

Programming Checklist – Triangle Sequence

| Standard | Essential Sigma Program Options (Educational programs relating to the accreditation standards; outlines and handouts available on website under Horizons Tab) | Tracking | | |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------|------------|
| | | Date | Description | % Attended |
| <p><i>Ritual and Values</i></p> <p>Choose <u>One</u> of the following Horizons programs or Contemplation topics:</p> | <p>Horizons Education Programming:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Foundation of Values <input type="checkbox"/> Living the Ritual <input type="checkbox"/> Relating Sigma to Our Everyday Lives <input type="checkbox"/> Ritual Raffle <input type="checkbox"/> Ritual Word Search <input type="checkbox"/> Sigma Is... <input type="checkbox"/> Sigma Jeopardy <input type="checkbox"/> Tri Sigma to Me <input type="checkbox"/> What do we Value? <p>Contemplation/Conversation Topics (sent 4 times a year):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Who Are You When No One Else Is Looking <input type="checkbox"/> Be A Lighthouse Not a Weathervane <input type="checkbox"/> Our Founders | | | |
| <p><i>Scholarship</i></p> <p>Choose <u>One</u> of the following:</p> | <ul style="list-style-type: none"> <input type="checkbox"/> Academic Integrity <input type="checkbox"/> Adviser vs. Advisee <input type="checkbox"/> Analyzing Note-Taking Skills <input type="checkbox"/> Effective Oral Presentations <input type="checkbox"/> Essay Terms Definitions Exercise <input type="checkbox"/> How to Read a report <input type="checkbox"/> Improving Study Concentration <input type="checkbox"/> Keys to Time Management <input type="checkbox"/> Learning Styles <input type="checkbox"/> Mother Knows Best <input type="checkbox"/> Planning Your Deadlines <input type="checkbox"/> Planning Your Week <input type="checkbox"/> Preparing for a Test <input type="checkbox"/> Project Front Row <input type="checkbox"/> Proofreading Checklist <input type="checkbox"/> The Multiple Choice Game <input type="checkbox"/> The Paragraph <input type="checkbox"/> Time Management Assessment Inventory <input type="checkbox"/> What Are Your Values <input type="checkbox"/> What Was That? Improving Your Memory Skills <input type="checkbox"/> Where Should I Study? | | | |

*Programs that may be offered on campus already. Check with your Student Activities office and/or Office of Greek Life.

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| | | Date | Description | % Attended |
| <p style="text-align: center;"><i>Sisterhood and Group Life</i></p> <p>Choose <u>One</u> of the following:</p> | <p>Horizons Programming options:</p> <ol style="list-style-type: none"> 1. A Chat: Developing Conversation Skills 2. All For Tri Sigma! 3. Are We Mean Girls? 4. Becoming a Self-Motivated Person 5. Breaking Barriers that Keep People from Caring 6. Chapter goal Setting: Sigmas Setting Sights 7. Checkerboards: Group Creativity 8. Communicating with three Languages 9. Communication and Gossip 10. Communication is the Key 11. Conflict Resolution: Sailing Through the Rough Waters of Conflict 12. Coping with Anger 13. Decisions That Work 14. Dr. Phil Workshop 15. Finding Your Life Passion 16. Goal Setting 17. How Self-Confident Am I? 18. How Well Do you Listen? 19. I Have Never... 20. I Pass This Violet To You Because... <p style="margin-left: 20px;">21. Leadership Inventory</p> <p style="margin-left: 20px;">22. Leadership Styles: Colors Exercise</p> <p style="margin-left: 20px;">23. Let's Talk: Gossip</p> <p style="margin-left: 20px;">24. Morale and Performance</p> <p style="margin-left: 20px;">25. My Place in the Sigma Network</p> <p style="margin-left: 20px;">26. PRIDE: Carrying Out an Idea</p> <p style="margin-left: 20px;">27. Principles of Quality Leadership</p> <p style="margin-left: 20px;">28. Promoting Positive Relations</p> <p style="margin-left: 20px;">29. Risk Management Case Studies</p> <p style="margin-left: 20px;">30. Seeing It Differently</p> <p style="margin-left: 20px;">31. Sigma Sisterhood Retreat</p> <p style="margin-left: 20px;">32. SuPEARLatives: Inside Smiles/Outside Glows</p> <p style="margin-left: 20px;">33. Teambuilders: Jump Rope Run, Piece of the Puzzle, The Human Knot, The Web</p> <p style="margin-left: 20px;">34. Group Juggling</p> <p style="margin-left: 20px;">35. Team S-S-S: Creative Thinking</p> <p style="margin-left: 20px;">36. The Gift of Happiness</p> <p style="margin-left: 20px;">37. The Gift of Leadership</p> <p style="margin-left: 20px;">38. Trust: Keeping Sisterhood bonds Strong</p> <p style="margin-left: 20px;">39. What Our Sorority Means to Me</p> <p style="margin-left: 20px;">40. What's Your Hot button?</p> <p style="margin-left: 20px;">41. You're a Sigma No Matter Where You Are</p> <p style="margin-left: 20px;">42. 10 Life Laws</p> <p>Contemplation/Conversation Topics (sent 4 times a year):</p> <p style="margin-left: 20px;">Write Yourself a Letter</p> <p style="margin-left: 20px;">Be Impeccable with Your Word</p> <p style="margin-left: 20px;">Don't Make Assumptions</p> <p style="margin-left: 20px;">Always Do Your Best</p> <p style="margin-left: 20px;">Don't Take Things Personally</p> | | | |

