

PNM Manual

Primary Recruitment 2026



@uoft.sororities

University of Toronto



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Welcome!

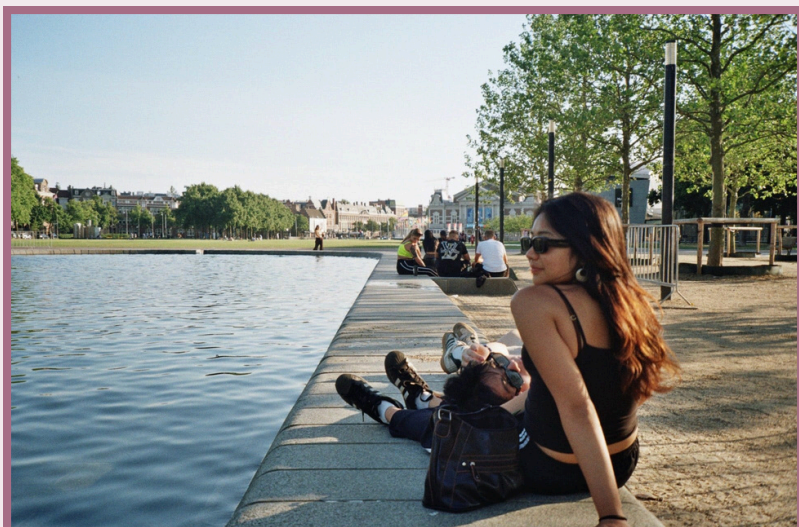
The Panhellenic Executive Council is composed of 8 executive board members and a delegate from each sorority. The women who serve on the Executive Council are currently sorority members who have disaffiliated from their chapters during recruitment in order to provide unbiased planning and support for all involved in the recruitment process. The University of Toronto Panhellenic Association provides activities and programs throughout the year to better the collegiate experience for Greek women on campus. Furthermore, UTPA strengthens UofT by promoting scholarship, philanthropy, safety, and collaboration among all women on campus.

Executives & Contacts

Panhellenic Executives

President	Lilia Rahrouh
Vice President of Recruitment Internal	Sarah Martinez
Vice President of Recruitment External	Sophia Bishop
Vice President of Programming	Kate Lawry
Director of DEI	Anna Miao
Director of Finances	Chiara Bouhs
Director of Communications	Amelia Dills
Panhellenic Advisor	Karen Davidson

Recruitment Team Contacts



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VP Recruitment (External)
utpa.vpre@gmail.com

UofT Sororities Advisor
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Panhellenic EXECUTIVE TEAM



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A LETTER FROM

Your Recruitment Team



Dear PNMs,

Welcome to Recruitment 2026! I am so excited that you have decided to take part in recruitment this year, and I am even more excited to be here to support you throughout the experience. Whether this is your first year at UofT or you have already been here for a while, recruitment is such a unique opportunity to meet new people, step outside of your comfort zone, and learn more about the Panhellenic community.

Going into recruitment, you might be feeling excited, nervous, curious, or maybe all three at once. My biggest piece of advice is to enjoy the process and try not to put too much pressure on yourself. You do not need to have everything figured out from the beginning. Take each conversation as it comes, ask questions, and give yourself the chance to really get to know the people you meet.

Each of our seven chapters brings something different to our Panhellenic community, and that is what makes recruitment so special. As you move through each round, think about the values that are important to you, the people you feel comfortable around, and the kind of environment where you can see yourself growing. Most importantly, be yourself. The connections you make will mean so much more when they come from being genuinely you, and some of the people you meet along the way may become a much bigger part of your university experience than you ever expected.

As your Recruitment Team, we are here to make this process as welcoming and enjoyable as possible for you. If you ever have questions, feel unsure, or simply need someone to talk to, please know that you can always reach out. Most importantly, have fun, keep an open mind, and trust yourself throughout the process.

We are excited to meet you all.

Sincerely,
The Recruitment Team
utpa.recruitment@gmail.com

The Delegates Team

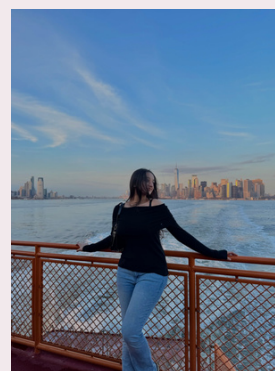
Panhellenic Delegates



Maria Borges



Emma Britt



Miraal Butt



Amalia De Los Santos



Gabriella Krol



Sila Palabiyik



Sofia Siozos

About The Team

The Panhellenic Delegates act as a liaison between their individual sororities and the Panhellenic Executive Council. By attending biweekly meetings, serving on committees, and volunteering to step in where needed, these women help direct their sororities toward working together as a Panhellenic community.

The National Panhellenic Conference (NPC) is the umbrella organization for the 26 international women's fraternities and sororities. NPC provides support and guidance for college panhellenics and serves as the national voice on contemporary issues of sorority life. For more information about NPC, please visit www.npcwomen.org

Recruitment Counsellors

About the Team

Recruitment Counsellors are here to guide PNMs throughout every step of the recruitment process. They will support you as you meet each chapter, explore your options, and think about which chapter best aligns with your values and what you are looking for. Your RC is your main point of contact for any questions or concerns you may have, and they are there to provide unbiased support so you can feel informed and confident in the decisions you make throughout your recruitment journey.

Meet the RC's



Emily Adiwijaya



Chiara Bouhs



Amelia Dills



Mackenzie Duffy

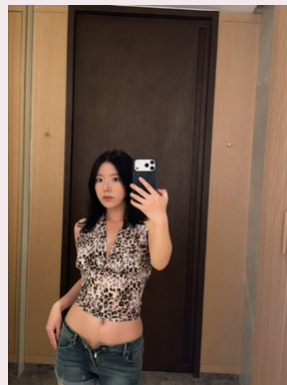
Meet the RC's



Lianna Henderson



Rosie Howey



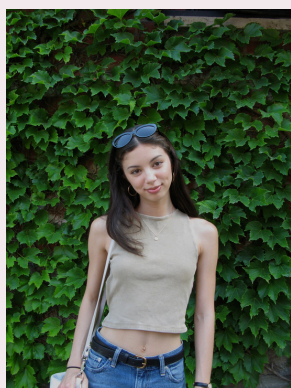
Yi Liang



Ella Marriott



Anna Miao



Jina Nichols



Lily Rogers



Tasiana Shirley



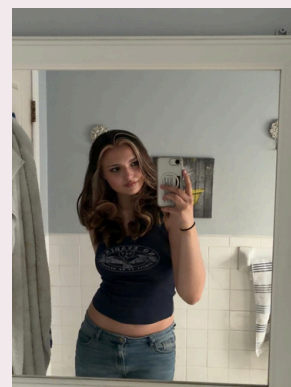
Ava Weiner



**Natalie Su Van
Lieshout**



**Sorayah Omoh-
Thompson**



Cailan Wooten

WHY JOIN?

