

University of Toronto Panhellenic



Inside This Issue:

Welcome!

A 2023 Recruitment Guide

Website Update and Info

August 2nd, 2023
PNM Issue

Welcome!

Thank you to everyone who has signed up for our Fall 2023 Primary Recruitment. We all can't wait to see you once school starts and want to make sure you understand what it means to be in a Panhellenic Sorority. We will be sending you all newsletters weekly with different topics to help you out on this journey! On our social medias, we have posted a PNM Dictionary where you can find some terms/lingo that you may hear this recruitment season, check it out @uoft.sororities!

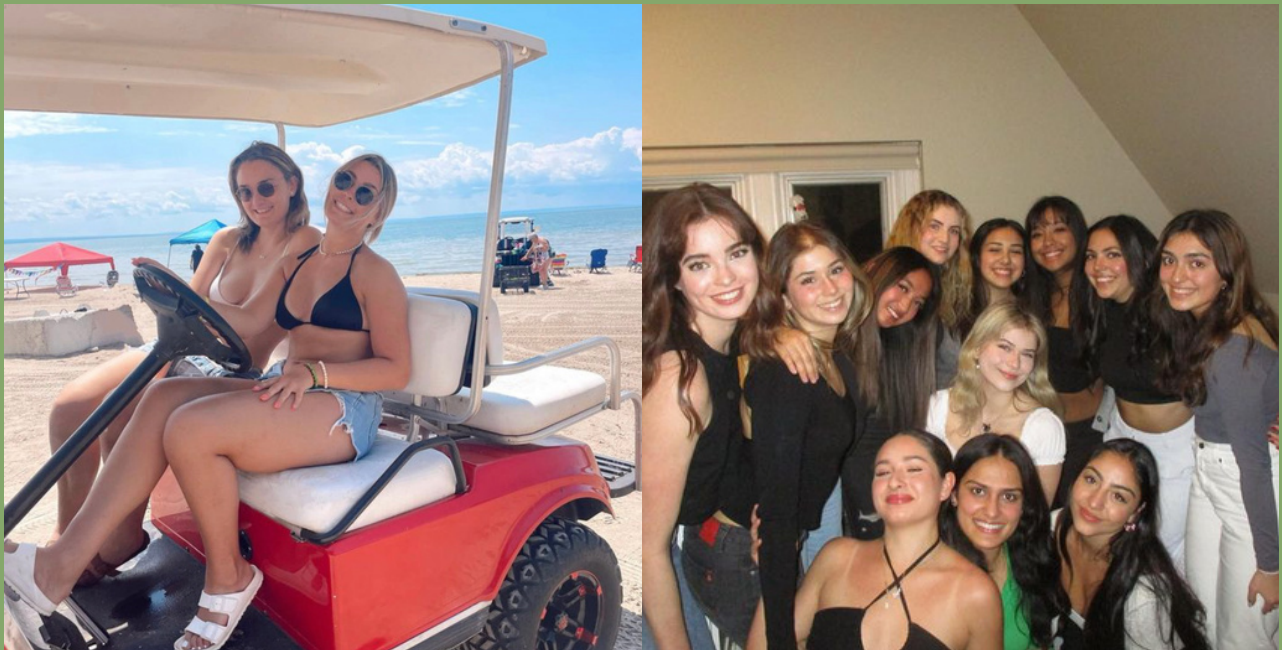
@uoft.sororities



- *Tri Delta - Pi Beta Phi* -

How to prepare for recruitment!

As fall 2023 recruitment is on its way and is coming very fast, so in order to prepare you for what to expect here is advice from our Panhellenic executive council to remember through the process!



- *Kappa Kappa Gamma - Gamma Phi Beta* -

1. Give each chapter your best effort!

While it can be confusing meeting so many women from so many different houses, don't let it intimidate you as you go through recruitment. You may have certain ideas of chapters before you enter them but there's a good chance they will change after meeting the chapter! Just remember that it is always best to be courteous, respectful, and have fun!



- Alpha Gamma Delta - Alpha Omicron Pi -

2. Don't be afraid to ask questions!

Through multiple rounds of recruitment, you will get many chances to talk one on one with active members of a chapter. Use this time to ask them things like 'What's your favourite memory being in this chapter?' Or 'What kinds of leadership roles are available?'. They will appreciate your efforts and it gives you a better idea of the chapter you're talking to!



- Alpha Phi -

3. Make friends with your RC group and other PNM's

As you go through recruitment, the people in your RC group are the ones that will be there for you the entire way of the journey. Your recruitment counsellors are there to help and support you! Recruitment will be a lot more fun if you make an effort to get to know those around you!



- *Panhel Exec Board President (2023)* -

Website Updates!

If you have any questions or want to see what chapters we hold at U of T, head over to our website! There is info about chapters, delegates, and Panhel exec! Feel free to reach out to anyone on our exec board or just directly message our instagram and we will get back to you as soon as we can :).

[Website](#)

[Instagram](#)

[Facebook](#)



University of Toronto
Sororities

PANHellenic EXECUTIVE COUNCIL

Panhellenic Advisor - Karen Davidson

UTPA.ADVISOR@GMAIL.COM

President - Tayedza Chikumbirike

UTPA.PRESIDENT@GMAIL.COM

VP Operations - Gina Pulsinelli

UTPA.VPO@GMAIL.COM

VP Recruitment - Maya Lane

UTPA.VPR@GMAIL.COM

VP Programming - Jennifer Truong

UTPA.VPP@GMAIL.COM

VP Finance - Shelley Chen

UTPA.VPF@GMAIL.COM

VP D.E.I - Noli Dement Semer

UTPA.VPDEI@GMAIL.COM

VP Communications - Tatiana Umana

UTPA.VPC@GMAIL.COM

Director of RC's - Charmaine Handojo

UTPA.HEADRC@GMAIL.COM