

GUIDE TO PRIMARY RECRUITMENT 2025



CPC

COLLEGE PANHELLENIC COUNCIL



Welcome

Dear Potential New Member,
Hi! I am SO glad you're here! My name is Emma Mulholland 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!



Emma Mulholland
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.





CPC Executive Board Members

President - Emily Felice

VP of Operations - Hope Krukowski

VP of Recruitment - Emma Mulholland

VP of Programming - Emma Boeckle

VP of Member Dev - Moorea Whitfield

VP of Scholarship - Megan Gammon

VP of Public Relations - Rosalie Showalter



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

Abby

Meredith

Lauren

Madeline

Sydney P.

Kylie

Grace

Jenna

Sydney S.

Ashley

Mara

Ellie

Nikki

Lucy

Hannah

Laurann

Melody

Taylor

Maddie

Isabel



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.

ABΨ FINANCIAL Transparency

Total New Member Fees: \$250

- First half of new member dues are typically collected during the first week of the new member process.

Typical Member Semesterly Dues: \$200

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **Any required shirts are built into dues.**
- What is the cost to take part in other organization's philanthropic activities? **Up to the individual if they want to participate.**
- What do members do on the weekends for fun that might cost extra money? **Go to dinner, or anything up to the individual.**
- Will I get fined for missing events for work / athletics, family, class, etc? **No, you just need to put in an excuse 24 hours before the event.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **No. BUT we do offer 5 individuals living in Stubbs and/or if GPA is above a 3.0.**
- What are my options if I run into financial hardship or my circumstances change? **Through Benchmarks - bank account through Benchmarks.**
- How do members of the chapter pay your dues or manage finances? **You will talk to the VP of Finance.**
- What happens if I'm late on a payment? **The VP of Finance would work with the member to pay off their balance.**

Stubbs Residency for new members - All residential sophomores are expected to live in Stubbs on their sorority floor and residential juniors should consider it. Exceptions will be made on a case-by-case basis.

AΔΠ FINANCIAL Transparency

Total New Member Fees: \$867.76

- Amount due on bid day? \$113.75
- Amount due prior to initiation? \$151
- Badge Fees: \$178

Typical Member Semesterly Dues: \$425

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **Any required apparel is built into dues, there are opportunities to purchase additional shirts if desired.**
- What is the cost to take part in other organization's philanthropic activities? **Up to the member if they would like to participate.**
- What do members do on the weekends for fun that might cost extra money? **Go to dinner or shopping in town.**
- Will I get fined for missing events for work / athletics, family, class, etc? **Fines vary between \$10-\$25, if not excused.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **Yes, our alumnae group offers a scholarship every year.**
- What are my options if I run into financial hardship or my circumstances change? **We offer installments.**
- How do members of the chapter pay your dues or manage finances? **Our chapter uses Billhighway.**
- What happens if I'm late on a payment? **30 days past due, a late fee will be acquired.**

Stubbs Residency for new members - All residential sophomores are expected to live in Stubbs on their sorority floor and residential juniors should consider it. Exceptions will be made on a case-by-case basis.

AΓΔ FINANCIAL Transparency

Total New Member Fees: \$782

- Amount due two weeks after bid day? \$210
- Amount due prior to initiation? \$572

Typical Member Semesterly Dues: \$372

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **Optional chapter sweatshirt is \$60; any required shirts average cost is around \$20.**
- What is the cost to take part in other organization's philanthropic activities? **Up to the individual.**
- What do members do on the weekends for fun that might cost extra money? **Go out to eat / hang out.**
- Will I get fined for missing events for work / athletics, family, class, etc? **No you will just need to let the chapter know in advance.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **Yes, our alumnae group offers a scholarship every year.**
- What are my options if I run into financial hardship or my circumstances change? **We offer installments.**
- How do members of the chapter pay your dues or manage finances? **Our chapter uses Billhighway.**
- What happens if I'm late on a payment? **30 days past due, a late fee will be acquired.**

Stubbs Residency for new members - All residential sophomores are expected to live in Stubbs on their sorority floor and residential juniors should consider it. Exceptions will be made on a case-by-case basis.

AΣA FINANCIAL Transparency

Total New Member Fees: \$550

Typical Member Semesterly Dues: \$300

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual and a lot of items are passed down from the big sister to little sister - so those have no expense, but great sentimental value.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **Any required shirts are built into dues.**
- What is the cost to take part in other organization's philanthropic activities? **Up to the individual, if they want to participate.**
- What do members do on the weekends for fun that might cost extra money? **Go out to dinner or go to Richmond or Lynchburg.**
- Will I get fined for missing events for work / athletics, family, class, etc? **No, you just need to put in an excuse note ahead of time.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **The Alpha Sigma Alpha Foundation offers alumnae & collegiate members.**
- What are my options if I run into financial hardship or my circumstances change? **We offer installments.**
- How do members of the chapter pay your dues or manage finances? **We use the VP of Finance.**
- What happens if I'm late on a payment? **30 days past due, a late fee will be acquired.**

AΣT FINANCIAL Transparency

Total New Member Fees: \$476

- Due by the end of the semester - you can pay in installments or one lump sum - whatever works best for you!

