



UCSB PANHELLENIC
2026

PM *Panhellenic* HANDBOOK



A collection of vintage Greek postage stamps and a postcard. The stamps feature various designs including a sun, flowers, a palm tree, a dove, and a butterfly. The postcard is addressed to UCSB, Pankhellenic, Isla Vista, CA 93106, and includes a 26-cent meter stamp. The stamps are dated 1851, 1855, 1872, 1874, 1870, 1867, and 1884.

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A Letter from our President

Dear potential member,

First, I want to say how excited I am that you are considering becoming part of our Panhellenic community at UCSB. Taking this step can feel exciting, intimidating, emotional, and everything in between – and I hope you know that every person in our community has once been exactly where you are now.

Coming into college, many of us are searching for connection, support, and a place where we truly feel seen. For me, Panhellenic became so much more than I ever expected. It became a space where I found friendships that made UCSB feel like home, mentors who encouraged me to grow, and a community that challenged me to become more confident in who I am. My hope is that throughout this process, you allow yourself to discover what “home” might look like for you too.



One of the most special things about Panhellenic is that there is no single type of person who belongs here. Our community is made up of individuals with different backgrounds, passions, experiences, and goals, yet we are united by the desire to support one another and create meaningful connections. Whether you are looking for leadership opportunities, lifelong friendships, service experiences, personal growth, or simply a place where you can be your authentic self, I truly believe there is space for you here.

I also want to acknowledge that recruitment can sometimes feel overwhelming. Meeting so many new people and making decisions in such a short amount of time can be stressful, but please remember that you do not need to have everything figured out. Give yourself grace throughout this process. Trust your instincts, stay open-minded, and allow yourself to be present in each conversation. The chapters are not looking for perfection – they simply want to get to know you for who you are.

As you move through recruitment, I encourage you to reflect on the people and environments that make you feel comfortable, supported, and valued. Think about the qualities that matter most to you and the kind of community you want to grow within during your time at UCSB. The connections that matter most are often the ones where you feel most like yourself.

No matter where this journey takes you, I hope you know how much courage it takes to put yourself out there and try something new. I am so excited for all of the friendships, memories, and opportunities that may be waiting for you. On behalf of our entire Panhellenic community, we cannot wait to meet you and support you throughout this experience.

With love,
Alexa Gonzalez

A letter from our VPs Recruitment

Hi everyone, and welcome to your first steps in joining Panhellenic!

We are so excited to see that you are interested in this community and everything that it has to offer. Going into my first year at UCSB, I had very little knowledge of Greek life or what the recruitment process looked like. I could have never imagined the resources and opportunities for growth it would inevitably provide me. Before I knew it, my uncertainty and classic, freshman "try new things" mindset undoubtedly became one of the best decisions I've made here. When I look back at my past three years in panhellenic, I see a community full of love and support. One that provides so many of us a space to grow personally, professionally, academically, and socially while being uplifted by our sisters. Not only is this felt within our own chapters, but in joining the larger Greek system here at UCSB. I am constantly amazed and inspired by my peers within the Panhellenic community, as we challenge each other to put our best foot forward with every task or obstacle we approach on our individual paths. It is true that everybody's recruitment journey will look different, and there is no "correct" way to go about this process. So if I were to offer anything, it's that when it comes to sorority life, you get out what you put into it. This is a sentiment that has presented itself in my experiences as a new member, recruiter, and rho gamma. Thus, I encourage you to be true to yourself and the values you hold closest to your heart, keep an open mind, and follow your own path. The Panhellenic recruitment team is here to support you every step of the way, so do not hesitate to reach out to Gabby, myself, your Rho Gamma, or anybody else on our council (CPC). There is truly nothing quite like this experience and what it can provide to you during, and beyond your college years, so have fun with it! I'm looking forward to meeting you all!

