

# **Alpha Gamma Delta Zeta Beta Chapter New Member Education Plan Spring 2026**

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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 Fall 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 Spring.

*New Member attendance is optional but highly encouraged*

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## **WEEK ONE:**

Sunday, January 18th

*Chapter House, 11am - 11:30am, Bid Day!*

New members will receive their Alpha Gam bids in the morning! They will be invited to the house to get to know our sisters and play fun games. Diya, Molly, and Sofia will introduce new member education, go over the Embark experience on Acorn, give a schedule of meetings, and give a master contact list of all members in the chapter. Following this short meeting there will be a quick Q-and-A session for any questions new members have. We will introduce the Embark modules new members will be partaking in during their education period. Finally, the new members 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, January 20th

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

Diya, Molly, and Sofia 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 a virtual calendar of dates to help them plan out their time during the new member education period. Amanda Fogel, VP of Finance, will discuss the financial obligations with the new members. At this time new members will complete their AGD new member registration on MyAlphaGam and gain access to the Embark modules. Rose 1: I Belong will be assigned to be completed by Friday's meeting.

*New Member attendance is required.*

Thursday, January 22nd

*Chapter House, 7-8 pm*

Sonal Sandhu, VP Chapter Wellness will explain our Health and Safety policies to the new members and provide campus resources. 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.

*New Member attendance is required.*

*Chapter House: Pledge Service*

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 participate in icebreaker activities in order to get to know their sister-mothers and each other better.

*New Member attendance is required.*

Friday, January 23rd

*Chapter House, 6-7pm*

Diya will go over Rose 1: I Belong and how it reflects our values on belonging. The new members will fill out Big-Little informational Google Forms, which will provide helpful information to create a successful Big-Little match. Rose 2: I Thrive will be assigned to be completed by Monday's meeting.

*New Member attendance is required.*

*Chapter House: Movie Night!*

The new members will be invited to the chapter house for a Movie Night! All initiated members of the chapter will be invited to join as well in order to facilitate bonding amongst the new members and the existing member classes. In addition to providing popcorn and corresponding soda beverages, Diya, Molly, and Sofia will also run a speed-dating activity to encourage conversation and introduce everyone.

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## **WEEK TWO:**

Tuesday, January 27th

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

Emily Perez, VP of Administration, will give a short presentation on excuses and attendance. As part of going over Rose 2: I Thrive, the new members will hear from Maureen Phelan, VP of Academic Excellence, to go over what they learned and to discuss the academic expectations of the chapter. Maureen will then help the new members to join our professional development Groupme and LinkedIn. After this, new members will fill out an informational Google form where they answer questions about themselves, their major(s), and their academic/career goals to create smaller groups (Scholarly Squirrels) of new and initiated members that share similar ambitions for the remainder of the NME period.

*New Member attendance is required.*

Thursday, January 29th

*Chapter House, 7-8pm*

Before the meeting is over, the new members will be encouraged to stay for dinner at the house. The new members will be invited to the chapter house to do karaoke and eat snacks with MC 23, both with Alpha Gamma Delta songs, and other fun songs that they pick together.

*New Member attendance is optional.*

Friday, January 30th

*Chapter House, 6-7pm*

The new members will hear from Kate Hirsten, VP Marketing, about our social media policies. Rose 3: I Care and its corresponding module in Fraternity Wellness Education will be assigned to be completed by Tuesday's meeting.

*New Member attendance is required.*

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## **WEEK THREE:**

### Sunday, February 1st

*Chapter House, 4-6 pm*

The new members will be welcome to the house to attend a Diversity, Equity, and Inclusion (DEI) Presentation alongside the initiated members of the chapter. This presentation will serve as an opportunity to foster meaningful discussions about inclusivity, respect, and cultural awareness within our sisterhood. Through interactive activities and open conversations, new members will gain a deeper understanding of the chapter's commitment to creating a welcoming and supportive environment for individuals of all backgrounds. This event will also encourage members to reflect on their own experiences and learn how they can contribute to fostering a more inclusive and equitable community.

*New Member attendance is required.*

### Tuesday, February 3rd

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

New members will go over Rose 3: I Care and discuss their self care strategies and how they can find support within our chapter. Afterwards, Madison Mackenzie, VP of Campus Relations, will discuss Zeta Beta events to ensure our members have active involvement in our on campus events. Finally, Diya will introduce a Show & Tell activity that new members will participate in for Thursday's meeting. The new members will bring in an item that represents something about themselves that they feel is important to know about them (such as their hobbies or a topic that they are passionate about). Rose 4: I Lead and its corresponding module will be assigned for Thursday's meeting.

*New Member attendance is required.*

### Thursday, February 5th

*Chapter House, 7-8 pm*

As part of going over Rose 4: I Lead, leadership opportunities within the chapter will be discussed. Diya will lead a discussion about the Plaid Tightrope modules that they will have to complete. Rose 5 will be assigned for completion by next Tuesday and Thursday's meeting respectively. Diya, Molly, and Sofia will then lead a get to know you presentation of Show & Tell introduced on Tuesday.

*New Member attendance is required*

### *Chapter House: Rock Painting*

Molly and Sofia will lead a rock painting activity in which new members will be encouraged to get crafty and creative. Along with providing small rocks and paint/paint brushes, snacks will be provided throughout the activity.