Typical Member Semesterly Dues: \$378

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **Some apparel is paid separate from dues (\$20-\$30).**
- What is the cost to take part in other organization's philanthropic activities? **Up to the individual if they want to participate.**
- What do members do on the weekends for fun that might cost extra money? **Go out to eat / hang out.**
- Will I get fined for missing events for work / athletics, family, class, etc? **Fines vary between \$10-\$25, if not excused.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **Yes, our alumnae group offers a scholarship every year.**
- What are my options if I run into financial hardship or my circumstances change? **We offer installments.**
- How do members of the chapter pay your dues or manage finances? **Our chapter uses Billhighway.**
- What happens if I'm late on a payment? **30 days past due, a late fee will be acquired.**

ΣΣΣ FINANCIAL Transparency

Total New Member Fees: \$643

- National New Member dues - \$225
- CPC New Member Dues - \$15
- Local Chapter Dues - \$243
- Badge Fees: \$160 minimum

Typical Member Semesterly Dues: \$425

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **Bid day / Recruitment Shirts - typically built in to dues.**
- What is the cost to take part in other organization's philanthropic activities? **Up to the individual.**
- What do members do on the weekends for fun that might cost extra money? **Go out to eat / hang out.**
- Will I get fined for missing events for work / athletics, family, class, etc? **Fines vary between \$10-\$25, if not excused.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **Yes, our alumnae group offers a scholarship every year.**
- What are my options if I run into financial hardship or my circumstances change? **We offer installments.**
- How do members of the chapter pay your dues or manage finances? **Our chapter uses Billhighway.**
- What happens if I'm late on a payment? **30 days past due, a late fee will be acquired.**

ΣK FINANCIAL Transparency

Total New Member Fees: \$587

- Amount due prior to initiation? \$294
- Badge Fees: \$65 (basic style, but you can upgrade your badge for an additional cost.)

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual and a lot of items are passed down from the big sister to little sister - so those have no expense, but great sentimental value.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **Any required shirts are built into dues.**
- What is the cost to take part in other organization's philanthropic activities? **Up to the individual, if they want to participate.**
- What do members do on the weekends for fun that might cost extra money? **Go out to dinner or go to Richmond or Lynchburg.**
- Will I get fined for missing events for work / athletics, family, class, etc? **No, you just need to put in an excuse note ahead of time.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **Yes, we offer scholarships, but you need to apply in 2023 to receive it in 2024.**
- What are my options if I run into financial hardship or my circumstances change? **We offer installments.**
- How do members of the chapter pay your dues or manage finances? **Our chapter uses Billhighway.**
- What happens if I'm late on a payment? **30 days past due, a late fee will be acquired.**

ZTA FINANCIAL Transparency

Total New Member Fees: \$675

- Amount due prior to initiation? \$675
- Badge Fees: \$68

Typical Member Semesterly Dues: \$475

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **T-shirts for events or buttons - anywhere from \$5-\$40.**
- What is the cost to take part in other organization's philanthropic activities? **Up to the individual.**
- What do members do on the weekends for fun that might cost extra money? **Go out to eat / hang out.**
- Will I get fined for missing events for work / athletics, family, class, etc? **Fines vary between \$10-\$25, if not excused.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **Yes, our alumnae group offers a scholarship every year.**
- What are my options if I run into financial hardship or my circumstances change? **We offer installments.**
- How do members of the chapter pay your dues or manage finances? **Our chapter uses Billhighway.**
- What happens if I'm late on a payment? **30 days past due, a late fee will be acquired.**

Stubbs Residency for new members - All residential sophomores are expected to live in Stubbs on their sorority floor and residential juniors should consider it. Exceptions will be made on a case-by-case basis.

KΔ FINANCIAL Transparency

Total New Member Fees: \$515 - \$550

- Amount due 24 hours after bid day? \$55-\$60
- Amount due prior to initiation? \$350
- Badge Fees: \$60

Typical Member Semesterly Dues: \$400-\$415

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **There is one to two t-shirts included in dues each semester.**
- What do members do on the weekends for fun that might cost extra money? **Dinner out with sisters.**
- Will I get fined for missing events for work / athletics, family, class, etc? **Fines are \$50 for missing mandatory events without an excuse.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **Yes, Kappa Delta offers academic scholarships for full-time students in undergraduate and graduate school.**
- What are my options if I run into financial hardship or my circumstances change? **The VP of Finance will work with members who run into financial hardship.**
- How do members of the chapter pay your dues or manage finances? **Billhighway**
- What happens if I'm late on a payment? **Billhighway, the platform we use to manage our finances automatically assigns late fees on payments that are past the due date.**

CPC FINANCIAL Transparency

Total New Member Fees: \$675

- Amount due prior to initiation? \$675
- Badge Fees: \$68

Typical Member Semesterly Dues: \$475

POSSIBLE ADDITIONAL EXPENSES:

- Is there a financial commitment to be a big sister? **Yes, up to the individual.**
- What types of optional apparel or merchandise does the chapter buy throughout the year? **T-shirts for events or buttons - anywhere from \$5-\$40.**
- What is the cost to take part in other organization's philanthropic activities? **Up to the individual.**
- What do members do on the weekends for fun that might cost extra money? **Go out to eat / hang out.**
- Will I get fined for missing events for work / athletics, family, class, etc? **Fines vary between \$10-\$25, if not excused.**

OTHER FINANCIAL QUESTIONS:

- Does your organization offer scholarships? **Yes, our alumnae group offers a scholarship every year.**
- What are my options if I run into financial hardship or my circumstances change? **We offer installments.**
- How do members of the chapter pay your dues or manage finances? **Our chapter uses Billhighway.**
- What happens if I'm late on a payment? **30 days past due, a late fee will be acquired.**

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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!



Primary Recruitment

A guide to finding happiness & your home!

