



ALPHA SIGMA PHI FRATERNITY
to BETTER the MAN.

The fourth value that we will be rediscovering before Alpha Sigma Phi's 175th anniversary, is Honor.

To Better the Man describes Honor in a brother as follows: he lives a life of personal integrity, thereby accruing honor. An honorable man lives up to promises made - to others and to himself. A man of honor is not vain and is willing to endure scorn or ostracism rather than conform to the pressures of peers, superiors, or the fashion of the day. He is ethical, honest, and trustworthy.

There could be an argument that Honor is the most challenging of the values of Alpha Sigma Phi to define and to live up to. Although Honor can be used as a verb (e.g., Honor a veteran hero), we use it as a noun. It is difficult to see, and it is earned by living up to the expectations set forth by yourself and to the commitments to which you have made.

There is a leadership practice, "DWYSYWD" or, "Do What You Say You Will Do." If one is following through with promises through words and actions, they could be considered as being honorable. Another leadership theory is the Social Change Model, of which individuals develop if they practice congruence, or consistency, in their behaviors, and are authentic at all times. This is honor in practice - Do you act and behave the same around your closest friends, fraternity brothers, and your family? Or do you compromise your beliefs and your understanding of right and wrong depending on who you are around? Being honorable is about understanding who you are and not letting the circumstances or environment change who you are. An honorable man understands that, "What you do when no one is watching?" is just as important as what you do when you are being watched. Honor is not convenient.

You are encouraged to think about honor every day and under any circumstances. Consider your role in the fraternity. Are you a new member, a graduating senior, or one holding a leadership role? How are you being honorable? Are you living up to the commitment and promises you've made while giving your oath to the fraternity or when giving your election speech? Are you doing what is right before doing what is popular?

Active Minds is the philanthropic partner for Honor. Founded in 2003, Active Minds is a non-profit organization whose focus is to educate, research, and advocate for conversations and resources regarding mental health. Active Minds has at least one chapter on a college campus in all 50 states and the District of Columbia. Consider partnering with the chapter on your campus or the one closest to you for a conversation about mental health or an event to encourage your peers to do the same.