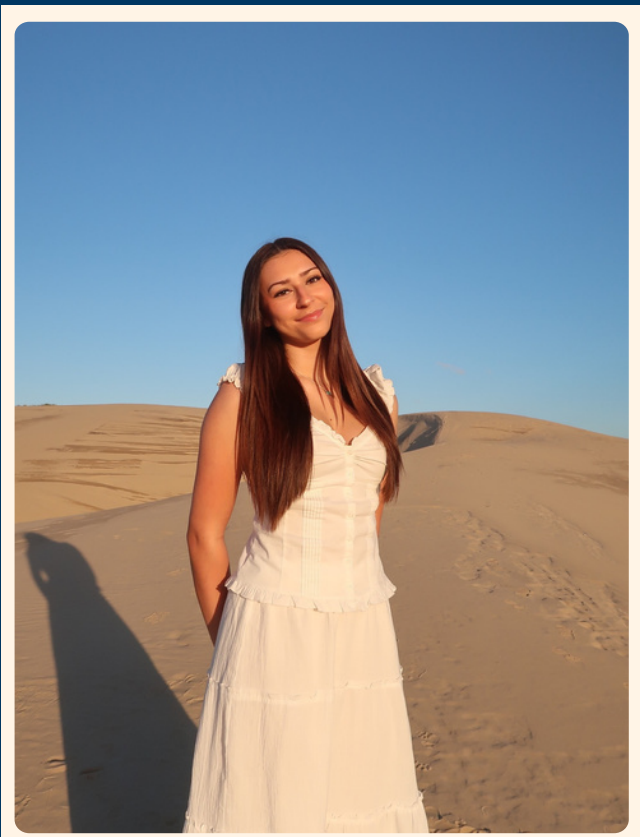
With love,
Grace <3



Hello Potential Members!

Congratulations on your decision to participate in Fall 2026 Primary Recruitment! We are so excited you're here! This experience is sure to be unforgettable, and with that comes a variety of emotions. During this time, you may be feeling excited, nervous, and probably confused. I am here to assure you that this is all a part of the process and every emotion you may feel is valid. Just like you are your own unique self, recruitment is your own unique experience, and I encourage you to take ownership of it. No two recruitment journeys are the same and that is part of what makes the process so special! Trust your instincts, maintain an open mind, and embrace your authentic self to foster connections in the chapter where you feel most at home. Three years ago, I went through primary recruitment full of excitement but nervous if this was the right choice for me. Looking back, joining the Panhellenic community has been one of the best and influential decisions I've made during my time in college. Through my chapter, I've found some of my closest friends, a family, a strong support system, and opportunities to grow both personally and as a leader. Being surrounded by people who allowed me to be myself and encouraged me to get involved, work hard, and make a positive impact has made my college experience so much more meaningful. The memories, friendships, and experiences I've gained through this community are something I'll carry with me long after graduation. My biggest advice to you approaching this recruitment season: slow down, live in the moment, give yourself grace, and remember to rest and recover. If you need anything at all, please don't hesitate to reach out. Panhellenic is here to support you and make this the best possible experience. Stay true to yourself and your values, and I wish you a fun and fulfilling Primary Recruitment!

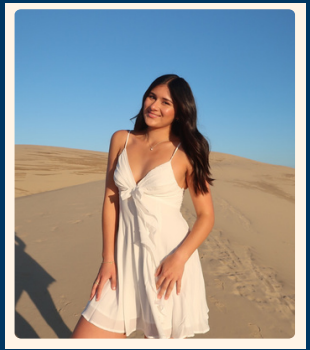
Sincerely,
Gabby



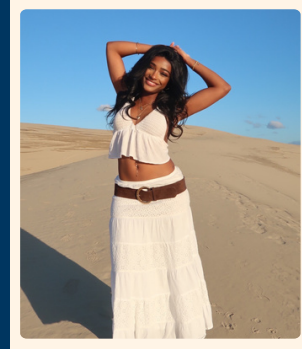
Meet the Panhellenic Executive Council

About us:

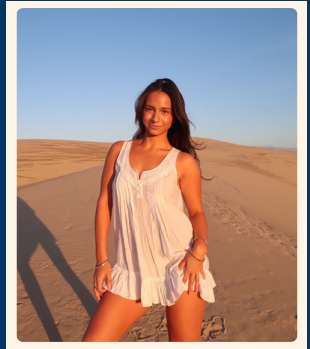
Our executive council is composed of 8 individuals with the overarching purpose of progressing the sorority experience for everyone involved. With each new member of our community, we find new perspectives, new voices, and new ideas. We hope to open up a wide range of opportunities for leadership, mentorship, friendship, and a sense of belonging. The Collegiate Panhellenic Council (CPC) is the governing body for the 10 Panhellenic sororities that reside at the University of California, Santa Barbara. The CPC, as well as the Chapter Presidents, Delegate Board, and our advisor, meet regularly to discuss the betterment and growth of our community. The Panhellenic Council is here to answer any questions you may have throughout your Panhellenic sorority experience and guide you through the recruitment process. Feel free to contact us at any point during your recruitment process, our emails are on pg. 24.