Primary Recruitment Dates:

- Friday, January 10, 2025
 - Move back to campus
 - PNM Orientation
- January 11-13, 2025
 - Recruitment
- Monday, January 13, 2025
 - Bid Day
- Wednesday, January 15, 2025
 - First Day of Classes



Potential New Member ORIENTATION



Friday, January 10, 2025



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 11, 2025



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 12, 2025



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 13, 2025

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



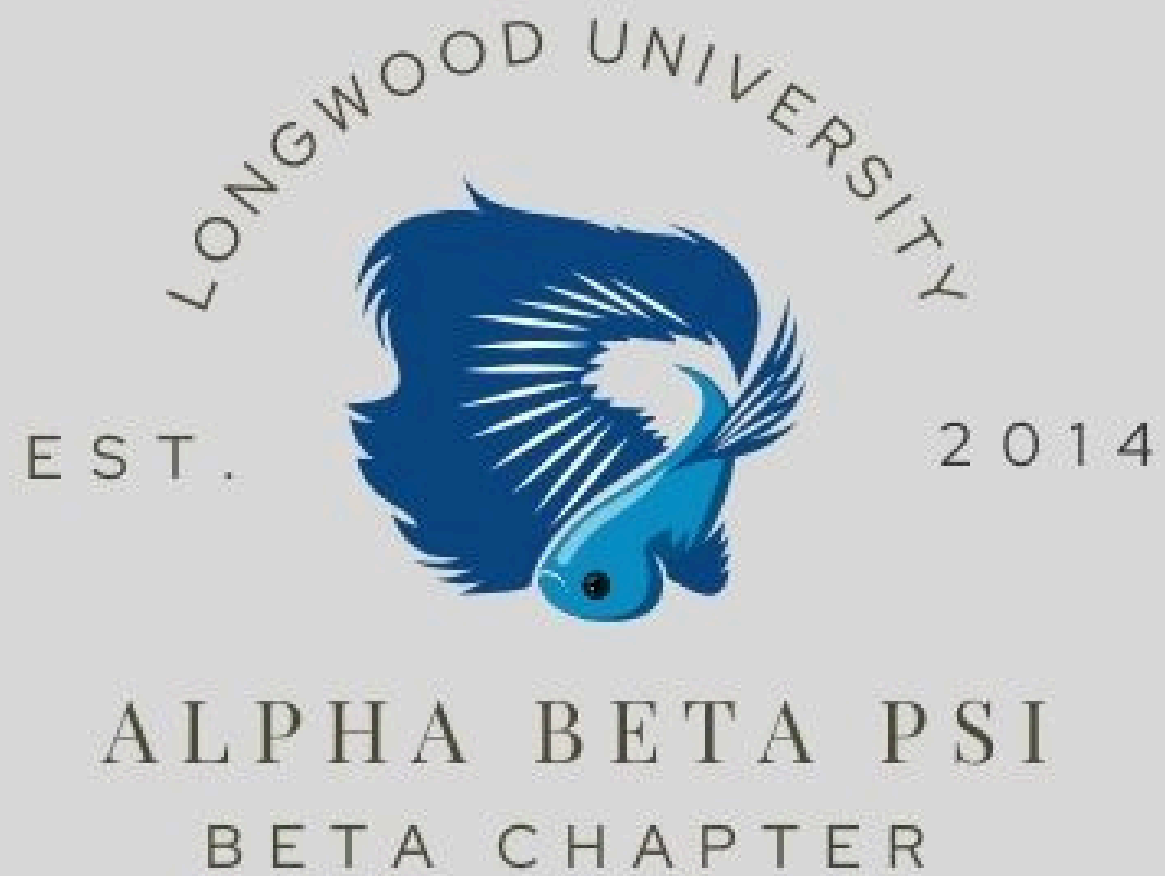


the chapters



CPC Chapters at Longwood University

Alpha Beta Psi

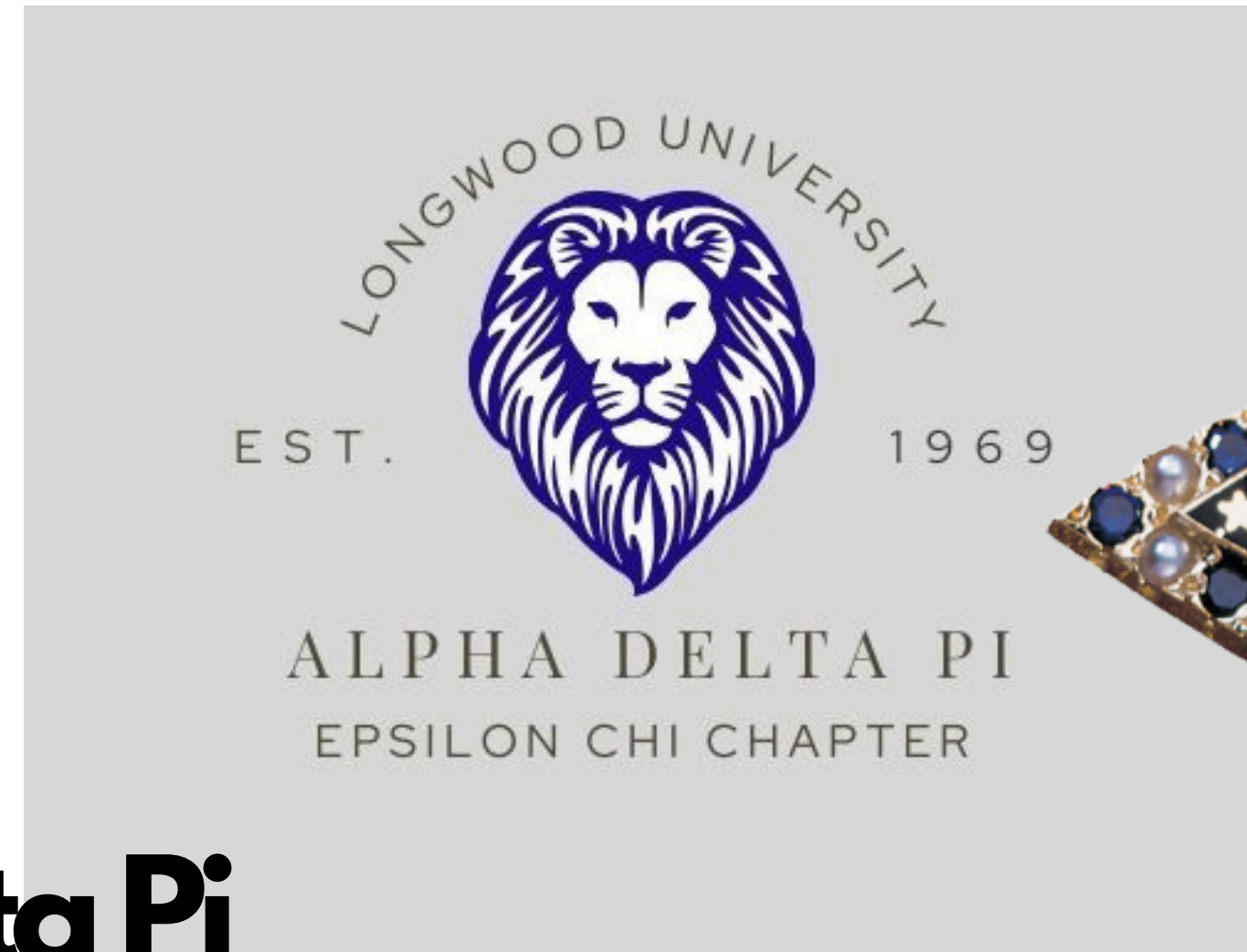


- Founding Dates: National - October 22, 1978 at Richard Bland College Local - April 22, 2014, Longwood University
- Philanthropy: The Fight Against Domestic Abuse & Madeline's House
- Mascot: Betta Fish
- Colors: Baby Blue & Navy
- Flower: Forget-me-not



