

Alpha Gamma Delta Zeta Beta Chapter New Member Education Plan Spring 2021

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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 Zeta Beta Chapter's New Member Education Program primarily is to develop and educate new members according to the Alpha Gamma Delta purpose. We also wish to familiarize new members with the bylaws 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 GreekLifeEDU. Along with GreekLifeEDU, Alpha Gam is strongly suggesting that all initiated and new members complete and pass the sexual harassment program “Not Anymore,” which the new member class will complete during their Embark Experience, but if they completed it with Lehigh, they are exempt. 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 an 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.

This year, Alpha Gamma Delta has introduced the Epsilon Pi Journey program. New members will be asked to participate in the Embark path to guide her 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:

Alpha Gams are Connected, Alpha Gams are Caring, Alpha Gams are Wise, Alpha Gams are Visionary, Alpha Gams are Generous, Alpha Gams are Inspirational.

Scholarship Expectations

Academics will always be a first priority for new members. They will be encouraged to spend time on Zoom 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 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 Fall 2020 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 Quinnlyn Burger, 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.

WEEK ONE: Sunday, January 31st – Saturday, February 6th

Sunday, January 31st

Zoom, 10:30-1:30pm: Bid Day

New members will receive their Alpha Gam bids in the morning! They will be invited to a Zoom to get to know their fellow new member class and other sisters. New members will receive shirts that they will be welcome to wear for the first day of classes and those who are remote will have them shipped. After the activities including the entire chapter, new members will have a smaller welcome meeting with Quinn, Livy, Allie and Julia. At this time they will be introduced to the Embark experience and access their Epsilon Pi Journey workbook. Following this short meeting there will be a quick Q-and-A session. There will be special emphasis on the use of online modules, and how to access them each week. This week's module will be Alpha Gams are Connected. New members will be asked to have finished the module by the end of the week. Finally, the new members will fill out an information sheet with their contacts for Quinn's records.

New Member attendance is required.

Monday, February 1st

Zoom, 7-8 pm

Quinn, Livy, and Allie will facilitate name-games and icebreakers to help new members get to know the other girls in their new member class. New Members will gain access to the Epsilon Pi Journey workbooks, a virtual calendar of dates, and a master contact list for the chapter. Alexa Grill, VP of Finance, will discuss the financial obligations with the new members. Following Alexa, new members will fill out and decorate "In A Nutshell" acorn shaped pdfs with basic information and fun facts about them to be shared with the rest of the chapter to encourage new relationships. Following this, new members will use their laptops to access OmegaFi to complete their AGD new member registration. They will also access Acorn and have time to navigate the site and learn about the modules. At this time, Alpha Gams are Connected will be assigned.

New Member attendance is optional.

Wednesday, February 3rd

Zoom, 7-8pm: Alpha Gams are Connected

Quinn will lead the Alpha Gams are Connected program. Marion Donoghue, VP of Administration, will give a short presentation on using Acorn and OmegaOne to answer any questions that the new members may have. Lucy Moos, 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 new members to get involved on campus if permitted by health and safety guidelines. New members will fill out a google form with 2 truths and a lie and Quinn will make a Kahoot with these responses to play during the next meeting. Alpha Gams are Caring will be assigned and log in information for GreekLifeEdu will be provided.

New Member attendance is required.

Zoom, 8-9:00 pm: Pledge Service

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). Following the ritual they are invited to have small breakout Zooms with their Sistermother and her lineage to get to know more members of the chapter.

New Member attendance is required.

Thursday, February 4th

Zoom, 7:30-8:30 pm

New and initiated members will be invited to play the Kahoot made based on their responses to the google form. At this time, new members will also be assigned to small groups of five that will go ice skating at an outdoor ice rink at times and participate in various small hybrid activities throughout the new member period (if Lehigh rules allow).

New Member attendance is optional.

Saturday, February 6th

New Member retreat, 6 pm-11 pm

New members will be invited to join in a Zoom link to get to know one another better. Our chapter values our new member retreat so this will give new members a chance to really bond. New members will have an opportunity to participate in fun activities such as making a member class song.

New Member attendance is optional.