ACADEMICS

Sorority life highlights, and encourages, academic success. In fact, the all-Sorority GPA at Panhellenic campuses is typically higher than the non-Sorority GPA. This is because each sorority has a scholarship officer who creates study programs, personal support, and many merit-based scholarships.

LEADERSHIP

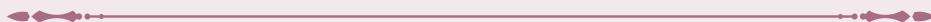
Leadership opportunities are plentiful here! Sororities are organized and run in the same way as a business, with various positions within a hierarchical structure. All of these include transferable skills to boost your resume.

Even without the leadership positions, sorority life creates leaders through philanthropy! Each girl gets to support the sorority's chosen charity through fundraising and community service.



FRIENDSHIP

Big universities, like UofT, can make it hard to find a sense of unity and belonging, but joining a sorority can make a big difference! Sorority life can make it easier to find like-minded people, and a home away from home.



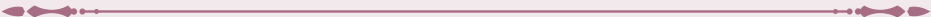


PNM BILL OF RIGHTS

As a Potential New Member, you have the right to the following:

- Be treated as an individual.
- Be treated with respect.
- Be fully informed about the recruitment process.
- Be fully informed about binding agreements implicit in the MRABA signing.
- Ask questions and receive true and objective answers from the Recruitment Counsellors, Panhellenic Officers, and sorority members.
- Be treated as a capable and mature person without being patronized.
- Have and express opinions to Recruitment Counsellors.
- Make informed choices and accept full responsibility for the results of that decision.
- Have a positive, comfortable, and enriching experience during the recruitment and pledging process.

If you ever believe that one of these rights is being violated, please inform your Recruitment Counsellor or a Panhellenic Officer as soon as you can.





Chapter Financials



& GPA Requirements



New Member Fees

These are one-time fees that you pay during your first year of membership (the year you are initiated).

Chapter Name	New Member Fee (one-time fee)	Initiation & Badge Fee (one-time fee)	Inter/National Dues	Sisterhood **	Social**	Philanthropy **	T-Shirts, Apparel, or Merch**	Technology Fees	Parlour & House Corp Fee	NPC Fees	Facility	Total
Alpha Gamma Delta (ΑΓΔ)	\$75.00	\$270.00	\$145.00			\$857.00			\$520.00	N/A	YES	\$1,867.00
Alpha Omicron Pi (ΑΟΠ)	\$175.00	\$123.00	\$171.00			\$515.00			\$937.00	\$7.00	YES	\$1,928.00
Alpha Phi (ΑΦ)	\$91.00	\$364.00	\$190.54	\$200.00	\$275.00	\$200.00	\$50.00	N/A	\$1,300.00	N/A	YES	\$2,670.54
Delta Delta Delta (ΔΔΔ)	N/A	\$339.00		\$1,560.00			N/A	N/A	\$240.00	N/A	YES	\$2,139.00
Gamma Phi Beta (ΓΦΒ)	\$400.00			\$1,420.00					\$400.00	N/A	YES	\$2,220.00
Kappa Kappa Gamma (ΚΚΓ)	\$185.00	\$80.00	\$113.00		\$1,210.00		N/A	N/A	\$368.00	N/A	YES	\$1,956.00
Pi Beta Phi (ΠΒΦ)	\$200.00	\$155.00	\$300.00	\$373.00	\$255.00	N/A	\$40.00	\$50.00	\$795.00	\$4.00	YES	\$2,172.00

*Badge fees for some organizations range depending on what type of badge you choose (metal type, jewel type, with a guard or not, etc.). Where the cost is variable, the basic badge cost is shown above.

**Line Items that are blank are not offered, or offered at an extra cost.

Technology fees and new member fees cover the cost of online education from the inter/national organization.

Active Member Fees - Live Out

These are the dues you pay every year as an active member NOT living at the sorority house.

Chapter Name	Inter/Natio nal Dues	Sisterhood	Social	Philanthropy	Merch	Technology Fee**	Parlour & House Corp Fee	NPC	Other	Facility?	Total
Alpha Gamma Delta (ΑΓΔ)	\$220.00			\$1,100.00			\$440.00	N/A	N/A	YES	\$1,760.00
Alpha Omicron Pi (ΑΟΠ)	\$336.00			\$686.00			\$809.00	\$32.00		YES	\$1,863.00
Alpha Phi (ΑΦ)	\$190.54		\$890.00			N/A	\$900.00	N/A	N/A	YES	\$1,980.54
Delta Delta Delta (ΔΔΔ)		\$1,560.00			N/A	N/A	\$240.00	N/A	N/A	YES	\$1,800.00
Gamma Phi Beta (ΓΦΒ)			\$1,052.00				\$500.00	N/A	N/A	YES	\$1,552.00
Kappa Kappa Gamma (ΚΚΓ)	\$113.00		\$1,210.00		N/A	N/A	\$540.00	N/A	N/A	YES	\$1,863.00
Pi Beta Phi (ΠΒΦ)	\$180.00	\$600.00	\$340.00	N/A	\$80.00	\$50.00	\$550.00	\$4.00	\$46.00	YES	\$1,850.00

*Badge fees for some organizations range depending on what type of badge you choose (metal type, jewel type, with a guard or not, etc.). Where the cost is variable, the basic badge cost is shown above.

**Line Items that are blank are not offered, or offered at an extra cost.

Technology fees and new member fees cover the cost of online education from the inter/national organization.