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| | | Date | Description | % Attended |
| <p style="text-align: center;">Member Development & Educational Programming</p> <p>Each member must attend one of each of the following for a total of FOUR programs (Jan – Dec):</p> <ul style="list-style-type: none"> • Alcohol (A) • Human Dignity (HD) • Health/Wellness (H/W) • Multicultural (M) <p><i>Coordinate or attend an additional program for Accreditation with Honors.</i></p> | <ul style="list-style-type: none"> <input type="checkbox"/> Abusive Relationships-Important Facts You Should Know HD, H/W <input type="checkbox"/> A Prescription for Drug Awareness H/W <input type="checkbox"/> A Thoughtful Discussion about Alcohol A <input type="checkbox"/> AIDS – The Unhealthy facts of Life H/W <input type="checkbox"/> Ann’s Story: A Tale of a Breast Cancer Survivor H/W <input type="checkbox"/> Anorexia & Bulimia H/W <input type="checkbox"/> Anti-Hazing Program* HD, H/W <input type="checkbox"/> Assertiveness H/W <input type="checkbox"/> Diversity on campus* HD, M <input type="checkbox"/> Eating Disorders: Signs, Symptoms and Assistance H/W <input type="checkbox"/> Facts and Fallacies of Hazing HD, H/W <input type="checkbox"/> Fear of Fat H/W <input type="checkbox"/> Five Quick Ones A <input type="checkbox"/> Goat Book Club, Pledged Book Club, Smashed Book Club A, H/W <input type="checkbox"/> It Happened to Me H/W <input type="checkbox"/> Making Decisions H/W <input type="checkbox"/> No One is Immune to STD’s H/W <input type="checkbox"/> Not Just Another Statistic H/W <input type="checkbox"/> Party Plan A <input type="checkbox"/> Passing the Bar A <input type="checkbox"/> Self-Esteem H/W <input type="checkbox"/> Sisterhood on the Rocks A <input type="checkbox"/> Stress Busters H/W <input type="checkbox"/> Study Drugs H/W <input type="checkbox"/> Surviving Stalking H/W <input type="checkbox"/> Take Back the Night Program* HD <input type="checkbox"/> Thinking About Drinking A <input type="checkbox"/> The Twilight Zone A <input type="checkbox"/> Understanding Stress H/W <input type="checkbox"/> Women’s Health Issues* A, H/W <input type="checkbox"/> 5 Sisters A | | Alcohol Program: | |
| | | | Human Dignity: | |
| | | | Health/Wellness: | |
| | | | Multicultural: | |
| | | | Other: | |
| | | | Other: | |