*New Member attendance is optional.*

### Saturday, February 7th

*Chapter House, 6-7 pm: Bracelet Making with Juniors*

New members are invited to join the juniors at the Chapter House for a fun and creative bracelet-making activity. This event offers a relaxed environment where new members can bond

with juniors while designing beaded bracelets and engaging in meaningful conversations. It is a great opportunity to build connections and enjoy a shared creative experience.  
*New Member attendance is optional.*

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## **WEEK FOUR:**

### Monday, February 9th

*Chapter House, 7-8 pm: Start of Big/Little Week*

As part of going over Rose 5: I Contribute, our VP of Philanthropy, Samantha Sandhaus, will talk about our chapter's philanthropy. Diya, Molly, Sofia, and Samantha will then lead a discussion on personal growth, resilience, and well-being as they relate to the Alpha Gamma Delta experience. This conversation will explore how members can embrace these values in their daily lives and within the chapter. The new members will then collect their first gift basket of Big/Little week.

*New Member attendance is required.*

### Tuesday, February 10th

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

Alexa Krause, VP Member Experience, will also join the meeting to discuss Epsilon Pi Elevate events and what it means to be a member of our chapter. Following this, Molly will organize a Mario Kart competition, offering a fun and friendly way to connect and foster camaraderie. This activity provides a relaxed and engaging opportunity for bonding. At the end of the evening, new members will receive their second gift basket for Big/Little Week.

*New Member attendance is required.*

### Wednesday, February 11th

*Chapter House, 7 - 8 pm*

Diya will host an initiation exam review. At this time, Diya, Molly, and Sofia will answer any questions that the new members may have. 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 Kahoot! The questions asked will deal with Alpha Gamma Delta trivia such as fun facts, history, and founders. Following the meeting, the new members will collect their third gift basket of Big/Little Week.

*New Member attendance is required.*

### Thursday, February 12th

*Chapter House, 7-8 pm: Big/Little Reveal!*

Before the meeting is over, the new members will be encouraged to stay for dinner at the house. The new members will collect their fourth (and final) gift basket for Big/Little Week!

*New Member attendance is required.*

*Chapter House, Time tbd based on new members schedule: Big/Little Reveal!*

The new members will be invited to the chapter house for the reveal of their Big Sister!

*New Member attendance is optional.*



### Saturday, February 14th

#### *Chapter House, New Member Retreat, 6-10 pm*

New members are invited to spend the evening at the Alpha Gamma Delta Chapter House for a retreat! This event is designed to give new members the opportunity to connect and get to know each other better. Snacks will be provided to enhance the experience. The retreat will begin with an engaging ice-breaker activity and a name game. Afterward, the group can decide on conversation topics of interest. To facilitate bonding, board games and other activities will also be available for everyone to enjoy.

*New Member attendance is optional.*

### Sunday, February 15th

#### *Chapter House, New Member Brunch, 11am-1pm*

New members are invited to the Chapter House for a relaxing and enjoyable brunch. This event offers a chance to continue building connections within the new member class and with active sisters in a casual setting. Delicious breakfast and brunch items will be provided, and seating arrangements will encourage conversation and bonding. Active members will also be present to share stories and answer any questions the new members might have about the chapter or their experience so far.

*New Member attendance is optional.*

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## **WEEK FIVE:**

### Tuesday, February 17th

#### *Chapter House, 6:30 - 7:30 pm, 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. Rose 6 will be assigned to be completed by Thursday's meeting.

*New Member attendance is required.*

### Thursday, February 19th

#### *Chapter House, 7-8pm*

Before the meeting is over, the new members will be encouraged to stay for dinner at the house. Charlotte Strange, VP Event Planning, will discuss her position and the roles and responsibilities. She, alongside Addison Hostetler (Chapter President) and Sonal Sandhu (VP Chapter Wellness), will facilitate another discussion about values and expectations of members of the chapter.

*New Member attendance is required.*

#### *Theta Chi Chapter House, 7-8 pm: Cupcake Decorating Competition*

Diya will go over Rose 6: I Promise. Following this, the new members will be invited to break into groups and decorate cupcakes with the new members of Theta Chi. The cupcake decorations will then be judged by Molly, Sofia and the new member educators of Theta Chi. Winning teams will receive candy prizes.

*New member attendance is optional.*

Friday, February 20th

*Chapter House, 6-7pm: Murder Mystery Night!*

All new members and all initiated members of the chapter will be invited up to the chapter house to participate in a fun murder mystery game! While in randomized groups, those present will use clues to solve a fictional murder case. The randomized groups are meant to better integrate and connect all chapter members, regardless of member class.

*New Member attendance is optional.*

Sunday, February 22nd

*Chapter House, 2-3 pm ASTP with Kerry Mallett*

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

*New Member attendance is required.*

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**WEEK SIX:**

*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, February 24th

*Chapter House, 6:30 - 7:30 pm: Living Purpose Ceremony*

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

*New Member attendance is required.*

Thursday, February 26th

*Chapter House, 7-8 pm: Living Colors Ceremony*

Before the meeting is over, the new members will be encouraged to stay for dinner at the house.

The new and initiated members will participate in the third Embark ceremony; Living Colors.

After this ritual the new members are invited to make ice cream sundaes and watch a movie with initiated members of all classes at the chapter house.

*New Member attendance is required.*

Friday, February 27th

*Chapter House, 6-7 pm*

The new members will be invited to the chapter house for a canvas painting night. We will have canvases and paint at the house for the new members to get creative with. This will be the last planned sisterhood event before the Initiation Ritual on Sunday.

*New Member attendance is optional.*

Sunday, March 1st

*Chapter House, 8 am - 11 am: Initiation Ceremony*

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

*New Member attendance is required.*

*Iacocca Wood Dining Hall, 1-3 pm: Feast of Roses*

Newly initiated members and their parents will be invited to eat lunch with all initiated members to celebrate their initiation, all the accomplishments of the new members, and the conclusion of their Embark journey.

*New Member attendance is required.*

Monday, March 2nd

*Chapter House, 6-7 pm: Post-Initiation Ritual Review*

The new members will participate in the Post-Initiation Ritual review.

*New Member attendance is required.*