



Tips for Recruitment from Current Sorority Members

- Smile and make eye contact.
- Be prepared to talk about where you are from and what your major is...you will be asked these questions over and over. Avoid 1- or 2-word responses. Have interesting and informative replies ready. "I am majoring in Early Childhood Education. I have always loved children and being around kids. In the summers I was a camp counselor and volunteered as a tutor after school." "I am from Nashville. I love it there. We have so many fun places to shop, eat, and there is always a fun concert to go to." You will be asked many times why you chose to go to the school you are attending, how you like your roommate, if you are enjoying recruitment, and what you plan to be involved in on campus other than a sorority. Be ready with interesting and detailed answers to all of these questions. Again, avoid 1- or 2-word responses.
- Have 3 topics of conversation ready to go when the talk gets slow. For example: Food, Fashion, & Fall. These need to be 3 topics of your choice that you can easily discuss that would be interesting to a variety of people. If the conversation gets stale ask, "Where are your favorite places to eat here?" or "I cannot wait for football season. I am so excited to get to sit in the student section. It looks like a blast!"
- Play Ping Pong. For example: When asked where you are living, reply and ask where the member lived her freshman year. When asked what your major is, reply, and ask what her major is and so on.
- Do NOT talk about parties, drinking, boys, other PNM's or what your other favorite sororities are or are not.
- Pack a "Recruitment Bag" Be prepared. Include mints (no chewing gum), make-up, hairbrush, deodorant, Band-Aids, flip flops, water, and a snack. A notebook and pen can be helpful if you want to make notes about your experiences throughout the day.
- Be open minded. The worst thing you can do is think that only 1 or 2 sororities are right for you. Every sorority has wonderful girls. Be willing to meet them and consider all of your options. You do not "have" to pledge what your best friend, roommate, or relative is pledging. Form your own opinions. Do not assume any 1 sorority is a specific type of girl. Most every sorority chapter is diverse. Go to as many houses as possible. Do not skip a party or "suicide" just one.



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- Wear comfortable but, cute shoes!
- Hydrate and eat! This is not the week to diet!! Take good care of yourself.
- Clean up your Facebook, Instagram, TikTok and VSCO accounts. NO pictures of drinking, vaping, wild or sexual behavior, nudity, or inappropriate language or music. Delete your Finsta!! They will find it!! Many sororities do not even allow their members to have Finsta accounts.
- Start following the sororities at your college on Instagram. It is a great way to get a visual of what they are involved in on campus and how they represent themselves to others. Please note...follow ALL of them and not just the 2, 3 or 4 that you think you are interested in right now.
- If you have older friends in a sorority where you are attending school, let them know you are coming and excited about participating in recruitment. Use this opportunity to ask them any helpful advice. Ask them to go to lunch or coffee this summer. It lets them know you are interested, and it is a great time to gain useful insight into college life and recruitment.
- Dress appropriately but know that this is not a fashion show. The sorority members are not judging you on what you are or are not wearing BUT, dresses should not be too short. The best rule of thumb is they should at least reach your fingertips. The color of your dress does not matter. It is okay to wear a red dress to Kappa and blue to Chi Omega. Know that at several schools it is required to wear black dresses on Pref Day and white dresses on Bid Day.
- Where you are from does not matter. Sororities do not take girls from only 1 city or 1 state.
- Rest!! Rush can be very tiring and very loud. There is lots of cheering, singing, screaming and excitement. Sometimes this will energize you and at others it will exhaust you. Being exhausted is part of rush. Push through it. The sorority members are just as tired. Get lots of sleep and naps when you can.
- Be willing to be vulnerable. It is okay and sometimes encouraged to let a sorority know that you are very interested and could see yourself as a member.
- If you are not asked back to a certain sorority and are disappointed, set a 5-minute time limit. Go to the bathroom and be sad for 5 minutes. Clean your face up and move on! Determine to be happier about what is on your schedule than you are disappointed in what is missing.



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- Trust and confide in your Gamma Chi/Pi Chi (also known as a rush counselor.) They have trained for months to help guide you through the recruitment process. They can be your best friend during this long week. As much as you love and trust your best friends, this is a week to keep some things to yourself. Do not overshare with your friends or roommates.
- RELAX AND HAVE FUN!!!