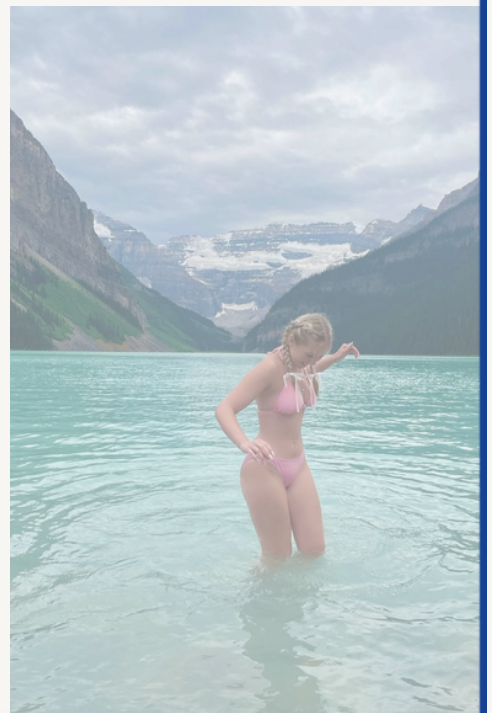


TORONTO PANHELLENIC ASSOCIATION



PNM MANUAL

Recruitment 2025



ST 1908

Panhellenic Executive & Contacts

Panhellenic Executive

President	Mireille de Montigny
Vice President of Operations	Aislynn Heney
Vice President of Recruitment Internal	Belle Welti
Vice President of Recruitment External	Tegan Matheson
Vice President of DEI	Amytis Damad
Vice President of Finances	Kristina Matthews
Vice President of Programming	Cassandra Villamar
Vice President of Communications	Alessandra Acha
Panhellenic Advisor	Karen Davidson

Contacts

President - utpa.president@gmail.com

VP Recruitment Internal - utpa.vpr@gmail.com

VP Recruitment External - utpa.headrc@gmail.com

UofT Panhellenic Advisor - utpa.advisor@gmail.com

Questions? - utpa.recruitment@gmail.com

About the Panhellenic Council

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.



Meet the Exec



Mireille de Montigny
President



Aislynn Heney
VP Operations



Belle Welti
VP Recruitment Internal



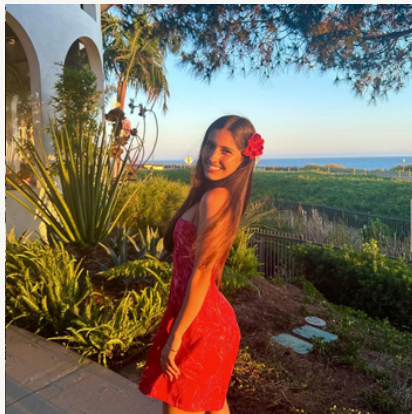
Tegan Matheson
VP Recruitment External



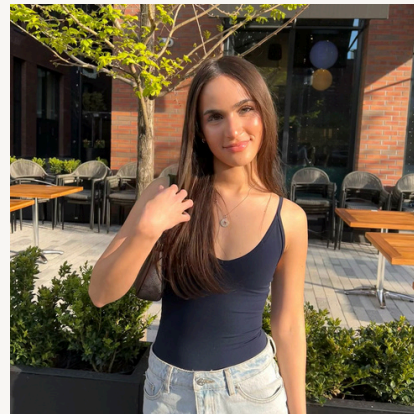
Cassandra Villamar
VP Programming



Kristina Matthews
VP Finance



Amytis Damad
VP DEI



Alessandra Acha
VP Communications

About the Delegates

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 serve as the national voice on contemporary issues of sorority life. For more information about NPC, please visit www.npcwomen.org



Meet the Delegates



Rebeca García Loaiza



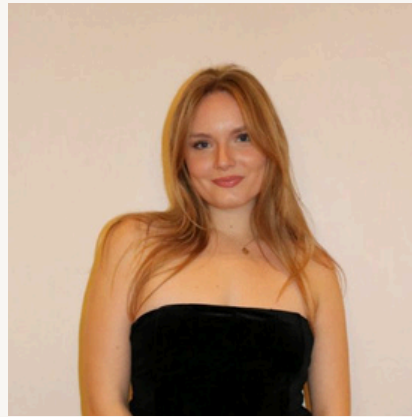
Sophia Paez



Vera McCutcheon



Ada Vardar



Alexa McIntosh



Ashlyn Bailey



Vanecia Lai

Letter from the President

Dear PNMs,

I am thrilled to welcome you to primary recruitment 2025! We are ecstatic that you've decided to participate in this year's recruitment. It can be hard to find a community at a university as big as this one, and I hope participating will help you find like-minded people and build lifelong friendships.