Active Member Fees – Live In

These are the dues you pay as an active member living at the sorority house,

Chapter Name	Inter/National Dues	Sisterhood	Social	Philanthropy	Merch	Technology Fee**	Parlour & House Corp Fee	NPC	Other	Housing Requirement	Total Rent per Academic Year***	Max	Min	Total
											Min	Max	Min	Max
Alpha Gamma Delta (ΑΓΔ)	\$220.00			\$1,100.00			\$440.00	N/A	N/A	Chapter President, VP of Finance, VP New Member Experience, and Director of Property must live-in the chapter house	\$6,336.00	\$7,616.00	\$8,096.00	\$9,376.00
Alpha Omicron Pi (ΑΟΠ)	\$336.00			\$686.00			\$809.00	\$32.00		9 members must live in	\$8,155.00	\$10,253.00	\$10,018.00	\$12,116.00
Alpha Phi (ΑΦ)	\$190.54		\$890.00			N/A	N/A	N/A	N/A	Chapter President and VP of Finance and Housing must live-in the chapter house	\$8,500.00	\$10,500.00	\$9,580.54	\$11,580.54
Delta Delta Delta (ΔΔΔ)	\$1,560.00				N/A	N/A	\$200.00	N/A	N/A	Chapter President must live-in the chapter house	\$6,180.00	\$9,230.00	\$7,940.00	\$10,990.00
Gamma Phi Beta (ΓΦΒ)			\$1,052.00							President, House Manager, and Financial VP must live-in the chapter house	\$5,710.00	\$7,470.00	\$6,762.00	\$8,522.00
Kappa Kappa Gamma (ΚΚΓ)	\$113.00		\$1,210.00		N/A	N/A	N/A	N/A	N/A	N/A	\$7,737.00	\$8,289.00	\$9,060.00	\$9,612.00
Π Beta Phi (ΠΒΦ)	\$180.00	\$600.00	\$340.00	N/A	\$80.00	\$50.00		\$4.00	\$46.00	There are 8 single rooms available for rent, with room assignments determined by our housing point system. Additionally, a commuter room is available at no extra cost for any member not living in the house who wishes to stay overnight occasionally.	\$6,843.90	\$11,117.40	\$8,143.90	\$12,417.40

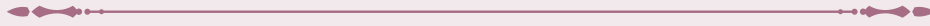
***Chapter Houses have a variety of different rooms for rent including doubles and singles. Rental amounts can vary depending on size, type, and any special features of the room (such as en-suite)

Summary *Table*

Chapter Name	Social Events (Mixers, Formal, Semi-Formal)	Sisterhood Events	T-Shirts/ Apparel/ Merch	Panhellenic Dues	Special Events	Meals	Housing
Alpha Gamma Delta (ΑΓΔ)	ALL	ALL	ALL	ALL	ALL	NO	YES
Alpha Omicron Pi (ΑΟΠ)	ALL	ALL	SOME*	ALL	ALL	NO	YES
Alpha Phi (ΑΦ)	ALL	ALL	ALL	ALL	ALL	NO	YES
Delta Delta Delta (ΔΔΔ)	ALL	ALL	SOME	ALL	ALL	NO	YES
Gamma Phi Beta (ΓΦΒ)	ALL	ALL	ALL	ALL	ALL	NO	YES
Kappa Kappa Gamma (ΚΚΓ)	ALL	ALL	SOME	ALL	ALL	NO	YES
Pi Beta Phi (ΠΒΦ)	ALL	ALL	ALL	ALL	ALL	NO	YES

* All required merch is included; occasionally there will be optional merch opportunities at an additional cost

Chapter GPA Requirements



Chapter	Alpha Gamma Delta (ΑΓΔ)	Alpha Omicron Pi (ΑΟΠ)	Alpha Phi (ΑΦ)	Delta Delta Delta (ΔΔΔ)	Gamma Phi Beta (ΓΦΒ)	Kappa Kappa Gamma (ΚΚΓ)	Pi Beta Phi (ΠΒΦ)
Highschool GPA to pledge	2.10	2.50	2.00	2.00	2.90	3.30	N/A
University GPA to plege	2.10	2.50	2.00	2.00	2.5 cGPA	2.70	N/A
Member in Good Standing	2.50	2.50	2.00	2.00	2.1 cGPA	2.70	2.00
Appointed/ Director /Chair Position	2.50	2.50	2.00	2.25	2.3 cGPA or sGPA	2.70	2.30
Elected/ Exec Position	2.50	2.70	2.20	2.25	2.5 cGPA or sGPA	2.70	2.30

Each chapter has different GPA requirements for members in good standing, as well as required GPAs to hold leadership positions, which include appointed committee or chair positions, and elected officers positions as well as the roles of vice-presidents and president. These requirements are put in place to ensure every member prioritizes their academics, as well as receives the help and support they need in more trying academic periods.

All GPAs are sGPAs unless otherwise specified.



Recruitment Information



GREEK GLOSSARY

ACTIVE / INITIATE

A sorority member who has been formally initiated into lifelong membership and is in good standing.

ALUMNA

A female member who has graduated from University.

BADGE

The symbol or pin worn by an initiated member of a Greek Letter Organization.

BID

An official invitation to become a member of a sorority.

BID DAY

The last day of recruitment, when PNM's potentially receive their official Bid.

CHAPTER

The local campus group representing a larger international Greek Letter Organization.

GREEK

A term applied to members affiliated with any Greek Letter Organization.

INITIATION

A traditional ritual ceremony, specific to each chapter, that brings a new member into full and active membership.

LEGACY

A daughter, granddaughter, sister or niece of a past or present initiated member.

MRABA FORM

A form that is signed to verify that potential new members understand that if they decline their bid or break their pledge they cannot join a UofT NPC sorority for another calendar year.

NPC (NATIONAL PANHELLENIC CONFERENCE)

The governing body of campus sororities.

PHILANTHROPY

The chosen charity or cause a sorority supports through fundraising events and volunteer work.

PLEDGE

A promise made by a new member to join a sorority, typically done during an official ceremony.

PNM (POTENTIAL NEW MEMBER)

An individual going through the recruitment process.

RECRUITMENT COUSELLOR

A temporarily disaffiliated member; a neutral guide for PNMs during recruitment.

SISTER

A term used within a sorority when referring to other members.

