

Wisconsin Theta Quest

Epsilon Challenge

“Brothers as Leaders”

Exploring the Issues a Servant Leader Faces

Duration of Epsilon Challenge: 28 to 80 weeks

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A brother desiring to advance to the Brother Mentor Challenge must declare his intent, answer the following questions, and review them with the Epsilon and Brother Mentor Challenge Coordinators:

- 1. Who am I? What do I believe? How do I see the world? How do I affect those around me?*
- 2. How do my brothers view me? Who do my brothers and those around me see me as?*
- 3. What are my strengths and weaknesses? What can I do well? What do I need to work on?*
- 4. How can I use my strengths for the benefit of the fraternity?*

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

SigEp Development

Chapter Involvement

- Complete a SWOT analysis of the chapter and present it to members of the executive board with proposed solutions.
- Complete one of the following, or create your own:
 - Serve as a chair of a chapter committee.
 - Serve as an executive board member
 - Lead the creation of a project, event, etc. that solves an issue identified in the above SWOT analysis.

Mentor Development

- Complete three of the following, or create your own:
 - Participate in the mentor training workshop.
 - Actively participate in the Mentorship Program with the alumni.
 - Serve as a New Member Mentor or a Big Brother to another member.
 - Help a younger member in a similar area as your major develop his academic plan.

Ritual and Values

- Go through the Epsilon Rite of Passage.
- Participate in a personal pre and post ritual reflection.
- Complete the Epsilon Rite of Passage Ritual Study with the Chaplain.
- Complete one of the following, or create your own:
 - Discuss how Virtue, Diligence, and Brotherly Love are relevant in our daily lives during an Epsilon Challenge Meeting.
 - Conduct a question and answer session about the Ritual with the members of the Epsilon Challenge.

Sound Mind Development

Mental Growth

- Complete two of the following, or create your own:
 - Host or attend a Mental Health Workshop.
 - Attend a Stop the Hate session on campus.
 - Become Safe Zone certified through camps.
 - Host or attend a discussion regarding LGBTQ issues in the workplace.
 - Take an IQ Test and compare it with the average IQ of your demographic.

Milestone Reflection

- Towards the end of the Epsilon Challenge, utilize the following questions as a guide to create a milestone reflection on a separate piece of paper, and then review it with your Big Brother or mentor. The purpose of this is to review your time within the Epsilon 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.
 - How did the cultural experiences in the Epsilon Challenge expand your mental capacity and thought process?
 - How can you continue to expand your mental capacity and thought process throughout your life?
 - What are some of the main reasons it is so important to remain abreast of current events and politics? How can you impact that locally and nationally?
 - How did the individual service project impact your life and what did it mean to you?
 - How can you positively effect change in your local community? How does that translate after graduation?
 - What is the importance of regularly updating your resume?
 - What things do you need to work on in this upcoming year to improve your skill-sets to land those dream internships and future jobs?
 - What are the realities of depression?
 - How would you approach a chapter brother whom you saw slipping into depression?
 - How can you prevent yourself from becoming overwhelmed from anxiety or other common mental and physical disorders? Do you have someone to talk to about it with?
 - Do you get annual medical check-ups?

Sound Body Development

Personal Health

- Read about “Sexual Health” in the LROB (pg. 118-121), and review it with the Epsilon Challenge members and Coordinator.
- Discuss healthy relationships and tips for safe sex with the members of the Epsilon Challenge.
- Host or attend a session on AIDS, diabetes, etc. awareness to help understand these diseases, and discuss research, testing, and prevention.
- Discuss how to juggle different obligations on and off campus, and how to maintain your mental health.

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 three of the following, or create your own:
 - Log and track the food you eat for a week, and discuss the results with a health professional.
 - Plan your workouts with a personal trainer and track your progress.
 - Participate in intramurals with the chapter.
 - Wear a pedometer for a week and compare it with the recommended steps per day.
 - Coordinate an active event for the chapter or challenge.
 - Participate in a fun-run, such as a Color Run, 5K, Warrior Dash, MS Walk, etc.

Personal Development

Arts Appreciation and Cultural Awareness

- Read “Chapter 15: Individuality” in the LROB (pg. 143-145), and review it with the Epsilon Challenge members and Coordinator.
- Complete three of the following, or create your own:
 - Take a dance, music, or drama class.
 - Host or attend a dinner with a faculty fellow and discuss cultural experiences.
 - Outside of class requirements, attend an art event, such as a play, musical performance, or dance performance.
 - Visit a local museum by yourself or with other members.

Community Awareness, Current Events, and Politics

- Host or attend a session on the importance of staying up-to-date on current events, politics, and news related to your major, and the importance of voting in elections.
- Complete three of the following, or create your own:
 - Attend a city council meeting.
 - Register and vote in both a local and national election.
 - Invite a political science professor to speak with the members of the Epsilon Challenge on current events.
 - Write a letter to your representative about a current issue.
 - Attend a political debate.
 - Attend a Student Senate meeting.

