhellenic Association is a student-led organization and Panhellenic women step away from their chapters to join our full-time professional staff to organize and coordinate the formal recruitment process. Meet the 2020 Panhellenic Recruitment Team below!

Recruitment Team from left: Meredith Douma, Head Rho Gamma; Heather Balliew, VP Recruitment Operations; Harper Morris, Operations Assistant; Riley Burr, VP Recruitment Programming.

Heather and Harper oversee our recruitment logistics. For questions about scheduling, registration, or recommendation letters, feel free to reach out for assistance.

heather.m.balliew-1@ou.edu
harper.morris@ou.edu

Riley and Meredith oversee our Recruitment Guide training, selection, and communications. For questions about our Rho Gamma program, please feel free to reach out.

riley.c.burr-1@ou.edu
Meredith-Douma@ouhsc.edu

For other questions or assistance, please feel free to email us at panhellenic@ou.edu. We are available all summer to answer any questions you might have. You can also contact us via phone at (405) 325-4006.
Registration for the University of Oklahoma’s Panhellenic Association Formal Recruitment 2020 opens on June 8. After this date, you can log on to our website, www.pan.ou.edu to register. Check out the information below for additional details.

**Registration Deadlines**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNE 8</td>
<td>Registration opens on pan.ou.edu</td>
</tr>
<tr>
<td>AUGUST 1</td>
<td>Priority registration deadline before fee increase, last day for refund request</td>
</tr>
<tr>
<td>AUGUST 16</td>
<td>Last day for refund / registration closes</td>
</tr>
</tbody>
</table>

**Recruitment Housing**

This year, as a result of the ripple effects of the COVID-19 pandemic, Panhellenic Formal Recruitment is happening a little later than a typical year. This means that our usual policy of requiring all potential new members to stay in the OU residence halls during Formal Recruitment is not in effect this year. OU students with residence hall contracts for the 2020-2021 academic year will move in to their residence halls August 11 - 14. OU Housing and Residence Life will send an email with more information about your specific move in date and time later this summer.

For students living off campus, you will not be required to stay on campus during the Formal Recruitment process. Some events, such as nightly meetings, may be held on campus but more specific schedule information will be available later this summer as well.

**Recruitment Meals**

Our recruitment schedule will look different from past years. There will be more time between recruitment events and additional events added to decrease the number of people per event. As recruitment will be occurring after the campus meal plan has started, students should use their campus meal plans during the Formal Recruitment process. Those students without meal plans or living off campus will have time to grab food at home or on campus during recruitment rounds.

**Registration Tips**

- Be prepared. Have your updated resume, transcripts, and test scores nearby to plug into our online system. You will be prompted to enter this information that will be released to the 11 chapters.

- Make sure you know your OU Student ID number.

- Save a high-quality photo of yourself. Our online system will prompt you to upload an image with your profile. Make sure it is a high-quality image so that chapters will be able to clearly see you!

- Don’t be humble. This is a time to brag on yourself and all the awesome things you have done prior to going through recruitment.

- Be honest. Our team does cross-check grade data with the University of Oklahoma’s records office. The grades you were admitted to the university with will be the grades listed on your profile. E-mail panhellenic@ou.edu for questions.

- Make sure to submit your payment. You will not be registered for recruitment until you have submitted your $120 registration fee.
Round I of Formal Recruitment is an open house round, meaning all potential new members will visit all 11 Panhellenic chapter facilities over one day. This round of recruitment focuses on the importance and excitement of “going Greek.” PNMs will be visiting each chapter virtually through Zoom. Prior to the party, PNMs will watch chapter recruitment videos and the recruitment event will focus on conversation.

**FAST FACTS**
- Round I is August 19, 2020
- 11 parties attended virtually over a single day
- Party rounds are 15 minutes
- You will be grouped alphabetically and will receive a schedule via email. You will log in with Zoom to attend your recruitment events

**TIPS & TRICKS**
- This day 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.
- We suggest keeping a water bottle, computer charger, and some snacks near. You’ll be on Zoom for several hours this day talking with chapter members.

**WHAT TO EXPECT**
- This is a “get to know you” round. Members will be asking you about yourself so have some talking points ready.
- Round I is a great time to ask general questions about sorority life at OU. You can ask more specific questions about the chapter during later rounds of recruitment.

