

PNM GUIDEBOOK

for recruitment



ROSE-HULMAN PC

2025-2026

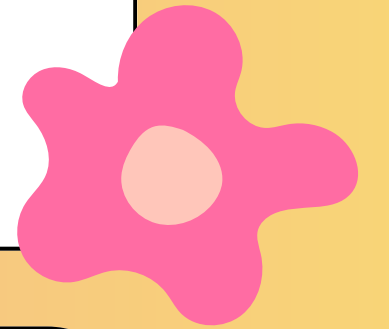


WHAT IS GREEK LIFE?



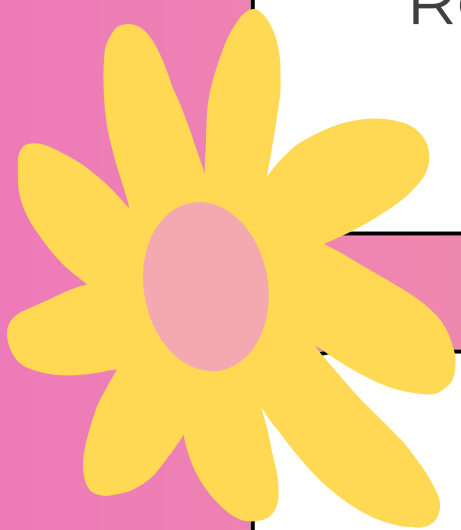
Sororities vs. Fraternities

Often confused, while sororities and fraternities are fundamentally the same, they are still vastly different! Sororities are Greek Life organizations where anyone who doesn't identify as a man may try and join, while Fraternities are the opposite!



NPC (National Panhellenic Conference)

NPC, or the National Panhellenic Conference, is an organization that supports 26 different sororities! The Panhellenic Council on Rose-Hulman's campus oversees the three sororities we have on campus and helps facilitate recruitment as well as enforce sorority-wide rules.



Philanthropy

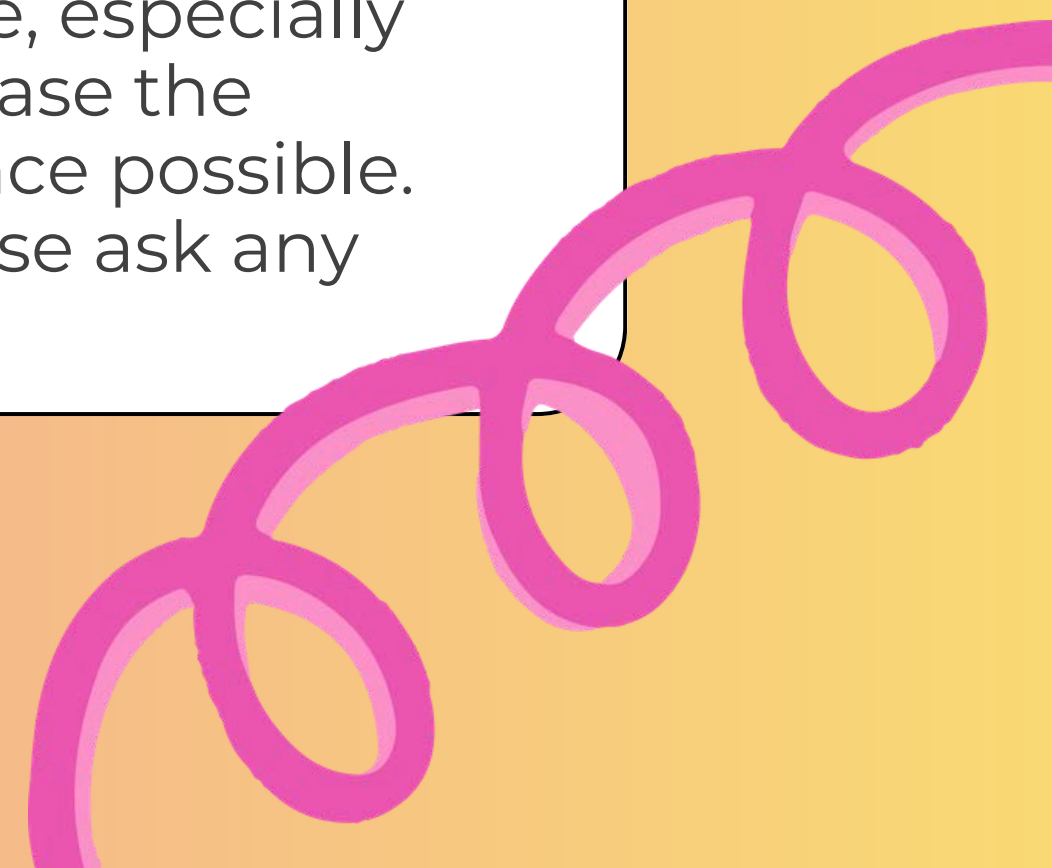
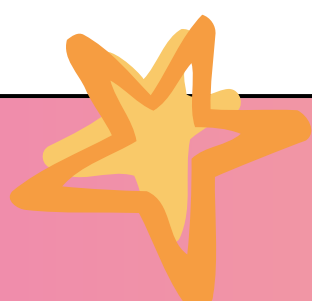
Each sorority and fraternity is connected to a philanthropic organization, chapters host events and campaigns to support these organizations. Check out which organizations our chapters support further in the book! Additionally, our chapters volunteer countless hours to a variety of local nonprofit organizations.