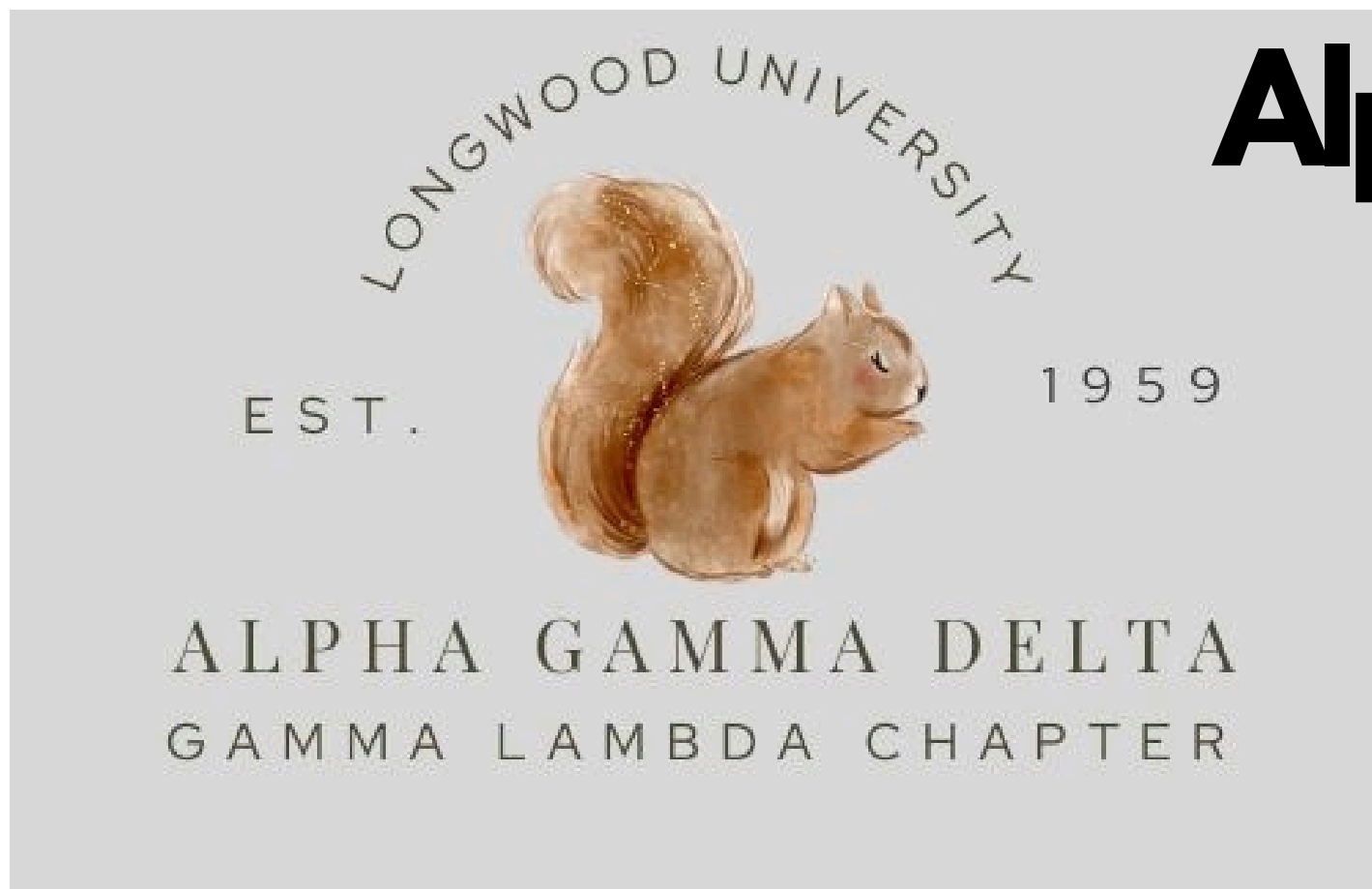


- Founding Dates: National - May 15, 1851 - Wesleyan College Local - May 10, 1969 - Longwood University
- Philanthropy: Ronald McDonald House Charities
- Mascot: Alphie the Lion
- Colors: Azure Blue & White
- Flower: Woodland Violet



Alpha Delta Pi

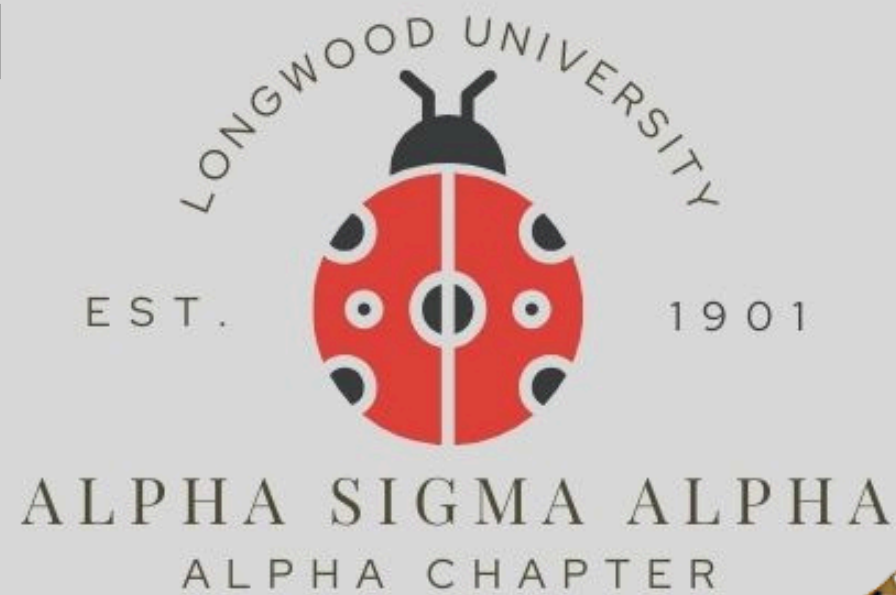
Alpha Gamma Delta



- Founding Dates: National - May 10 1904 - Syracuse University: Local - October 10, 1959 - Longwood University
- Philanthropy: The Alpha Gamma Delta Foundation, Fighting Hunger & Miles for Melissa
- Mascot: Squirrel
- Colors: Red, Buff & Green
- Flower: Red & Bull Rose and Asparagus Green Pulimose Fern

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
- Colors: Crimson, Pearl White, Palm Green & Gold
- Flower: Aster & Narcissus