**ATTIRE SUGGESTIONS**
In a typical year, Round I of Formal Recruitment can be filled with a lot of walking and can be quite hot. However, this year, you’ll spend this day in the comfort of your own room or home. As we will not be providing Panhellenic t-shirts this year, we encourage you to wear something that will make you feel comfortable and confident while you converse with chapters via Zoom. Perhaps consider sporting your favorite OU shirt or a wearing a color that makes you feel your best.

**VIRTUAL RECRUITMENT**
While the idea of virtual recruitment is new for many incoming students, please know we are all in this together. We will help provide assistance and support every step of the way. Below are a few suggestions to prepare for a virtual experience:
- Set up your space to provide comfort and confidence - don’t feel like you have to stage your entire living area, but consider a clean space to help clear your mind and help you focus on your conversations.
- Limit distractions - consider finding a quiet space or using headphones to help cut down on distractions in your immediate area.
- You will likely be conversing in a group - be an active listener and get to know lots of OU students this round.
- Test your Internet connection. Perhaps get with a friend and do a run through before this round to make sure you feel comfortable.
- Don’t panic. If there are tech issues, we will help get them resolved!
Round II of Formal Recruitment is focused largely on the Panhellenic pillar of philanthropy. PNMs can attend a maximum of 8 chapters after making selections following Round I. Each PNM will have their own party schedule that their Rho Gammas will deliver the morning of Round II. PNMs will be visiting each chapter virtually through Zoom. Prior to the party, PNMs will watch chapter philanthropy videos and the event will focus on conversation.

**ATTIRE SUGGESTIONS**

Much like Round I, we recommend wearing something you feel most comfortable in. Be yourself and wear something that you like! You will be able to focus on having great conversations if you feel good about how you look.

As this round is also taking place in a digital setting, we’d recommend finding a method that works best for you for taking notes between your parties. This will help you keep track of your thoughts for selections later this evening. Your Rho Gammas will be on call on campus to help assist if you have any technical issues or questions. Don’t be afraid to reach out for help!

**VIRTUAL RECRUITMENT**

After Round I, you’ll likely have a better feel for what the virtual piece of recruitment will feel like. Round II will have parties that are a little longer, but you will still watch any supplemental chapter videos or content prior to your party on your OU Canvas page. Please note that watching these videos is an important way Panhellenic will track attendance at your recruitment events. If you have any issues accessing the videos, let the Panhellenic team or your Rho Gammas know and we can assist.

Below are a few additional tips and tricks for virtual recruitment rounds:

- Find a comfortable spot for your events on Zoom. We recommend not being backlit to make sure your face and expressions can be clearly seen.
- Consider stacking some books on your desk to help raise your camera to eye level.
- While Zooming on a couch or in your bed might be comfortable, we’d recommend finding a place to sit upright to help keep you engaged in the conversation.
- We recommend using a computer over a cell phone for Zoom calls.

**FAST FACTS**

- Round II is August 20, 2020
- PNMs can attend a maximum of 8 parties
- Party rounds are 25 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.

**TIPS & TRICKS**

- Round II will be conducted virtually - we suggest having some snacks and a water bottle near to help keep you hydrated between parties!
- Think about ways you can help to keep your environment distraction-free. Finding ways to clear your mind to focus on conversation will be helpful to you during virtual recruitment events.

**WHAT TO EXPECT**

- Chapters will be telling you about their 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.
Round III is our sisterhood round - a round that gives PNMs and chapter members the chance to connect about the values that drive their actions. PNMs can attend a maximum of 5 parties, 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. It is our goal to have Round III conducted in-person over two days. However, our back-up plan is moving Round III to a virtual setting.

**FAST FACTS**

- Round III is August 21 & 22, 2020
- PNMs can attend a maximum of 5 parties
- Party rounds are 35 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

**TIPS & TRICKS**

- We suggest if you are going to wear heels that you bring comfy shoes to walk in to each chapter house. Bring a bag to stash your walking shoes in while you in the party. You can change shoes before going in.
- Keep in mind that you are going on house tours when choosing shoes for this round.

**WHAT TO EXPECT**

- Round III is focused on sisterhood, campus involvement, and values. Think about these things before the round begin.
- Think about asking questions about the chapter's sisterhood traditions and what they do on campus. Find where you feel values match up.

**ATTIRE SUGGESTIONS**

Round III is currently planned to be conducted in-person with a virtual backup plan. PNMs will attend a maximum of 5 parties split over two days. Some PNMs might have all parties in one day, while others might have them split between multiple days. There will be lots of down time during this round of recruitment. We encourage you to use this time to get prepped and ready for the fall term beginning on the 24th!