As you begin this process, I encourage you to think of your values, passions, hopes, and dreams for your college years. These years are some of the most memorable ones of your life, and joining a sorority is an experience that can heighten even more, every minute of your journey. You will have the opportunity to meet friends who love you for who you are, to contribute to your community through philanthropic work, to be supported by a network of academically driven women, and to join a legacy of strong, resilient, brave, and kind leaders.

The seven chapters that make up our Panhellenic community here at the University of Toronto are all very singular. Each of the values they uphold, the goals they strive for, and the sisterhood they share make them unique parts of our beautiful community. You are a part of this, and I hope to help you feel that you belong here.

I hope this experience is as fulfilling as you want it to be. I am always here should you need any support, guidance or help. I look forward to seeing you in September!

With kindness,

Mireille de Montigny

utpa.president@gmail.com

Letter from VPs of Recruitment

Dear PNMs,

I am beyond excited to welcome you to primary recruitment 2025, and even more so to be a part of your journey. University, no matter if you are going into your first year where this is all new, or in an upper year - university can be challenging, on a campus so big a community can be something that is hard to find. If you moved away from your family to be in Toronto, or if your family is nearby, what I hope you can find within one of our seven amazing chapters is a home away from home.

Recruitment is an amazing experience, there is so much for you to learn and so many people to meet those already a part of the Greek Life community, and your fellow PNMs who are going through this journey with you. The purpose of recruitment is to find the chapter that is best suited for you, think about your goals, values, personal morals and dreams and not just how they are now but for the person you are one day working to become. Talk to members of each chapter, ask questions and you will find the chapter that is the perfect place for you, the memories you will make will stay with you for a lifetime and cherished in old age.

You are where you are right now, because of how hard you have already worked and I know that each of our seven chapters are made up of individuals who have worked just as hard as you have. Each chapter within the University of Toronto Panhellenic community strives for their own values, dedicates time to a philanthropic cause and goals they work towards creating a sisterhood unique to each one. This is an opportunity to meet others just like you, and to become a part of a community where the support is neverending, and the opportunity to contribute to helping others in the way they help you.

I hope this journey allows you to find your home away from home, the community that supports you through your success and holds you up when you're down. There is a place for you here, take the time and find where it is, I promise you'll make memories you'll never forget.

I am always here for any support, questions or guidance you may need, and I am so excited to meet you all in September!

Belle Welti

utpa.vpr@gmail.com

Letter from VPs of Recruitment

Dear PNM's,

I am so excited for you to begin your experience in primary recruitment. It feels like it was just minutes ago that I was thinking of joining a sorority. I remember feeling scared, lost, and unsure of what I was getting myself into, but I'm so glad I did! The University of Toronto can feel overwhelming at first, but finding a smaller community of people you feel connected with really helps build that sense of community! That, among many other reasons, is why I knew joining a sorority was the right decision for me. I have truly met my best friends, those I want to be at my wedding, those I want my future children to know and those I trust with my life. I'm thrilled for each and every one of you to find your people!

As you navigate your way through recruitment this year, don't forget to just be yourself! It may seem like silly advice, but you will truly find your people when you are genuinely yourself. I hope everyone has so much fun, meets so many new friends and finds their forever home!

Please ask questions if you are ever unsure!

