



SISTERHOOD: More Than One Right Answer

Program Description

Each member and chapter experiences sisterhood on a continuum based on their unique campus culture and chapter dynamics. In this session, participants will explore the five schemas of sisterhood and identify programs and practices to move their chapter to the next level of sisterhood.

Learning Objectives

- Define five ways members think about sisterhood.
- Identify three key sisterhood research findings.
- Explore implications of research for your chapter.
- Contrast sisterhood practices and sisterhood programs.
- Demonstrate a sisterhood program.
- Develop a sisterhood program.



Sisterhood Schemas

Sisterhood Based on Shared Social Experience

- Surface-level sisterhood.
- Sisterhood is doing something fun with your sisters.
- Places an emphasis on social standing.

Sisterhood Based on Encouragement and Support

- Give and receive sisterhood through demonstrations of support.
- “Sisters are always there for you.”
- “My sisters encourage me when I’m feeling down.”

Sisterhood Based on Belonging

- Connection that goes beyond friendship.
- Sisters are family.
- “Home away from home.”
- Shared values.
- Feel appreciated and accepted despite one’s flaws.

Sisterhood Based on Accountability

- Sisters make each other better.
- Hold each other to high standards.
- Shared expectations.

Sisterhood Based on Common Purpose

- The highest notion of sisterhood.
- Understand the bigger picture.
- A connection to sisters past and present.
- Work together towards a common goal.



Three Key Research Findings

- 1) Frequency of contact with alumnae is one of the strongest predictors of chapter success.
 - Invite alumnae to chapter events.
 - Connect member with alumnae for internship and job opportunities.
 - Ask alumnae to serve as guest speakers for PACE and Fidelity.
 - Engage alumnae as a guest for new member education.
 - Showcase alumnae on your chapter social media.

- 2) Research supports a two-track membership hypothesis.
 - Increase committee opportunities
 - Look for small opportunities to engage members.
 - Vote on decisions at chapter meeting.
 - Solicit members for opinions on chapter business.
 - REAL Relationships.
 - Sisterhood and relationship building as the focus of new member education.

- 3) Members who work to pay at least a portion of their own dues have a more meaningful sorority experience than those members whose dues are paid by someone else.
 - Evaluate standing rules to make sure they don't unfairly punish working members.
 - Consider how far in advance your chapter declares events "mandatory."
 - Select event times that are accessible for all members.
 - Ensure that dues are all-inclusive and avoid hidden fees.



Sisterhood Practices and Programs

A sisterhood practice is how we show sisters _____ and _____ on a daily basis.

A sisterhood program is an _____ activity that allows you to get to _____ your sisters better.

Personality Pictionary



Sisterhood Program Planning

How will your members intentionally get to know one another during this program?

Which sisterhood schema does this activity promote?

Can you involve alumnae in this program?

What barriers might you face in implementing this program?

What benefits does this program provide the middle member?

Idea Sharing

Name:
Chapter Name:
Sisterhood Program Idea:



Take It Home

- Your chapter may have participated in chapter specific research in the fall of 2015. Email Samantha Keltner at skeltner@gammaphibeta.org to request your chapter's results.
- At your next executive meeting identify which chapter activities you could invite alumnae to attend.