Round III parties are 35 minutes long and are focused on sisterhood. Additionally, this round of recruitment contains a house tour so think about that when choosing your shoes. Above are some outfit suggestions of attire for Round III, but please feel free to wear what you feel your best in. Our chapters care about getting to know YOU. They aren't focused on what you are wearing. Comfort and confidence is key so you can focus on conversations, rather than your outfit.

**SAFETY PLANNING**

It is our goal to host Round III in person. However, the safety of all recruitment participants is the most important thing. Should we need to shift to a virtual option for this round of recruitment, we will do so.

Below are some safety plans in place to help keep recruitment a safe and fun experience for all participants:

- Masks must be worn at all times by all recruitment participants - including chapter members, alumnae volunteers, recruitment staff, and PNMs. The exception to this policy is when PNMs are walking to and from chapter facilities. PNMs should remain more than 6 feet apart but are allowed to remove their masks to avoid overheating outdoors.
- Drinks will not be served by chapters during recruitment this year - PNMs are highly encouraged to bring reusable water bottles to stay hydrated. You will be able to bring these waterbottles into your parties.
- All in-person experiences will be in groups 40 or fewer students to allow for proper social distancing at all times.
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 friendship, sisterhood, and tradition. This will be your last chance to interact with members before final selections are made.

**FAST FACTS**
- Round IV is August 23, 2020
- PNMs can attend a maximum of 2 parties
- 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

**TIPS & TRICKS**
- Preference round can be a long day with a lot of down time. Use this time to prepare for your first day of the fall term on Monday!
- Make sure your phone is charged. You will make your final selections after your last party with Panhellenic on your phone.

**ATTIRE SUGGESTIONS**

Attire for Preference round is typically more formal than other rounds of recruitment. Many PNMs will choose to wear a cocktail dress or something similar with heels, or wedges. A great way to think of attire for this round is what you would wear to an evening wedding.

Don’t feel like you need to go buy a new outfit for Preference round. Women wear all kinds of dresses or other formal outfits during this round of recruitment. Dress in a way that makes you feel like your best self - you will be able to better concentrate on conversations during this round.

**WHAT TO EXPECT**
- Parties during Preference round are longer than previous rounds. Expect to spend more time with chapter 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!

**SAFETY PLANNING**

Much like Round III, we are currently planning for an in-person Preference Round but if needed, we will move to a virtual experience. Additional parties have been added to keep party sizes at a safe and manageable number for our chapters. Masks will be required for this round as well. Chapters will be sanitizing all seating and high-touch areas between parties. Participants should expect to remain 6 feet apart during Preference Round of recruitment.
MONDAY, JUNE 8
Recruitment Registration Opens
Register for Fall Formal Recruitment at www.pan.ou.edu.

SATURDAY, AUGUST 1
Priority Registration Deadline
Register for Formal Recruitment at before this date before fee increases to $145. Last date for refund request minus $15 service charge.

AUGUST 11 - 14
Residence Hall Move In
Potential New Members arrive and move into residence halls. Registration tents will be located in the housing areas and detailed instructions will be sent via email in July.

SUNDAY, AUGUST 16
Registration Closes
Last day to register for Fall Formal Recruitment. Registration closes at pan.ou.edu at 11:59 PM CST.

WEDNESDAY, AUGUST 19
Virtual Round I - Open House
Potential new members will visit all 11 chapters virtually.

THURSDAY, AUGUST 20
Virtual Round II - Philanthropy Day
Potential new members attend a maximum of eight parties virtually.

FRIDAY, AUGUST 21
In-Person Round III - Sisterhood Day
Potential new members attend a maximum of five parties in-person over two days.

SATURDAY, AUGUST 22
In-Person Round III - Sisterhood Day
Potential new members attend a maximum of five parties in-person over two days.

SUNDAY, AUGUST 23
In-Person Round IV - Preference
Potential new members attend a maximum of two parties in-person. More information to come on mandatory educational session attendance.

MONDAY, AUGUST 24
Fall Term Begins
Classes begin at the University of Oklahoma.

MONDAY, AUGUST 24
Bid Day
Bid Day plans will be released at a later date via email to all Formal Recruitment registrants. Please note that we will work with individuals with evening classes on Monday, August 24 to accommodate. Students should NOT skip class for Bid Day.

