GUIDE TO PRIMARY RECRUITMENT 2027



CPC

COLLEGE PANHELLENIC COUNCIL



Welcome

Dear Potential New Member,

Hi! I am SO glad you're here! My name is Madelyn Mitchell and I am the Vice President of Recruitment for the College Panhellenic Council (CPC). Thank you for your interest in the Greek community here at Longwood University. This link is a resource for you to use to learn about CPC's primary recruitment & the amazing CPC chapters we have on campus! I really hope you will consider joining us for recruitment!

Madelyn Mitchell
CPC VP of Recruitment

What is the College Panhellenic Council?

CPC is the self governing body that oversees the 9 CPC member sororities at Longwood.

THE PANHELLENIC CREED

We, as Undergraduate Members of women's fraternities, stand for good scholarship, for guarding of good health, for maintenance of fine standards, and for serving, to the best of our ability, our college community. Cooperation for furthering fraternity life, in harmony with its best possibilities, is the ideal that shall guide our fraternity activities.

We, as Fraternity Women, stand for service through the development of character inspired by the close contact and deep friendship of individual fraternity and Panhellenic life. The opportunity for wide and wise human service, through mutual respect and helpfulness, is the tenet by which we strive to live.



College Panhellenic Executive Council



President - Callie Rosenberger

VP of Operations - Lex Caruthers

VP of Recruitment - Madelyn Mitchell

VP of Programming - Molly Rondeau

VP of Member Dev. - Liv Price

VP of Scholarship - Jess Behan

VP of Public Relations - Madison Hope



What is a Rho Gamma?

A Rho Gamma, or Recruitment Counselor/Guide, is an active member of a Panhellenic sorority who assists PNMs through the formal recruitment process.

Let’s Meet the Rho Gam Team

Primrose
Magnola
Marigold
Hydrangea
Violet
Petunia
Poppy
Lilac

Dandelion
Cornelia
Daisy
Lily
Dahlia
Sweet Pea
Hibiscus
Azalea

Orchid
Carnation
Rose
Bellflower

Tulip
Sunflower



Financial Transparency Form

During open house & primary recruitment, we are posting the financial commitment for each sorority, outside each chapter room door. Please feel free to take a photo of the sheets so you can look at them again later.



Stubbs

ΣΚ Rm. 422	ΚΔ Rm. 415	ΑΔΠ Rm. 408
ΑΓΔ Rm. 322	ΑΣΑ Rm. 315	ΑΣΤ Rm. 308
ΖΤΑ Rm. 222	ΣΣΣ Rm. 215	ΑΒΨ Rm. 208
Sisterhood Room	Entrance / Lobby	ΑΚΑ Rm. 111

Chapter Room Directory



Where are we?

A guide to Stubbs!

Club Stubbs

- A big part of the sorority experience is living together
- All residential freshmen, who join a sorority will live in Stubbs their Sophomore year.



Primary Recruitment

A guide to finding happiness & your home!

PNM Bill of Rights

- **Respect & Dignity:** To be treated as a mature person, not patronized, and with respect by all involved,
- **Informed Choices:** To receive complete information about the process, financial commitments, and binding agreements before accepting a bid.
- **Confidentiality:** To have shared personal information kept confidential, especially with recruitment counselors (Rho Gammas).
- **Freedom of Expression:** To ask questions, express opinions, and change their minds without pressure.
- **Safe Environment:** To have a positive, safe, and substance-free recruitment experience, free from discrimination.
- **Accountability:** To report infractions or violations of these rights to the Panhellenic Council.





PNM Code of Ethics

1 - A PNM shall attend recruitment orientation and all membership recruitment events for which she receives invitations.

2 - Respect for the membership recruitment process is expected at all times. This includes respect toward chapter members, recruitment counselors, Panhellenic officers, faculty, staff and other PNMs. PNMs should refrain from sexist, homophobic, racist or otherwise abhorrent conversations.

