



---

# THE JOURNEY

---

## OVERVIEW

JOURNEY. A passage or progress from one stage to another. This idea will guide the members of Triangle Fraternity throughout their membership experience with each stage providing an opportunity for members to learn, develop and grow both as a Triangle man and as an individual.

A Triangle's Journey will be broken into four stages. The first three stages of the Journey should be traveled by Triangle undergraduate members. While a Triangle's Journey is never complete, the goal is that as members prepare to progress to the fourth stage that they will have achieved personal development and fulfillment.

In each stage of a member's Journey they will be able to self-select activities that expose them to new ideas, prepare them with important life lessons, and challenge them to put the lessons into practice. As members meet a threshold, they will progress to a new stage in their Journey which will provide them with more challenging and rewarding experiences routed in the values and Ritual of Triangle Fraternity. The completion of each stage of a member's Journey will be celebrated, and members will be able to use the skills and knowledge to help them as they progress to the next stage. Upon completion of the first three stages of a members Journey individuals will have achieved a full member development, will have embodied the values of Triangle, and will personify the motto of Triangle, Truth Conquers All.

With most personal Journey's there may not be a determined end; this too is true for the Triangle member experience. As individual graduate and transition to alumnus status they may choose to continue their developmental Journey by progressing to stage four. Stage four of a Triangle member's Journey will continue to focus on the development of the Triangle man while providing the support and resources appropriate for an individual's place in life- both professionally and personally.

## PROGRAM PHILOSOPHY

The following statements capture Triangle's educational philosophy, which provides a basis for the Journey.

- Individuals learn and grow through personal reflection and real-world application of concepts.
- The best trajectory for development involves a series of progressively more challenging experiences.

- Every member follows a unique path in their ongoing development.
- Personal development depends on the individual's readiness and sense of initiative, but brothers should provide a strong source of encouragement, learning, and support.
- Mentorship will assist individuals in their application and reflection of each activity and stage.
- The full membership experience will be rooted in the core values and Ritual of Triangle Fraternity so that each member will have the opportunity to apply and reflect on what it means to be a Triangle man.
- The Journey is voluntary; however, in an effort to provide members with a well-rounded and meaningful fraternal experience, chapters are encouraged to participate.

## THE JOURNEY EXPERIENCE

Each stage will be composed of core activities which are required to be completed in order to progress to the next stage and elective activities which members will self-select. Some activities will require more time and critical thinking than others, however each activity is equally important.

The Journey is a unique opportunity for active members and alumni because of its tie to the Fraternity's Ritual. This program will not only offer members an opportunity to discover their strengths, interests, passions, and purpose in Triangle, but each activity focuses on the fraternity's values. Furthermore, each reflective piece that members will participate in link the activities to the Fraternity's motto: Truth Conquers All.

One of the key philosophies of the Journey is that individuals learn, grow, and develop at their own pace. While some individuals may choose to align their Journey with their advancement through college, others may progress at a slower or faster pace depending on where they are developmentally, personally, or professionally. In an effort to assist chapters an encouraged timeframe is included for each stage.

Participants will be required to document each activity that they complete. Included in the documentation will be forms, worksheets, and reflections that can be accessed in the Journey resource library on TriangleConnect. It is recommended that participants keep a journal throughout their Journey to assist them in final stage reflections. Participants will need to submit activity documents to their mentor's to determine if the activity is complete.

When a participant has completed all of the required core and elective activities in a stage they will be required to complete a request form which includes a final reflection, documentation of each completed activity, and goals for the next stage. This must be submitted to the participant's mentor and to the Journey drop box.

Progression onto the next stage will include a lapel pin to signify the individual's accomplishments. Chapters are also encouraged to host Journey ceremonies to celebrate a member's stage progression.

Please note that no special power, privileges, opportunities, or resources are gained as a result of participation in the Journey (i.e. eligibility for office, housing, parking, etc.). Members progress may be recognized and acknowledged at critical times, such as big brother selection, officer nominations, and during senior sendoff activities, but these should be a recognition of personal growth, not a hierarchy or authority.