AUGUST 15 - 18
Crimson Welcome Week
We are thrilled to announce that Camp Crimson will be combining with Student Orientation Weekend to create Crimson Welcome Week, August 15-18. We are thrilled to offer an in-person Camp Crimson experience with multiple events and fun activities that were normally a part of SOW.

There will be various virtual parent and family sessions this day. Updated schedule to come!
FORMAL RECRUITMENT 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.
- PNM must abide by the Membership Recruitment Guidelines published in the University of Oklahoma Panhellenic Association Recruitment Look Book and NPC Unanimous Agreements.
- A PNM may not have guests (including family members) in her residence hall room during the Formal Recruitment process. All guests must be met in the lobby area on the first floor of the residence halls and are required to be masked and follow social distancing guidelines.
- PNMs participating in Formal Recruitment must wear the name tags provided by the Panhellenic Association during all Formal Recruitment activities. Preferred names should be used on Zoom profiles for virtual recruitment events.
- PNMs participating in Formal Recruitment are required to wear masks and maintain proper social distancing at all times they are not in their own room.
- PNMs participating in Formal Recruitment may not visit any fraternity chapter from August 11, 2020 - August 24, 2020, Sorority members may not visit chapter facilities during fraternity recruitment.
- PNMs must attend all Formal Recruitment events at the designated times. A PNM must receive prior approval from the Panhellenic Recruitment Chairmen or the Panhellenic Advisor to miss any event during the week. Technical issues during virtual rounds will be handled on a case-by-case basis.
- 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 the University of Oklahoma in the same calendar year.
- A student shall complete the “Membership Recruitment Acceptance” card immediately following the last preference event they attend. Once a “Membership Recruitment Acceptance” has been signed and submitted, no changes may be made. For questions, please ask the Panhellenic Recruitment team.
- A student signing a “Membership Recruitment Acceptance” 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 the University of Oklahoma per NPC policies.
- Failure to follow any of these rules could result in dismissal from the Formal Recruitment process.

**Summer Contact**

This year, 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.

Potential new members 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 sorority house, upon invitation, during the academic year.

**Recruitment Policies**

The University of Oklahoma Panhellenic Association Membership Recruitment Guidelines are intended to help guide fraternity members and PNMs through the membership selection process and Formal Recruitment Week.

The guidelines incorporate many of the procedures recommended by the National Panhellenic Conference.

For more information, please visit www.npcwomen.org, www.pan.ou.edu, or give us a call at (405) 325-4006.
Recommendation Information

Sororities appreciate and use the information provided in letters of recommendation to assist in their recruitment selection process. 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 potential new member.

It is permissible for a PNM to ask a sorority alumna member to complete a recommendation for her own chapter. However, it is inappropriate for a PNM (or anyone on the PNM’s behalf) to contact an alumna member that they does 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.

The OU Panhellenic Association has created a recommendation letter guide available at www.pan.ou.edu. There is a lot of helpful information on our Recommendation Letters page of our website. Please refer to this guide for questions about the recommendation process. If you have additional questions, feel free to reach out for assistance. Our team is happy to help.

Tips and Tricks

- Always send a thank you note. Alumnae members are busy and sending them a brief thank you will let them know you appreciate 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, or the Panhellenic office.

- Get them in early. There is no official deadline for when letters of recommendation must be received, but we suggest before August 1 to give the chapters ample time to process that paperwork.

- Use your network. If you are worried about finding references, ask teachers, coaches, family friends, or anyone else you feel comfortable talking to. You might find you know more sorority women than you think.
Recruitment Guides, or Rho Gammas, are upperclassmen members from various chapters who step away from their chapters during the recruitment season in order to help potential new members navigate recruitment. Check out the advice, tips, and tricks below from some of this year’s Recruitment Guides!

**Bella W.**  
Junior | Stillwater, OK  
"Be proud of who you are! When you are authentic in your interactions you will find the chapter that is best fit for you!"

**Genie W.**  
Junior | Norman, OK  
“It’s really important to go into recruitment with an open mind because every chapter’s sisterhood is unique and has so much to offer!”

**Lauren V.**  
Senior | The Woodlands, TX  
“It is so so important to stay true to yourself about what you’re feeling during this process and remember that this is YOUR college experience, so listen to your heart!!!”

**Megan C.**  
Senior | Kingwood, TX  
“My biggest piece of advice is to have an open mind and have fun with the experience. You will have such a fun time and you will end up exactly where you need to be!”

