

Sigma Delta Omega

Oregon State University



New Member Handbook

Fall 2024

Alpha Nu Class

Welcome to Sigma Delta Omega!

Dear Associate Member of Sigma Delta Omega!

We are so excited to have you as a part of Sigma Delta Omega! From this point forward, you will have a group of sisters to stand by you during the ups and downs of life; sisters who will support you today, tomorrow, and throughout your years. In your journey as an Associate Member of Sigma Delta Omega you will be given a big sister (aka “Big”) who will be there to guide you through your member process. You are encouraged to get to know your Big outside of Sigma Delta Omega and to grow as friends, and more importantly, sisters.

Our Recruitment Chair, and our New Member Education Chair, will serve as another great resource for your questions. The New Member Ed. Chair will be holding New Member Education Sessions that will help you learn about our history, symbols, and who we are. In addition, the Executive Council wants to get to know you! We are always here to listen to issues that may come up during your Associate Membership, and help you to resolve them.

Throughout your Associate Membership, you are expected to honor our sisterhood’s three founding principles “Unity, Determination, and Knowledge” and to contribute to building and maintaining our sisterhood for the future. As an organization, we are committed to developing our members’ skills and talents, while making contributions toward the betterment of our community through service. Sigma Delta Omega promotes fun with our many social events throughout the academic year, which we would love for you to attend. With Sigma Delta Omega, you will have the opportunity to make the most of your college career by gaining new skills in leadership and life.

After the Associate Member initiation ceremony, your ONID email address will be added to the SDOASSOCIATEMEMBER and SDOALL listservs, so be sure to watch your inbox for important emails regarding Sigma Delta Omega meetings and events! It is your duty to keep and refer to this handbook throughout your Sigma Delta Omega Associate Membership. You are expected to spend some time exploring the information on these pages, and become familiar with our sisterhood.

Congratulations on your decision to join Sigma Delta Omega! We invite you to share in the pride of being a part of Greek Life by aspiring to become a member of Sigma Delta Omega!

Peas, Pods, Sisterhood and Science,

Britney Nguyen, *President*
and
The Members of Sigma Delta Omega

2022-2023 Officers

Executive Council

President:	<i>Riley Browning</i>	<i>sdopresident@gmail.com</i>	<i>209-303-6345</i>
VP:	<i>Britney Nguyen</i>	<i>sdovicepresident@gmail.com</i>	<i>503-820-9490</i>
Secretary:	<i>Anika Phuvasate</i>	<i>sdo.riskmanagement@gmail.com</i>	<i>971-703-8745</i>
Treasurer:	<i>Carly Thorkildson</i>	<i>sdotreasurer@gmail.com</i>	<i>971-901-1729</i>
Standards:	<i>Athena Peterson</i>	<i>sdostandards@gmail.com</i>	<i>541-241-4836</i>

Officers

Academic Success:	Sarah Boser	sdo.academic@gmail.com
Community Service		
Community Outreach:	Abigail Montgomery	sdo.communityoutreach@gmail.com
Academic Outreach:	Svea Bruslind	sdo.academicoutreach@gmail.com
Philanthropy Chairs:	Kristin Felsch Kimi Svoboda	sdo.philanthropy@gmail.com
Social Chairs:	Shreya Andhole Alanna Celaya	sdo.socialchairs@gmail.com
Recruitment Chair:	Lia Kane	rushsdo@gmail.com
New Member Ed Chair:	Skyler Abbas	sdo.memberedu@gmail.com
Historian:	Aidyn Hoffman	sdo.historian@gmail.com
Campus Relations:	Amber Robell	sdo.campus@gmail.com
Sorority Affairs:	Yajaira Madrigal	sdo.sororityaffairs@gmail.com
Merchandise Manager:	Clara Boime	sdo.merchandise@gmail.com
Public Relations:	Anusha Vasudevan	sdo.pubrelations@gmail.com
Membership Development:	Mae Trice	sdo.memberdevelopment@gmail.com

AM Requirements

Eligibility for Member Initiation:

- Attendance: all chapter meetings and all mandatory events
- Maintenance of the minimum 3.0 GPA
- Completion of assignments by the end of the term

Assignment Information:

- Creative Piece
- Completion of 10 Study Table Hours
- Completion of 10 Community Service Hours

Dress Codes

We encourage our Members and Associate Members to express their own unique style whenever possible! We know that each of our sisters feels comfortable in their own way, so please direct any questions about dress codes to your family, and concerns can be brought up with the Executive Council.