## ACTIVITY OVERVIEW

Activities are the items in which members must complete in order to progress from stage to stage. Activities provide participants with opportunities to further develop personally, professionally, and as a member of Triangle through the values and Ritual of the organization. Participants are encouraged to balance their activities based on student leadership competencies and fraternity values.

- Stages will have core activities which must be completed and elective activities which will be self-selected by each participant.
- Each stage will have a variety of elective activities to self-select from so that participants can participate in activities that make the most sense for their Journey.
- Certain activities will carry over into the next stage; however, if a member has already completed said activity in the previous stage they will be unable to select that activity again.
- Activity resources and forms can be found online for each activity in the Journey resource library.
- Participants will be responsible for reporting their activities, and completing a final reflection for each activity that will be submitted to their mentor.
- A majority of activities should be sponsored and completed through chapter programs and events- the idea is to work smarter, not harder.

## JOURNEY STAGES

### STAGE 1

While participating in the Journey is optional for members, each new member who joins Triangle will be required to experience one aspect of Stage 1: New Member Education. Moreover, Stage 1 will include a number of activities for members to engage in and complete following their new member process in order to progress onto Stage 2. Individuals are encouraged to progress at their own pace; however, the suggested length of time to complete Stage 1 is once academic year.

Participants will need to complete 6 core activities, and will have to select 4 elective activities.

*Suggested Learning Outcomes:*

- Members will know the history of Triangle Fraternity.
- Members will relate to the values and mission of Triangle Fraternity.
- Members will demonstrate the expectations of membership through their day-to-day actions.
- Members will explore different leadership opportunities within Triangle and separate of Triangle.
- Members will envision their future in Triangle.

### STAGE 2

Members who have been initiated into Triangle and who have completed the requirements of Stage 1 will then be eligible to progress onto Stage 2.

Stage 2 will require a sense of personal initiative, a higher level of decision-making, and a greater need for collaboration.

While any initiated member who has completed Stage 1 is eligible to participate in Stage 2, it is suggested that sophomore and juniors are the primary participants. This suggested timeline will support the chapter in its natural progression of member development and chapter operations.

Participants will need to complete 8 core activities, and will have to select 4 elective activities.

*Suggested Learning Outcomes:*

- Members will know how to organize and run a program or event for their chapter.
- Members will identify personal passions, aspirations, and goals.
- Members will apply the tools and skills provided by Triangle in external situations.
- Members will analyze the strengths, weaknesses, and opportunities for their chapter.

- Members will defend Triangle Fraternity’s values and Ritual through their daily behaviors.

### STAGE 3

Once members reach Stage 3, they are responsible for completing capstone project. This project should integrate all of the members’ previous learning into a long-term initiative that will leave a meaningful and lasting contribution to society and/or the fraternity. Furthermore, individual’s capstones should include characteristics of the Fraternity’s core values and mission.

Individuals may progress onto Stage 3 at any point after the previous two stages have been completed. However, it is suggested that Stage 3 occur during a member’s senior year, as a natural transition to graduation into alumnus status.

It is encouraged that members begin planning for their capstone at the start of their Journey. By doing this, individuals will be able to create a “road map for how they approach each stage of their Journey. Should participants need assistance in developing their capstone they are encouraged to work with their brothers, mentor, and national staff to discuss passions, interests, and goals in an effort to identify an appropriate project.

Participants must present a 30-45-minute workshop or presentation summarizing their capstone and must complete a 5 page reflection following their capstone and entire Journey experience.