So excited to meet everyone,

Tegan Matheson

utpa.headrc@gmail.com

Meet the R's



Elif Armour



Olivia Champion



Audrey Blair



Nafisa Oichi



Kayla Lee



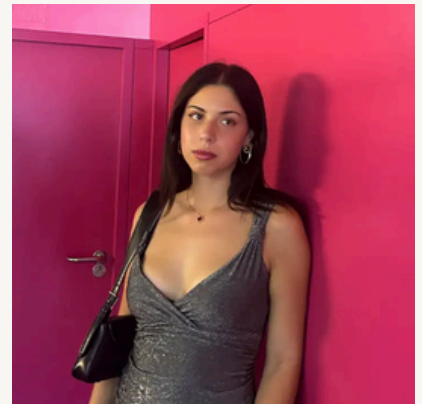
Elif Öztürk



Roxy Yadollahi



Ella Foreman



Carla Oprean

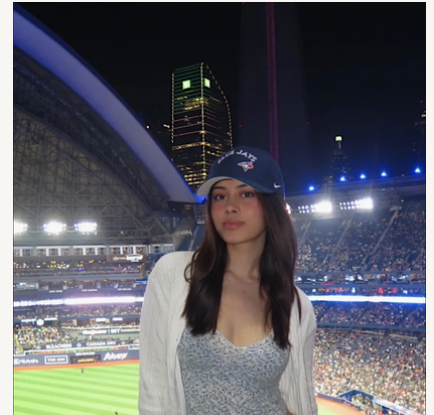
Meet the R's



Carmen Zenatta



Alexxa Spracklin



Natasha Bisht



Lilia Rahrouh



Sila Palabiyik



Erica Congo



Kassandra Parker



Emma Xue



Sarah Martinez

Meet the RCs



Lily Rogers



Jusra Cibaku



Sabrina Castrodale

Recruitment counselors model the way for PNMs. They guide PNMs at each step of the process as they explore the sororities on campus that meet their needs and match their values. They are your point person for any question you may have, and they will help you along the one so you can make the best informed decisions during your recruitment journey.

CHAPTER FINANCIALS



New Member Fees

These are one-time fees that you pay in the year you become a new member (the year you are initiated).

Chapter Name	Alpha Gamma Delta	Alpha Omicron Pi	Alpha Phi	Delta Delta Delta	Gamma Phi Beta	Kappa Kappa Gamma	Pi Beta Phi
New Member Fee (one-time fee)	\$75.00	\$175.00	\$91.00	N/A	\$400.00	\$610.00	\$190.00
Initiation & Badge Fee (one-time fee)	\$290.00	\$123.00	\$350.00	\$339.00	\$1,145.00	\$175.00	\$155.00
Inter/National Dues	\$145.00	\$168.00	\$190.53	\$1,400.00		\$110.00	\$280.00
Sisterhood**	\$1,161.00	\$515.00	\$200.00			\$915.00	\$363.00
Social**			\$275.00				\$220.00
Philanthropy**			\$200.00				N/A
T-Shirts / Apparel / Merch**			\$50.00	N/A		N/A	\$40.00
Technology Fees			N/A	N/A		N/A	\$50.00
Parlour & House Corp Fee	\$420.00	\$909.00	\$1,300.00	\$230.00		\$375.00	\$647.00
NPC Fees	N/A	\$17.00	N/A	N/A	N/A	N/A	\$4.00
Facility	YES	YES	YES	YES	YES	YES	YES
Total	\$2,091.00	\$1,907.00	\$2,656.53	\$1,969.00	\$1,920.00	\$2,457.00	\$1,957.00

*Badge fees for some organizations range depending on what type of badge you choose (metal type, jewel type, with a guard or not, etc.)

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

Active Member Fees - Live Out

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

Chapter Name	Alpha Gamma Delta	Alpha Omicron Pi	Alpha Phi	Delta Delta Delta	Gamma Phi Beta	Kappa Kappa Gamma	Pi Beta Phi
Inter/National Dues	\$190.00	\$336.00	\$95.27	\$1,400.00	\$927.00	\$110.00	\$180.00
Sisterhood	\$1,050.00	\$686.00	\$232.50			\$915.00	\$560.00
Social			\$350.00				\$300.00
Philanthropy			\$232.50			N/A	N/A
Merch			\$25.00	N/A			\$80.00
Technology Fee**			N/A	N/A			\$50.00
Parlour & House Corp Fee	\$400.00	\$809.00	\$900.00	\$230.00	\$500.00	\$815.00	\$500.00
NPC	N/A	\$32.00	N/A	N/A	N/A	N/A	\$4.00
Other	N/A		N/A	N/A	N/A	N/A	\$46.00
Facility?	YES	YES	YES	YES	YES	YES	YES
Total	\$1,640.00	\$1,863.00	\$1,835.27	\$1,630.00	\$1,427.00	\$1,840.00	\$1,720.00

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

Active Member Fees - Live IN HOUSE

These are the dues that you pay every year, as an active member who is living at the sorority house.