For Events:

AM Ceremony:	White top, Black bottoms
Meetings:	Casual
Laws of Attraction:	Casual, dress to theme
Elements of Elegance:	Formal, dress to theme
First Week of Term:	Casual, Letters
Recruitment:	Greek Casual (Letters), Recruitment shirt
Initiation:	All black

Accent Colors (to be worn at ceremonies):

Green is worn by Associate Members
Blue is worn by all initiated members
Gold is worn by officers

Member Pins:

Fully initiated members will be given a pin to be worn at sorority events and ceremonies

Miscellaneous Info

The Sigma Delta Omega Website:

sigmadeltaomega.info

Google Drive:

Sigma Delta Omega uses Google Drive to store and gather information.

The Associate Member folder will be shared with the Drive associated with your ONID email.

Facebook Group:

Sigma Delta Omega uses a private Facebook group to post casual reminders and upload photos. You will be invited to join it after AM initiation.

Our Crest

*Eight main parts make up our crest,
which is a part of all official documents*

DNA Fire: Constant progressive change, intensity, vivacity

Ivy: The everlasting bond between sisters

Key: The potential to discover and educate oneself

Lock: Knowledge yet to be accessed



Pea Plants: Diversity in our members; the official plant

Phoenix: Rebirth (into sisterhood); health; official mascot

Pillars: Mental and emotional strength in facing difficulty; support

Triquetra: Symbolizes our three main principles (Unitas, Determino, Scientias)

Colors, Letters, & Creed

We choose to identify with certain symbols as a representation of who we are and how we wish to present ourselves to others.

Royal Blue:

Trust in our sisters and ourselves to be an outstanding individual
Loyalty to our sisterhood
Confidence in ourselves throughout every challenge we face
Intelligence to learn and understand

Forest Green:

Growth as both an individual and as a sister
Ambition toward goals we have set for ourselves

Gold:

Prestige: succeeding in all areas of our lives
Wisdom to know what is true or right, and using it every day

Σ : the mathematical symbol of summation

Δ : a symbol of the sciences representing change

Ω : the Greek letter “W” standing for women

$\Sigma\Delta\Omega$: “*Sum of the Change in Women*”

Unitas, Determino, Scientias

$\Sigma\Delta\Omega$ ’s three founding principles
Translation: Unity, Determination, and Knowledge

Our Charter

Our Charter is an important part of summarizing what we believe and practice as sisters. It is important to be familiar with these words for your test, and you will recite these words at initiation.

We are Sigma Delta Omega.

We are women of science.

From various disciplines we join in sisterhood, pledging ourselves to the creed emblazoned on our crest: Unitas, Determino, Scientia.

We take this pledge with the deliberate intent to be faithful to ourselves, our sisters, and our community. Through our oaths and through our actions we practice the three central missions of this organization:

1. We are building unity through lasting friendships among women in science.
2. With determination, we are actively striving to achieve our personal and professional goals.
3. We are continually pursuing knowledge in order to catalyze positive change.

As those who proudly wear the gold, green and blue of Sigma Delta Omega, we are dedicated to living with integrity and principle. We respect each of our sisters for being motivated, passionate, ambitious, caring, and loyal. We confront life's challenges together...and together we rejoice in our success.

Peas, Pods, Sisterhood and Science

AM Assignment: Creative Piece

We would like to know why you are interested in becoming a Member of Sigma Delta Omega!

To complete your first assignment, please address the following questions below. Please make this a written response, but use whichever format expresses your uniqueness! In the past people have done collages, paintings, scrapbooks, poetry, and even charm bracelets. Just do something that will tell us more about you and have fun with it!

What makes you YOU?

What do you like about Sigma Delta Omega?

How can SDO benefit from your participation?

How will you fit in to the SDO sisterhood?

How do you believe you represent one or more of the elements in our crest?
(Sweet Peas, Ivy, Colors, etc.)

Out of the three central missions listed in our charter, which one do you most resonate with and why?

Why do you think our philanthropy is important to the community?

Please turn in this assignment to Skyler Abbas (sdo.memberedu@gmail.com) by the **Sunday of Week 9**.

No late assignments will be accepted.

“Sig Figs” System

Sig Fig Coordinator: Sorority Affairs, Yajaira Madrigal

Sigma Delta Omega implements a reward system to encourage member participation throughout the term. Points, or “Sig Figs,” are earned for attending such events. Sig Figs can be awarded for things such as attending weekly meetings, completion of community service hours and participation in other events. Members who exceed the minimum will be recognized at the end of each term, and small prizes will be given to those who excel. It is meant as a fun and positive tool to help both members and officers stay motivated and to actively participate in SDO events.

- Points are assigned for both optional and mandatory events!
- Prizes are distributed for the top members for number of Sig Fig points earned per term and per year. A tier system is used to reward those who earned points above a certain threshold. A "cap" may be placed for maximum number of points earned in a given time period.
- A Member or Associate Member can log participation in certain activities on the spreadsheet located in the Google Drive.