Proposals for capstones will be reviewed upon the completion of Stage 2 and should meet the following criteria:

- Is on-going for at least 4-8 months
- Integrates the Fraternity’s values and mission
- Incorporates activities and reflections from the first two stages
- Is a complex and multifaceted project that requires the collaboration of various constituents
- Makes a meaningful and lasting contribution to society and/or the fraternity
- Is an appropriate match to the individual’s knowledge, skills, and capacity
- Presents a reasonable challenge for the individual

Capstone examples can include but are not limited to:

- Participating in an alternative spring break service project and creating a program or project around the service performed
- A project or invention for your field of study
- Starting a new student organization that focuses on a cause or hobby that you are passionate about
- Identifying a social justice issue and creating a synopsis and essay on potential solutions
- Create a new initiative for the campus/community

*Suggested Learning Outcomes:*

- Members will identify their motivations for being a committed member to Triangle Fraternity.
- Members will recognize that the Ritual of Triangle serves as a roadmap for their personal Journey.
- Members will demonstrate the values of Triangle in their daily lives.
- Members will be able to identify what their legacy is in Triangle.
- Members will design a meaningful opportunity that is based on the resources and tools that Triangle has provided them.
- Members will reflect on their Journey as how It has prepared them for life after college.

## STAGE 4

In order to progress onto Stage 4, a member must have completed Stage 3 and graduated onto an alumnus status. (Triangle members who held an alumnus status prior to the Journey are also eligible to participate in Stage 4).

Stage 4 is an ongoing experience for alumni and does not end until The Chapter Eternal. While Stage 4 is not as structured or comprehensive as the prior three stages, members are still encouraged to identify mentors throughout different periods in their lives. Furthermore, Stage 4 does not require specific activities needed to be completed; however, members are encouraged to share their efforts with Triangle staff.

Encourage activities during Stage 4 include but are not limited to:

- Serve as a mentor to an undergraduate who is just starting their Journey
- Serve as a member of an alumni advisory team to support chapter operations
- Participate on a committee or focus group for the National Fraternity
- Serve on one of the Fraternity's three governing boards (National Council, TEF Board of Directors, TBHC Board of Directors)
- Continue to participate in service initiatives
- Choose a philanthropy that you are passionate about to raise funds and awareness for
- Take the next step in your career
- Complete an item off your bucket list
- Attend one of Triangle's National events (Catalyst, Convention, etc.)
- Plan a reunion/social event with chapter brothers
- Support a cause or social issue that is important to you

## JOURNEY PERSONNEL

### MEMBER EDUCATOR

The member educator is an active member responsible for the oversight and logistics of the Journey experience. The position responsibilities will align best with the individual responsible for the member development and events for the chapter. This is an elected position responsible for managing data, reporting progress, and working directly with Triangle staff. This individual will regularly assess the satisfaction of chapter members as they complete activities and stages. Furthermore, this individual will be responsible for communicating participant status' and program trends to the executive board in order to create programming opportunities that support participants.

Specifically, the member educator is responsible for:

- Supporting chapter members throughout their Journey through regular touch points
- Assess Journey data based on participants completed activities and reflections
- Submit the Journey tracking form to the Director of Leadership Programs every December 15<sup>th</sup> and June 15<sup>th</sup>
- Communicate successes, challenges, and trends to executive board members and Triangle staff
- Implement programs and workshops for members that will support them in achieving Stages 1 & 2
- Recognize chapter members as the progress onto the next stage of their Journey

### JOURNEY MENTOR

All Journey participants will be required to self-select an individual to serve as their Journey mentor. This individual may be a Triangle alumnus 3+ years post-graduation, university employee, community member, or Friend of Triangle. First semester freshmen just starting their Journey may identify an older active member to serve as a mentor while working to

select their permanent Journey mentor. Mentors will be responsible for supporting and guiding participants throughout their Journey experience. Additionally, mentors will be responsible for reviewing participant activities, stage progression requires, and capstone proposals. Journey mentors will then work with the participant to determine stage completion and readiness for progression.

Selected mentors will be required to participate in an online training that will prepare them to support participants, educate them on the program, and instruct them on the specific talking points throughout each Journey stage.