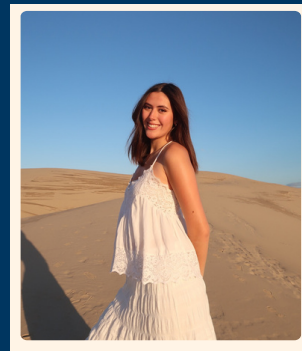
Alexa Gonzalez
President



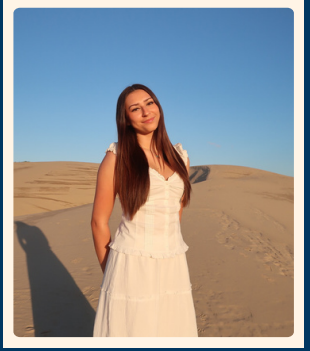
Kamari Griffin
VP Operations



Lina Mercado Topete
VP Education



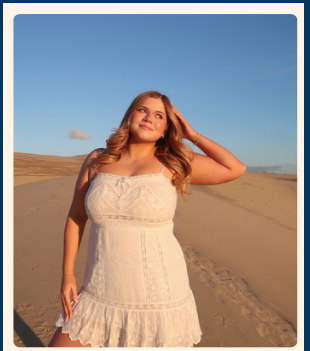
Grace Ross
VP Recruitment
Internal



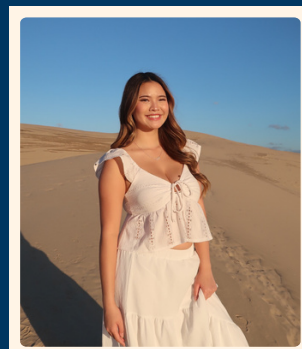
Gabby Carlock
VP Recruitment
External



Saniaa Ambardekar
VP Programming



Caroline Hail
VP Community Relations



Cindy Le
VP Marketing



Jonathan Ng
FSL Advisor

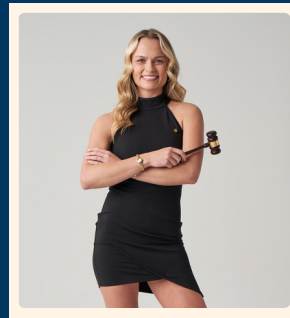
Meet our Chapter Presidents



Jessica Cavanagh
Alpha Chi Omega



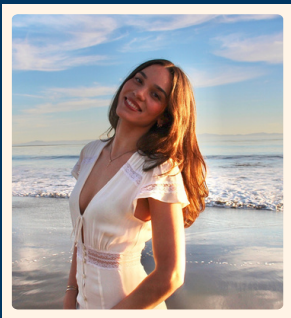
Megan Newkirk
Alpha Delta Pi



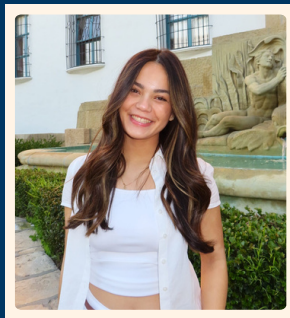
Alana Nielsen
Alpha Phi



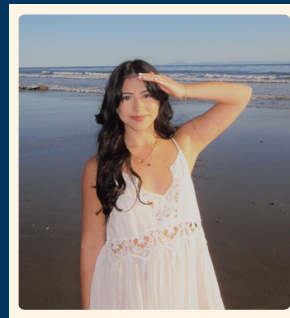
Alexis Anaya
Chi Omega



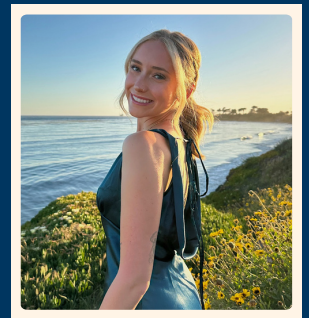
Kiana Klein Patton
Delta Gamma



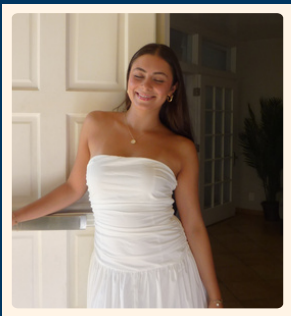
Mia Labrador
Gamma Phi Beta



Emma Del Rio
Kappa Kappa Gamma



Chelsie Kutz
Kappa Alpha Theta



Sophia Grabher
Pi Beta Phi



Sarita Bhatia & Kaeya Mehta
Phi Sigma Rho*

Α	Β	Γ	Δ	Ε	Ζ	Η	Θ
Άλφα Alpha	Βήτα Beta	Γάμμα Gamma	Δέλτα Delta	Έψιλον Epsilon	Ζήτα Zeta	Ήτα Eta	Θήτα Theta
Ι	Κ	Λ	Μ	Ν	Ξ	Ο	Π
Ιώτα Iota	Κάππα Kappa	Λάμβδα Lambda	Μι Mu	Νι Nu	Ξι Xi	Όμικρον Omicron	Πι Pi
Ρ	Σ	Τ	Υ	Φ	Χ	Ψ	Ω
Ρο Rho	Σίγμα Sigma	Ταυ Tau	Ύψιλον Upsilon	Φι Phi	Χι Chi	Ψι Psi	Ωμέγα Omega

*Phi Sigma Rho Sorority is an associate member of the UCSB Collegiate Panhellenic Council and will not participate in the primary recruitment process. Phi Sigma Rho is specific to STEM majors and holds their recruitment process the week after primary recruitment. For more information about joining Phi Sigma Rho - Alpha Xi Chapter, please visit their [website](#) or please fill out their [interest form](#) in your recruitment registration confirmation email! The interest form is also available on our website.

Fraternity & Sorority Terminology

Active: A sorority member currently in college who has been formally initiated by their chapter.

Alumni/Alumnae: A member of the organization who has graduated from college and continues to stay active within the organization through a graduate or alumni chapter.

Bid: A formal invitation to join a fraternity or sorority.

Big: A nickname for an “older sibling” figure; a mentor assigned to each new member.

Collegiate Panhellenic Council (CPC): The undergraduate council representing all of the National Panhellenic Conference sorority chapters on campus. This council serves as the governing body for all National Panhellenic Conference (NPC) chapters on campus and organizes the recruitment process. Each chapter chooses a delegate to sit in on weekly CPC meetings to communicate chapter updates.

