

# Wisconsin Theta Quest

## Brother Mentor Challenge

### “Brothers as Mentors”

*Developing and Utilizing the Skills as a Servant Leader, Especially as a Mentor*

Duration of Brother Mentor Challenge: Until Graduation

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\*\*If you have already completed one of the tasks in the Brother Mentor Challenge when starting the Brother Mentor Challenge Coordinator, talk with the Epsilon Coordinator about another development activity to replace it.

## **SigEp Development**

### **Alumni and Volunteer Outreach**

- Complete two of the following or create your own (it is okay to work in teams to complete these expectations):
  - Host a dinner or reception at least annually to recognize community Mentors.
  - Invite someone from the university to speak on how the university endowment functions and how it goes to improve academics and student life.
  - Invite your District Governor to a chapter event to discuss post-graduation volunteer opportunities with Sigma Phi Epsilon.
  - Join the Alumni and Volunteer Corporation.

### **Hoop of Steel Ceremony**

- Perform and attend the Hoop of Steel Ceremony once a semester for graduating seniors.

### **Review the Criteria of the Fellow Challenge**

- Review the criteria of the Fellow Challenge at least once per year with your Challenge Coordinator and Community Mentor to see if it is an option for you to pursue.
- Declare your intent to become a Sigma Phi Epsilon Fellow (optional).

### **Ritual and Values**

- Go through the Brother Mentor Rite of Passage.
- Participate in a personal pre and post ritual reflection.
- Complete the Brother Mentor Rite of Passage Ritual Study with the Brother Mentor Coordinator.
- Answer the following questions on a separate piece of paper:
  - The Brother Mentor Rite of Passage is one of recognition and commitment. What are the accomplishments you've made in the chapter that you are most proud of? How will you, as a mentor, continue and further the legacy you've left?
  - Now that you have experienced the full Ritual of Sigma Phi Epsilon, how will you use that knowledge to influence the younger members of the chapter in a positive way?
  - How will you continue to live the Ritual in your life after graduation?

# Sound Mind Development

## Mental Growth

- Complete two of the following, or create your own:
  - Lead an academic success workshop for the chapter members
  - Attend Oh SNAP! (Students Networking About Problems).
  - Host or attend a session on how to manage stress in the professional world, specifically addressing tips and best practices for keeping a sound mind after college.
  - Host or attend a session on cultural sensitivity in the workplace.
  - Take an IQ Test and compare it with the average IQ of your demographic.

## Milestone Reflection

- Towards the end of your Brother Mentor Challenge or graduation, utilize the following questions as a guide to create a milestone reflection on a separate piece of paper, and then review it with your Community Mentor. The purpose of this is to review your time within the Brother Mentor Challenge and what you have learned. Feel free to make it your own, similar to scrapbooking, and then add it to the Milestone Reflection Binder.
  - We are told, “Knowledge is not absolute; its pursuit is unending.” How will you uphold a lifelong commitment to learning after graduation?
  - How will you continually cultivate your Sound Mind after graduation?
  - How will you bring the Balanced Man concept into your workplace to positively influence your colleagues and peers? How will this affect your role as a mentor in the future?
  - How will you apply everything you’ve learned, experienced, and accomplished through the Balanced Man Program to a way of life after graduation?
  - How will you continue to pursue the lifetime *Journey of Brotherhood* through the Balanced Man concept?
  - Review your Personal Reflection entries from the Sigma, Phi, and Epsilon Challenges. How have you changed and developed over the course of your experience in Sigma Phi Epsilon? How will you continue to challenge yourself and improve?
  - Why is it so important to maintain a sound, healthy body after graduation?
  - What do you foresee as the obstacles to inhibit your Sound Body and how will you overcome them?
  - How has tracking your workouts helped analyze your workout habits?
  - How will you continue to track your workouts after graduation?
  - What health risks, diseases, and illnesses are you most susceptible to, and how can you prevent them?
  - How can the maintenance of Sound Body help you in the business world?

# Sound Body Development

## Personal Health

- Read about “Alcohol and Drugs” in the LROB (pg. 121-123), and review it with the Brother Mentor Challenge members and Coordinator, focusing on the risks associated with drug and alcohol abuse.
- Discuss strategies for overcoming bad habits with the other members of the Brother Mentor Challenge.
- Complete one of the following, or create your own:
  - Obtain a physical exam to measure your vital health statistics (heart rate, cholesterol, blood pressure, body fat, etc.)
  - Host a professional to speak on life/work balance and how to maintain Sound Mind and Sound Body in the workplace.
  - Host or attend a discussion on the effects of alcoholism and/or drug abuse.
  - Identify a bad habit of your own. Commit to overcoming it, and share what you learn from the process with the other Brother Mentors.