GREEK ALPHABET

Α

Alpha
(al-fah)

Β

Beta
(bay-tah)

Γ

Gamma
(gam-ah)

Δ

Delta
(del-tah)

Ε

Epsilon
(ep-si-lon)

Ζ

Zeta
(zay-tah)

Η

Eta
(ay-tah)

Θ

Theta
(thay-tah)

Ι

Iota
(eye-oh-tah)

Κ

Kappa
(cap-pah)

Λ

Lambda
(lamb-dah)

Μ

Mu
(mew)

Ν

Nu
(new)

Ξ

Xi
(zie)

Ο

Omicron
(om-e-cron)

Π

Pi
(pie)

Ρ

Rho
(roe)

Σ

Sigma
(sig-mah)

Τ

Tau
(taw)

Υ

Upsilon
(oop-si-lon)

Φ

Phi
(fie)

Χ

Chi
(kie)

Ψ

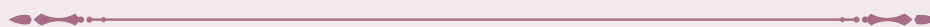
Psi
(sigh)

Ω

Omega
(oh-may-gah)



IMPORTANT DATES



PNM PICNIC - September 7th

5pm-6pm

PNM ORIENTATION - September 9th

In Person: 6pm-8pm

Online: 9pm-10pm

RECRUITMENT ROUND 1 A - September 11th (online)

4:30-8:50 pm

+ 30 to 45 minutes for submitting your preferences or if parties go over time

RECRUITMENT ROUND 1B - September 12th (online)

10 am - 3:50 pm

+ 30 to 45 minutes for submitting your preferences or if parties go over time

RECRUITMENT ROUND 2 - September 13th (in person)

8:45am to 5:45pm

+ 30 to 45 minutes for submitting your preferences or if parties go over time

PREFERENCE ROUND - September 19th (in person)

9:45am - 3:30pm

+ up to 1.5 hours for MRABA signing

BID DAY - September 20th (in person)

11am



Round 1

Schedules

ROUND 1A - FRIDAY SEPT, 11	TIME
Panhellenic Welcome & Overview	4:30 PM
Sign-in & RC meetup	4:45 PM
PARTY 1 BEGINS	5:00 PM
PARTY 1 ENDS	5:20 PM
PARTY 2 BEGINS	5:30 PM
PARTY 2 ENDS	5:50 PM
PARTY 3 BEGINS	6:00 PM
PARTY 3 ENDS	6:20 PM
30 minute break	
Sign-in & RC meetup	6:50 PM
PARTY 4 BEGINS	7:00 PM
PARTY 4 ENDS	7:20 PM
PARTY 5 BEGINS	7:30 PM
PARTY 5 ENDS	7:50 PM
PARTY 6 BEGINS	8:00 PM
PARTY 6 ENDS	8:20 PM
PARTY 7 BEGINS	8:30 PM
PARTY 7 ENDS	8:50 PM
OVERFLOW BEGINS	9:00 PM
OVERFLOW ENDS	9:20 PM

+ 30 to 45 minutes for submitting your preferences at the end of the day

ROUND 1B – SATURDAY, SEPT 12TH	TIME
Panhellenic Welcome & Overview	10:00 AM
Sign-in & RC meetup	10:15 AM
PARTY 8 BEGINS	10:30 AM
PARTY 8 ENDS	10:50 AM
PARTY 9 BEGINS	11:00 AM
PARTY 9 ENDS	11:20 AM
PARTY 10 BEGINS	11:30 AM
PARTY 10 ENDS	11:50 AM
PARTY 11 BEGINS	12:00 PM
PARTY 11 ENDS	12:20 PM
PARTY 12 BEGINS	12:30 PM
PARTY 12 ENDS	12:50 PM
30 minute break (PNMs) / 40 minute break (Chapter Members)	
Sign-in & RC meetup	1:20pm
PARTY 13 BEGINS	1:30 pm
PARTY 13 ENDS	1:50 pm
PARTY 14 BEGINS	2:00 pm
PARTY 14 ENDS	2:20 pm
PARTY 15 BEGINS	2:30 pm
PARTY 15 ENDS	2:50 pm
PARTY 16 BEGINS	3:00 pm
PARTY 16 ENDS	3:20 pm
PARTY 17 BEGINS	3:30 pm
PARTY 17 ENDS	3:50 pm
OVERFLOW BEGINS	4:00 pm
OVERFLOW ENDS	4:20 pm

+ 30 to 45 minutes for submitting your preferences at the end of the day

Round 1 is mandatory, not attending will result in disqualification from the recruitment process. You are only required to attend either Round A OR B. If you have conflicts with either Round 1A or Round 1B, or both, email utpa.president@gmail.com.

Round 2

Schedule

ROUND 2 – SUNDAY, SEPTEMBER 13TH	TIME
Sign-in & RC meetup	8:45 AM
PARTY 1 BEGINS	9:30 AM
PARTY 1 ENDS	10:15 AM
PARTY 2 BEGINS	10:30 AM
PARTY 2 ENDS	11:15 AM
PARTY 3 BEGINS	11:30 AM
PARTY 3 ENDS	12:15 PM
PARTY 4 BEGINS	12:30 PM
PARTY 4 ENDS	1:15 PM
45 minute break	
PARTY 5 BEGINS	2:00 PM
PARTY 5 ENDS	2:45 PM
PARTY 6 BEGINS	3:00 PM
PARTY 6 ENDS	3:45 PM
PARTY 7 BEGINS	4:00 PM
PARTY 7 ENDS	4:45 PM
PARTY 8 BEGINS	5:00 PM
PARTY 8 ENDS	5:45 PM

+ 30 to 45 minutes for submitting your priorities after your LAST party of the round.

Note that this may not be Party 8. Depending on your schedule, your last party may be earlier on in the day.

Preference & Bid Day

Schedules

PREFERENCE – SATURDAY, SEPTEMBER 19TH	TIME
Sign-in & RC meetup	9:45 AM
PARTY 1 BEGINS	10:45 AM
PARTY 1 ENDS	11:45 AM
PARTY 2 BEGINS	12:00 PM
PARTY 2 ENDS	1:00 PM
PARTY 3 BEGINS	1:15 PM
PARTY 3 ENDS	2:15 PM
PARTY 4 BEGINS	2:30 PM
PARTY 4 ENDS	3:30 PM

After your last party of the day, you will need to report to Recruitment HQ at Tartu to meet with Panhellenic to submit the MRABA!

BID DISTRIBUTION & BID DAY– SUNDAY, SEPTEMBER 20TH	TIME
PANHELLENIC BID DAY / BID REVEAL	11:00 AM
CHAPTER BID DAY	12:30 PM

NOTE: if you are confused about the term “party” here is a little background:

A Party is a sole event within a round, during which you visit a chapter who has invited you. All chapters invite all PNMs to the parties in the first round (Round 1A or 1B).

Some scheduled parties will serve as breaks in your schedule!

What's not allowed?

PNM & ACTIVE MEMBER CONTACT DURING STRICT SILENCE

Strict silence is the time between the beginning of Preference parties until the end of Bid Distribution. This is a period when sorority members and potential new members (PNMs) are not permitted to communicate with one another outside of the Preference parties.

BID PROMISING

Bid Promising is when communication (via text, social media, verbal, etc.) from a member to a PNM indicates or implies that the PNM will receive a bid for membership. This is not permitted.

Here are some examples of bid promising:

- “Can’t wait to see you on Bid Day/next weekend!”
- “You’re going to be my little!”
- “You’re already in, don’t worry!”