Community

One of the most amazing things about Greek Life and sorority life is community. We have a community as greek life, within the sororities, and within each chapter. We all strive to provide community, support each other, and create a home on our campus.

Common Misconceptions

There are a lot of misconceptions about Greek Life, especially on the internet. We are actively working to erase the stereotypes and create the most positive experience possible. If you've heard any and have any questions, please ask any member of Greek Life!



Recruitment Events

FMR and COB

What is FMR?

FMR, or Formal Recruitment, is a recruitment period open to all sororities in which a “formal” recruitment process occurs. The events (or parties) occur over a weeklong period. At parties you will talk to members of each sorority for an allotted amount of time, learn about their finances, philanthropy, and about what being in their chapter means to them. Prior to these parties, each sorority holds two informal events where you can meet the members, hang out, and enjoy the activities each sorority has set up! The informal events provide an opportunity for you to learn more about each chapter in a fun, informal way. Be sure to stop by as many informal parties as you can!

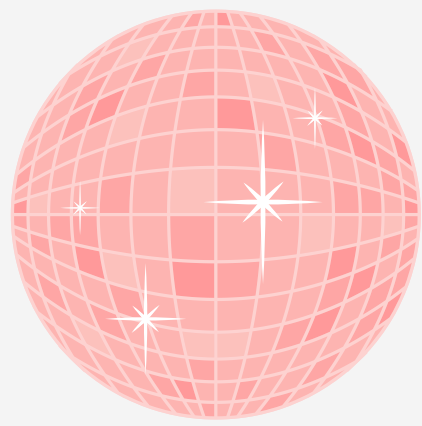
Formal Recruitment dates

Because of Rose-Hulman’s schedule, we do not recruit over the summer as you might see other schools on social media do. We always do formal recruitment the first week of winter quarter, on that Tuesday, Thursday, and Friday. The Saturday after all the parties is when you will learn which sorority you get to be a part of! We call that day “bid day,” in which everyone gets to “run home”, a.k.a, join the active members of the sorority they just joined in a fun filled day of activities!

What is COB?

COB stands for Continuous Open Bidding. For freshman, until formal recruitment is over, you cannot participate in this. There are also other circumstances in which you may not be able to participate, and if you have any questions, feel free to reach out to a Panhel exec member. For those eligible, the COB process is similar to FMR, except you do not have to go through the weeklong process, and you do not have to seek out each sorority, you can look at a specific sorority to join. More often than not, a sorority with open spots in their roster during the COB period may reach out to you before you even reach out to them, asking if you may be interested in joining them. It’s the perfect opportunity for a low-key recruitment experience, but panhel always recommends going through FMR first, so that you can learn about each sorority and make the most educated choice for yourself. Not every sorority will be able to participate in COB when those times happen, so banking on joining that way is not the way to go.