## Physical Fitness

- Participate in the chapter’s Fitness Assessment each semester and track your progress. Assessment activities include:
  - Height
  - Weight
  - Resting Blood Pressure
  - Sit and reach
  - Push-ups (1 minute)
  - Sit-ups (1 minute)
  - 40 yard dash
  - Mile run
- Complete one of the following, or create your own:
  - Plan your workouts and track your progress.
  - Participate in intramurals with the chapter.
  - Participate in a fun-run, such as a Color Run, 5K, Warrior Dash, MS Walk, etc.

# Personal Development

## Community Outreach

- Hold a monthly current affairs discussion with members of the Brother Mentor Challenge (this can be done at the Challenge meetings).
- Complete two of the following, or create your own:
  - Host a campus-wide event that sponsors an open house for different religious organizations and ethnic diversity clubs to discuss their beliefs and values.
  - Participate in campus and community volunteer organizations.
  - Learn how to host a campus dignitary.
  - Host or attend a session on how to stay engaged in the community after college: where to get involved, what to do, the benefits of volunteering, etc.

## Life Planning

- Complete three of the following, or create your own:
  - Have an alumnus or financial planner speak to the chapter on budgeting and long-term financial planning (IRA, 401(k), money markets, etc.).
  - Have a local doctor, human resources representative, or insurance agent speak on how to choose your health benefits in the professional world (HMOs, PPOs, life insurance, etc.), how they work, and which will be best for you.
  - Have a local realtor, knowledgeable parent, or alumnus speak on how the real estate market operates (renting versus buying, how to build up your credit and equity, etc.) and how to begin saving for that big purchase.
  - Have a local jeweler speak to the members of the Brother Mentor Challenge about the ins and outs of selecting a diamond engagement ring and how you'll know when it's the right time to propose. (It could be closer than you think!)

## Service Leadership

- Read “Chapter 27: Practicing Servant Leadership and Improvement Continuously” in the LROB (pg. 217-219), and review it with the Brother Mentor Challenge members and Coordinator, focusing on applying the lessons discussed to leadership positions.
- Read “Chapter 28: Mentoring” in the LROB (pg. 221-223), and review it with the Brother Mentor Challenge members and Coordinator, focusing on the application of the topics to mentoring and leadership.
- Participate in at least 10 hours of community service.
- Participate in one of the chapter's service projects.

## SMART Planning

- Review and revise your development analysis to see which of the six development areas you still need to focus on: SigEp, Sound Mind, Sound Body, Personal, Leadership, and Professional. Find the area you need to work on the most, and work with the resident expert of that area to create or attend an event to broaden that area.
- Review your previous 1 year, 3 year, and 5 year SMART (Specific, Measurable, Attainable, Realistic, Timely) plan. Discuss successes and areas for improvement with your Community Mentor so far with your plan.

# Leadership Development

## Leadership and Mentoring

- Serve in some capacity as a chapter leader (Committee Chairman or Executive Board member).
- Participate as a leader in another campus organization.
- Be a New Member Mentor or Big Brother.
- Designate 2 hours per week to be available for tutoring of younger members. This does not have to be two consecutive hours, but must be consistent, weekly tutoring hours at a specific location.
- Complete one of the following, or create your own:
  - Reach out to your regional director to set up helping facilitate an EDGE or CLA.
  - Hold a leadership position within the community, not related to the university.
  - Host a session to teach younger members leadership skills, such as delegation, organization, and risk management.

# Professional Development

## Career Planning

- Contact or meet with your Community Mentor a minimum of twice per month.
- Update your resume and cover letter and have it reviewed by someone in your specific job field and the Career Center.
- Recruit a professional mentor (in addition to your community mentor) to help secure an ideal job after college and beyond.
- Complete three of the following, or create your own:
  - Host a business etiquette seminar for the members of the Brother Mentor Challenge with alumni and parents.
  - Secure a career-specific internship.
  - Conduct mock interviews with the campus career center or graduate admissions interviews with an academic advisor.
  - Explore graduate school requirements and take one of the practice graduate entrance exams (GMAT, GRE, LSAT, etc.) to see where you stand and where you need to improve.
  - Join a service organization or professional association within your intended major or career field (i.e. Future Leaders of America, the American Society of Mechanical Engineers, etc.).
  - Host or attend a session on sexual harassment in the workplace, specifically what is appropriate and not appropriate.
  - Discuss with alumni how to leverage the SigEp network and how to use it to benefit your career development.
  - Host or attend a session on the art of job search.
  - Host or attend a session on communicating SigEp Skills (recruitment, development) to practical job skills (sales and product development).