GIFT GIVING

Chapters cannot give PNMs gifts or items during recruitment, as these could unfairly influence your decision. Please do not leave a chapter event with anything given to you by a chapter member.

WHAT TO DO?

If you witness or hear about any recruitment rules being broken, please let your Recruitment Counsellor or a member of the Panhellenic Executive know. Reporting a concern will not negatively impact your recruitment experience in any way.





Recruitment Wardrobe



* Pick outfits based on how *YOU* feel in them!
This is meant as a *guide*, or inspiration, and it is
not necessary to copy them.

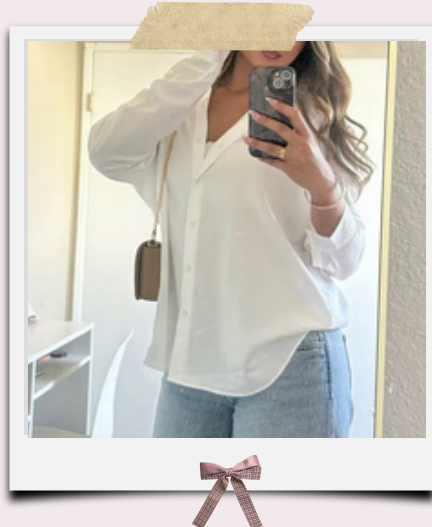
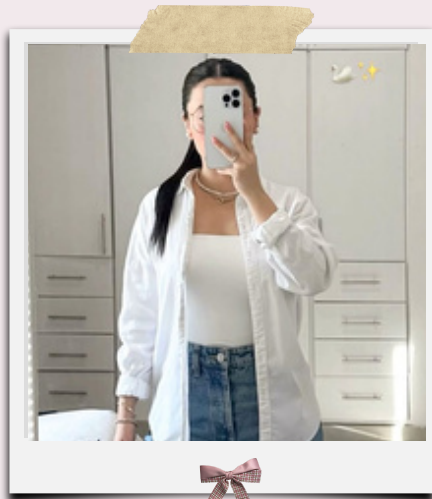
Show off your personal style, and be comfortable!



WHAT TO BRING

in your PNM Recruitment Bag, so you can be well prepared!





ROUND 1

Wardrobe

MEET & GREET

— WHITE SHIRT

We request that all PNMs wear a plain white shirt for Round 1 so that it is easy to identify the PNMs. Casual, daytime tops or dressier blouses would be appropriate for this round.

WHAT IS IT?

During this Round, you will be meeting all 7 sororities via Zoom; you will be introduced to each chapter, and they are looking to get to know you too! They may ask about your interests, values, and don't be afraid to ask members about themselves or their chapter!

At the end of Round 1, PNMs will submit their priorities for which chapters they most want to return to for the next round.

ROUND 2

Wardrobe

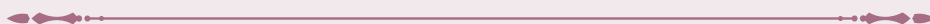
PHILANTHROPY

— BRUNCH

This outfit should be one appropriate for brunch with your grandparents! Please keep in mind that there will be a bit of walking in between houses, so it is recommended that PNMs wear comfortable shoes.

WHAT IS IT?

During Round 2, you'll get to visit a maximum of 5 houses based on your personalized schedule for the day. This Round will focus on philanthropy (including each sororities involvement and events), house tours, and financial obligations. At the end of Round 2, PNMs will again submit their priorities for which chapters they most want to return to for the next round.



PREFERENCE *Wardrobe*

— SEMI FORMAL

This can be dresses or a blouse with pants, heels or sandals. There may still be quite a bit of walking between houses, so bear that in mind when choosing your footwear.

WHAT IS IT?

Preference is focused on helping determine a mutual fit between you and the sorority. You'll visit up to 2 houses, where you'll sit down, have longer conversations with members, and ask any final questions. At the end of this Round, PNMs will visit HQ to submit the MRABA - where they will list the chapter(s) that they will accept a bid from.



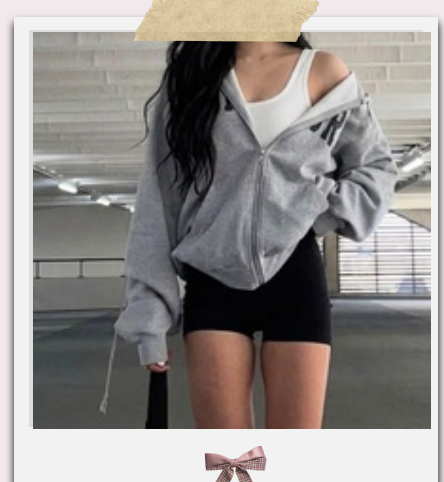
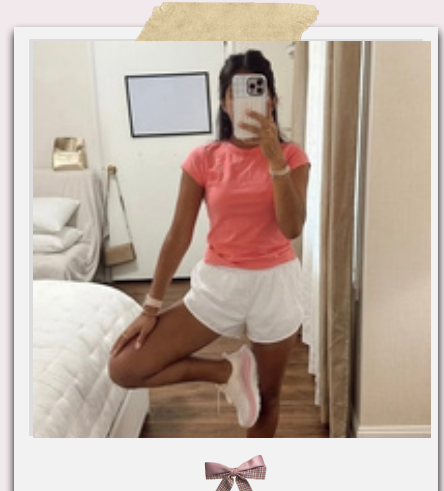
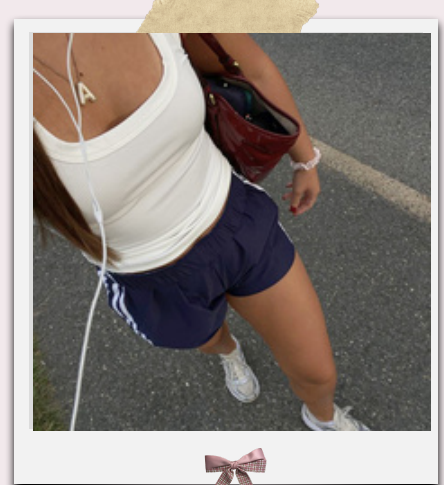
BID DAY *Wardrobe*

— ATHLEISURE

Since you'll be running home after this Round, make sure to wear athletic clothing that you are comfortable running in — including footwear, like tennis shoes. You'll receive a chapter bid shirt after accepting your bid.

WHAT IS IT?

This is the last day of Primary Recruitment! A PNM may receive an invitation to join a sorority, which they cannot open until it is announced to do so. Once opened, you can run to the house that has offered you a bid; but each house organizes their own bid day so activities will differ.





