

Bid Bound's Ultimate Guide to Rush

Module 1: Rush 101

Rush 101 is your step-by-step blue print to feeling confident and prepared for recruitment. You'll learn exactly how recruitment works, what to expect during the week, the biggest Do's and Don'ts, outfit tips, and more. Plus, you'll get exclusive tools like a Key Terms Glossary, Pre-rush Reflection worksheet, and an outfit planning guide.

Module 2: The Summer I Prepped for Recruitment

The Summer I Prepped for Recruitment covers everything you need to do before recruitment starts- from registration and Rec Letters to your PNM video and social media clean up. In addition to the slides and video, you will also get a 6 week Recruitment Prep timeline and a rush bag essentials check list to eliminate any confusion or last minute scrambling.

Module 3: Confident Conversations

Confident Conversations is your guide to standing out for every round during recruitment. Learn the real purpose behind recruitment conversations, how to make a strong first impression, answer questions with confidence, reset after tough rounds, and more! Plus, you'll get a practice conversations worksheet and confidence affirmations to help you feel confident, prepared, and Bid Bound.

Module 4: What No one Tells you about Recruitment

Module 4 gives you the inside scoop on how recruitment really works. We debunk common myths, break down recruitment logistics and etiquette, and explain rankings, cuts, and gossip- so nothing catches you off guard. You'll also get post-party reset worksheets and tools to focus on what you can control in this crazy process.

Module 5: Protecting your Peace

Protecting your peace is your mental health game plan for recruitment week. Learn how to take care of yourself during long days, avoid falling into the social media comparison trap, cope with disappointment, and handle the emotional ups and downs with confidence. Having resources and tools in your pocket will allow you to feel more grounded and in control.

Module 6: Bid Bound's Ultimate Guide to Voting

Bid Bound's Ultimate Guide to Voting takes the most confusing part of sorority recruitment and makes it much more clear. We break down the reality of cuts, invites, and rejection, explain how rankings actually work, what chapters look for each round, and how to vote confidently without regret. No guessing. No panic. Just smart, strategic decisions.

Module 7: What Happens After

Life after Bid Day can be a hard transition for many PNMs, and Bid Bound is still here to support you. Module 7 helps you process your experience, adjust to your new chapter, release recruitment as your identity, and step confidently into what's next. Whether you're over-the-moon excited or your outcome looks different than you expected, you won't navigate it alone.

What our Course Includes:
7 sets of powerpoint Slides
7 video lectures
10 PDF worksheets and resources
6 heartfelt letters from our founder
Entry into our PNM facebook group



After purchasing the course, you will be emailed the Course Terms and Conditions Agreement. After this has been signed and submitted by an adult, you will be sent a personalized code to our Google Classroom and accepted into the Facebook Group!