Continuous Recruitment (CR): The informal recruitment opportunities that eligible Panhellenic chapters might participate in. Chapters are not required to participate in informal recruitment, and CPC does not oversee the CR process. If chapters are eligible and choose to participate, they will typically hold a few events at the beginning of the quarter to meet potential members.

Initiation: A ceremony that brings a new member into full membership status of a sorority or fraternity. Once you are initiated into an NPC sorority, you are ineligible for membership in any other chapter.

Intentional Single Preference: When a PM attends more than one preference event but limits their membership selections by not listing both options on the MRABA. In the past, this has sometimes been referred to as a “suicide bid”, however, please do not refer to this as “suicide bidding” out of respect to those who have been affected by suicide.

Fraternity & Sorority Terminology

Interfraternity Council (IFC): The undergraduate council that is the governing body of the North American Interfraternity Conference organizations on campus. On some campuses, local fraternities are housed under IFC. UCSB currently has 9 active IFC chapters.

National Pan-Hellenic Council (NPHC): Not to be confused with National Panhellenic Conference, NPHC is the governing body for the 9 internationally recognized historically African-American & Black Greek-lettered fraternities and sororities, known as the “Divine 9.” UCSB currently has 2 active NPHC chapters.

New Member: An individual who has accepted a bid from a sorority or fraternity but has not yet been initiated and therefore is not an active member yet.

Philanthropy: Charitable events organized by fraternities & sororities to raise funds to donate.

Potential Member (PM): Anyone going through a recruitment process interested in joining a sorority (previously known as PNM).

Primary Recruitment: The process organized by Panhellenic where PMs visit all of the chapters and engage in a mutual selection process to narrow down their options. In the past, this has sometimes been referred to as “rush”; however, we no longer use this term.

Rho Gamma: A sorority member who is disaffiliated from their sorority to serve as an unbiased recruitment guide. Each PM will be assigned a Rho Gamma during primary recruitment.