***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)

Chapter Name		Alpha Gamma Delta	Alpha Omicron Pi	Alpha Phi	Delta Delta Delta	Gamma Phi Beta	Kappa Kappa Gamma	Pi Beta Phi
Inter/National Dues		\$190.00	\$336.00	\$190.53	\$1,400.00	\$927.00	\$110.00	\$180.00
Sisterhood		\$1,250.00	\$686.00	\$232.50			\$915.00	\$560.00
Social				\$350.00				\$300.00
Philanthropy				\$232.50				N/A
Merch		\$360.00	\$809.00	\$25.00	N/A	\$927.00	N/A	\$80.00
Technology Fee**				N/A	N/A		N/A	\$50.00
Parlour & House Corp Fee				N/A	\$200.00		N/A	
NPC		N/A	\$32.00	N/A	N/A		N/A	\$4.00
Other		N/A		N/A	N/A		N/A	\$46.00
Housing Requirement		Chapter President, VP of Finance, VP New Member Experience, and Director of Property must live-in the chapter house	9 members must live in	Chapter President and VP of Finance and Housing must live-in the chapter house	Chapter President must live-in the chapter house	President, House Manager, and Financial VP must live-in the chapter house	N/A	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.
Total Rent per Academic Year***	Min	\$6,200.00	\$8,155.00	\$8,500.00	\$6,180.00	\$6,750.00	\$7,867.00	\$6,518.00
	Max	\$7,452.00	\$10,253.00	\$10,500.00	\$9,230.00	\$9,000.00	\$8,408.00	\$10,588.00
Total	Min	\$8,000.00	\$10,018.00	\$9,530.53	\$7,780.00	\$6,750.00	\$8,892.00	\$7,738.00
	Max	\$9,252.00	\$12,116.00	\$11,530.53	\$10,830.00	\$9,000.00	\$9,433.00	\$11,808.00

Summary Table

Chapter Name	Alpha Gamma Delta	Alpha Omicron Pi	Alpha Phi	Delta Delta Delta	Gamma Phi Beta	Kappa Kappa Gamma	Pi Beta Phi
Social Events (Mixers,	ALL	ALL	ALL	NONE	ALL	SOME	ALL
Sisterhood Events	ALL	ALL	ALL	NONE	ALL	SOME	ALL
T-Shirts/Apparel/Merch	ALL	SOME*	ALL	NONE	ALL	SOME	ALL
Panhellenic Dues	ALL	ALL	ALL	ALL	ALL	ALL	ALL
Special Events	ALL	ALL	ALL	ALL	ALL	SOME	ALL
Meals	NO	NO	NO	NO	NO	NO	NO
Housing	YES	YES	YES	YES	YES	YES	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 cGPAs unless otherwise specified.

GREEK GLOSSARY



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.

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.

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

Potential New Member (PNM): An individual going through the recruitment process.

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

GREEK ALPHABET



Α	Β	Γ	Δ	Ε	Ζ
Alpha (al-fah)	Beta (bay-tah)	Gamma (gam-ah)	Delta (del-ta)	Epsilon (ep-si-lon)	Zeta (zay-tah)
Η	Θ	Ι	Κ	Λ	Μ
Eta (ay-tah)	Theta (thay-tah)	Iota (eye-o-tah)	Kappa (cap-pah)	Lambda (lamb-dah)	Mu (mew)
Ν	Ξ	Ο	Π	Ρ	Σ
Nu (new)	Xi (zie)	Omicron (om-e-cron)	Pi (pie)	Rho (roe)	Sigma (sig-mah)
Τ	Υ	Φ	Χ	Ψ	Ω
Tau (taw)	Upsilon (up-si-lon)	Phi (fie)	Chi (kie)	Psi (sigh)	Omega (oh-may-gah)



