

# THE SORORITY SCOOP

●  
Recruitment  
Information &  
Resources





## THE EXPERIENCE IS NOT DEFINED BY THE LETTERS BUT BY THE WOMAN.

---

Sororities are values-based social organizations that were originally founded to provide women a space to gather and share common interests. Sororities are a place for women to:

- Gain meaningful lifelong friendships
- Develop leadership and professional skills
- Be a part of something bigger than themselves



Connect with your future sisterhood!

[www.thesororitylife.com](http://www.thesororitylife.com)



# I'm interested in recruitment!

## Where do I start?

1

### University Panhellenic Page

- Greek Life page
- Identify the chapters on campus
- Recruitment Handbook

2

### Alumnae Panhellenic

- Register for the Recruitment Information Forum
- MARCH 1, 2026

3

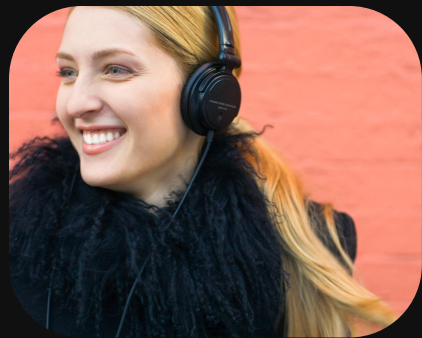
### Web/Social Pages

- Follow pages for your college panhellenic
- Follow EVERY chapter on your campus

# Networking

## Who do you know?

1. Networking: Knowing someone on campus and in a chapter helps people learn about you.
  - a. Once you choose a school, think about who you know that graduated before you that attends and make connections. Ask for introductions to their friends and people they know on campus.
  - b. Ask questions, they'll start looking into who you are and checking your social media.
  - c. Remember your welcome week mentors/orientation guides at college may also be sorority women. Participate and engage with others you meet.



@sweetsister

Consider changing your page to public if private

Many girls add a note to their bio indicating school and grad year  
Ex. TTU 2030

Once they see you're coming, they follow

# Social Media Managing Connections

## CLEAN UP

- Archive or remove anything inappropriate or questionable
- Button it up until recruitment. Think about grandma giving it approval.

## POST

- Start posting every 2 weeks between now and recruitment.
- Highlight your values. Friendships and Family First!
- They want to see you as a good friend and that you love your family.

## ENGAGE

- Follow collegiate panhellenic pages.
- It's okay to ask/answer questions to engage.
- Follow EVERY chapter page from your college campus.
- **DO NOT BE EXCLUSIVE!**

# Social Resume

## Key information for your rec writers.

**It's often uploaded as part of the registration and your first impression to the chapters.**

- Headshot, shoulder and above
- 3-5 sentence intro paragraph - "All about me" optional, but very helpful!
- Full name, address, phone, and social media.
- High school name with highest GPA, don't list it as weighted/unweighted. Grades are the first thing chapters can use to differentiate who continues and who is released. It's cut and dry. You do not need to list test scores.
- List activities, academic achievements, volunteer work, honors, awards and especially **leadership roles** - make it easy for rec writers to cut and paste the information.
- You do not need to list parents information although some choose to do so.
- **Cover letters** - an introduction to the rec writer. This used to be a letter, now in the body of an email or a separate attachment with the resume.

# RECOMMENDATION

What is it?

How do I get it?

Who writes it?

What's a packet?

Do I need one?

YES!

## WHAT IS IT?

- An introduction of a PNM (potential new member) to a sorority chapter.
- Most are submitted as an online form via a sorority's national website.

### Each sorority has unique rules.

- Alumnae from any university can submit.
- Some allow collegians at other universities, some only alumnae

## WHO CAN SUBMIT?

## HOW DO I GET ONE?

- Register with a local alumnae panhellenic (PASA) by May 1, 2026
- Independently find reference writers.
- Third party/Self

Packet= Materials provided to your rec writer

- Resume, transcript, 2 photos (headshot and full length) and optional cover letter/intro in electronic form

## PACKET

# UNIVERSITY REGISTRATION

You must let the school know that you are coming and participating by registering with the college panhellenic and pay the fee.

1. This is the number one document the chapters will use for information. Take time answering the questions thoughtfully and completely. Proofread as well.
2. This is also a resource for you, the PNM (potential new member). Pay attention to the details, the schedule and the dress code for each day. Study the info on each chapter to prepare for recruitment.
3. Review chapter GPA requirements.
4. The recruitment guidebook is a great resource and can be used to make your recruitment notebook.

1

## OPEN HOUSE

May be virtual, with videos only. May be hybrid with virtual meeting with a few activities. May be in person rounds with the house.

2

## PHILANTHROPY

Focuses on the causes they support, the fundraising efforts and chapter events. Be ready to discuss, ask questions, and show interest on how you can become involved.

3

## SISTERHOOD

Chapters showcase values, leadership opportunities, campus involvement, programs & traditions, Ask questions, speak your intentions and interest. Always BE KIND.