Themed Gathering (TG): A social event, typically cohosted with an IFC fraternity or sports team, with a theme for the event.

United Sorority and Fraternity Council (USFC): The governing body for cultural and identity-based sororities and fraternities on campus. Each chapter has a specific cultural basis, which is the defining quality of USFC. UCSB currently has 10 sororities and 6 fraternities in this council.

Recruitment Registration Checklist

Register for Fall 2026 Panhellenic Sorority Recruitment:

Register online on the Panhellenic website no later than Thursday, September 24th at 11:59pm.

Pay the \$57 registration fee:

Not sure if you made your payment? Please don't fill out another registration form. Simply email CPC VP Recruitment External, Gabby Carlock, to confirm your registration was received.

Complete the Launchpoint PM Orientation Online:

Please complete this by Thursday, September 24th at 11:59pm. Please note: You will only be permitted to participate in the recruitment process if you have completed the online orientation by the stated deadline.

Discuss the financial and time commitment with your family and friends:

Lean on your support systems to make sure this is something you're ready for. Financial and time commitments must be considered before signing your Membership Recruitment Acceptance Binding Agreement (MRABA) on Preference Night. Find our 2026 Finance Breakdown [Here](#).



Primary Recruitment Schedule

POTENTIAL MEMBER KICKOFF: WEDNESDAY, SEPTEMBER 23RD THUNDERDOME, EVENING (6:30pm-TBD)

Welcome to Recruitment at UCSB! At this orientation, PMs will learn about the recruitment process. The Panhellenic Executive Board will talk about valuable information regarding the upcoming process and the community as a whole. After the presentations, PMs will meet with their Rho Gamma, who will serve as their recruitment counselor and sounding board throughout the week.

ROUND 1: OPEN HOUSE DAY 1 - FRIDAY, SEPTEMBER 25TH (4:30PM)

For this round, PMs will be introduced to UCSB Panhellenic life. This is your chance to get a good idea of each chapter and see all the houses. PMs will only visit some of the chapters on this day.

NOTE: PMs will meet with their Rho Gammas at 4:30 pm for schedule distributions.

ROUND 1: OPEN HOUSE DAY 2 - SATURDAY, SEPTEMBER 26TH (9:00AM)

PMs will visit the rest of the chapters on this day. After this round, PMs will select 6 of their most preferred chapters and rank their 3 least preferred.

NOTE: PMs will meet with their Rho Gammas at 9:00 am for schedule distributions.

ROUND 2: IMPACT - SUNDAY, SEPTEMBER 27TH (8:45AM)

During this round, PMs will visit up to 6 chapters. It is completely normal for PMs to return to less than 6 chapters. Chapters will highlight their philanthropy work, community service on campus and in larger communities, and the impact the chapter has had on its members. After this round, PMs will select their two most preferred chapters visited and rank the remaining ones.

NOTE: PMs will meet with their Rho Gammas at 8:45 am for schedule distributions.

ROUND 3: PREFERENCE - SATURDAY, OCTOBER 3RD (1:45PM)

This is the final round of primary recruitment. Preference round focuses on how connection among members unites the chapters. After this round, PMs will “preference” the chapter(s) they attended and sign the Membership Recruitment Acceptance Binding Agreement (MRABA), which will be explained during selections.

NOTE: PMs will meet with their Rho Gammas at 1:45pm for schedule distributions.

BID

Sunday, October 4th
Afternoon (1:30 pm)

DISTRIBUTION!



PMs will meet up with their Rho Gamma and receive their bids to join their new home away from home. Each chapter will host activities to help the new members get to know each other and the rest of the chapter!

Financial Information

FINANCIAL REQUIREMENTS FOR MEMBERSHIP

As you consider membership in one of UCSB's Panhellenic Sororities, please make sure to discuss the financial commitment with friends and family first. Keeping up with required fees and payments is an obligation for membership. Keep in mind that membership is most expensive during your first quarter as a New Member because there are many one-time fees. Membership dues are assessed quarterly at UCSB, and each chapter charges slightly different amounts for New Member dues, active member dues, and dues for those members who live in the sorority house.



Another thing to keep in mind is that Panhellenic sororities often have members live in their chapter house. Even upperclassmen who join can be asked to live in the facility. This is a good thing to ask about during the Open House round. Living in the house is an exceptional value, as the average cost of living (including room/board), dues, and meals can be less than living in UCSB residence halls and Isla Vista.