3 - I understand my rights under the PNM Bill of Rights, and if I experience discrimination, I know how to report it to the College Panhellenic.

4 - Membership recruitment is a substance-free process. Women may not use or be in the presence of drugs and alcohol during the membership recruitment period. Violating this rule will result in immediate removal from the membership recruitment process.

5 - PNMs should be fully aware of the financial obligations of membership before accepting a bid. It is to the PNM's advantage to ask questions during recruitment events if there are questions about finances.

6 - PNMs agree to treat the chapter recruitment parties as confidential. PNMs will not record or share any content from recruitment events, whether in person or virtual. A breach of this agreement could result in disciplinary action.

7 - PNMs understand that if they sign a Membership Recruitment Acceptance Binding Agreement (MRABA) after the preference round, they are bound to that document and the chapter that extends them a bid. This means the PNM is ineligible for an invitation to membership from another NPC organization until the next primary recruitment on that campus.

PNM Recruitment Rules

- PNMs may not consume alcoholic beverages during the entire recruitment period.
- PNMs MUST consult with their Rho Gam before withdrawing from recruitment and fill out paperwork with “base camp”!
- MRABA
- Strict Silence - between signing MRABA & bid day!

Potential New Member ORIENTATION









Friday, January 8, 2027

1:00 - 3:00 PM

PNMs return to campus. ***As long as you have registered for recruitment, the FSL office will communicate with the housing office for them to know you are returning early.***

4:00 PM

Rho Gammas meet with their PNMs in Upchurch in Soza Ballroom.

4:45 PM

PNMs, Rho Gammas & CPC members eat dinner in Dorrill Dining Hall. (If you have a meal plan, please bring your Lancer Card!)

6:00 - 8:00 PM

PNM Recruitment Orientation in Upchurch in Soza Ballroom.

Saturday, January 9, 2027

10:00 AM - PNMs check-in with Rho Gams
11:00 AM - 11:35 AM - Party #1
11:50 AM - 12:25 PM - Party #2
Brunch Break
2:00 PM - 2:35 PM - Party #3
2:50 PM - 3:25 PM - Party #4
3:40 PM - 4:15 PM - Party #5
4:30 PM - 5:05 PM - Party #6
Dinner Break
6:30 PM - 7:05 PM - Party #7
7:20 PM - 7:55 PM - Party #8
8:10 PM - 8:45 PM - Party #9
9:00 PM - 9:30 PM - Party #10 (if we need it!)
9:00 PM - PNMs can start going to Hiner G11 to rank their choices

Values Day









Philanthropy Day









Sunday, January 10, 2027

12:30 PM - PNMs arrive in Stubbs 1st Floor to receive Round 2 schedules

1:00 - 1:40 PM - Party #1

1:55 - 2:35 PM - Party #2

2:50 - 3:30 PM - Party #3

3:45 - 4:25 PM - Party #4

DINNER BREAK

6:00 - 6:40 PM - Party #5

6:55 - 7:35 PM - Party #6

7:50 - 8:30 PM - Party #7

6:00 PM - PNM selection begin in Hiner G11, G16, & G20

Monday, January 11, 2027

Preference Day (part 1)

8:30 AM - PNMs arrive in Stubbs 1st Floor to receive Round 3 schedules.

9:00 - 9:45 AM - Party #1
10:00 - 10:45 AM - Party #2
11:00 - 11:45 AM - Party #3

10:00 AM - PNM Voting & MRABA completed in Hiner G11, G16 & G20

10:45 AM - 4:15 PM - Strict Silence

Bid day (part 2)

3:30 PM - PMNs not matched will receive calls from their Rho Gams

4:00 PM - PNMs meet their Rho Gams in Upchurch in Wilson Chamber

5:00 PM - Bid Day Celebration on Stubbs Lawn

What to wear?









