

Alpha Gamma Delta Zeta Beta Chapter New Member Education Plan Fall 2025

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ALPHA GAMMA DELTA PURPOSE

To gain understanding that wisdom may be vouchsafed to me.

To develop and prize health and vigor of body.

To cultivate acquaintance with many whom I meet.

To cherish friendships with but a chosen few and to study the perfecting of those friendships. To welcome the opportunity of contributing to the world's work, in the community where I am placed, because of the joy of service thereby bestowed and the talent of leadership multiplied. To honor my home, my country, my religious faith.

To hold truth inviolable, sincerity essential, kindness invaluable.

To covet beauty in environment, manner, word and thought.

To possess high ideals and to attain somewhat unto them.

This shall be my purpose that those who know me may esteem Alpha Gamma Delta for her attainments, revere her for her purposes, and love her for her womanhood.

Mission of New Member Education (NME)

The mission of the Alpha Gamma Delta Embark program and our New Member Education is to connect our new members to the chapter and the members who are in the chapter, to build affinity in our new members with Alpha Gamma Delta as an international and historical organization, and to set expectations for our new members as to what it means to be a purposeful member of Alpha Gamma Delta. We also wish to familiarize new members with the policies, standards, and customs of Alpha Gamma Delta and our chapter. We will help them understand the customs of Lehigh and our chapter's unique involvement in the Greek system. We will strive to initiate effective communication among the new member class and between the new member class and active members of our chapter. Most importantly, we will provide new members with a memorable and enjoyable experience that will make them as comfortable as possible in their new home, Alpha Gamma Delta.

Alpha Gamma Delta Hazing Policy

Alpha Gamma Delta cares about each and every one of our members. That is why Alpha Gamma Delta has a zero tolerance policy towards hazing of any kind. Alpha Gamma Delta's official hazing policy is as follows:

"Hazing is defined as any action taken or situation created intentionally, whether on or off Fraternity premises, to produce mental or physical discomfort, embarrassment, harassment or ridicule. Such activities and situations include creation of excessive fatigue, physical or psychological shocks; wearing apparel publicly which is conspicuous and not normally in good taste; engaging in public stunts and jokes; morally degrading or humiliating games and activities; late night sessions which interfere with scholastic activities; and any other activities which are not consistent with the Alpha Gamma Delta Constitution and Standing Rules, The Ritual or Fraternity policy, or the regulations and policies of the educational institution, state or province. Hazing by individual members, new members or chapters of Alpha Gamma Delta is prohibited. For chapters, failure to comply with this Standing Rule shall result in disciplinary action. For

individual members and new members, failure to comply with this Standing Rule shall be deemed non-support of the standards of the Fraternity and shall result in disciplinary action.”

The Lehigh University Office of Fraternity and Sorority Affairs Hazing Prevention page can be found [here](#).

Expectations of New Members

New members will be expected to attend all events planned for new members. In order to be initiated, all new members must complete the Embark Program, mandated by the Alpha Gamma Delta Fraternity. New members must pass the Initiation Exam and complete Plaid TightRope, which includes educational programming on sexual misconduct, alcohol and drugs, hazing, mental health, and inclusive practices. Alpha Gamma Delta requires new members to complete Fraternity Wellness Education during their Embark Experience, which is meant to provide intentional, relevant education to help members navigate potentially harmful situations. New members will always be welcomed and encouraged to spend time with active sisters. When new members are not at new member meetings, they will be encouraged to return to their normal routine and work on their schoolwork. It is very important to Alpha Gamma Delta that the New Members enter into a routine that allows them to focus on their schoolwork and obligations, as well as on the Embark Programming.

New Member required events include ritual, Embark programming, and events that all active members are required to attend. All other events will be optional for new members.

New members will receive access to a virtual Epsilon Pi Journey Workbook during their first week. This handbook contains information about Alpha Gamma Delta’s history, philanthropy and values. Information from this booklet that is covered on the Initiation Exam will be highlighted throughout the program.

New members will be asked to participate in the Embark path to guide their personal development based on the values of Alpha Gam members. The goal is to have new members gain new skills and experiences by participating in an online module and group discussion for each of six values. The programs are as follows:

Rose 1: I Belong, Rose 2: I Thrive, Rose 3: I Care, Rose 4: I Lead, Rose 5: I Contribute, Rose 6: I Promise

Scholarship Expectations

Academics will always be a first priority for new members. They will be encouraged to spend time on or around campus with both new and active members studying and doing work together. New members will be placed into “Scholarly Squirrel” groups according to their major; these groups span across all member classes and can be used as an academic resource. In order to be initiated, new members must have a prior semester GPA of at least 2.5.