WEEK TWO: Sunday, February 7th – Saturday, February 13th

Tuesday, February 9th

Zoom, 7-8 pm: Informational Meeting

New members will be invited to a Zoom for a brief presentation of requirements and the resources sisters have access to as new members of Zeta Beta. They will then review the “My Chapter” and “Values Assessment” sections of their Epsilon Pi Journey Workbooks, led by Quinn and Livy. Following that, Krisana Goel will explain our Health and Safety policies to the new members and provide campus resources. Allie will further explain what it means to be in Alpha Gam and how we represent ourselves as a chapter.

Following all of the presentations, the new member class will select the following positions to be held for the duration of the Embark program: President, Social Coordinator, Director of Ritual, and Sisterhood Coordinator.

New Member attendance is required.

Wednesday, February 10th

Zoom, 7:30-8:30: Songs with Sophomores

New members are invited to attend Songs with Sophomores via Zoom. They will join breakout rooms with members of MC 20 to learn the songs of our chapter. After the songs are learned they will join the group once again and share the song that they have learned. During the breakout members of MC 20 will be encouraged to make connections with the new members and hopefully make plans to see each other outside of Zoom for coffee in small groups if Lehigh's covid policies allow. Alpha Gams are Wise will be assigned.

New Member attendance is optional.

Thursday, February 11th

Zoom, 6-8 pm: Alpha Gams are Caring, Lehigh Counseling Center visit

New members will join a Zoom with Quinn, Allie, Livy and a guest speaker from the counseling center. The counseling center will give a presentation about resources on campus and lead a discussion about how to take good care of ourselves mentally during these unprecedented times along with being at college in general. After the counseling center guest is finished, Quinn will lead a discussion about the GreekLifeEdu module that they had just completed.

New Member attendance is required.

Friday, February 12th

Zoom, 3-4pm: Alpha Gams are Wise

New members will hear from Megan Tomalis, VP of Academic Excellence, to go over what they learned in Alpha Gams are Wise and to discuss the academic expectations of the chapter. Megan will then help the new members to join our Scholarly Squirrel group meeting dependent on each of the new members' majors. Quinn, Allie, and Livy will then lead a get to know you presentation where new members share a fun fact about themselves in a presentation.

New Member attendance is optional.

WEEK THREE: Sunday, February 14th – Saturday, February 20th

Monday, February 15th

Zoom, 7-8 pm

New Members will be assigned to Alpha Gams are Visionary. Following this the New Members will hear from Megan Quigley, VP Marketing, about our social media policies. Amanda Hall, VP Member Experience, will also join the Zoom to discuss Epsilon Pi events and what it means to be a member of our chapter. New Members will then participate in a fun activity to facilitate the beginning of friendships with those chosen few, as encouraged in the AGD purpose.

New Member attendance is optional.

Wednesday, February 17th

Zoom, 7:30-8:30 pm: Alpha Gams are Visionary review

New members are invited to attend a Zoom for a discussion about the Alpha Gams are Visionary module and discuss how they would like to be leaders on campus. They can share what they have done in high school and what they are hoping to get involved in as members of the Lehigh community. This will serve as a get to know you activity and Allie and Livy can provide insight into older members who may share their interests and encourage them to reach out. The new members will also fill out an interest form to be shared with the rest of the chapter so that older members can also reach out to the new members. The new members will also participate in the service activity that our chapter is hosting for AGD week of service.

New Member attendance is optional.

Thursday, February 18th

Zoom, 7-8 pm: Initiation Exam review

New Members will prepare for the Initiation Exam. They will have time to review with one another in breakout rooms and ask Quinn, Allie, or Livy any questions that they may have. Livy will make a Kahoot to help them review.

New Member attendance is optional.

Friday, February 19th

Zoom, 5-6 pm: Initiation Exam

New members will take the Initiation Exam on Acorn. Once this is complete, they will be invited to go to dinner with their sister mothers if the Lehigh Covid policy allows this to happen.

New Member attendance required.

Saturday, February 20th

Zoom, 10-11 am: Zumba with Juniors

New members will be invited to the Zoom with Juniors to do a Zumba workout together and chat with the juniors as a fun get-to-know-you activity, juniors will be put into breakout rooms with the new members following the Zumba.

New Member attendance is optional.

