

Sigma Phi Epsilon  
The University of Toledo – Ohio Iota  
Balanced Man Program

In the early 2000's Ohio Iota adopted the Balanced Man Program. This program, set up in phases, is meant to develop each brother throughout their time as an active member and enhance their opportunity to grow after college. Each phase is led by coordinators (older brothers in the chapter) and is guided by a task list or tracker.

Upon joining the chapter a brother is initiated into the first and introductory phase, Sigma. During this eight-week period, new brothers are taught of Ohio Iota and SigEp's history, Greek history, and UT's history. They also engage in brother interviews to become familiar with the chapter and help with selecting a Big Brother. For most brothers this is their first semester in college and so they are encouraged through various activities to start developing brotherhood, and they are educated on campus and fraternity involvement and important skills in college such as time, stress, and study management.

Once completing the Sigma phase brothers move into the growth phase, Phi. Brothers may remain in this phase from one semester to a year. The brothers have had some time to become acquainted with the chapter and UT and now are challenged to get involved in the chapter, on campus, and in the community. This phase is geared towards encouraging Phi's to step outside of their comfort zone and try things they wouldn't have done on their own. Examples of this include but are not limited to learning how to dance, planning a brotherhood, participating in a service project, attending an etiquette dinner, being physically active, learning about an unfamiliar religion, and reflecting on all of their experiences.

The third phase, Epsilon, is a developing phase that is set up to guide brothers in two ways. In one way it leads to further engagement in the chapter, campus, and community and in a second way it leads to career development. Brothers are challenged to hold an executive board position on a campus and in the chapter, to take responsibility as a Big Brother, learn about art and cultural, participate in a more extensive service project, attend national conferences, build or update their resume, practice interviewing skills, and create future goals. Throughout the Epsilon phase our Ritual is brought to life and meaning and brothers are encouraged to share their struggles and successes to deepen bonds and foster healthy habits.

A fourth and optional phase, Brother Mentor, is for brothers who find true meaning in the heart of Sigma Phi Epsilon. With extreme diligence they have developed themselves through completing the three prior phases and have now turned their attention to the chapter and its younger members. Brother Mentors, while leaders of the chapter, are still encouraged to grow and learn about themselves through developing the chapter.

The Balanced Man Program is all about development. Each phase is oriented to promote the growth necessary at specific points throughout college, which will also provide knowledge to help after graduation. Development from this program gives a tremendous advantage to Ohio Iota brothers in any direction they chose to go. The further this program advances, the better and more balanced men Sigma Phi Epsilon creates. After all, our founder Carter Ashton Jenkins did say, "This fraternity will be different."

**I can include brother fellow?? – Let me know what you think**