Friday - PNM Orientation

Dress comfy & casual - we are just learning about the recruitment weekend and meeting with your Rho Gammas

Saturday - Values Day

You will receive a recruitment t-shirt to wear to the parties on Saturday. Make your outfit cute, casual and personal to you. Your Rho Gams can help with ideas, if you're unsure how to style your new t-shirt!

Sunday - Philanthropy Day

Wear something cute & casual, like you are going to a date or out to lunch with your grandparents!

Monday - Preference Day

This is the dressy day of the process. On this day, chapters will share a glimpse of the formalities of their sorority. Appropriate attire includes dress, pant or skirt suit, dress pants with a formal top, heels, etc.

Monday - Bid Day

Just wear a white t-shirt & your favorite pair of jeans. Your future chapter will provide fun accessories to show off your NEW chapter's colors!

Follow all of the chapters on Instagram:

ABY - @alphabetapsi
ADPi - @adpilongwood
AGD - @longwoodagd
ASA - @asaalphalu
AST - @ast_longwood
KD -@kd_alphachapter
SK - @sigmakappalu
SSS - @trisigma_alpha
ZTA - @longwoodzta
CPC - @longwoodcpc
FSL - @longwood_fsl
Student Engagement - @lancersengage

SOCIAL MEDIA











The Chapters

CPC Chapters at Longwood University

LONGWOOD UNIVERSITY

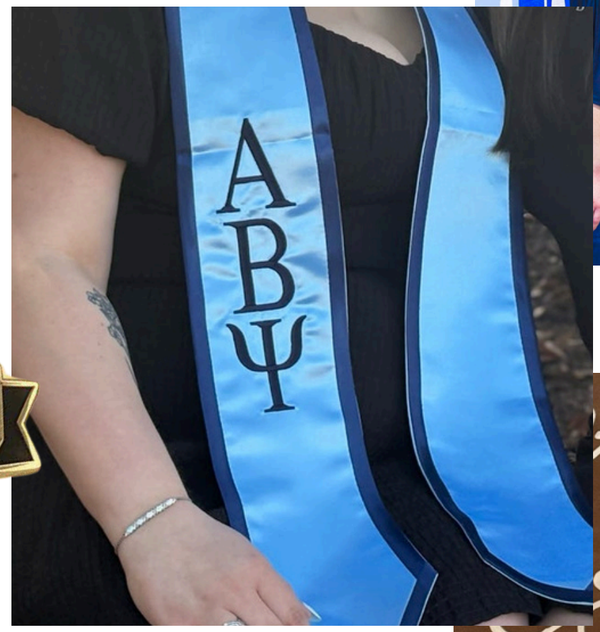
EST. 2014

ALPHA BETA PSI

BETA CHAPTER

Alpha Beta Psi







- **Founding Dates**:
  - National - October 22, 1978 at Richard Bland College
- **Philanthropy**:
  - The Fight Against Domestic Abuse
  - Madeline's House
- **Mascot**: Beta Fish







Alpha Delta Pi

- **Founding Dates**:
  - National - May 15, 1851 - Wesleyan College
- **Philanthropy**:
  - Ronald McDonald House Chartities
- **Mascot**: Alphie the Lion

LONGWOOD UNIVERSITY
EST. 1969
ALPHA DELTA PI
EPSILON CHI CHAPTER



Alpha Gamma Delta

LONGWOOD UNIVERSITY

EST. 1959

ALPHA GAMMA DELTA

GAMMA LAMBDA CHAPTER









- **Founding Dates**:
  - National - May 10 1904 - Syracuse University
- **Philanthropy**:
  - The Alpha Gamma Delta Foundation
  - Fighting Hunger
  - Miles for Melissa
- **Mascot**: Squirrel

Alpha Sigma Alpha

- **Founding Dates**:
  - National & Local - November 15, 1901, State Female Normal School
    (now Longwood University)

- **Philanthropy**:
  - Special Olympics
  - Girls on the Run

- **Mascot**: Ladybug





LONGWOOD UNIVERSITY

EST. 1935

ALPHA SIGMA TAU

ZETA TAU CHAPTER



Alpha Sigma Tau

- **Founding Dates:**

National - November 4, 1899 - Michigan State Normal College (now Eastern Michigan Univ.