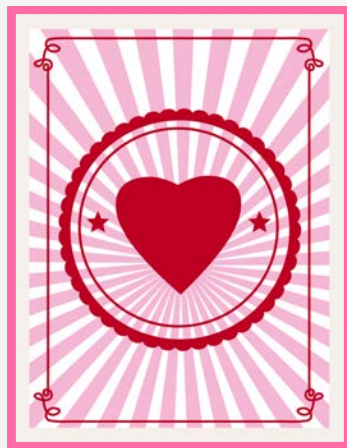
Commonly Mentioned Recruitment Vocab



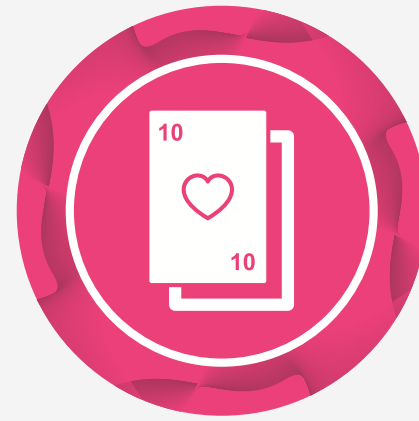
MRABA
(Membership Recruitment Acceptance Binding Agreement) a one-year binding agreement signed by a PNM after ranking each chapter after preference round.



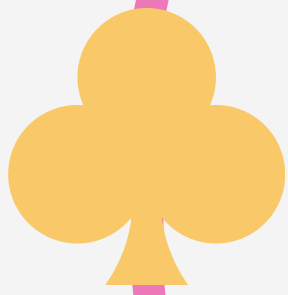
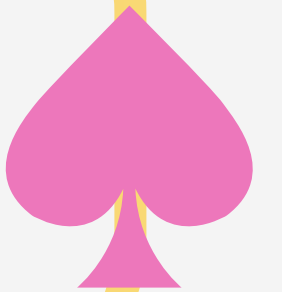
PNM
(Potential New Member) any eligible person able to go through recruitment to join a sorority.



RHO GAMMA
A sorority member serves as a recruitment counselor. Each PNM will be assigned a counselor to guide them through the recruitment process.



LEGACY
A daughter, sister, or granddaughter of an initiated member of a sorority.



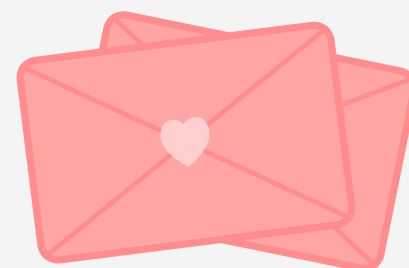
INITIATION
A traditional ceremony that brings a new member into full membership of a sorority or a fraternity.



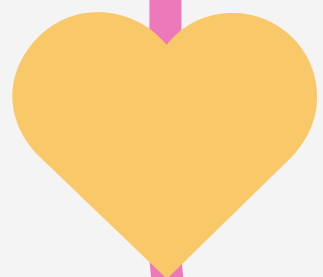
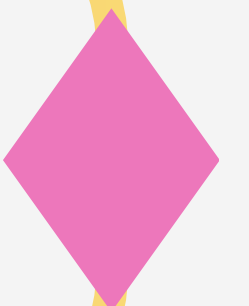
BID
An invitation to join a fraternity or a sorority.



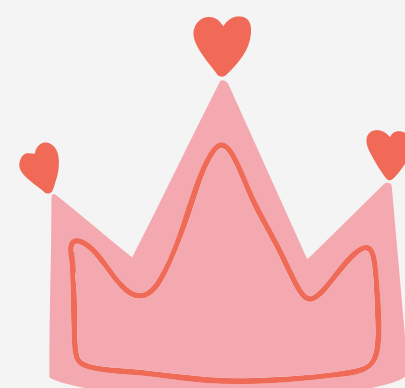
BIG
An active member of a chapter who is paired with a new member as a mentor.



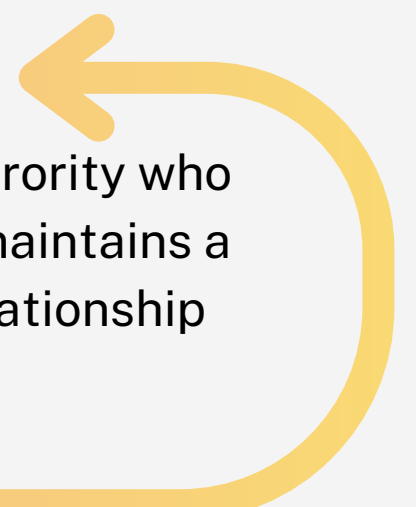
NEW MEMBER
A person who has accepted a bid from a sorority but is not yet an active member of the chapter.




CHAPTER
An individual membership unit of an international sorority or fraternity represented on campus.



CHAPTER ADVISOR
An alumna of a sorority who establishes and maintains a close advisory relationship with a chapter.