Chapter Information



Alpha Gamma Delta

“Loving, Leading, Lasting.”



COLOURS

Red, Buff, and Green

FLOWER

Red and Buff Roses

JEWEL

Pearl

SYMBOL

"Skiouros" the Squirrel

FOUNDING DATE

May 30, 1904

FOUNDED AT UOFT

1919

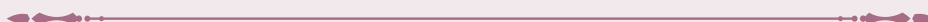
ADDRESS

506 Huron Street, Toronto, ON

PHILANTHROPY

The Alpha Gamma Delta Foundation
(Fighting Hunger)

ΑΓΔ



Alpha Omicron Pi

“Inspire Ambition.”



COLOURS

Cardinal

FLOWER

Jacqueminot Rose

JEWEL

Ruby

SYMBOL

Panda Bear,
and Sheaf of Wheat

FOUNDING DATE

January 2, 1897

FOUNDED AT UOFT

1930

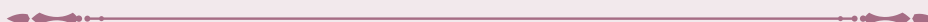
ADDRESS

24 Madison Ave, Toronto, ON

PHILANTHROPY

The Arthritis Foundation

ΑΟΠ



Alpha Phi

“Union hand in hand”



COLOURS

Silver and Bordeaux

FLOWER

Lily of the Valley and
Forget-Me-Nots

JEWEL

Pearl

SYMBOL

Phi Bear and Ivy

FOUNDING DATE

September 18, 1872

FOUNDED AT UOFT

1906

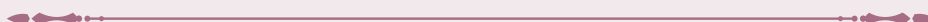
ADDRESS

30 Lowther Ave. Toronto, ON

PHILANTHROPY

The Alpha Phi Foundation and the
Heart & Stroke Foundation.

AΦ



Delta Delta Delta

“Let us steadfastly love one another”



COLOURS

Silver, Gold, and Blue

FLOWER

Pansy

JEWEL

Pearl

SYMBOL

Dolphin

FOUNDING DATE

November 27, 1888

FOUNDED AT UOFT

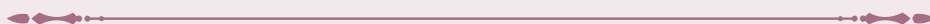
1930

ADDRESS

30 Madison Ave, Toronto, ON

PHILANTHROPY

Sick Kids and St. Jude Research Hospital.



Gamma Phi Beta

“Founded on a rock”



COLOURS

Brown, Mode,
and Pink

FLOWER

Pink Carnation

JEWEL

Pearl

SYMBOL

Crescent Moon

FOUNDING DATE

November 11, 1874

FOUNDED AT UOFT

1919

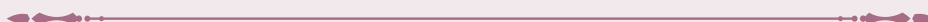
ADDRESS

26 Madison Ave, Toronto, ON

PHILANTHROPY

Girls on the Run Foundation
(Building strong girls)

ΓΦΒ



Kappa Kappa Gamma

“Dream boldly. Live fully”



COLOURS

Dark Blue, Light Blue

FLOWER

Fleur-de-Lis

JEWEL

Sapphire

SYMBOL

Key & Owl

FOUNDING DATE

October 13, 1870

FOUNDED AT UOFT

1911

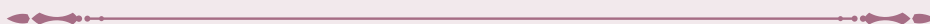
ADDRESS

32 Madison Ave, Toronto, ON

PHILANTHROPY

The Kappa Kappa Gamma
Foundation (Mental Health)

KKΓ



Pi Beta Phi

“Friends and leaders for life”



COLOURS

Wine, Silver, and Blue

FLOWER

Wine Carnation

JEWEL

Pearl

SYMBOL

Arrow & Angel

FOUNDING DATE

April 28, 1867

FOUNDED AT UOFT

1908

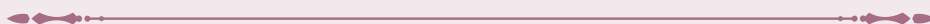
ADDRESS

220 Beverley Street, Toronto, ON

PHILANTHROPY

Read » Lead » Achieve.

ΠΒΦ





RECRUITMENT

Registration QR Code





Frequently Asked Questions



Q: After registering, when will I be contacted by my Recruitment Counsellor?

A: Your recruitment counselor should contact you in August, about a month before recruitment! If your RC does not contact you by then, please email utpa.recruitment@gmail.com.

Q: What if I'm late to one of the round meetings?

A: Let us know as soon as possible by reaching out to your assigned Recruitment Counsellor!

Q: What is the process of joining a sorority?

A: You must visit all seven houses in Round 1! At the end of each day, you will prioritize in order which houses you would like to visit again. A mutual selection method is used where the houses let Panhellenic know who they most want to see again. After the third round (Preference), bid matching occurs.

Q: What house is my Recruitment Counsellor from?

A: Recruitment Counsellors and Panhellenic Officers have been disassociated from their houses during the recruitment process so that they can provide you with an unbiased recruitment experience. You will find out what house they are from on Bid Day!

Q: Is joining a sorority a big time commitment?

A: Each sorority has its own set of requirements regarding attendance while still allowing for busy schedules. Each house hosts a one to two hour meeting on Monday night that is generally mandatory, unless you are excused. Time commitment is something you should discuss with the houses that you are interested in joining.

Q: Is there something you have to do to become initiated?

A: NO! Initiation is a special, traditional ceremony with your sisters, where you learn what binds your sorority and sisters together. It is illegal in Canada and the United States to make any person, member or not, do anything he/she does not want to do. If at any time you feel uncomfortable about what you have been asked to do, you have the right to say no and report it to someone you trust, which can be the College Panhellenic Council, the sorority's headquarters and/or the police.

Q: What if I have difficulties paying my dues by the payment date?

A: All sororities work with their chapter members to help accommodate their financial needs as best as possible. In Round 2, each chapter will elaborate on the financial obligations that their chapter requires for members. Feel free to inquire more about payment plans or other accommodations when speaking to any of the chapters.

Q: What if my GPA is below the GPA requirement for some of the chapters?

A: You can still participate in recruitment! Chapters understand that the transition to university can be challenging. Academics will be discussed during Rounds 1 and 2, which is a great opportunity to learn about each chapter's academic expectations, GPA requirements, and the academic support they offer their members.

Q: How can I pay the registration fee if I'm not in Canada and can't send E-transfers?

A: Check out the registration fee payment guide on our website! This outlines how you can come see us in person to pay by cash or cheque.

Any other questions? Contact utpa.recruitment@gmail.com !