Financial Information

Chapter fees differ by chapter and by quarter, depending on the requirements for each house. "New Member" fees are collected only in the first year of membership. These fees generally include one-time costs, such as the initiation fee, sorority badge fee, etc. Initiated members who do not live in their chapter house (usually older members who have already lived in the chapter facility) are charged less for Panhellenic sorority dues. These dues pay for the chapter dinners, sisterhood events, and more. Initiated members who live in their chapter facility ("live-in" members) pay the most in dues. These fees include everything out-of-house members pay, as well as room and board for the quarters they are living in the house.



MEMBERSHIP FEES FOR THE 2026-2027 SCHOOL YEAR

Keep in mind that our chapters collect dues on a quarterly basis, with some having payment plan options for monthly installments or in-full. Please review our [Financial Transparency sheet](#).

If you have any questions about the financial commitment of joining a Panhellenic sorority, please get in touch with our VP Operations, Kamari Griffin, at vpoperations@ucsbpanhellenic.org

Policies & Procedures



Signing the Membership Recruitment Acceptance Binding Agreement (MRABA)

The preferential bidding system is a method in which PMs' preferences are matched to sororities' preference lists. Following your last Preference Night event, you will meet your Rho Gamma before completing the MRABA. On your MRABA, you will be asked to list the Panhellenic sorority/sororities you wish to join and whose event you attended that night in order of preference. Then, you will sign your MRABA with the understanding that you are willing to accept a bid from either of the chapters listed in the agreement. If a bid is extended to you from one of your choices and you decide not to accept it, you will not be eligible to participate in Continuous Recruitment (CR) hosted by Panhellenic chapters for one calendar year.

Recruitment Rules

Recruitment rules have been established to help active members and PMs uphold the highest standards of conduct during the primary recruitment process. This process is designed to give each PM every opportunity to become acquainted with as many Panhellenic sororities as possible, so they may make an informed and unbiased decision regarding their membership in one of these chapters. Primary recruitment also ensures that the chapters have equal opportunities in recruiting PMs and conducting membership selection through this process.

Policies & Procedures

Recruitment Rules

All Panhellenic sorority members and PMs will be expected to adhere to the highest standard of conduct. Harmful and non-inclusive language, or chapters promising bids for membership violates the spirit of Panhellenic membership and our process. If you experience any such behavior, please get in touch with your Rho Gamma or any member of the Panhellenic Executive Board (email: vpoperations@ucsbpanhellenic.org)



PM Code of Ethics

Being part of UC Santa Barbara's sorority recruitment is not only a great opportunity but a great privilege. Each of the sororities on campus have worked hard in preparation for primary recruitment. You are expected to act in accordance with the following rules, which also applies to both the active sorority members and Rho Gammas.

Potential members (PM) will abide by the following agreements:

- A potential member shall complete the LaunchPoint PM Orientation module, attend PM Kickoff, and attend all membership recruitment events for which they receive invitations.
- Respect for the membership recruitment process is expected at all times. This includes respect toward chapter members, Rho Gammas, Panhellenic officers, faculty and staff, chapter members and other potential members. Verbal disrespect towards a recruiter or towards another chapter/member of the Panhellenic community as well as nonverbal disrespect, such as eye rolling, scoffing, one word answers, etc. will not be tolerated and may result in the removal of a PM from the recruitment process.
- Potential members must refrain from sexist, homophobic, racist or otherwise abhorrent or offensive conversations. This is a strict policy and violations may be grounds for removal from the recruitment process.
- Potential members agree to be attentive and engaged during all parties and violations such as being on one's phone may result in warnings and/or removal from the recruitment process.
- Potential members agree to not discuss their opinion of any sorority participating in recruitment with active recruiters. Potential members should also not discuss their opinion of any other sorority with other potential members, even if the intention is not to sway opinions or chapter decisions.
- Potential members should refrain from revealing a known affiliation of any Rho Gamma or Panhellenic Exec member to other potential members.
- Potential members understand their rights under the PM Bill of Rights and if they experience discrimination or a violation from a recruiting chapter, they know how to report it to the College Panhellenic using report forms.