**Emily T.**  
Junior | Enid, OK  
“Everything works out the way it does for a reason, so let your personality shine and be excited! Our chapters can’t wait to get to know you!”

**Kennedy G.**  
Senior | St. Charles, IL  
“Be yourself and don’t compare your unique experience to anyone else’s! You will end up where you are the best fit (even if it seems like the world is over when you get released from a chapter you liked).”
### TERMS TO KNOW

<table>
<thead>
<tr>
<th>ACTIVE</th>
<th>A fully initiated member of a sorority who is currently participating as a member.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALUMNAE</td>
<td>Sorority members who are no longer active, collegiate members of a Panhellenic organization.</td>
</tr>
<tr>
<td>BADGE</td>
<td>Also known as a pin, the badge is an item of jewelry given to members upon initiation. Badges are often worn to chapter events and functions.</td>
</tr>
<tr>
<td>BID</td>
<td>An invitation to join a Panhellenic sorority. Bid are given during formal or informal recruitment to potential new members. Once a potential new member accepts a bid, they become a new member.</td>
</tr>
<tr>
<td>BIG SISTER</td>
<td>Nickname for a big sister, a mentor assigned to a new member. Many organizations have special names and ceremonies for these pairings.</td>
</tr>
<tr>
<td>CHAPTER</td>
<td>A branch of a national fraternity or sorority established at a campus. Each will have their own name, usually designated by Greek letters.</td>
</tr>
<tr>
<td>CONTINUOUS OPEN BIDDING</td>
<td>An informal recruitment process that Panhellenic sororities use to recruit new members outside of the primary formal recruitment period. This type of recruitment is also called “informal recruitment” or “spring recruitment” during the spring term.</td>
</tr>
<tr>
<td>INITIATION</td>
<td>A ceremony during which new members receive full and life-long membership privileges. Initiation ceremonies are held during the first semester of membership.</td>
</tr>
<tr>
<td>INTENTIONAL SINGLE PREFERENCE (ISP)</td>
<td>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.</td>
</tr>
<tr>
<td>LEGACY</td>
<td>The daughter, sister, grandchild (and in rarer cases niece) of an organization’s member. National organizations determine legacy status for that specific organization.</td>
</tr>
<tr>
<td>LITTLE SISTER</td>
<td>Sometimes called “littles.” This is the nickname for a Big’s new member that they mentor during their collegiate career.</td>
</tr>
<tr>
<td>MAXIMIZING YOUR OPTIONS</td>
<td>A phrase used during the 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.</td>
</tr>
<tr>
<td>NATIONAL PANHELLENIC CONFERENCE</td>
<td>Also known as “NPC.” NPC provides support and guidance for its 26 member national or international sororities / women’s fraternities and organizations.</td>
</tr>
<tr>
<td>NEW MEMBER</td>
<td>A student who has accepted a sorority bid but is not yet an initiated member.</td>
</tr>
<tr>
<td>PARTY</td>
<td>When a PNM attends a round of recruitment, that specific round is called a “party.”</td>
</tr>
<tr>
<td>POTENTIAL NEW MEMBER</td>
<td>A PNM is a student participating in any kind of Panhellenic recruitment process.</td>
</tr>
</tbody>
</table>
SORORITY CHAPTER FACILITIES

1. Kappa Kappa Gamma (ΚΚΓ)
2. Chi Omega (ΧΩ)
3. Kappa Alpha Theta (ΚΑΘ)
4. Delta Gamma (ΔΓ)
5. Alpha Gamma Delta (ΑΓΔ)
6. Gamma Phi Beta (ΓΦΒ)
7. Alpha Chi Omega (ΑΧΩ)
8. Alpha Phi (ΑΦ)
9. Alpha Omicron Pi (ΑΟΠ)
10. Delta Delta Delta (ΔΔΔ)
11. Pi Beta Phi (ΠΠΦ)

Visit pan.ou.edu for individual chapter house addresses.
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 a less formal way. Continuous Open Bidding 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 2020 COB will open at 8:00 AM on August 25. Access the form at pan.ou.edu or by visiting the Panhellenic Engage portal.

Chapter participation will be determined following Formal Recruitment 2020. For questions on chapters that will be COB eligible, please email panhellenic@ou.edu after 8:00 AM on August 25.

Last fall, 5 chapters were COB-eligible and about 60 students joined our community through the informal recruitment process.

