



## Sisterhood Benefits Remain

Sororities have always been a place for women to gather, build friendships, support academic pursuits, develop leaders and provide a sense of belonging. As the needs of women have changed, sorority has adapted to fit those needs. Today, while class instruction and the sorority experience may look and feel different on many campuses to COVID-19, sorority is adapting to provide these benefits and the opportunity for real, personal connections through a virtual experience.

For first-year college women trying to connect with other women, it will be difficult to find personal connections when instruction is delivered online. Even when experienced virtually, sorority membership provides the opportunity to have a shared experience where members have social interactions and bond over common interests.

Below is a set of benefits members may gain through a sorority experience whether virtual or in person. Also reflect on your experience as a sorority woman and how you can use your personal story of how you have benefited to explain the benefits of the sorority experience (virtual and in person) to potential new members (PNMs).

### Sense of Campus Community

- Sorority membership provides an avenue to develop meaningful relationships—friendships and networking opportunities that last a lifetime.
- The College Panhellenic Association, made up of all the Panhellenic sororities on a campus, typically is the largest women’s organization on campus.
- The sorority experience in college is much more than just a “party.” Sororities provide the transition from a woman’s home to a new “home away from home,” which is essential as she begins her transition to adulthood.
- Joining a sorority during remote/online instruction can help you have already established friendships and build a ready-made support system for when you do return to campus for in-class instruction.

### Sisterhood

- You will work with your sisters to achieve common goals and strive for excellence.
- Relationships such as big/little sisters and mentors continue, whether you meet in person or virtually.

### Social Outlet

- Your sorority can provide a social outlet while you are at home – everything from virtual themed events to trivia/game nights to watch parties of your favorite shows.

### Community Service

- If you are attending classes online, your sorority may organize a “Day of Service” in the community where you live.
- While attending classes remotely, you can still support the philanthropic and service-oriented activities of your sorority and/or the College Panhellenic Association.



### **Leadership Opportunities**

- Sororities offer leadership opportunities, whether you are participating in person or virtually. That includes chapter officer, committee chairman or committee member roles.
- The College Panhellenic also offers leadership opportunities for sorority members.
- Honor societies such as Order of Omega can help you with leadership recognition and further leadership opportunities.

### **Networking & Career Readiness**

- Think of virtual sorority recruitment as similar to preparing for a job interview. The virtual sorority experience may also prepare you for the future of work, which likely includes many remote/work-from-home-based positions.
- You are connecting with other sorority members for help finding internships, joining honor societies or finding a job.
- Educational programming may cover career readiness topics.
- Alumnae panel discussions, live or virtual, may help answer your questions about finding a job or connect you to alumnae who can help you in your career.
- As a sorority member, you are connected to a supportive inter/national sisterhood of undergraduate members and sorority alumnae in many cities across the globe. Nearly anywhere life takes you, you're likely to be able to connect with your sorority sisters for friendships, job opportunities, travel advice and more.

### **Academic Support**

- Sororities can offer you virtual study groups, tutoring and academic excellence programs (e.g., time management, study habits).

### **Programming**

- Programs facilitated by chapter members, advisors, campus staff and more are delivered virtually on many topics ranging from anti-hazing to preventing sexual assault and more.

### **Wellness**

- Sororities may organize online workout classes or meditation sessions.
- Many organizations offer mental health resources and programming to members, including some that offer connections to online counselors.

### **Social Justice**

- Sorority can help you engage in topics impacting your campus and community.
- Sorority emphasizes participating as a national and global citizen and how you can challenge and change the world – or at least your part of it.

### **Scholarships**

- Sororities offer scholarships for undergraduate and graduate members.
- Sororities also have emergency relief funds that sisters can apply for to help them in times of need.