PM Code of Ethics

- Recruitment is a substance-free process. PMs and active members may not use or be in the presence of drugs and alcohol during membership recruitment events. Potential members may also not be in attendance of social/fraternal parties during the membership recruitment period. Violation of this rule can result in immediate removal from the membership recruitment process.
- Potential members should be fully aware of the financial obligations of membership before accepting a bid. It is to the PM's advantage to ask questions during recruitment events if there are questions about finances and review the Financial Transparency resources.
- Recording during any part of the recruitment process, virtual or in-person, is strictly prohibited. Any recording could be grounds for immediate removal from the recruitment process.
- Potential members understand that if they sign a Membership Recruitment Acceptance Binding Agreement (MRABA) after Preference Round, they are bound to that document and the chapter that extends them a bid. This means that the PM is ineligible for an invitation to membership from another NPC organization until the next primary recruitment on that campus.

Failure to abide by the expectations stated above will result in the review of your status as a potential member. The first offense will be evaluated on a case by case basis by the Collegiate Panhellenic Council. PMs may be notified of these incidents in order to discuss the situation. Repeated offenses can result in immediate release from the Panhellenic Recruitment process. If the first offense is determined to be severe enough by the Panhellenic Recruitment Team, a potential member could be subject to an immediate removal from the Panhellenic Recruitment process.

PM's will sign this document with their Rho Gam during PM Kickoff stating their understanding of the agreements.

PM Bill of Rights

According to the Recruitment Rules of the University of California, Santa Barbara College Panhellenic Association (Revised April 2025), Potential Members are entitled to the following:

1. The right to be treated as an individual.
2. The right to be fully informed about the Recruitment process.
3. The right to ask questions and receive true and objective answers from the Recruitment Counselors and chapter members.
4. The right to ask how and why and receive straight answers.
5. The right to have and express opinions to Recruitment Counselors.
6. The right to have inviolable confidentiality when sharing information with Recruitment Counselors.
7. The right to make informed choices without undue pressure from others.
8. The right to be fully informed about the binding agreements implicit in the preference card signing.
9. The right to make one's own decisions, and accept the full responsibility for the results of that decision.
10. The right to have a positive, safe, and enriching recruitment and new member experience.

FAQs

How do I know if my registration was received?

You will know your registration was received when you get a confirmation email from Campus Director and are automatically directed to our payment site and prompted to pay the \$57 fee. If you are concerned your payment or registration did not go through, please DO NOT submit another registration form. Instead, email CPC VP Recruitment External, **Gabby***, to confirm your registration and payment were received. Remember, you won't be completely done with registration until you finish the PM Orientation through LaunchPoint.

*(vprecruitmentexternal@ucsbpanhellenic.org)



Am I eligible to participate?

I am an international student:

Yes. As long as you are a fully enrolled, regularly matriculated student at UCSB, you are eligible to participate in Panhellenic recruitment.

I am a non-traditional undergraduate student, transfer student, or upperclassman:

Yes, we welcome all regularly matriculated, full-time undergraduate students.

I identify as non-binary:

Yes, we welcome all non-male identifying students.

I am a UCSB Extension, graduate student, or SBCC student:

No, only non-male identifying students who are currently matriculated at UCSB are eligible.





Who will help me navigate this process prior to and during primary recruitment?

Rho Gammas (Recruitment Counselors) are Panhellenic members who temporarily "disaffiliate" from their chapter to provide unbiased advice during the recruitment experience for every potential member. As registrations are processed, PMs will be placed in a Rho Gamma group. Leading up to recruitment, Rho Gammas will reach out via email and/or phone number provided in the PM registration to begin building relationships and sharing important information. During primary recruitment, your Rho Gamma will continue to guide you through the process and be your confidential sounding board.

FAQs

How can I learn more?

As we and the chapters continue planning and finalizing the details of Panhellenic sorority operations for both recruitment and beyond, we will continue to update our Instagram and website with pertinent information. There is also a fraternity and sorority life session during summer orientation that can help give a broad overview of some of the benefits of the sorority experience. After registering for Panhellenic sorority recruitment, potential members will also complete an online module, where you will learn more specifically about Panhellenic

life and the recruitment process. The Panhellenic executive board will host a PM Kickoff event on Wednesday of Week of Welcome, which will help you learn about and understand the recruitment process at UCSB, along with all the information you need to know about the upcoming week and the next four years of college.