Expectations of Active Members

Active members will be expected to take a primary role in the new member education process. They will be expected to familiarize themselves with the NME plan prior to recruitment. They will be invited to join new members in all activities. They will be expected to make the new members feel welcome. Hazing will NOT be tolerated. Any sister caught or accused of hazing will immediately be subject to the Alpha Gamma Delta membership change procedures, at which time disciplinary action may be taken.

Expectation of Alumnae

Alumnae will be invited to join our chapter for all appropriate activities during the new member education process. They will be encouraged to review the NME plan prior to recruitment and provide any feedback they may have. Alumnae will not be allowed to haze and must adhere to the same policies set forth by Alpha Gamma Delta and Lehigh University.

Sister-Mother Program

Eligible sister-mothers will be assigned their sister-daughters after the welcome event. This will be revealed to the new members during the New Member Formal Pledge Service. According to Alpha Gamma Delta, and consistent with the values of our chapter, we encourage our new sister-mothers to serve as a mentor and role model to sister-daughters. All eligible sister-mothers will be required to complete a questionnaire and reflect on what the responsibilities of a sister-mother are in order to better improve their abilities as a mentor and resource for their sister-daughter. (You must be in good standing and have at least a 2.5 GPA for the Spring 2025 semester in order to be considered an eligible sister-mother). All eligible sister-mothers will also be required to go through Sister-Mother Training facilitated by Diya Narayan, Vice President New Member Experience. This short training will outline the responsibilities of being a sister-mother.

Interactions with other Chapters and Campus Organizations

New members will be expected to act respectfully towards all others on campus. They should live by the Alpha Gamma Delta Purpose at all times, particularly when they are interacting with others. They will be encouraged to attend non-Greek events, such as sporting events, philanthropy events, lectures, and other campus-wide events in an effort to expand their horizons on campus, if university health and safety guidelines allow. Activities with other organizations will take place throughout the new member education period, in order to encourage new members to meet a variety of new people on Lehigh's campus.

General Description

I will aim to include chapter sisterhood events and campus involvement opportunities each week that are scheduled as part of the chapter and campus calendar for the Fall.

New Member attendance is optional but highly encouraged

WEEK ONE:

Monday, September 8, 2025

Chapter House, 6:30-7:30pm,

New members will receive their Alpha Gam bids in the afternoon! Diya, Molly, and Sofia will introduce new member education, go over the Embark experience on Acorn, and assign Rose 1: I Belong, due by Tuesday and Rose 2: I Thrive, to be done by Wednesday's meeting. Diya will answer any questions they have at this time. Sonal Sandhu, VP of Wellness will explain our Health and Safety policies to the new members and provide campus resources. We will introduce the Embark modules new members will be partaking in during their education period. Finally, the new member will fill out a google form with their contacts for Diya's records, as well as the chapter's records.

New Member attendance is required.

Tuesday, September 9, 2025

Chapter House, 7-8pm

Charlotte Strange, VP of Event Planning will discuss her position and her roles and responsibilities. Diya will further explain what it means to be in Alpha Gam and how we represent ourselves as a chapter. Login information for Plaid TightRope will also be provided and should be completed within the next two weeks. Diya will go over Rose 1: I Belong and how this reflects our values on belonging.

New Member attendance is required.

Wednesday, September 10, 2025

Chapter House, 6-7 pm. Pledge Service

Diya will go over Rose 2: I Thrive, reviewing the "My Chapter" and "Values Assessment" sections of their virtual Epsilon Pi Journey Workbooks. The new members will fill out Big-Little informational sheets, which will provide helpful information to create a successful Big-Little match. Following, Amanda Fogel, VP of Finance, will discuss the financial obligations with the new members and Kate Hirsten, VP Marketing will explain our social media policies. Rose 3: I Care, and its corresponding modules in Fraternity Wellness will be assigned to be completed by Monday's meeting. Lastly, the new members will participate in the Formal Pledge Service, the first of the Embark programming rituals, where they will be given their sister-mother(s) and new member pins. Following the ritual they are invited to stay for dinner at the house and get to know their sister-mothers better.