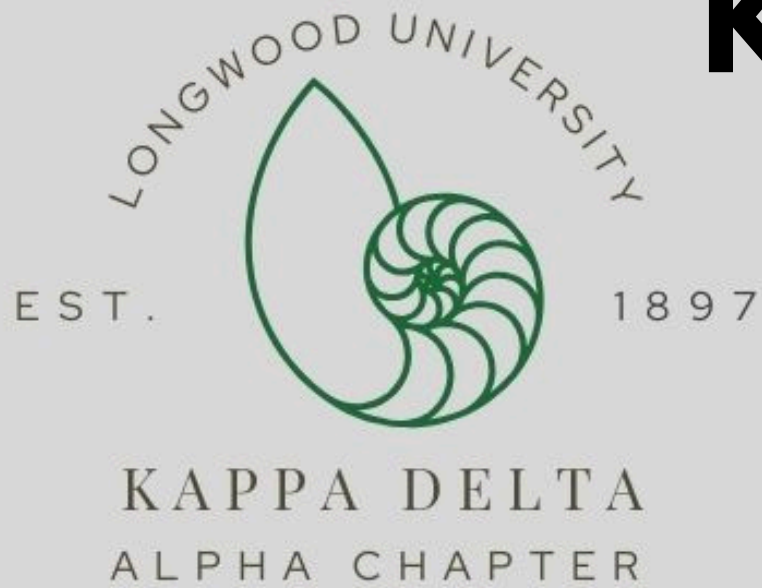
Alpha Sigma Tau



- Founding Dates:
National - November 4, 1899 - Michigan State Normal College (now Eastern Michigan Univ.)
Local - 1935 - Longwood University
- Philanthropy:
Women's Wellness Initiative
- Mascot:
Anchor & Alligator
- Colors:
Emerald Green & Gold
- Flower:
Yellow Rose

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
- Colors:
 - Olive Green & Pearl White
- Flower:
 - White Rose



Sigma Kappa

- Founding Dates:
 - National - November 9, 1874 - Colby College
 - Local - September 19, 1959 - Longwood University
- Philanthropy:
 - Alzheimer's Association
 - Gerontology
 - The Sigma Kappa Foundation
 - Inherit the Earth & The Maine Sea Coast
- Mascot:
 - Dove
- Colors:
 - Lavender & Maroon
- Flower:
 - Violet