If you have any specific questions or concerns about recruitment, please do not hesitate to email our President, Alexa, OR our VPs Recruitment, Grace and Gabby!

Alexa Gonzalez:

president@ucsbpanhellenic.org

Grace Ross:

vprecruitmentinternal@ucsbpanhellenic.org

Gabby Carlock:

vprecruitmentexternal@ucsbpanhellenic.org

Am I guaranteed a membership?

By participating in Panhellenic Sorority Recruitment, PMs acknowledge they are not guaranteed an invitation to join a Panhellenic sorority chapter. By following the recruitment schedule and attending all events, the chances of receiving an invitation to join participating chapters will increase.



Will I be required to live in the house?

All members (including transfer students and upperclassmen) who join a Panhellenic sorority at UCSB may be required to sign a housing contract and live in the sorority house for at least one year of their undergraduate membership. Each chapter has their own house rules. Living in the house is an amazing opportunity to meet more chapter members and create lifelong memories.

FAQs

What can I expect as a new member?

Each Panhellenic member has the ability to maximize their sorority experience! We recommend each member be prepared to dedicate at least 5 hours a week during the first quarter for dinners, meetings, community service, sisterhoods, and more.

Additionally, every member is required to uphold Fraternity & Sorority Accreditation requirements. These include:

- Attending the annual New Member Education Conference (2 hours)
- Completing a minimum of 6 hours of community service per quarter (18 hours total over the three quarters)
- Each chapter typically requires attendance at a weekly 1-hour meeting and quarterly philanthropy events (a variety of other events are usually offered throughout the quarter such as siblinghoods and social events)

Please keep these time commitments in mind during the recruitment process.

Is there a GPA Requirement?

Academic excellence is very important to our collegiate chapters at UCSB. Panhellenic does not require a certain GPA to participate in recruitment, but most chapters have a minimum GPA requirement for membership, which varies by chapter. This is a great question to ask during the Open House Round.

Tips for Recruitment



Take Notes

You will be visiting many chapters during the week. Write down names, what you talked about, and anything else that will help you remember the chapters you visited. These notes will be useful when you are making your decisions at the end of each day.



Make Your Own Decisions

Steer clear of any rumors you may hear about chapters so you're able to make a decision for yourself without external opinions. Most importantly, trust yourself and the feelings you have. All that matters is that YOU like the chapter.

Ask Questions!

Not only does asking questions keep the conversation flowing, but it is also your chance to find out more about chapters and members.

Be Careful With Your Words

Make sure to say only positive things about chapters when you are around other people. If you feel negatively about a chapter, please keep your thoughts private as other PMs may love that chapter.

Do Your Research

Research the 9 chapters that are participating in primary recruitment at UCSB. Find out what they do for community service, the philanthropy they support, their members' involvement in other organizations, and other fun facts about their UCSB chapter and their national organization. Make sure you find this information from direct sources like our website and their social media pages.



Keep An Open Mind

Don't rule out a chapter after talking to only a handful of members. Chapters have around 200 members. You may change your mind and end up liking the chapter later in the week after talking to more people, so stay positive. All chapters have great things to offer!

Tips for Recruitment

Utilize Your Rho Gamma

Your Rho Gam has been trained to help you through recruitment and tackle almost any issue or concern you may have. They are your guide throughout the week. If you're stressed, conflicted, or just need someone to talk to, your Rho Gamma will help you.



Trust Your Gut

Look for chapters that align with your values, personality, likes, and interests. Focus on chapters that you genuinely connect with.

Take Care of Yourself

During recruitment, your days may be longer than you're used to and the extra commitment can be difficult during a transitional period. Please know the entire CPC board has been in your shoes and we understand taking care of yourself is the most important part to keeping a healthy lifestyle. Try to get as much sleep as you can during this week and do not hesitate to reach out to a CPC member or your Rho Gam if you need to talk through your feelings. We are here for you!

Be Yourself

Chapters want to get to know the real you and you want to get to know the real them, so try to relax and show them the most authentic version of yourself. The people who make you feel most comfortable being yourself will be the ones you want to look out for.



Have Fun!

Remember to enjoy yourself. Recruitment is such a fun time in itself where you get to meet so many new people and can start a new chapter of your life!

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Recruitment Guide 101

2026 RECRUITMENT GUIDE
FOR POTENTIAL MEMBERS

