

A Parent's Guide to *Alpha Phi*



*Learn about your daughter's experience
as an Alpha Phi!*





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Dear Parents,

I am thrilled to welcome you and your daughter hand to hand into the Alpha Phi family.

We're so happy your daughter has chosen to join our incredible membership. As she begins her Alpha Phi journey, we want to be certain there are opportunities for her to grow, make friends and have fun. Most of all, we hope that the collegiate experience enriches her education, provides professional networking opportunities and sets the tone for her life after graduation.

As a student and new member, we encourage her to get involved, explore new interests, get to know other sisters and fellow students and take an active part in the life of the chapter and college or university.

We're so proud of the outstanding members that make up our exceptional organization. We're committed to providing an extraordinary member experience during your daughter's four years of college and, most importantly, for all the years ahead.

Loyally,

A handwritten signature in cursive script that reads "Renee S. Zainer".

Renee Smith Zimmerman Zainer (Beta Epsilon-Arizona)

Past International President and Executive Director

Benefits of Sorority Life

A Place to Feel at Home

Alpha Phi is a place where your daughter can confide in others, share experiences, conquer difficult challenges and achieve things they never thought possible.

Regardless of which of the 175 chapters your daughter has joined, she'll discover a supportive family of sisters who are excited to welcome her home.

Friends Who Are by Your Side

In Alpha Phi, your daughter will have sisters standing with her through the ups and downs of college. She'll experience the genuine gift of love, support and encouragement. Members of Alpha Phi want the best for one another and expect the best of each other every step of the way. And perhaps the most surprising gift of all is that the Alpha Phi family extends well beyond college. Alpha Phi sisterhood means friendship for life.

A Chance to Make a Difference

In Alpha Phi, your daughter will find a group of women passionate about making the world a better place. Whether it's initiating community service efforts, raising awareness for heart health or navigating the unique and challenging issues facing women on today's college campuses, Alpha Phis stand together boldly to make a difference on campuses and in the community.

Alpha Phi will provide one-of-a-kind leadership and learning experiences that will enhance the ability to achieve professional goals. Being an Alpha Phi is empowering, and we believe the resources, opportunities and relationships that are gained as an Alpha Phi helps us grow as women who are committed to positively impacting the world.



Testimonials

"Having been a part of Alpha Phi for three years, I can confidently say that it has been the best decision I've ever made! The moment I walked into the sorority on Bid Day, I was greeted by a remarkable group of young women who have not only become lifelong friends, but also invaluable sources of support and guidance throughout my college journey. The friendships, personal growth and transformative experiences make me forever grateful to be part of this incredible community!" – Peyton Thompson (Kappa Epsilon-Georgia)

"I wanted to become a part of a chapter that would push me to be the very best version of myself, and that is exactly what my sisters in Alpha Phi have been doing for me. Every single member of Alpha Phi has, in one way or another, challenged me to grow beyond what I thought was possible for myself." – Lindsey Schutte (Gamma Xi-Wichita State)

"As a first-generation college student, I struggled to become acclimated to collegiate life my first semester. Joining such a close-knit community on campus was truly a turning point in my undergraduate career. I met so many new friends, likeminded women, passionate about empowering one another and mentors." – Amelia Apgar (Iota Tau-Harvard)

Meet Alpha Phi

FOUNDING DATE & LOCATION

Syracuse University on September 18, 1872

NUMBER OF FOUNDERS

10

CREST



PUBLIC MOTTO

"Union Hand in Hand"

COLORS



GREEK LETTERS



FLOWERS

Lilly of the Valley & Forget-Me-Not



SYMBOL

Ivy



FIRST SORORITY HOUSE



Syracuse, NY.

PHILANTHROPY

ALPHA PHI FOUNDATION

Our Mission

Alpha Phi is a loyal sisterhood of women courageously pursuing limitless excellence

Number of Initiated Members: 268,000

Number of Collegiate Chapters: 175

Number of Collegiate Members: 24,000

Number of Alumnae Communities: 131

Number of Alumnae Members: 218,000

Number of Volunteers: 2,000

Alpha Phi became one of the first NPC groups to establish a foundation. Today, the original priorities hold true in their five vital programs:

- Supporting innovative leadership training and programming lead by Alpha Phi International.
- Awarding scholarships to undergraduate and graduate Alpha Phis.
- Investing in the advancement of women's heart health.
- Helping members in need through the Forget Me Not Grant Fund.
- Celebrating the forward-thinking women that shaped Alpha Phi by preserving our rich heritage.

It's All Greek to Me

Α

ALPHA
(al-fah)

Β

BETA
(bay-tah)

Γ

GAMMA
(gam-ah)

Δ

DELTA
(del-ta)

Ε

EPSILON
(ep-si-lon)

Ζ

ZETA
(zay-tah)

Η

ETA
(ey-tah)

Θ

THETA
(thay-tah)

Ι

IOTA
(eye-o-tah)

Κ

KAPPA
(kap-pah)

Λ

LAMBDA
(lamb-dah)

Μ

MU
(mu)

Ν

NU
(new)

Ξ

XI
(xie)

Ο

OMICRON
(om-e-cron)

Π

PI
(pie)

Ρ

RHO
(row)

Σ

SIGMA
(sig-ma)

Τ

TAU
(taw)

Υ

UPSILON
(up-si-lon)

Φ

PHI
(fie)

Χ

CHI
(kie)

Ψ

PSI
(sigh)

Ω

OMEGA
(oh-may-gah)



Alpha Phi Greek letters are shown above and hold special meaning to our members.