New Member attendance is required.

WEEK TWO:

Monday, September 15, 2025

Chapter House, 6:30-7:30pm

As part of going over Rose 3: I Care, the new members will hear from Maureen Phelan, VP of Academic Excellence, to go over what they learned in Rose 3 and to discuss the academic expectations of the chapter. Maureen will then help the new member to join our Scholarly Squirrel Groupmes depending on the new member's major. In addition, our VP Admin, Emily Perez will go over attendance policies and excuses.

New Member attendance is required.

Tuesday, September 16, 2025

Chapter House, 7-8 pm

In order for our new members to feel bonded with their member class, MC 25 will be invited to play the icebreaker "Trainwreck" to learn what our new members have in common with their sisters. Next, since our purpose is a large part of the exam, the question "How have you lived the purpose?" will be posed to the new members. In preparation for the initiation exam, the new members and sisters will play an Alpha Gamma Delta Jeopardy! The questions asked will deal with Alpha Gamma Delta trivia such as fun facts, history, and founders. Lastly, the new members are encouraged to stay for dinner at the house.

New Member attendance is required.

Wednesday, September 17, 2025

Chapter House, 6-7pm

Madison Mackenzie, VP of Campus Relations, will discuss the Zeta Beta groups that we have for all members, and give examples of Zeta Beta events that are upcoming to encourage the new members to get involved on campus. In addition, as part of going over Rose 4: I Lead, leadership opportunities within the chapter will be discussed. Rose 5: I Contribute, will be assigned for completion by Monday's meeting. The new members will be invited to the chapter house to do karaoke and eat snacks with MC 22, both with Alpha Gamma Delta songs, and other fun songs that they pick together.

New Member attendance is required.

Chapter House: Big Little Reveal!

The new members will be invited to the chapter house to find out who their Big Sister is. Following the reveal, the lineage will be encouraged to go out to dinner and grab dessert together.

WEEK THREE:

During this week and before the Initiation Service, new members will be reflecting on their Embark Programming, in what they have learned, and who they have met. They will be highly encouraged to spend as much time as possible engaged with the chapter; to interact with initiated sisters and be familiar with the Zeta Beta chapter, so as to get a feel for what being a part of this sisterhood is all about.

Monday, September 22, 2025

Chapter House, 6:30-7:30pm

In connection with Rose 5: I Contribute, our VP of Philanthropy, Samantha Sandhaus, will talk about our chapter's philanthropy. Diya, Molly, and Sofia will answer any questions the new members may have. The new members will then be invited to make a bracelet with initiated members of all classes at the chapter house, particularly with seniors as a get-to-know-you event. *New Member attendance is required.*

Tuesday, September 23, 2025

Chapter House, 7-8pm. Living Purpose Ceremony

The new and initiated members will participate in the second Embark Experience ceremony; Living Purpose. Following this ceremony, Diya, Molly, and Sofia will lead a reflection on the ceremony. Rose 6: I Promise, will be assigned for Wednesday's meeting. *New Member attendance is required.*

Wednesday, September 24, 2025

Chapter House, 6-7pm

Diya, Molly, and Sofia will go over Rose 6: I Promise, and encourage new members to reflect on their new member experience so far-sharing their favorite memories, favorite bonding moments, and what they are most looking forward to after initiation. Lastly, the new members are encouraged to write letters to their future selves that they will open their senior year! *New Member attendance is required.*

Friday, September 26, 2025

Chapter House, 8-9pm

New members and their member class are encouraged to participate in a fun initiation exam Kahoot to prepare for the exam on Monday. Pizza and a build your own sundaes activity will be provided as a bonding activity with initiated members. *New Member attendance is optional.*

WEEK FOUR:

Initiation Week

Monday, September 29th, 2025

Chapter House, 6:30-7:30pm. Initiation Exam

The new members will take the Initiation Exam. Charlotte Witmer-Rich, Director of Music, will go over the "10 Songs Every AGD Should Know" with the new members. Following, the new members are encouraged to remain at the house for a game night with sisters, to get to know each other better prior to initiating into the Zeta Beta chapter. *New Member attendance is required.*

Tuesday, September 30th, 2025

Chapter House, 7:30-8:30pm. Initiation Ceremony

The new and initiated members will participate in the Initiation Ritual.

New Member attendance is required.