Preparation *for* Recruitment



PREPARATION FOR RECRUITMENT

The University of Toronto Panhellenic Association partakes in values-based recruitment, meaning that the whole recruitment process is centred around conversation and helping PNMs make connections with the chapters that they meet. Values are a primary focus of recruitment; active members look to find Potential New Members who will best fit their chapters by seeing if the PNMs share the same values that they do. Below are some of the values that the Panhellenic community holds close to them, as well as some questions you can ask the chapters you are visiting to learn more about what that value means to them. We encourage you to reflect upon these values and ask these questions during Primary Recruitment!

Diversity

What does your house do to promote diversity, equity, and inclusion?

Does your house have programming for members to learn about current issues?

Leadership

What leadership opportunities does your house have to offer? Have you held any leadership roles in your sorority?

Development

What programming is offered to new members in your sorority?

What programming is offered to initiated members in your sorority? What opportunities are offered to alumnae?

Philanthropy

What is your sorority's philanthropy?

What events does your sorority hold to support your philanthropy?

Does your house have a philanthropy requirement (e.g. XYZ number of service hours)?

What does your sorority do aside from philanthropic events to support your philanthropy?

PREPARATION

CONTINUED

Sisterhood

What sisterhood events does your sorority hold?
What are your favourite sorority traditions?
Do your sorority's alumnae stay in touch with each other or with the chapter?

Scholarship

What academic incentives does your sorority have?
Does your chapter have a minimum GPA?
How do you find balance between school work and Greek life?

Academic

Is there a minimum GPA required for your sorority's members?
What happens if a member's GPA goes below the minimum?

Financial

Are there any additional fees that members may have to pay outside sorority dues?
What payment plan options do you offer?
How much does it cost to live in the sorority house?
Does your sorority offer scholarships, and what are the selection criteria? (ex: needs-based vs academic?)

Time Commitment

What is the time commitment like in your sorority for the average member?
Or for the average executive committee member?
How does your chapter accommodate time conflicts with additional commitments?

Questions about Commitment:

It is also important to make sure that you are able to fulfill the requirements necessary to be in your sorority. Here are some questions you can ask active members to see if membership in a particular sorority would be feasible for you.

PANHELLENIC CODE OF ETHICS

CODE OF ETHICS OF UNIVERSITY OF TORONTO COLLEGE PANHELLENIC ASSOCIATION

We, the University of Toronto (UofT) NPC member groups, agree to promote honesty, respect, sisterhood and cooperation within the College Panhellenic and our respective chapters and in our daily lives. This code of ethics is designed to inspire our members, reinforce exemplary conduct and values-based leadership and perpetuate lifelong membership to enrich the sorority and Panhellenic experience.

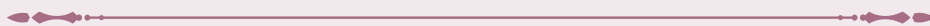
We, as College Panhellenic members of UofT, agree on and commit to:

- Uphold and demonstrate the Panhellenic spirit in thought, word and action through our chapters as well as individual members.
- Demonstrate ethical behaviour and conduct ourselves in a manner consistent with the mission and values of the College Panhellenic, each inter/national organization and the institution.
- Respectfully adhere to the Unanimous Agreements and all policies established by the National Panhellenic Conference (NPC).
- Avoid disparaging remarks about any sorority or collegiate woman and refrain from discussing Panhellenic matters with nonmembers.
- Provide an equitable and inclusive sorority experience for NPC member groups who are interested at the institution.
- Recognize friendly relations with all collegiate individuals, both sorority members and nonmembers, realizing the importance of creating and building friendships.

We, as College Panhellenic members of UofT, also agree on and commit to:

- Plan recruitment events that provide opportunities for the greatest possible number of PNMs to become sorority members while protecting the rights and privileges of individuals and chapters.
- Provide a safe, positive and enriching recruitment experience, understanding that membership is a social experience arrived at by mutual selection.
- Strive to be truthful, honourable, open and friendly to all potential new members during all recruitment events.
- Be respectful of the rights of every potential new member to make a personal choice, including but not limited to: not joining the sorority community at a specific time, intentional single preference or preference all sorority chapters.
- Respectfully adhere to the bylaws and recruitment rules of the College Panhellenic Association.
- Abide by all local and federal laws and NPC inter/national Unanimous Agreements, policies and best practices.
- Hold one another accountable to this code of ethics, remembering at all times that we represent not only our individual chapters but also the Panhellenic community as a whole.
- Ensure that all aspects of NPC member groups identities – including but not limited to: ethnicity, sexual orientation, religious beliefs, socio-economic class – are valued, cared for, and protected.
- Ensure that bullying of any sort – including but not limited to: cyberbullying, prejudicial bullying, verbal bullying, and physical bullying – will not be tolerated and Judicial action may be enforced

As NPC Member Groups of UofT, these are the tenets by which we strive to live.



MRABA

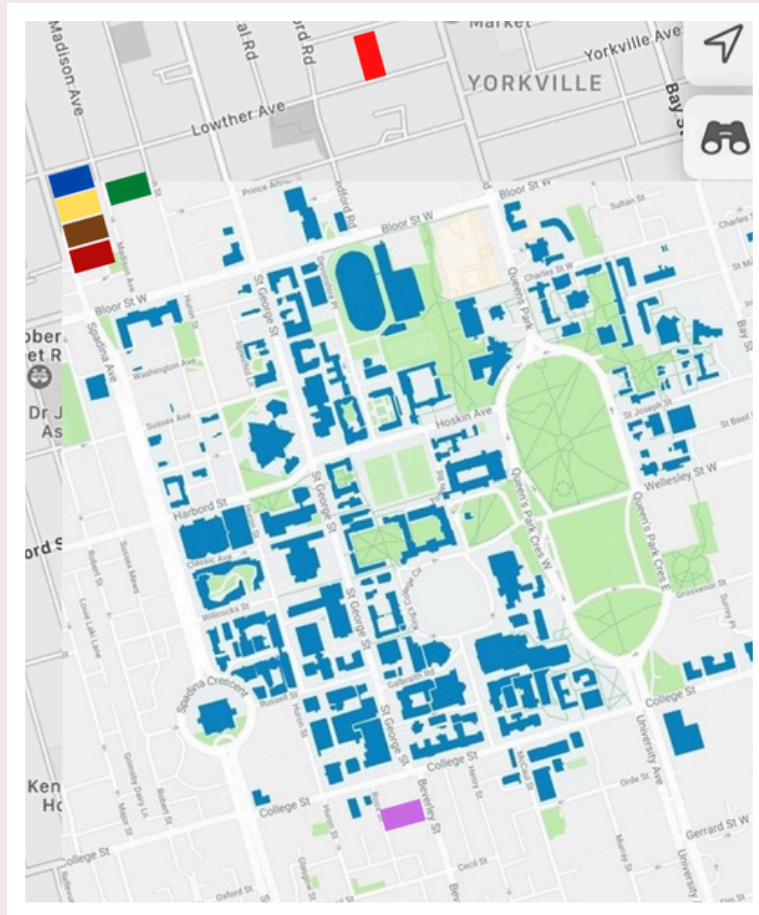
MEMBERSHIP RECRUITMENT ACCEPTANCE BINDING AGREEMENT

Sorority recruitment, especially primary recruitment, has many steps and it is important to understand each step of the process. The final step of recruitment involves potential new members signing the Membership Recruitment Acceptance Binding Agreement or, as it is often referred to, the MRABA.

