

## SIGMA ALUMNA & ALUMNAE CHAPTERS

### **Objectives:**

To learn about Sigma alumnae – who they are and where they are.

To understand what an alumnae chapter is and why Sigmas join an alumnae chapter

### **Preparation:**

Approximately two weeks before the presentation of this program, the Education Director should meet with the Education Committee. The committee should review the program. You may want to include the Alumnae Relations Chairman in the planning of this program.

You will need to research the answers to two of the questions. The answers are specific to your collegiate chapter and state. Review the discussion leaders' notes to find the two questions. Appoint someone to call, e-mail, mail or fax a note to National Headquarters for the answers. They should handle this assignment during the next week. Follow-up with them to make sure they do not wait until the last minute to make contact with National Headquarters.

You will need to make copies of the handout - Sigma Alumna and Alumnae Chapters. You will need enough copies for each member and new member of your chapter. They can be copied on two pages or front and back on one page.

You should appoint one or two sisters to be the discussion leaders. One could handle the Sigma alumna questions and the other one could handle the alumnae chapter questions.

Remind Sisters to bring a pen or pencil to the meeting so they can complete the handout.

### **Program:**

Begin by reviewing the objectives listed above.

Hand out the questionnaire. The discussion leader should ask the members and new members to answer the questions on page one. This should take about 5 minutes. Then the discussion leader should review each question out loud with the group. Ask a member to answer the first question. Does someone else have a different answer? Try to get a few different perspectives to each question. This is designed to be a discussion session. Then give them the answer that is on the discussion leader's notes. Continue until all of the questions regarding Sigma alumna are answered and discussed. Try to involve as many members as possible in the discussion.

Ask if anyone had a story to share with the group about a Sigma alumna they know. It could be someone they met at a regional meeting, at convention, or someone they know from home who is a Sigma.

Now continue with the Sigma alumnae chapter section. Ask members and new members to answer the questions on page two of the handout. Again allow about 5 minutes. Follow the same format as listed above to review answers from members and then give the answer provided on the discussion leader's handout.

**Program conclusion:**

What does this mean to your chapter? Did you learn anything new? Did it change your ideas about who is an alumna? Take a few minutes to discuss with the chapter if you should change how you are contacting local Sigma alumnae. Are you including ALL Sigma alumnae or just Sisters who were initiated into your chapter?

Remind the group that **all** Sigma Sisters take an oath "to be Faithful until death". If we believe in that oath then it only makes sense to continue our association with Sigma Sigma Sigma after college. As Sigma Sisters we will be alumnae significantly longer than we will be collegiate sisters. Sigma has a lot to offer us as alumnae. Enlarge your circle of Sisters. Continue your sisterhood as an alumna!

**Program Follow-Up:**

Members evaluate program. Tabulate a chapter evaluation and record on Form K-87W and mail to National Headquarters monthly.

## **SIGMA ALUMNA AND SIGMA ALUMNAE CHAPTERS**

### **Discussion Leader's Notes**

#### **Sigma Alumna Who Are They? Where Are They?**

##### **Who is a Sigma alumna?**

She is an initiated member of Sigma Sigma Sigma who is no longer in college. She belonged to any Sigma collegiate chapter....not just our chapter.

##### **What does a Sigma alumna look like?**

She is just out of college or she may be 30 or 60 or even 90 years old.

She has not done anything with or for Sigma since she left college or she is currently a Sigma volunteer; She belongs to a Sigma alumnae chapter or is a key alumna or alumna contact.

She works outside the home or she is a stay at home mother or she is retired.

She is single or she is married or divorced.

She is a mother or she is a grandmother or she has no children.

No matter what or who she is....she is a Sister!

##### **Where does she live?**

She lives around the corner or across town or in a nearby town or she lives in another state or in another country. She lives everywhere.

##### **How can we find her?**

She is found by using a zip code list from National Headquarters, by using the website or with the help of your Collegiate Coordinator or Alumnae Coordinator, or through other local alumnae. Or maybe she lives in your neighborhood or she works with you or someone you know.

##### **What can she do to help our chapter?**

She can serve as an advisor or she can help you with recruitment.

She can be a friend and she can help you with problems.

She can drop by to visit the chapter. She can assist you with housing issues. She can give you career advice. She is and can be your Sister.

##### **What can our chapter do for her?**

We can be friends. We can invite her to Founders Day. We can send her our newsletter. We can invite her to join us on a local service project. We can remember her birthday. We can ask for her advice and counsel. We can show her we care. We are Sisters!

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*Discussion Leader's Notes continued*

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**Sigma Alumna  
Who Are They? Where Are They?**

**How many Sigma alumnae live in our state?**

The discussion leader should contact National Headquarters two weeks prior to this session to get the answer to this question.

An important discussion item at this point is to make sure all Sisters understand that Sigma alumnae are not just Sisters from your collegiate chapter. All Sigma Sisters are alumnae not just Sisters who were initiated into your chapter. Discuss this concept with the group. Then discuss how the chapter may be missing opportunities if you are only contacting Sisters from your collegiate chapter.

**Sigma Alumnae Chapters**  
**What Are They? Where Are They?**

**What is an alumnae chapter?**

It is a chartered group of Tri Sigmas who live in the same area and meet regularly to share Tri Sigma sisterhood. They must meet at least 4 times a year and meet financial and reporting obligations to the National Organization.

**Where are they?**

Sigma has over 100 alumnae chapters throughout the United States. In addition there are about 40 key alumnae and over 20 alumnae contacts. There are also Sigmas in several foreign countries.

**Do you remember what a key alumna and an alumna contact are?**

They are Tri Sigmas who act as contacts and Sigma resources in areas where there are too few Sisters to form an alumnae chapter.

**Why does a Tri Sigma alumna belong to an alumnae chapter?**

To continue Sigma friendships and develop new ones. For career networking. For leadership opportunities. To serve children (through Robbie Page activities). To serve her community. To do something for herself.

**Are there any alumnae chapters near our collegiate chapter? Name them.**

The discussion leader should also research the answer to this question prior to the educational session. The answer can be obtained by referring to the website or by contacting National Headquarters.

**How can an alumnae chapter help our chapter?**

They can provide support for recruitment, they can help with educational programs, they can help with housing issues or needs, they can share Founders Day, join us in a fundraising project for the Foundation, hold a career night, assist with installations, help with bid matching, send holiday treats, be a "Big Sis", etc.

**What can we do with an alumnae chapter?**

Share Founders Day, help them with Sigma Send-On/Circle of Friends, ask them to join us at a local service project, invite them to Homecoming, ask them to help us make recruitment favors or decoration, ask them to attend a social event on campus with us, ask them to come for dinner in the house one evening, share a holiday event, send them our newsletter, remember to thank them for anything and everything they do for us, etc. We can be friends and Sisters!

Sigma Alumna and Sigma Alumnae Chapters

## **Sigma Alumna and Alumnae Chapters Handout**

Who is a  $\Sigma\Sigma\Sigma$  alumna?

What does a  $\Sigma\Sigma\Sigma$  alumna look like?

Where does she live?

How can we find her?

What can she do to help our chapter?

What can our chapter do for her?

How many Sigma alumnae live in our state?

What is an alumnae chapter?

Where are they?

Do you remember what a key alumna and an alumna contact is?

Why does a ΣΣΣ alumna belong to an alumnae chapter?

Are there any alumnae chapters near our collegiate chapter?

How can an alumnae chapter help our chapter?

What can we do with an alumnae chapter?