Sigma Sigma Sigma



Founding Date:
National & Local - April 20, 1898, State Female
Normal School (now Longwood University)

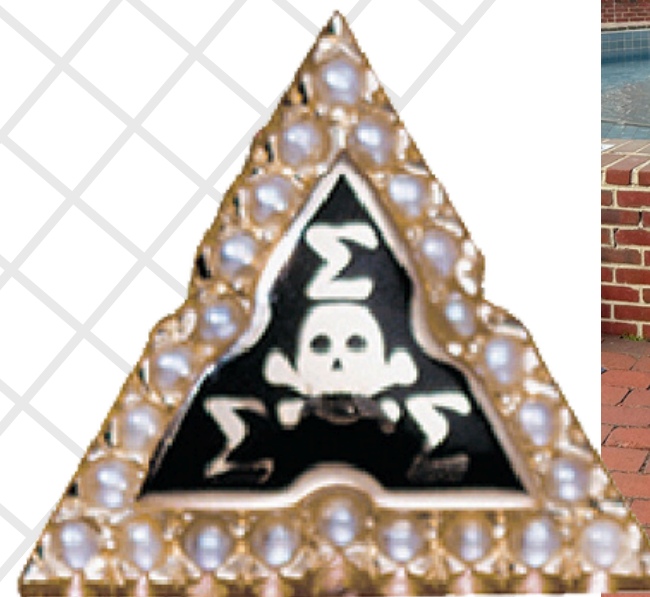
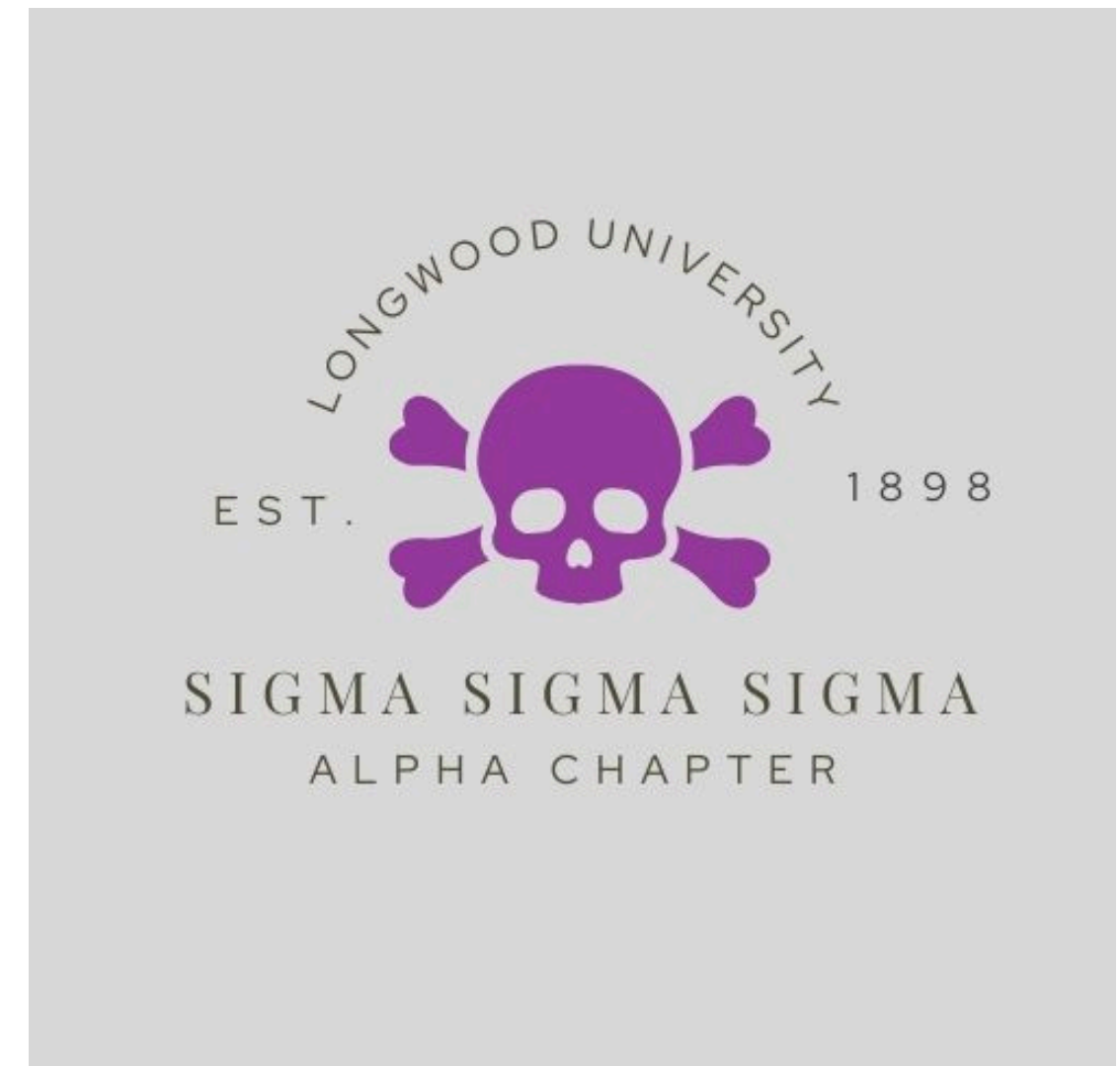
Philanthropy:

- March of Dimes
- The Robbie Page Foundation
- Sigma Sigma Sigma Foundation

Mascot: Sailboat

Colors: Royal Purple & White

Flower: Purple Violet



Zeta Tau Alpha



Founding Date: National & Local - October 15, 1898 - State Female Normal School (now Longwood University)