4

## PREFERENCE

Final 1 or 2 houses. Express your interest in joining. Look at the girls around you - these will be future sisters. Rank at the end or SIP.

# RECRUITMENT NOTEBOOK



1

## BEGIN WITH THE BASICS

Include helpful information like the greek alphabet, timeline of recruitment, checklist of registration must dos and notes. Leave a few pages to add overview info.

2

## CHAPTER PAGES

Create an info page for each chapter with colors symbols, national philanthropy, key campus events, etc. List questions you can ask about each chapter - reviewing these before you enter will give you good conversation starters. Leave several pages to add visit notes right after you leave the house.

3

## VISIT NOTES

Make notes on your feelings, names of those you met, conversations, impressions & connections round by round throughout recruitment. If your initial intro is by chapter videos, note the chapter's mission, values, and how the video made you feel.

4

## RANKING

Your notes will help you make clear and focused decisions when you need to rank your chapter preferences. Keeping your thoughts organized will help make it a smoother process with your key details and memories recorded.

# HOW CAN I PREPARE?

Conversation Skills:  
Practice having open  
conversation

Give open ended responses to engage the interviewer and show your personality. Yes or No answers don't allow for conversation.

## TOPICS TO THINK ABOUT:

- What are your values?
- What are 3 things that shaped you?
- Why do you want to go through recruitment?
- What are you looking for in a sorority?
- When did you take on a leadership role?
- What's your ideal day?
- Tell me about volunteer experiences?
- What do you like to do outside of school?
- What are your hobbies?

## CONVERSATION STARTERS:

- Tell me about your new member program?
- How do you balance sorority and school work?
- What are you looking for in a new member?
- What is your favorite part about being in Greek life?
- What's the best part of being XYZ?
- How do you support your chapter philanthropy?
- What are your favorite chapter events?
- What makes your chapter different from others on campus?

# NOTES ON HOT TOPICS

1

## LEGACIES

It is the PNM decision to list or not list legacy affiliations. There is no control on how a particular chapter views a legacy connection. If it is asked, answer honestly.

2

## VIDEO TIPS

Use a low key background. No background noise.

Speak clearly. Give good answers, have fun. Rehearse.

Follow instruction on horizontal or vertical recording.

Practice so that you feel comfortable but record a relaxed video. We pause and laugh or repeat words in real life so be your genuine self.

3

## REMEMBER YOUR AGE

Go to school, maintain your grades, socialize with others. Don't ruin your reputation with inappropriate choices or behavior.

# NOTES ON HOT TOPICS

4

RECRUITMENT  
BAG

Essentials bag – water, snacks, mints, makeup, notebook, pens, phone charger, fan, blotting sheets, deodorant, slides, NO WATCHES! Phones stay in bag.

5

SHHH!

During the process: NO posting updates, sharing info or opinions on experience or house choices. If you speak to your mom/family, remind them not to share anything about the process. Do not unfollow chapters during recruitment. Keep anonymity of your process. Do not compare invites in number or name. You do you!

6

BE OPEN  
MINDED

Each chapter offers unique and wonderful experiences and vary from campus to campus. The PNM must decide where she fits without influence of other opinions.

# TIMELINE

January February March April May June July



## PREPARATION

1. Research the recruitment process
2. Social media cleanup
3. Identify potential recommenders
4. Connect with PASA for the Recruitment Forum
5. Resume draft completed



## BUILD CONNECTIONS

1. Follow college panhellenic on social media
2. Contact and confirm rec writers
3. Focus on academics
4. Obtain unofficial transcripts
5. Take recruitment photos if not completed
6. Finalize resume
7. Register with PASA and submit "packet"



## REGISTRATION & PLAN

1. Submit your packet materials to rec writers
2. Send thank you notes
3. Request official transcripts
4. University recruitment registration. Take your time! Ensure you have all the materials and you submit by the deadline.



## RESEARCH & ENGAGEMENT

1. Review panhellenic guidebook
2. Research sororities on campus
3. Fill your recruitment notebook
4. Plan your outfits (follow guide)
5. Attend orientation/events
6. Make your video if required
7. Prep & Practice
8. Plan your recruitment bag essentials<sub>3</sub>



“Someone once told me that when they get nervous about trying something new and their heart starts beating really fast, that they call it ‘inner applause’ because their body is cheering them on. I think that’s the best narrative adjustment ever.”  
~anonymous

“When you feel nervous it means you care, you’re showing up, and you’re doing something that matters. And if no one claps for you.. Clap for yourself. Keep going.” ~anonymous



You are enough.



You are brave. You are putting yourself out there.



It’s okay to question the process.



It’s okay to feel confused.



Stay true to yourself.



It’s not about being chosen, it’s about finding your fit.



THANK  
YOU!

This process can be exciting but very stressful and even heartbreaking at times. Remember to keep an open mind and evaluate the house list in front of you. You only need one. Just like the college selection process, remember, in the end...want the one that wants you!

[sapanhellenic.org](http://sapanhellenic.org)  
[npcwomen.org](http://npcwomen.org)  
[thesororitylife.com](http://thesororitylife.com)