IMPORTANT DATES



PNM Orientation - September 9th

In Person: 6pm - 8pm

Online 9pm- 10om

Recruitment Round 1 - September 11th-12th

Recruitment Round 2 - September 13th

10am - 5pm

Recruitment Round 3 - September 14th

10am - 2pm

Bid Day - September 14th



RECRUITMENT SCHEDULE

ROUND 1

ROUND 1A – Thursday, September 11 th	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 (PNMs) / 40 minute break (Chapter Members)	
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
PARTY 8 BEGINS (OVERFLOW)	9:00 PM
PARTY 8 ENDS (OVERFLOW)	9:20 PM

OR

ROUND 1B – Friday, September 12 th	Time
Panhellenic Welcome & Overview	3:30
Sign-in & RC meetup	3:45
PARTY 9 BEGINS	4:00 PM
PARTY 9 ENDS	4:20 PM
PARTY 10 BEGINS	4:30 PM
PARTY 10 ENDS	4:50 PM
PARTY 11 BEGINS	5:00 PM
PARTY 11 ENDS	5:20 PM
PARTY 12 BEGINS	5:30 PM
PARTY 12 ENDS	5:50 PM
30 minute break (PNMs) / 40 minute break (Chapter Members)	
Sign-in & RC meetup	6:20 PM
PARTY 13 BEGINS	6:30 PM
PARTY 13 ENDS	6:50 PM
PARTY 14 BEGINS	7:00 PM
PARTY 14 ENDS	7:20 PM
PARTY 15 BEGINS	7:30 PM
PARTY 15 ENDS	7:50 PM
PARTY 16 BEGINS (OVERFLOW)	8:00 PM
PARTY 16 ENDS (OVERFLOW)	8:20 PM

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

ROUND 2

ROUND 2 – Saturday, September 13 th	Time
PARTY LISTS POSTED	TBC depending on chapter list submissions
HOUSE CHECKS START	8:00 AM
Sign-in & RC meetup	9:30 AM
PARTY 1 BEGINS	10:30 AM
PARTY 1 ENDS	11:15 AM
PARTY 2 BEGINS	11:30 AM
PARTY 2 ENDS	12:15 PM
PARTY 3 BEGINS	12:30 PM
PARTY 3 ENDS	1:15 PM
45 minute break	
PARTY 4 BEGINS	2:00 PM
PARTY 4 ENDS	2:45 PM
PARTY 5 BEGINS	3:00 PM
PARTY 5 ENDS	3:45 PM
PARTY 6 BEGINS	4:00 PM
PARTY 6 ENDS	4:45 PM

RECRUITMENT SCHEDULE

PREF & BID DAY

Preference & Bid Day– Sunday, September 14 th	Time
HOUSE CHECKS START	07:00 AM
Sign-in & RC meetup	9:30 AM
PARTY 1 BEGINS	10:30 AM
PARTY 1 ENDS	11:30 AM
PARTY 2 BEGINS	11:50 AM
PARTY 2 ENDS	12:50 PM
PARTY 3 BEGINS	1:10 PM
PARTY 3 ENDS	2:10 PM

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

A party is a group you are assigned to and that you will attend sessions with during the entire recruitment process. Detailed information with regards to which house you will be visiting at each time will be provided to you through the PNM Companion App.

If you are still confused, please do not hesitate to voice your concerns during the PNM Orientation session on September 9th or contact utpa.recruitment@gmail.com!

FREQUENTLY ASKED QUESTIONS

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

What should I wear?

For round 1, please wear a white shirt. For the other rounds, dress comfortably and be yourself ie. wear something that shows off your personality! Round 3 is more formal. Please refer to page 22 for more information and examples!

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

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

What is the process of joining a sorority?

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

What house is my Recruitment Counsellor from?

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!

FAQs CONTINUED

Is joining a sorority a big time commitment?

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.

Is there something you have to do to become initiated?

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.

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

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.

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

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 CONT'D

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?

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.

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?

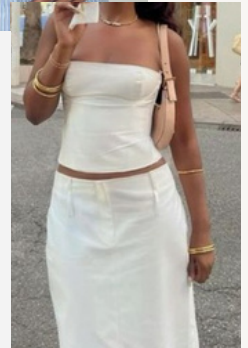
Or for the average executive committee member?