Phi is pronounced "Phee" because it is the preferred Greek pronunciation of Phi following a vowel.

Each university or college is represented with a different Alpha Phi chapter name.

- Alpha = Syracuse
- Beta Epsilon = Arizona
- Delta Alpha = East Carolina
- Delta Zeta = Maryland

Academics & Expectations of Membership



Academics

Alpha Phi members hold themselves and their sisters to high academic standards. Your daughter must be enrolled as a full-time student and maintain a certain grade point average to remain a member in good standing. Each chapter has a Coordinator of Academic Development dedicated to academic programming, ensuring individual members are supported in their educational endeavors.

Expectations of Membership

- Members should stay current on their membership dues and fees.
- Members should abide by Alpha Phi's policies and procedures.
- Members will participate in all philanthropy and recruitment activities, if able.
- Members should live in the facility, if applicable if space permits. Your new member will learn about her membership obligations during recruitment, on Bid Day and/or at the first new member meeting.

New Member Period

Bid Day

Bid Day is your daughter's first official Alpha Phi experience. She'll run home and be warmly welcomed by the chapter.

New Member Meetings

New member meetings are meant to educate your daughter on Alpha Phi and to help introduce her to other sisters within the new member class. During the meetings, your daughter will learn about Alpha Phi's history, risk reduction best practices, Alpha Phi's philanthropy and more.

Den Leaders & Den Groups

Your daughter will be part of a Den Group, which is led by a Den Leader, as a part of the new member program. A Den Leader is an initiated member and will guide your daughter through the new member process, whereas a Den Group will be a small group to make instant friends navigating the new member experience together.

New Member Ceremony

This mutual agreement, made between Alpha Phi and your daughter, is a special promise and celebration of each new member formally accepting their Alpha Phi membership and responsibilities.

New Member Retreat

A retreat provides an opportunity for new members to get to know each other in a fun and relaxing environment. Your daughter will leave the retreat with a sense of unity and sisterhood. Some chapters even incorporate Den Leaders, Big Sisters and other member classes into their annual retreat.

Ivy Linkers

Ivy linkers are assigned to each new member weekly throughout the 6-week-long new member process. These are initiated members of Alpha Phi who will provide your daughter with some of her first friendships in the chapter.

Big Sister/Little Sister

After meeting many different ivy linkers in the chapter, your daughter will be paired with a Big Sister who will serve as her Alpha Phi mentor and role model. Big Sisters are trained to help acclimate Little Sisters to Fraternity and Sorority life and beyond.

Court of Ivy & Initiation

At the conclusion of the new member period, chapter officers and advisors will guide your daughter through a ceremony that honors Alpha Phi's highest teachings, ideals and symbolism. Initiation will officially mark the start of your daughter's lifelong membership in Alpha Phi.



High Ideals of Membership



The ambition and vision of our revolutionary Founders thrives today through the actions and dedication of Alpha Phi's collegians and alumnae. As sisters, we hold one another to the high standards set forth by the guiding principles of our Founders.

The very heart of Alpha Phi membership is connected by a common set of ideals.

- Sisterhood that Lasts a Lifetime
- Striving for Innovation
- Practicing Generosity at Every Turn
- High Expectations for Character

Your daughter has joined a network of bold and driven women who respect and support one another for a lifetime. An Alpha Phi woman sets high expectations for herself and her sisters, and she learns to lead by example whether she's making a difference in the community, on campus or in the classroom.

Alpha Phi Programs

LiveCourageously Series

StepUp! A program emphasizing a critical take action approach to bystander intervention education. This program teaches members tangible ways to help and intervene in various situations, all through the lens of Alpha Phi sisterhood and care.

The Buzz

A fun, game-oriented and conversational approach to alcohol education for college students. The Buzz combines play with meaningful personal connections to convey a message that will stick with students throughout their lives.

League of Coaches

A distinguished group of Alpha Phi women who volunteer to travel to collegiate chapters and facilitate programming.

Legacy of Leaders

As an Alpha Phi, your daughter will have plenty of opportunities to learn valuable leadership skills and put them to practice on campus. The Legacy of Leaders programming inspires collegians and alumnae to influence positive change in our world. Legacy of Leaders programming includes Alpha Phi Leadership Institute, Build the Skill, PASS, Career Lab and the Alumni Learning Consortium.

See more about specifics on page 10.

Generous Hearts

Alpha Phi Day of Service

Generosity and a philanthropic spirit are hallmarks of the Alpha Phi sisterhood. In 2020, Alpha Phi organized its inaugural Day of Service to rally all members to participate in an act of volunteerism.