Recruit a Community Mentor

- The Brother Mentor Challenge Mentor is a Community Mentor who serves to help formulate, guide, and give feedback on plans for life beyond academic walls. The Community Mentor can be a SigEp, a faculty member, a community leader, someone from the student’s major, or anyone else the Brother Mentor holds in high esteem, and from whom he chooses to solicit guidance and support.
- The Community Mentor should first and foremost serve as a role model and guiding influence to his Mentee. As the focus of the Brother Mentor Challenge is to “develop and utilize the skills of a servant leader,” the Community Mentors will relay their own expertise to help their Mentees achieve their full potential.
- The Community Mentors will be responsible for helping their Mentees create and update their career portfolios, which will document the Mentee’s résumé, qualifications, specific interests, letters of recommendation, internships, etc. It is not the responsibility of the Community Mentors to help their Mentees get a job, but to help their Mentees be prepared for whatever job they choose to pursue.
- Examples of where to find a Community Mentor:

<ul style="list-style-type: none"> ○ Faculty ○ Alumni ○ Friends/co-workers of alumni ○ Parents (other than your own) ○ Greek Advisor 	<ul style="list-style-type: none"> ○ City Hall ○ Clergy ○ Chamber of Commerce ○ Local police station ○ Local fire department
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Self-Improvement

- Write and send five thank you notes to people who have helped you over the past year.
- Make a list of your three biggest fears and analyze why you are scared of them. List steps you could do to tackle each fear. Enlist a brother to help you do one of these.
- Complete two of the following, or create your own:
 - Join a group of brothers and cook dinner for the night. Bring a date and practice etiquette and dating skills.
 - Pick an art event in the local area that interests you, and attend the event with another brother.
 - Team up with other brothers and take dates to a play, symphony, concert, or another musical event.
 - Make a list of three (living) people who you admire and don't already know who you would most like to talk to in the world. Make a plan for how to contact each one of them, and attempt it.

Service Leadership

- Read “Chapter 24: Understanding Servant Leadership” in the LROB (pg. 193-197), and review it with the Epsilon Challenge members and Coordinator, focusing on how the concepts apply to leadership positions.
- Read “Chapter 26: Servant Leadership, Sigma Phi Epsilon, and You” in the LROB (pg. 209-213), and review it with the Epsilon Challenge members and Coordinator, focusing on the five practices of exemplary leadership and how to apply them.
- Design and/or lead a service project upon approval of the coordinator with a goal of 30 or more hours. The purpose of this should be to give back to the community and/or university and to learn what all goes into planning and implementing a service project.

SMART Planning

- Conduct a development analysis to see which of the six development areas you 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.
- Develop a SMART (Specific, Measurable, Attainable, Realistic, Timely) 1 year, 3 year, and 5 year plan for yourself.
- Review your previous SMART goals with your Big Brother and discuss successes and areas for improvement.

Leadership Development

Ethical Decisions

- Read “Chapter 18: Ethical Decisions” in the LROB (pg. 159-165), and review it with the Epsilon Challenge members and Coordinator.
- Discuss ethical situations you may encounter on campus or in an organization and the decisions and actions you would take. Also cover how to handle a situation when someone violates their oath, standards code, etc.

Leading Others

- Read “Chapter 13: Knowing Yourself and Your Road to Success” in the LROB (pg. 133-137), and review it with the Epsilon Challenge members and Coordinator.
- Read “Chapter 16: Friendships and Relationships” in the LROB (pg. 147-153), and review it with the Epsilon Challenge members and Coordinator, focusing on how the concepts apply to leadership.
- Read “Chapter 25: Leadership Built on Authority, Service, and Sacrifice, and the Cardinal Principles” in the LROB (pg. 199-207), and review it with the Epsilon Challenge members and Coordinator, focusing on how it applies to leadership positions.
- Serve as a leader in another campus organization (President, Vice President, Committee Chairman, etc.).
- Host or attend a session on how to inspire and motivate others.
- Host or attend a session on running an effective and efficient meeting, covering setting and following an agenda, proper pre-work, and follow-up.
- Retake a self-assessment test (i.e. DISC, Myers-Brigs Type Indicator, Big Five, and StrengthsQuest) to find out how your personality style and discussion changes.
- Complete one of the following, or create your own:
 - Hold an Executive Board position.
 - Attend a Carlson Leadership Academy or a Grand Chapter Conclave at least once.
 - Participate in a leadership seminar through the university or community.

Professional Development

Career Planning

- Read “Chapter 23: Career Achievement” in the LROB (pg. 187-189), and review it with the Epsilon Challenge members and Coordinator.
- Complete two of the following, or create your own:
 - Update your résumé and review it with the Career Center.
 - Attend a career fair.
 - Discuss with a professional in your major how to set yourself apart from other candidates upon graduation.
 - Explore internships, co-ops, or careers in your field of study and make a list with your Big Brother of your top three choices to pursue.
 - Host or attend a dress for success workshop.
 - Participate in mock interviews with older members of the chapter, alumni, or the Career Center.

Crisis Management

- Host or attend a seminar on “addictive tendencies.”
- Complete one of the following, or create your own:
 - Review university safety procedures with a campus police officer and the university and our chapter’s risk management procedures with the members of the Epsilon Challenge. Work with your Epsilon Challenge Coordinator to set up this meeting.
 - Participate in a formal first aid training course, such as CPR.