How does your chapter accommodate time conflicts with additional commitments?

WHAT TO WEAR

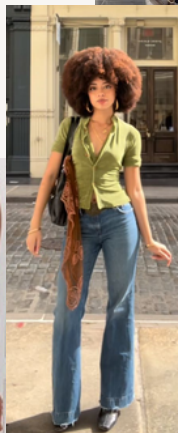
Round 1 - White Shirt

We request that all Potential New Members 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.



Round 2 - Outfit appropriate for brunch with grandparents

Please keep in mind that there may be quite a bit of walking between houses, so it is recommended that PNMs wear comfortable shoes.



WHAT TO WEAR

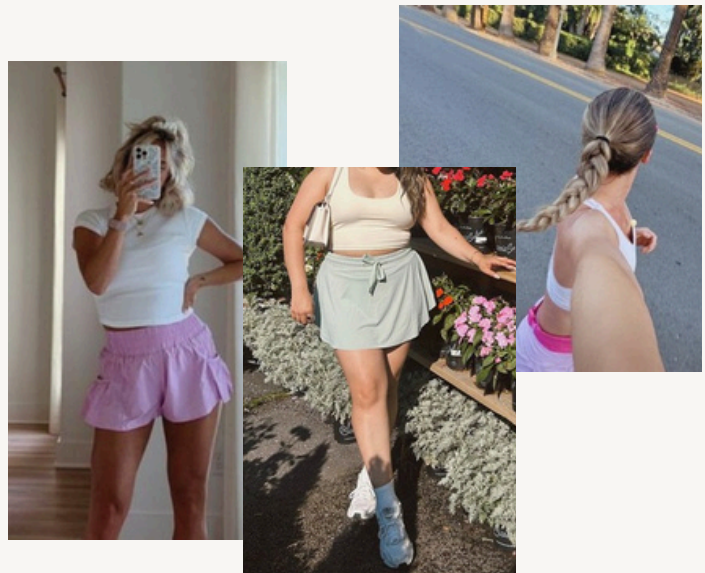
Preference Round - Semi Formal dresses/ blouses and pants, heels or sandals

There may still be quite a bit of walking between houses, so bear that in mind when choosing footwear.



Bid Day - Athleisure

You'll receive a chapter bid day shirt after accepting your bids. Please wear comfy footwear such as tennis shoes so you can run home!



ALL Rounds - What to Wear: **An Outfit that makes you feel comfortable and shows your personality!**

PNM BILL OF RIGHTS

As a Potential New Member, you have the right to...

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 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.

Alpha Gamma Delta ΑΓΔ

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)



"Loving. Leading. Lasting"

Alpha Omicron Pi ΑΟΠ

Colours: Cardinal Red

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.



"Inspire Ambition."

Alpha Phi AΦ

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.



"Union hand in hand."

Delta Delta Delta ΔΔΔ

Colours: Silver, Gold, 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.



"Let us steadfastly love one another."

Gamma Phi Beta ΓΦΒ

Colours: Brown, Mode, 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)



"Founded on a rock."

Kappa Kappa Gamma ΚΚΓ

Colours: Dark Blue, Light Blue

Flower: Fleur-de-Lis

Jewel: Sapphire

Symbol: Key and Owl

Founding Date: October 13, 1870

Fonuded at UofT: 1911

Address: 32 Madison Ave, Toronto, ON

Philanthropy: The Kappa Kappa Gamma Foundation (Mental Health)



"Dream boldly. Live fully."

Pi Beta Phi ΠΒΦ

Colours: Wine, Silver Blue

Flower: Wine Carnation

Symbol: Arrow and Angel

Founding Date: April 28, 1867

Founded at UofT: 1908

Address: 220 Beverley Street, Toronto, ON

Philanthropy: Read → Lead → Achieve.



"Friends and leaders for life."

MEMBERSHIP RECRUITMENT

ACCEPTANCE BINDING AGREEMENT

(MRABA)

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, initialling 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!

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. 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.

