



Values of Sorority Membership Workshop

Workshop Facilitation Instructions

This workshop should be facilitated with individual chapter members. When planning, you may need to adapt both room size and the number of groups to ensure that participants find the activities meaningful. Don't forget to adjust the materials to match the number of groups and/or members.

The success of this workshop is in your hands!

Document layout

- *Italicized* words are instructions for you, the facilitator.
- **Highlighted** words are the parts of the facilitation guide that you should read aloud to participants.
- [Brackets] indicate where you need to customize the text you are reading aloud.
- Times listed next to each section are guidelines to complete the workshop in the time identified.
- Facilitation questions used within this guide are suggestions. You can change the questions and narrative to reach the objectives within the activities.

Workshop Logistics

This workshop should be facilitated with individual chapter members. When planning, you may need to adapt both room size and the number of groups to ensure those participating find the activities meaningful. Don't forget to adjust the materials accordingly to match the number of groups and/or members.

Learning objectives

- Sorority members will reflect on what they have learned as part of their membership.
- Sorority members will be able to name one benefit of sorority membership.

Time

45 minutes

Recommended participation

- Maximum participation is dictated by the size of the room and the ability to break out into small groups
- One lead facilitator

Room set up

- Flexibility for participants to move around
- Space to break out into groups of six to eight participants

Materials

- Flip chart
- Markers (enough for each small group to have at least one)
- Each participant's item*



*Note: For one of the activities, each member is asked to share an item that is significant to her sorority membership. This can be anything from a picture of a coat of arms, her badge, a special t-shirt, a piece of jewelry, a gift received as a new member, etc. Please instruct participants in advance to bring this item in to the workshop.

Introduction (three minutes)

Eliminate your introduction if each participant knows you.

Welcome, and thank you for joining me today. My name is [name] and I serve as the [title and organization]. Today we are going to discuss the value of sorority membership by exploring how we benefit from our membership and how we carry it with us throughout our lives, even after graduation.

Guided reflection (15 minutes)

Ask each member take out the item she brought with her. Once everyone has done so, read the following narrative.*

Thank you for bringing your significant sorority item. We are going to begin with a guided reflection. In a “guided reflection,” you are verbally guided through contemplation of different visuals and situations. During this reflection, I will ask you to close your eyes and hold your significant item in your hand. Then, I will read a series of statements and questions, and, with your eyes closed, I’ll ask you to envision the experience and answer the questions silently. Does anyone have questions? *Pause. Wait to see if there are questions.* Great, then let’s begin!

At this point, take five minutes to guide the members through the reflection. Read it in a calming tone and pause after every statement, allowing the participants to get a clear picture of each memory. You may dim or turn off the lights if you wish.

- Think back to when you were a potential new member participating in recruitment. Were you excited? Were you nervous?
- Now think about your emotions when you received your bid. How did you feel when you saw [your or our] organization’s name?
- What emotions did you have on Bid Day? How did the energy around you feel? What reactions did you have when you met your new member class for the first time?
- Flash forward to being initiated into [your or our] organization. What was the experience like of seeing the organization’s ritual for the first time? What do you remember seeing in the room? What were your biggest takeaways from that ceremony?
- Now go through your favorite memories of being a chapter member. What made these memories so special? How did you feel during each of these experiences? Who played a role in the memory? Where were you, and what were you doing?
- Lastly, think about the item you have in your hand. Why did you pick this item? What makes it significant to your membership? What does it remind you of? When you graduate, what will you do with the item?

At this point, wrap up the reflection. If you chose to dim or turn off the lights, turn them back up or on.

Write questions you would like the participants to answer on flip chart and post it in the room where everyone can see. Suggested questions: What is your object? What is the significance of your object? What do you value most about your sorority membership?

You may now open your eyes. Next, I would like you to take the next five minutes and pair up with someone sitting near to you and talk about your thoughts about this activity, what your object is and what the significance of it is. Also discuss what you value most about your membership.

After five minutes bring the group back together and spend the next five minutes processing.

Thank you all for taking the time to share some of your favorite memories and personal stories about your sorority membership. I want to take the next few minutes to talk about what you shared with your partners with the larger group.

1. When we first started the guided reflection, what were your thoughts?
2. What did this activity make you realize about your sorority membership?
3. What did you realize you valued most about your membership in a sorority?
4. Why do you think we did this activity?*

***If members do not get here on their own, share with them that the reason you completed the guided reflection was that pondering why you joined a sorority allows you to better understand the conversations you should be having during recruitment with potential new members (PNMs). Conversations should be deeper than who you both mutually know from high school or who won Greek Weekend, etc.*

The benefits of sorority membership (25 minutes)

Break the participants into small groups of no more than eight members per group. Each small group will receive a piece of flip chart paper and a marker.

Write questions you would like the small groups to answer on flip chart and post it in the room where everyone can see. Questions: What have you learned about being a sorority member? Why, how and when does a woman benefit from sorority membership?

Now I am going to have you spread out in the room, so that your group has your own working space. Once in your group, I want each of you to share what you have learned about being a sorority member. Think about the activity we just completed, your object and your conversation with your partner. Also think about “why,” “how” and “when” a woman benefits from sorority membership. While each of you is speaking, be sure to have a recorder taking notes on the main themes your group identifies as the benefits of sorority membership. You have 15 minutes for this activity.

Walk around and see how the groups are doing, offer help and provide suggestions.

After 15 minutes, bring the groups back together into one large group and have each group provide an answer about the benefits of sorority membership popcorn style, allowing each group to share one common theme prior to asking the next group. Continue to ask each group to share until all ideas are flushed out. Push groups to go beyond “buzz” words when sharing and ask them to elaborate on their themes if they seem unclear to the large group.

Possible themes include: Commitment, sisterhood, service, accountability, community, etc.

Thank you all for sharing the values of sorority membership. These all show how valuable sorority membership is. How can you share these benefits during recruitment with PNMs?

Allow members to share ideas about how they can express the benefits of sorority membership in a recruitment setting.

Conclusion (one minute)

Wrap up the workshop. Collect all materials left by the group and discard them. Clean up all of your materials. Leave the room as you found it.

Thank you all for your participation and energy today! Conversation about the value of our membership as Panhellenic women is so important. The benefits of membership begin during recruitment and follow us even beyond the college years. Please let me know if you have further questions, and have a great day.