Community Outreach: General Information

Coordinator: Abigail Montgomery
Email: sdo.communityoutreach@gmail.com

Community Values Award:

- We must hold at least two (2) service events per term- six (6) per academic year.
- Average of ten (10) hours of community service per member with no individual members having less than two (2) hours per term.
- Each Associate Member must meet ten (10) hours of community service per term.

Recording Your Hours:

- Information on how to upload your hours is in our Google Drive in the Community Outreach folder labeled How to Log Your Hours.
- I will receive the service information after it has been submitted and transfer it into a spreadsheet in the Google Drive where you may view your progress.

Sig Fig Points:

- You receive points for completing community service!
 - 2 points are given for sorority related service
 - 1 point is given for non-sorority related service
 - Max of 20 Sig Fig points can be received

Events:

- There are a variety of events presented to each term. Some will be mentioned at chapter and others can be found on the Volunteer Opportunities spreadsheet.
- Sigma Delta Omega hosts many science-related service activities. These include Discovery Days, Discovering the Scientist Within, and AWSEM.

The Greek Alphabet

*You do not need to memorize the alphabet, but
please be familiar with the upper case letters*

Α	Alpha	al-fah
Β	Beta	bay-tah
Γ	Gamma	gam-ah
Δ	Delta	del-tah
Ε	Epsilon	ep-si-lon
Ζ	Zeta	zay-tah
Η	Eta	ay-tah
Θ	Theta	thay-tah
Ι	Iota	eye-oh-tah
Κ	Kappa	cap-ah
Λ	Lambda	lam-dah
Μ	Mu	mew
Ν	Nu	new
Ξ	Xi	z-eye
Ο	Omicron	oh-mi-kron
Π	Pi	pie
Ρ	Rho	row
Σ	Sigma	sig-mah
Τ	Tau	t-ow (as in ouch!)
Υ	upsilon	oop-si-lon
Φ	Phi	fie (or fee)
Χ	Chi	k-eye
Ψ	Psi	sigh
Ω	omega	oh-may-gah

Greek Glossary

This page is intended to provide you with terms you that will encounter now that you are an AM. A lot of new terms will be thrown at you during the first couple of weeks – Hang in there! Here’s a quick starter’s guide:

MGC: Multicultural Greek Council is an umbrella organization that unifies culturally based sororities and fraternities on campus.

NPC: National Panhellenic Conference is the national umbrella organization to which many other sororities at OSU belong. They are housed and have many chapters across the United States.

IFC: International Fraternity Conference is the national umbrella organization to which other fraternities at OSU belong. They are also housed and have many chapters across the United States.

CGC: Collective Greek Council is the local umbrella organization to which interest based sororities and fraternities at OSU belong.

NPHC: The National Pan-Hellenic Council is the national umbrella organization to which historically African-American sororities at OSU belong. They are traditionally referred to as The Divine Nine.

Chapter: the name given to the local branch of a fraternity or sorority; or, the term used to describe the general meetings fraternities and sororities host for their membership

Colony: a temporary status during which a fraternity or sorority is establishing itself at a new university.

Housed: Members of the organization are required (specifics vary) to live in a house with the other members of their chapter.

Philanthropy: the organization or group a Greek organization supports through fundraisers, volunteering, and other events. In Sigma Delta Omega we raise money to help support OSU STEM Academy. Ask a member to explain what we are doing to raise money for our philanthropy this year!

Sigma Delta Omega is a unique sorority that places a strong emphasis on academic excellence and careers in the sciences. This does not, however, make us an “academic sorority.” We are still a traditional sorority in the sense that we are a social organization for women who participate in Greek traditions such as philanthropies, community service, campus events (like Homecoming, Mom’s Weekend, and Dad’s Weekend), SING, formals, and mixers with other Greek organizations. We are proud of the traits that make us different, but this has sometimes led to the use of negative descriptors when comparing SDO to other Greek organizations. Some examples of tricky wording are as follows:

We do not have a house, and this aspect draws many individuals to SDO who would never have joined another Greek organization. However, be cautious to use this term as a positive adjective for SDO without sounding condescending towards those that are housed. Try to avoid using “not” when describing SDO (e.g. instead of saying “not housed” use “unhoused”, etc).

We are a dry organization. As are all the other sororities at OSU! Drinking often gives Greek life its negative stereotypes, but do not try to distinguish us as a sorority “that doesn’t drink.” Likewise, saying “we don’t party” to make us appear more reputable passively passes judgment on other Greeks. Although SDO does not host large parties in which alcohol is served, and we do have high expectations for our sisters when they go out, we want to maintain a positive tone when referring to our brothers and sisters in the Greek community. Remember, each time you discuss SDO to others you are advertising for our organization, and we do not want to be remembered as people who spoke negatively of others.

If you have questions about any of these terms, or how to avoid negative descriptors, your sisters are resources – and we want to help you make the best of your Associate Membership!