Philanthropy: Breast Cancer Awareness & Education

Mascot: Five Pointed Crown

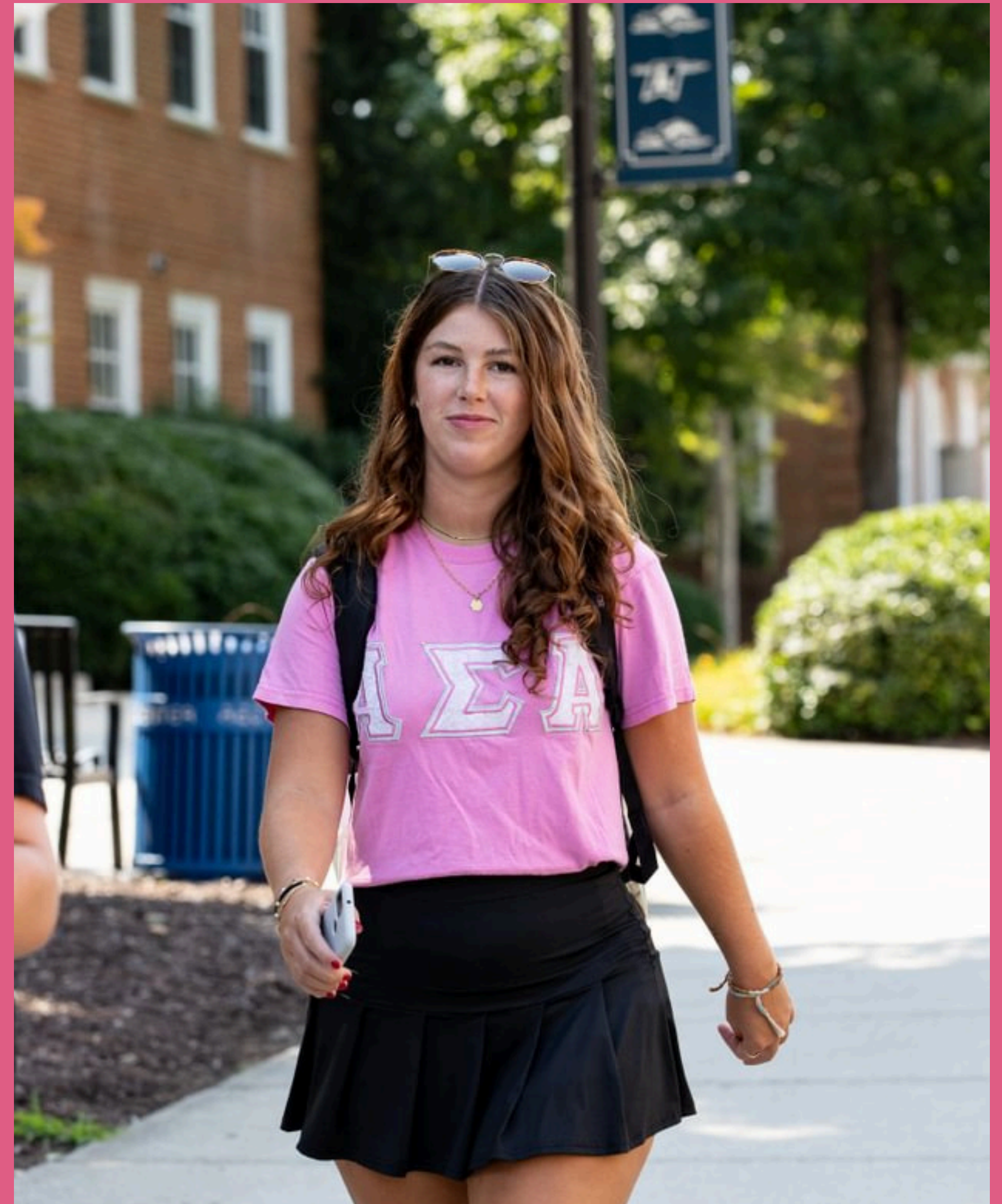
Colors: Turquoise Blue & Steel Gray

Flower: White Violet

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



Chapter Values

Alpha Beta Psi

Confidence
Perseverance
Trustworthy
Dedication
Individuality

Alpha Gamma Delta

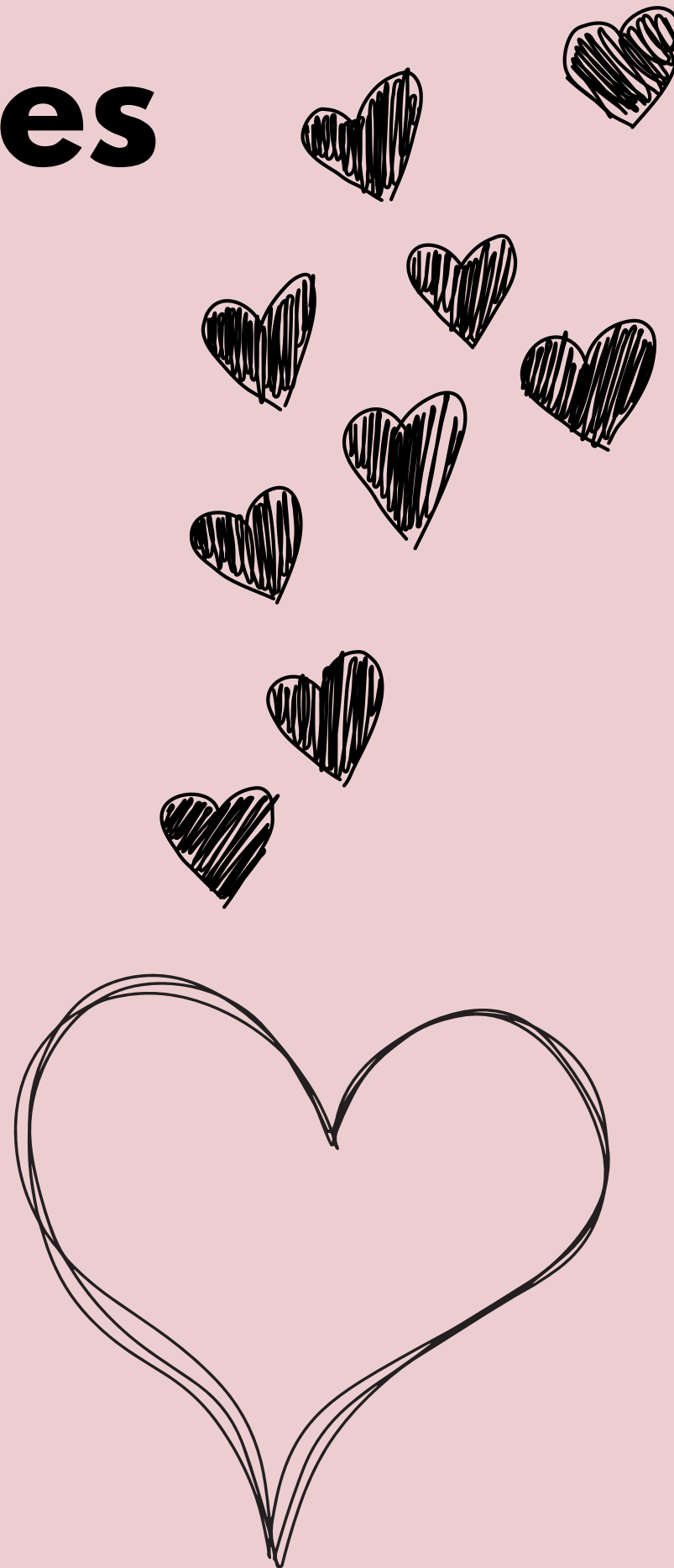
Truth
Sincerity
Kindness
Friendship
Contributing to the Worlds' Work
High Ideals

Alpha Delta Pi

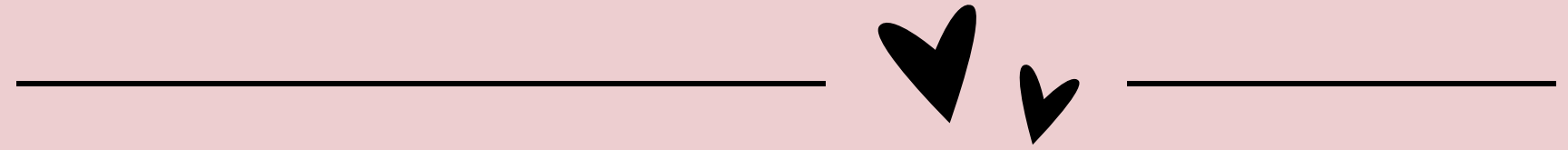
Self
Sorority
Scholarship
Sisterhood

Alpha Sigma Alpha

Balance
Generosity
Growth
Integrity
Learning
Relationships
Responsibility
Enjoyment



Chapter Values



Alpha Sigma Tau