Next you'll find FMR dates and outfit ideas to help you get a sense of the style and feel of each round. Think of it as inspiration, not a rulebook — we want you to feel like yourself.

The most important thing is that you wear what makes you feel confident and comfortable. Your personality, kindness, and authenticity are what truly matter, and they're what will help you find your home in our Panhellenic community.

We can't wait to meet you!

With love,
Your Panhellenic Executive Board





FMR DATES 2025

DAY
01

FMR Party Night 1

Mussallem Union

Tuesday December 2nd, 2025

CASUAL- Come as you are!





FMR DATES 2025

DAY
02

FMR Party Night 2

Mussallem Union

Thursday December 4th, 2025

BUSINESS CASUAL





FMR DATES

2025

DAY
03

FMR Party Night 3

Mussallem Union

Friday December 5th, 2025

**COCKTAIL, BLACK TIE
OPTIONAL**





FMR DATES 2025

Bid Day

Mussallem Union

Saturday December 6th, 2025

DAY
04

CASUAL/SPORTY



A LETTER FROM THE PANHEL PRESIDENT,

DEAR POTENTIAL NEW MEMBER,

WELCOME TO SORORITY LIFE AT ROSE-HULMAN! ON BEHALF OF THE PANHELLENIC COUNCIL, I'M BEYOND EXCITED TO CHEER YOU ON AS YOU BEGIN YOUR RECRUITMENT JOURNEY. YOUR TIME AT ROSE WILL BE FULL OF INCREDIBLE MOMENTS, BUT FEW COMPARE TO THE FRIENDSHIPS, GROWTH, AND UNFORGETTABLE MEMORIES YOU'LL FIND IN GREEK LIFE. THE PANHELLENIC COMMUNITY CAN'T WAIT TO MEET YOU!

WHEN I FIRST STEPPED ONTO CAMPUS AS A FRESHMAN, I HAD NO INTENTION OF RUSHING A SORORITY. BUT ONCE I SAW WHAT GREEK LIFE TRULY LOOKED LIKE AT ROSE, THE AUTHENTIC FRIENDSHIPS, COUNTLESS LEADERSHIP OPPORTUNITIES, AND A PLACE WHERE EVERYONE TRULY BELONGS, I KNEW I HAD FOUND SOMETHING SPECIAL. RECRUITMENT IS YOUR CHANCE TO EXPERIENCE THAT SAME COMBINATION OF CONNECTION, GROWTH, AND FUN AS YOU MEET MEMBERS FROM EACH CHAPTER AND SEE WHAT MAKES OUR PANHELLENIC COMMUNITY SO EXTRAORDINARY.

JOINING ONE OF OUR THREE CHAPTERS MEANS GAINING A LIFELONG SISTERHOOD THAT CELEBRATES WHO YOU ARE AND HELPS YOU BECOME WHO YOU WANT TO BE. WHETHER YOU'RE LOOKING FOR BEST FRIENDS, STUDY BUDDIES, MENTORS, OR WAYS TO MAKE A DIFFERENCE, THERE'S A PLACE HERE FOR YOU.

FOR ME, BEING PART OF PANHELLENIC HAS BEEN LIFE-CHANGING. I'VE GROWN AS A LEADER WHILE SERVING AS PANHELLENIC COUNCIL PRESIDENT, GIVEN BACK THROUGH PHILANTHROPY, AND MADE MEMORIES THAT I'LL CHERISH FOREVER. GREEK LIFE AT ROSE HAS HELPED ME SHINE IN WAYS I NEVER IMAGINED.

SO, STEP INTO RECRUITMENT WITH EXCITEMENT, CURIOSITY, AND AN OPEN HEART. PICTURE YOURSELF IN THIS VIBRANT SISTERHOOD AND KNOW THAT YOUR ENERGY AND TALENTS CAN HELP MAKE IT EVEN STRONGER.

BE BOLD, BE YOURSELF, AND HAVE AN AMAZING RECRUITMENT!

GO GREEK!

GABRIELLA EZZELL
PANHELLENIC COUNCIL PRESIDENT

Panhel Exec Profiles



Gabby Ezzell

President

Major: Chemical Engineering

Hometown: Highlands Ranch, CO

Email: ezzellgh@rose-hulman.edu

Fun Fact: I enjoy crocheting for my friends! :)

Fav part of Greek Life: Being connected to such a large community of women on campus. I've had so many opportunities to branch out and meet new people while also creating memories that I know will last a lifetime.