Stand Together

Through this programming, Alpha Phi helps members create a sense of belonging and connectedness that engages individuals in an authentic manner where uniqueness is valued, respected and supported through opportunities and interaction. Stand Together programming includes Understanding Self and Others identity education, Behind Happy Faces mental health programming and Sexual Violence Prevention education.

Thank you to the generosity of Alpha Phi Foundation donors and alumnae dues-paying members for making these programs possible.



Diversity, Equity & Inclusion

Since our founding in 1872, Alpha Phi has been an organization of women who come together in support of each other. When we do not support one another, we fail to fulfill our promise to our sisters. Racism, hate, bigotry and violence have no place in Alpha Phi and are in complete contradiction with our purpose.

Understanding Self and Others (USO)

A curriculum that specifically addresses identity, implicit bias and the impact of language in our everyday lives.

Diversity, Equity and Inclusion Education Series

In partnership with a content area expert, Alpha Phi has launched a Diversity, Equity and Inclusion (DEI) education series for advisors and collegians which will facilitate in depth conversations about equity, advocacy and increasing cultural competence to foster inclusive environments within the membership experience. These live virtual experiences are available to members during the academic year.

Diversity, Equity and Inclusion E-Modules

Available on LEARN Alpha Phi, all members have access to a two-part e-module series on the topic of DEI. Every chapter brings on new members to improve and enhance the overall culture of the Fraternity. In this course, we define equity, inclusion and diversity, and their importance to the ongoing growth of the organization. In part two of the course, five scenarios are presented where the learner must make decisions in uncomfortable situations on the best course of action.



Leadership Opportunities



Alpha Phi officers manage the daily operations of their chapters. They plan all the chapter events and programs, manage the budget and chapter finances and ensure the chapter is healthy and thriving.

Chapter leadership departments include diversity, equity and inclusion; finance and housing; marketing; member education and programming; health, wellness and accountability; membership recruitment; and administration.

Campus Leadership

Your daughter's campus will provide countless opportunities to get involved and to lead. Whatever her interests are, there's a group to join and help lead — from academic, cultural and political to recreational and social.

Training Events

Alpha Phi hosts a wide range of educational training events throughout the year, including programming geared toward collegiate officers, alumnae officers and volunteers. These conferences and academies offer valuable sessions hosted by experienced speakers and high-level volunteers. Attendees become mission-driven, results-oriented leaders who are prepared to take their chapters to the next level.

Legacy of Leaders Offers:

- Alpha Phi Leadership Institute in partnership with the Disney Institute
- Summer Institutes: President Academy, Recruitment University, New Member University, Finance University and HWA Academy

Thank you to the generosity of Alpha Phi Foundation donors and alumnae dues-paying members for making these programs possible.

The Alpha Phi Foundation

The Alpha Phi Foundation's mission is to advance women's lives through the power of philanthropy.

Alpha Phi Foundation Scholarships

Alpha Phi Foundation scholarships help Alpha Phis pursue undergraduate and graduate degrees. These scholarships are made possible by generous donors.

Each year, the Foundation awards more than \$400,000 in scholarships to outstanding Alpha Phis. Scholarship applications are due March 1 each year and scholarships are awarded in July for use in the upcoming academic year.

Heart to Heart Grant

The annual Heart to Heart Grant awards \$100,000 to medical professionals to better understand heart disease in women — specifically its symptoms, treatment and prevention.

Forget Me Not Fund

The Forget Me Not Grant is designed to provide temporary, short-term, financial assistance for an event or unforeseeable circumstance.

Philanthropy Events

Alpha Phi hosts a variety of philanthropy events to benefit the Alpha Phi Foundation. Some popular events that our chapters host include athletic events, food events, pageants and more. Our chapters have raised \$1.8 million through these efforts.



Life After College

Alpha Phi values continued impact the lives of four members long after graduation. After graduation, your daughter may choose to join one of our 131 alumnae communities across the world, stay involved with her collegiate chapter as a volunteer, participate in community service projects with other alumnae or serve as a professional mentor to collegiate women.

Networking

Upon graduation, Alpha Phi will provide your daughter with a network that will support her through life's major transitions. Whether through an alumnae community or online through social media, your daughter will be able to connect with other Alpha Phi sisters across the world for job opportunities, friendship and support.

Alumnae Communities

Alumnae communities are a great way to get acclimated to a new city, establish friendships with like-minded women and network with Alpha Phis in all phases of life.

A traditional alumnae community is for women of all ages. Each community is different, but many host philanthropic activities, social events and business networking lunches.

Alpha Phi membership is for a lifetime.

Sponsor a Senior

Looking for the perfect graduation gift for your daughter? [Sponsor](#) her alumnae dues with either her annual dues payment or give the gift of the Lifelong Society, which is a one-time payment of \$450. Help your graduate transition to a new stage of membership!



Stay Connected!



We're so excited to welcome you and your daughter!

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🎵 @alphaphifraternity

Congratulate your daughter on joining Alpha Phi by checking out www.shopalphaphi.com.