The MRABA is a binding agreement, and once signed cannot be altered or changed.

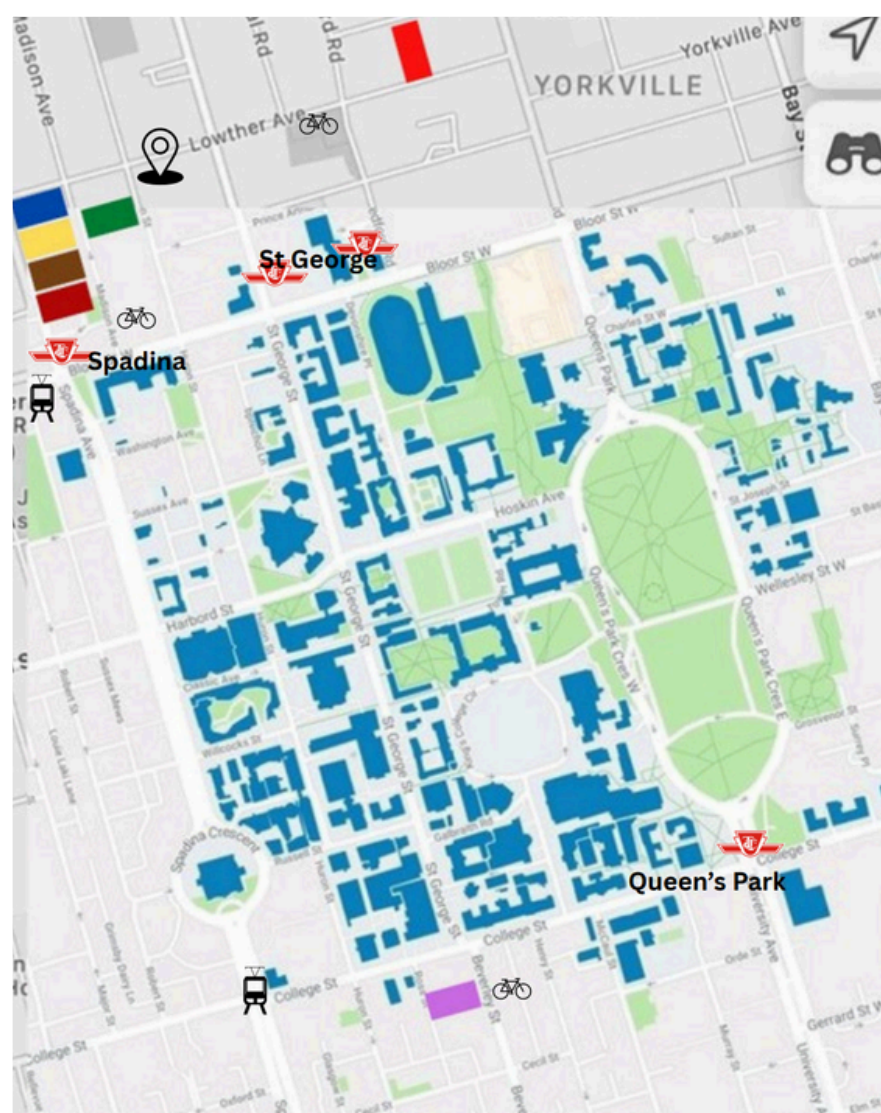
Most importantly, if you sign the MRABA and choose not to join or stay in the sorority from which you received a bid, you cannot join another chapter until the next primary recruitment period. First, you will fill in your information: name, campus address, campus phone number and the college or university you are attending. The MRABA consists of six sections. The sections include completing contact information, checking off a statement to withdraw or continue, initialing seven statements by the PNM as acknowledgement she has read and understands each point, listing sororities in preferential rank order and signing the binding agreement. By signing the MRABA you are saying that the sororities you list on your sheet are the ones you are willing to accept a bid from. You have the option to list up to two sororities, though you only have to list one. It is recommended to list two options to maximize your options but isn't required. This form solidifies that you can only receive a bid from the organization(s) that you list. However, it is possible that you may not receive a bid from either organization. If this were to happen you would be contacted and informed of this. If you receive a bid and don't accept it you are ineligible to join a sorority until the next primary recruitment period, which occurs once every academic year. This also applies if you accept the bid and then decide to not continue membership with the sorority that extended you a bid. If you do not receive an invitation to membership (a bid) from any sororities that you have listed, you are eligible for Continuous Open Bidding (COB). Now that you understand what the MRABA is you know just what it means when you sign it during recruitment. Once the MRABA is signed, relax and wait until it's time to receive your invitation of membership and join your new home!

University of Toronto Map



- | | | | |
|---|---|---|---|
| ● Alpha Gamma Delta | ● Alpha Phi | ● Gamma Phi Beta | ● Pi Beta Phi |
| ● Alpha Omicron Pi | ● Delta Delta Delta | ● Kappa Kappa Gamma | |

University of Toronto Public Transport Map



TTC subway station entrance



Toronto Bike Share



TTC streetcar station entrance



Morning meetup point
for in person rounds

- | | | | |
|---|---|---|---|
|  Alpha Gamma Delta |  Alpha Phi |  Gamma Phi Beta |  Pi Beta Phi |
|  Alpha Omicron Pi |  Delta Delta Delta |  Kappa Kappa Gamma | |



Go Greek!

Seven chapters, one community.



ALPHA GAMMA DELTA

ALPHA OMICRON PI

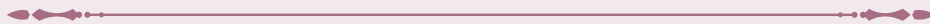
ALPHA PHI

DELTA DELTA DELTA

GAMMA PHI BETA

KAPPA KAPPA GAMMA

PI BETA PHI



For any questions or concerns, contact us:

Email: utpa.recruitment@gmail.com

Instagram: [@uoft.sororities](https://www.instagram.com/uoft.sororities)

Website: uoftsororities.ca