It is important to note that should you 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 any kind of Panhellenic recruitment process at OU until the start of the next primary recruitment period (Fall 2021 Formal Recruitment).

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

**Spring Semester**

The interest form for Spring 2021 COB will open mid-December 2020. Access the form at pan.ou.edu or by visiting the Panhellenic Engage portal.

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

Last spring, 5 chapters were COB-eligible and about 80 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.

Should you participate in Formal Recruitment and be matched with a chapter after preference round, you will not be eligible to participate in COB during the spring 2021 term. Let us know if we can help assist you in determining your eligibility.

Registration for COB is free. You can access the form at pan.ou.edu or by visiting the Panhellenic Engage portal. The information you provide will be sent to COB-eligible chapters in that semester. Should you wish to participate in COB in different semesters, that form will need to be filled out for each term participation occurs.
How can I sign up?
Signing up for COB is quick and easy. You can visit 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.

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 to inquire for either semester:

Fall 2020: after 8:00 AM on August 25, 2020
Spring 2021: after the Wednesday of the first week of classes

How will chapters know I want to participate?
The Panhellenic Vice President of Recruitment Programming or the Panhellenic Adviser will give a copy of your Informal Recruitment Information Form to all eligible chapters. The chapters will then contact you directly if they are interested in inviting you to a recruitment event.

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

For questions about your COB-eligibility, please call (405) 325-3163 or email panhellenic@ou.edu. Our team can help you determine if you are COB-eligible for that term.

Questions?
Let's chat!
If you have questions regarding Continuous Open Bidding, please reach out. Our team is here and happy to help assist.

You can contact us at:
panhellenic@ou.edu
(405) 325-4006
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 or by calling (405) 325-4006 during business hours (Monday - Friday 9:00 a.m. - 5:00 p.m).

HOW MUCH TIME DOES A SORORITY REQUIRE?
There is a required meeting once a week where you will exchange information on chapter events and fraternity 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 freshmen 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 upperclass student is around a 3.00. These grades are pulled from university records.

DO I NEED TO ATTEND ALL PARTIES LISTED 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 could 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 offers opportunities to meet other members, learn fraternity 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” DURING RECRUITMENT?
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, she maximizes her ability to receive an invitation from any chapter for the next round.

If a PNM does not maximize their options, it is possible that she will receive zero invitations for the next round. OU Panhellenic strongly discourages intentional single preference. We will cover this in 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 this 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 week! We encourage all participants to go through our process with an open mind. An open mind allows women 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 at during the recruitment process. We work with these women 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 others' opinions. We encourage you to keep an open mind and make a decision that is best for you.

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 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.

DOES THE UNIVERSITY NEED A COPY OF MY ACADEMIC TRANSCRIPT FOR RECRUITMENT?
The Panhellenic Association will verify grade and test information from a potential new member based off of what she was admitted to the University of Oklahoma with. If a potential new member’s academic records are updated with the university, please email Panhellenic (panhellenic@ou.edu) with your name, student ID number, and a brief message explaining that your academic records with Panhellenic need to be updated.

WHAT SHOULD I BRING TO RECRUITMENT?
Panhellenic t-shirts will not be provided during the Formal Recruitment process this year. We recommend wearing something that helps you feel comfortable and confident during our online rounds.

Other helpful hints:

-Consider bringing a change of shoes. There is a lot of walking during recruitment from chapter facility to chapter facility and bringing a change of shoes is strongly advised for in-person events.

-Plan ahead. Many students find it helpful to bring a bag with them with face towels, personal fans or cosmetic products.

-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 hints and tricks for a positive experience.

ARE LETTERS OF RECOMMENDATION REQUIRED?
No. Letters of recommendation are not required by Panhellenic or any of our member 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 August 1.

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 write a recommendation form for you. Each chapter knows that it is their responsibility to find a recommendation for women going through the recruitment process that they would like to pledge.
Questions? Let’s Chat!

We hope this guide has answered the many questions you may have about 2020 Panhellenic Formal Recruitment. We understand this can be a daunting process, but it is such a fun one with so many people on your team.

The entire Panhellenic team is here to assist you before, during, and after recruitment. Please don’t hesitate to reach out for assistance, questions, or advice. We are here for you! Find us on social media (@oupanhellenic), stop in during our office hours (Monday - Friday 9:00 a.m. - 5:00 p.m.), or give us a call.

Connect with Panhellenic

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