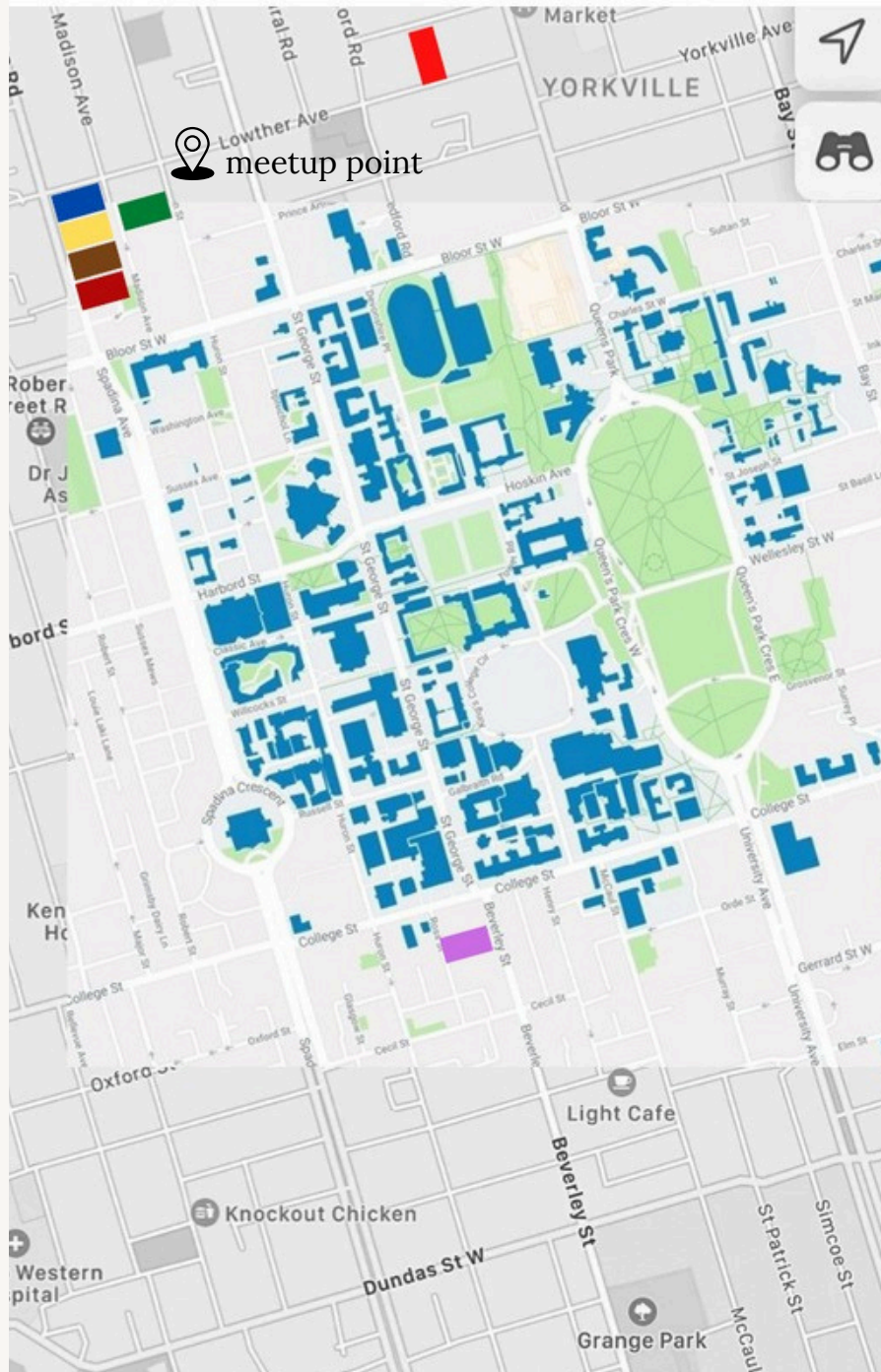
We, as College Panhellenic members of UofT, also agree on and commit to:

- 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

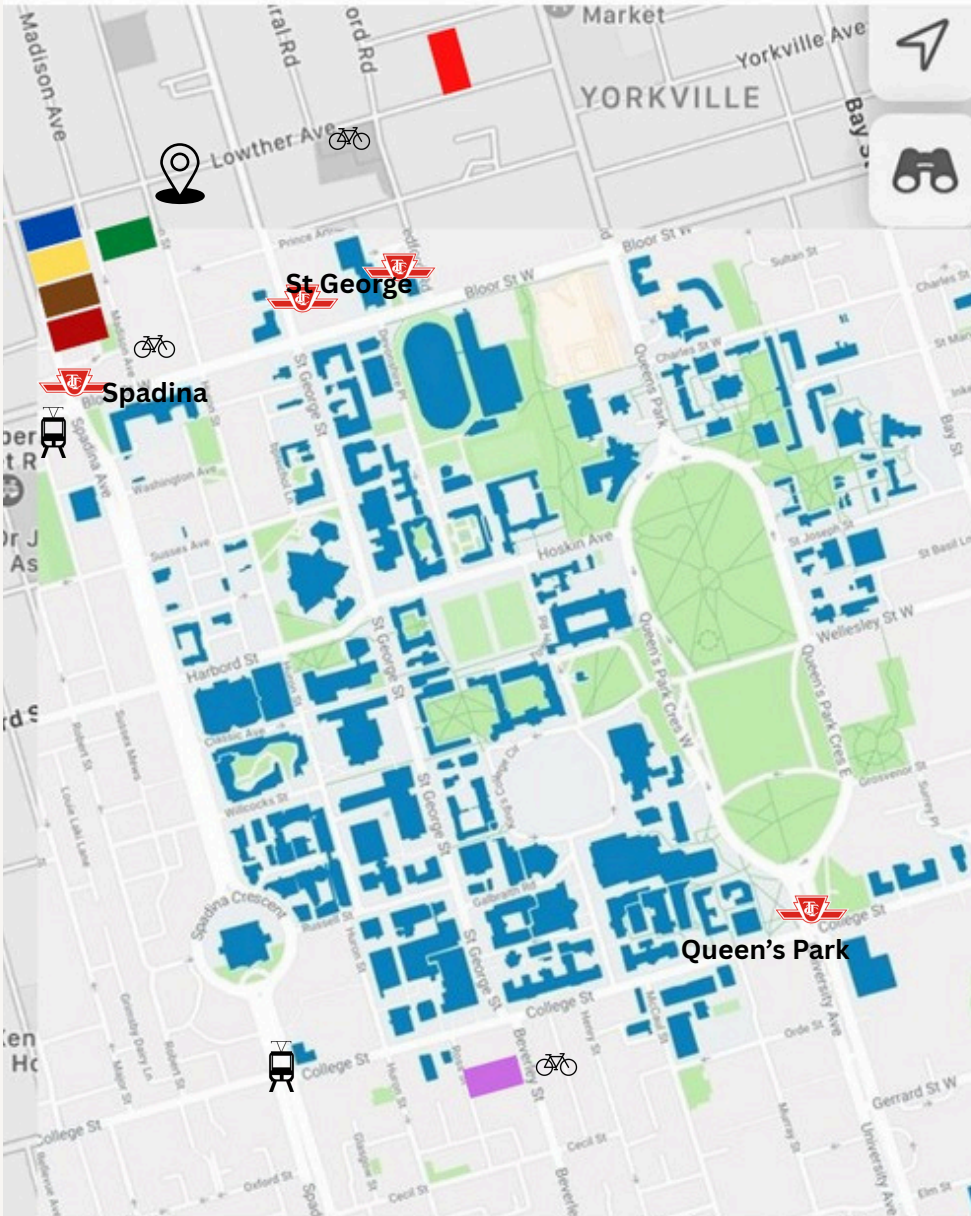
As NPC Member Groups of UofT, these are the tenets by which we strive to live.



UNIVERSITY OF TORONTO MAP



Public Transport Map



TTC subway station entrance



Toronto Bike Share



TTC streetcar station entrance



Sat/Sun morning
meetup point



Alpha Gamma Delta



Alpha Phi



Gamma Phi Beta



Pi Beta Phi



Alpha Omicron Pi

Delta Delta Delta



Kappa Kappa Gamma

SEVEN CHAPTERS, ONE COMMUNITY GO GREEK!



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