Sofia Caston

Vice President of Standards

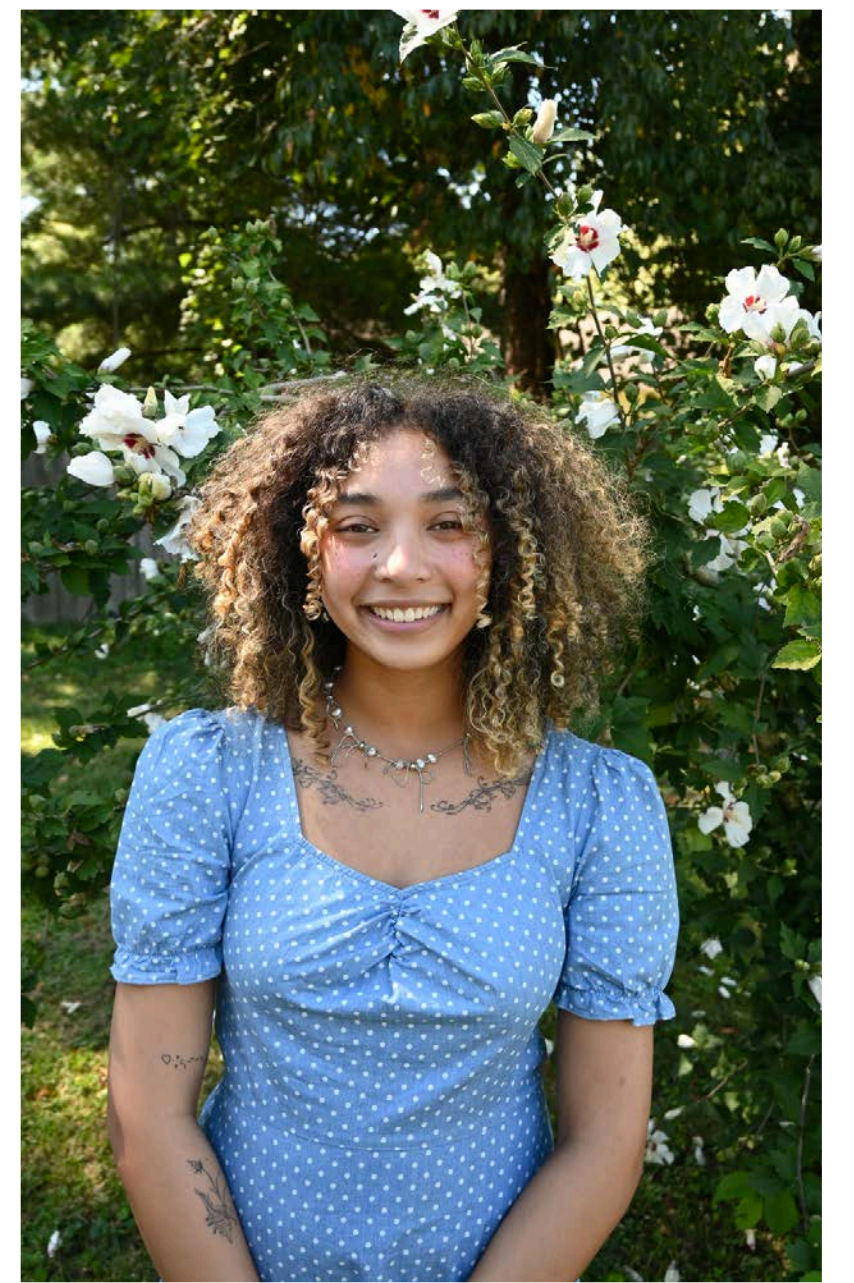
Major: Software Engineering

Hometown: Chicago, IL

Email: castons@rose-hulman.edu

Fun Fact: I've performed at a Chicago Bulls basketball game!

Fav part of Greek Life: I love the sense of belonging and community I feel in Greek Life. I know I'll have people to go to whether that's during the school year, summer, or post-grad!



Lucy Pyrz

Vice President of Public Relations

Major: Civil Engineering

Hometown: Indianapolis, IN

Email: pyrzlh@rose-hulman.edu

Fun Fact: I have a Harry Potter scar on my forehead!

Fav part of Greek Life: I love having a community to not only lean on when things get hard but also to help me grow as a leader and young woman.