Graciousness
Respect
Intellect
Connection
Excellence

Sigma Sigma Sigma

Faith
Hope
Power
Love
Wisdom

Sigma Kappa

Personal Growth
Friendship
Loyalty
Service

Kappa Delta

Lifetime Learning
Personal Integrity
Altruistic Service
Truth & Loyalty
Building Confidence

Zeta Tau Alpha

Being Rather Than Seeming
Humility
Leadership
Lifelong Learning
Love
Loyalty & Commitment
Responsibility

Seeking Understanding That We Might Gain True Wisdom
Service & Philanthropy





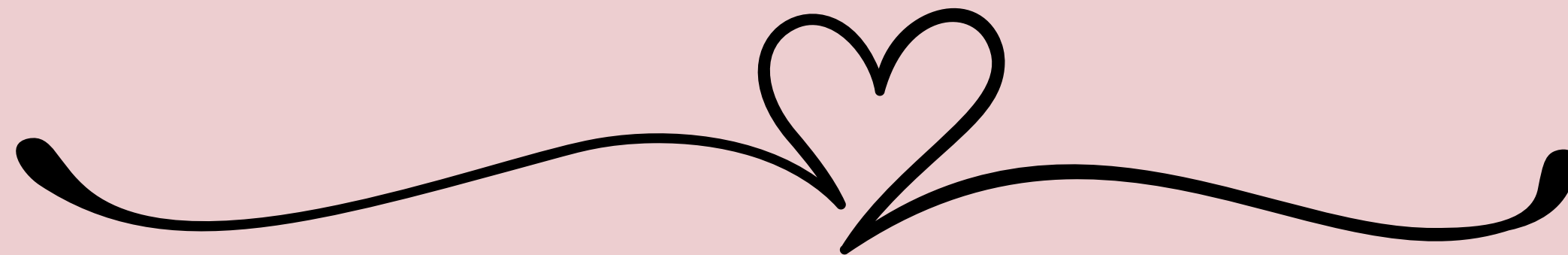
Final Notes

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



Gibson McClung
Assistant Director, Fraternity
& Sorority Life
mcclunggs@longwood.edu

• join us •



@longwoodcpc 