- **Philanthropy**:
  - Women's Wellness Initative
  - Dress for Success
  - Girls Who Code
  - Adopt a Highway
  - Shelter for Help & Emergency

- **Mascot**: Alligator and Anchor





LONGWOOD UNIVERSITY
EST. 1897
KAPPA DELTA
ALPHA CHAPTER

Kappa Delta



- **Founding Date**:
  - National & Local - October 23, 1897, State Female Normal School (now Longwood University)

- **Philanthropy**:
  - National Girls Scouts of the USA
  - Prevent Child Abuse America &
  - Children's Hospital of Richmond at VCU

- **Mascot**: Teddy Bear and Nautilus Shell





Sigma Kappa

- **Founding Dates**:
  - National: Nov. 9, 1874; Colby College

- **Philanthropy**:
  - Alzheimer's Association
  - Gerontology
  - The Sigma Kappa Foundation
  - Inherit the Earth
  - The Maine Sea Coast

- **Mascot** - Dove and Heart









LONGWOOD UNIVERSITY

EST. 1959

SIGMA KAPPA

DELTA NU CHAPTER

Sigma Sigma Sigma



- **Founding Date:**
  - National & Local - April 20, 1898, State Female Normal School
    (now Longwood University)
- **Philanthropy**:
  - March of Dimes
  - The Robbie Page Foundation
  - Sigma Sigma Sigma Foundation
- **Mascot**: Sailboat and Skull & Crossbones



LONGWOOD UNIVERSITY
EST. 1898
SIGMA SIGMA SIGMA
ALPHA CHAPTER





Zeta Tau Alpha

LONGWOOD UNIVERSITY
EST. 1898
ZETA TAU ALPHA
ALPHA CHAPTER



- **Founding Date**:
  - National & Local - October 15, 1898- State Female Normal School
    (now Longwood University)
- **Philanthropy**:
  - Breast Cancer Awareness & Education
- **Mascot**: 5 pointed crown









Academic Requirements

Minimum cumulative GPA for each chapter.

Alpha Beta Psi	2.5
Alpha Delta Pi	2.8
Alpha Gamma Delta	2.5
Alpha Sigma Alpha	2.5
Alpha Sigma Tau	2.5
Kappa Delta	2.6
Sigma Kappa	2.6
Sigma Sigma Sigma	2.5
Zeta Tau Alpha	2.6




ΑΒΨ ΑΔΠ ΑΓΔ ΑΚΑ ΑΦΑ ΑΣΑ ΑΣΦ ΑΣΤ ΔΣΘ ΓΨ ΓΡΛ ΚΔ ΦΒΓ ΦΚΤ ΦΜΑ ΠΚΦ ΣΚ ΣΝ ΣΓΡ ΣΣΣ ΩΧΘ ΖΦΖ ΖΦΒ ΖΤΑ

Final Notes

Things to Remember

FOR PRIMARY RECRUITMENT

- Don’t listen to yik yak or other peoples’ opinions - find out for yourself!
- Always try something new.
- Understand the difference between FITTING IN VS. BELONGING.
- Ask your Rho Gams questions - they are here to help you!
- Longwood Greek Life is NOT like Alabama RushTok!
- KEEP AN OPEN MIND.

Meet the Fraternity & Sorority Life Team



Julie Ramsey

Director, Fraternity & Sorority Life

ramseyjw@longwood.edu



Anthony Anderson

Assistant Director, Fraternity & Sorority Life

andersonac2@longwood.edu



Kennedy Lundeen

Alumni Engagement Officer

lundeenkr@longwood.edu

Thank you!!







longwood cpc