Reese Sieger

Vice President of Recruitment

Major: Biochemistry

Hometown: San Diego, CA

Email: siegerrs@rose-hulman.edu

Fun Fact: I have met Adam Sandler 3 times!

Fav part of Greek Life: I love how kind and supportive everybody is and how we have a strong community of women that are always up for anything!



Amelia Thieman

VP of Business Administration

Major: Civil Engineering

Hometown: Jacksonville, FL

Email: thiemaaj@rose-hulman.edu

Fun Fact: I can juggle.

Fav part of Greek Life: Having a supportive group of women that I can always count on to have my back!



Panhel Advisor Profiles



Kristen Lyod

Kristen Bardou Loyd is the Director of the Union and Student Activities Office. Kristen earned a B.A. in History and Religion from Denison University and a M.S. in Higher Education Administration from Indiana University. Kristen and her staff “Run the Fun!” planning events, excursions, and providing activities of all kinds for students! Kristen also serves as the co-advisor for Panhellenic and supervises three fantastic staff members!

LeAnne Myers

LeAnne Myers is the Associate Director of Residence Life at Rose-Hulman. LeAnne started work at Rose-Hulman in December 2020. She received her B.A. in Studio Art from Brescia University and her M.A. in Student Administration in Higher Education from Ball State University. At Rose-Hulman, LeAnne supervises the Student Affairs Graduate Assistants, co-advises Panhellenic & Student Government.





Alpha Omicron Pi



AOII believes in a fraternal culture based on our values, and our Culture Principles were developed to provide our membership with a compass to help all members achieve the meaning of Fraternity in our Ritual. Our Culture Principles are: Accountability and Ownership, Collaboration, Engagement, Innovation, and Open and Honest Communication.



Philanthropy:

AOII's International Philanthropy is arthritis and, since 1967, AOII has enjoyed a long and beneficial relationship with our arthritis partner – the Arthritis Foundation (AF). For more than five decades, AOII chapters and members have raised millions of dollars to create awareness, find a cure, and make life easier for those afflicted with arthritis, a crippling disease that far more frequently affects women. Dollars raised help fund AF programming such as Juvenile Arthritis Camps and Family Summits, Juvenile Arthritis Power Packs, research initiatives, innovative programming, and much more. Likewise, our Canadian sisters proudly support The Arthritis Society of Canada with their fundraising dollars.



XΩ

Chi Omega



Our Sisters are committed to Chi Omega's six purposes. These purposes guide each Chi Omega member and include the following: Friendship, High Standards of Personnel, Sincere Learning and Creditable Scholarship, Participation in Campus Activities, Career, Development, Community Service.

The message of "personal responsibility" cannot be shared enough. Each member's choices and actions affect the entire chapter and our national organization.

Philanthropy:

Since 1895, Chi Omega Fraternity members have given their time and talent to provide service to others. In the late 1990s, the leadership in Chi Omega researched opportunities for establishing a national philanthropy, and in 2002, they announced the Chi Omega/Make-A-Wish alliance. Since the start of this alliance, Chi Omega has raised more than 35 million dollars and has volunteered over 1.4 million hours for Make-A-Wish. Because of this commitment, they recognize Chi Omega as one of their Cause Champion sponsors.





Tri Delta



Tri Delta is an assembly of women with shared values where you can be yourself and belong to something bigger. Established in 1888, we are brave, bold and kind. We are passionate about serving others, committed to becoming the best version of ourselves and dedicated to helping women live, learn and lead—with Purpose—for a lifetime.



Philanthropy:

Founded in 1888 as a society that would be kind alike to all, Tri Deltas are passionate about serving others. Nowhere is this more evident than in our commitment to philanthropy. As Tri Deltas, we remain dedicated to three aspects of philanthropy: sisters helping sisters through Tri Delta's Foundation, our commitment to changing the way the world treats and defeats childhood cancer through our work with local and regional children's hospitals and pediatric cancer initiatives and through our national partnership with St. Jude Children's Research Hospital.





FINANCES



total YEARLY cost ranges from: \$730-\$966

Our Panhellenic community is committed to ensuring that finances are never a barrier to membership. Payment plans and other options are available to support you if needed.

PNM BILL OF RIGHTS

You have the right to...