WEEK FOUR: Sunday, February 21th – Saturday, February 27th

Monday, February 22nd

Zoom, 6-7 pm: Alpha Gams are Generous and Inspirational

New members will be assigned to the Alpha Gams are Generous and Alpha Gams are Inspirational modules of the Embark. Abby Buckham, VP Philanthropy, will also join the Zoom to discuss Alpha Gams philanthropy and the different activities we do to raise money to fight hunger. Rebecca Wittner, VP Event Planning, will also discuss her position and the roles and responsibilities. After this, members will be encouraged to get together and continue to go ice skating and interact socially in person in their small groups.

New Member attendance is optional.

Tuesday, February 23rd

Zoom, 6-7 pm: DPE Workshop

New members will hear from Tanya, our Director of Diversity, Equity and Inclusion. She will talk about her role and what her committee does. After Tanya has spoken, members of the Diversity Peer Educators will come and facilitate a discussion for the new members. Once the presentation is complete, Quinn will explain the other committees so that new members can begin to think about which ones they may be interested in.

New Member attendance is optional.

Thursday, February 25th

Zoom, 7-8 pm, Alpha Gams are Generous Review

New members will be invited to Zoom and reflect on their final two modules of the Embark program. They will then participate in a virtual escape room.

New Member attendance is optional.

Friday, February 26th

Zoom, 7-8 pm: Letter to my Future Self

New members will be invited to the Zoom to discuss goal setting with Quinn, Livy, and Allie to review Alpha Gams are Inspirational. Following the conversation, new members will write a letter to their future selves, saying how they are at that time, and how/where they hope to be when they read it in the future.

New Member attendance is optional.

Saturday, February 27th

Movie Night, 7-10pm

New members will be invited to movie night via Zoom. Those who are remote will have access to the movie through Netflix party or another streaming service so that everyone can be included. *New Member attendance is optional.*

WEEK FIVE: Sunday, February 28 – Saturday, March 6th

Tuesday, March 2nd

5-6pm ASTP: Zoom 5-6pm

New members will undergo the Alcohol Skills Training Program provided by Alpha Gamma Delta International Headquarters.

New Member attendance is required.

Wednesday, March 3rd

All day: Sweets with Seniors

Members of the Senior class will be encouraged to take the new members out for coffee or lunch this week to get to know them better. They will be asked to talk to them about what being in Alpha Gam means to the Seniors and it'll serve as a nice move forward with Initiation approaching.

New Member attendance is optional.

Friday, March 5th

Zoom, 7-8 pm:

Form small groups among new members and encourage them to meet either in person, if health and safety policy allows it, or on Zoom to discuss the new member education process and get to know each other a little bit better prior to officially joining the Zeta Beta chapter.

New Member attendance is required.

WEEK SIX: Sunday, March 7-Saturday March 13th

Initiation Week: 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.

Tuesday, March 9th

Zoom, 8-8:30 pm: Living Purpose Ceremony

New and initiated members will participate in the second Embark Experience ceremony; Living Purpose. Following the ceremony, Quinn will lead a reflection on the ceremony.

New Member attendance is required.

Wednesday, March 10th

Zoom, 8-9 pm

New members will join a Zoom and submit photos and a “get to know you” slide from their New Member education period to be used for a Powerpoint at Feast of Roses. We will then participate in a fun virtual activity directed by Allie and Livy.

New Member attendance is optional.

Thursday, March 12th

Zoom, 8-8:30 pm: Living Colors Ceremony

New and initiated members will participate in the third Embark ceremony; Living Colors. After this ritual the new members who are living on campus are invited to go get ice cream with each other in small groups, if Lehigh covid policy allows it.

New Member attendance is required.

Sunday, March 14th

Zoom, 10 am-1 pm: Initiation Ceremony

New and initiated members will participate in the Initiation Ritual.

New Member attendance is required.

Zoom, 6-9 pm: Feast of Roses

Newly initiated members and their parents will be invited to a chapter wide Zoom to celebrate their initiation into the chapter. A video will be shown to the parents of what Zeta Beta chapter has done over the years to highlight our sisterhood. Clips from their daughters' new member education period will also be included in the video as insight into the sisterhood that they have just joined.

New Member attendance is required.