1

Be treated as an individual

Be fully informed about the recruitment process, and the right to ask questions and receive true and objective answers from recruitment counselors and members

2

Be treated with Respect

Be treated as a capable and mature person without being patronized, ask “how” and “why” and receive straightforward answers

3

Share Your Opinions Freely

Express your views to recruitment counselors. Expect confidentiality when sharing information with recruitment counselors, make informed choices without undue pressure from others

4

Informed of MRABA Process

The right to be fully informed about the NPC Unanimous Agreements implicit in the membership recruitment acceptance binding agreement (MRABA) signing process

5

Make Your Own Decision

Make one’s own choice and decision and accept full responsibility for the results of that decision, have a positive, safe and enriching recruitment and new member experience

Panhel is so excited to spend this year with you, and we hope you can join us during recruitment!

CONTACT US

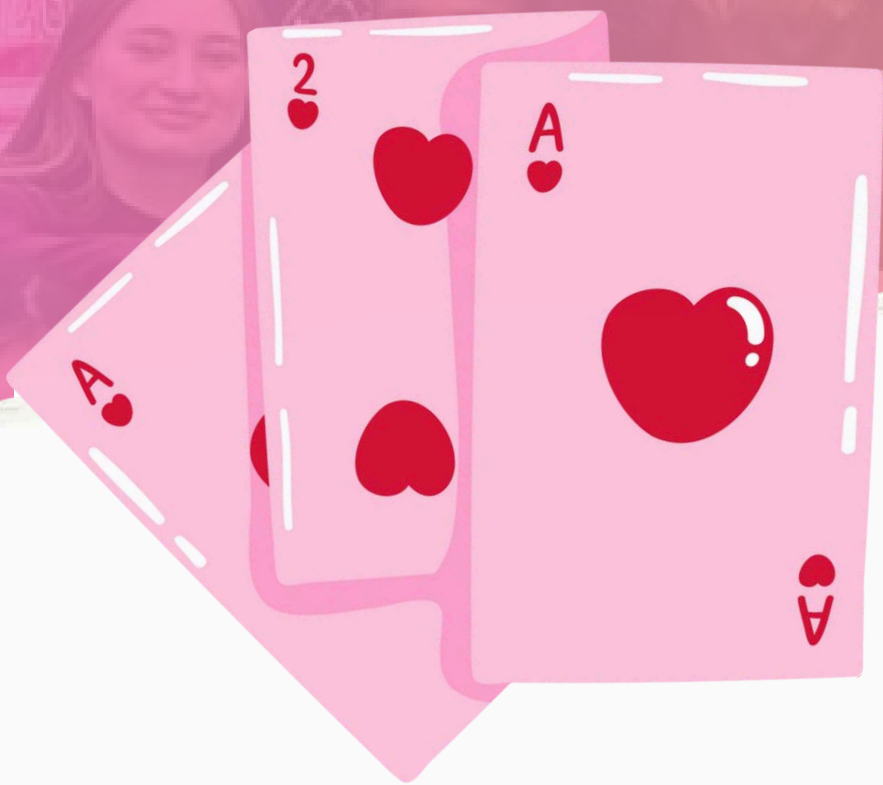


If you have any questions, please don't hesitate to reach out to a member of the Panhellenic Executive Board!
 If you experience any issues, something concerning happens, or you'd like to report a situation that goes against our policies, please contact our VP of Standards, Sofia Caston.

ezzellgh@rose-hulman.edu
 instagram: @rhitpanhel



Join our campus group for extra resources!



Alpha, Beta, Gamma, Delta, Epsilon, Zeta, Eta, Theta, Iota, Kappa, Lambda, Mu, Nu, Xi, Omicron, Pi, Rho, Sigma, Tau, Upsilon, Phi, Chi, Psi, Omega

Α	Β	Γ	Δ	Ε	Ζ
Alpha (al-fah)	Beta (bay-tah)	Gamma (gam-mah)	Delta (del-tah)	Epsilon (ep-si-lon)	Zeta (zay-tah)
Η	Θ	Ι	Κ	Λ	Μ
Eta (ay-tay)	Theta (thay-tay)	Iota (eye-o-tah)	Kappa (cap-ah)	Lambda (lam-dah)	Mu (mew)
Ν	Ξ	Ο	Π	Ρ	Σ
Nu (new)	Xi (zz-eye)	Omicron (ome-cron)	Pi (pie)	Rho (roe)	Sigma (sig-mah)
Τ	Υ	Φ	Χ	Ψ	Ω
Tau (taw)	op-silon (op-silon)	Fie (fie)	Chi (k-eye)	Psi (sigh)	Omega (o-me-gah)

GREEK ALPHABET