### TRIANGLE CHAPTER DEVELOPMENT TEAM

The Chapter Development Team of the National Headquarters will be responsible for assisting the Director of Leadership Programs in training and educating chapter members on the Journey. Furthermore, the team will work with the member educator to track chapter Journey data and trends to assist the chapter with and program issues or member questions.

### TRIANGLE DIRECTOR OF LEADERSHIP PROGRAMS

The Director of Leadership Programs will assist in the training and education of chapter members on the Journey. The DLP will also be responsible for:

- Collecting and maintaining Journey data
- Selecting participating colonies and chapters
- Submitting data and assessment to the National Educational & Leadership Programming Committee, National Council & Staff
- Creating online training for member educators, mentors, and participants
- Continuously making program updates and enhancements based off of program assessment and chapter needs
- Serve as the main point of contact for all Journey questions and issues

## FREQUENTLY ASKED QUESTIONS

### 1. How much does it cost to participant in the Journey?

It is recommended that only chapters with an established Chapter Endowment Fund participate in the Journey; however, those chapters & colonies without a chapter endowment fund may apply to participate in the Journey if they provide a financial plan.

The following costs are yearly estimates and will be specific to each chapter depending on membership size.

National Training & Support	\$1,500.00
Chapter Lapel Pins (\$5.00 per pin based on 40-member chapter)	\$200.00
<b>TOTAL</b>	<b>\$1,700.00</b>

*\*Costs are subject to change and do not include costs for the New Member Education program materials.*

### 2. How do we participate?

Each newly established Triangle colony will automatically participate in the Journey. Established colonies and chapters may submit an interest form to the Director of Leadership Programs which will include their reason for interest, estimated number of participants, and financial plan. Every semester the staff will onboard one chapter and one colony.

### **3. How do I progress onto the next stage?**

After completing all of the required core and elective activities participants will complete the Stage Progression Request Form which will summarize their completed activities, experiences, lessons learned, and goals for the upcoming stage. This request will be submitted to the Director of Leadership Programs, and participant mentor. Participants will also be required to hold a meeting with their mentor to receive confirmation on stage completion.

### **4. As a chapter, what information should we record and track?**

At a minimum chapters should track every member that is participating, the activities they are completing, and what stage they are on. This document will need to be submitted to the Director of Leadership Programs every December 15<sup>th</sup> and June 15<sup>th</sup>. Furthermore, this will help them in creating intentional chapter programs that align with the activities that participants are needing to complete.

### **5. I am really interested in participating in the Journey but I am a junior, can I still participate?**

A natural Journey progression is intended to start in a freshman's first year and end prior to graduation. However, it is important that all of our members have the opportunity to participate in Journey activities no matter what year they are in their college career.

It is assumed that upperclassmen have already participated in a majority of the activities and experiences in their initial years in college and in Triangle. With that said, participants beyond their freshmen year will need to meet with their mentor to assess what stage is most appropriate for them. This conversation may involve talking through past activities, discussing weaknesses & strengths, and future aspirations.

### **6. What if I have activities that would be good to participate in that aren't listed?**

If a participant or chapter has suggested activities they are encouraged to fill out the activity suggestion form which can be found on the Journey resource library and send it to Director of Leadership Programs, Ariel Tarosky

### **7. Where do I submit my documents?**

Individual activity forms will be submitted to participant mentors. Stage progression requests and Journey tracking forms must be submitted to the Director of Leadership Programs.

### **8. What are the incentives for participating in this program?**

Participants will receive lapel pins and will be able to participate in stage progression ceremonies. Additionally, participants will receive a full member development experience that will assist them personally, professionally, and in their Triangle membership.

*For any additional questions, please contact Director of Leadership Programs, Ariel Tarosky at [ariel@triangle.org](mailto:ariel@triangle.org)*

- Journey Meeting Log
- Journey Event Verification Form
- Journey Program Summary Worksheet
- Journey Final Reflection Form
- Journey Action Plan Worksheet
- Journey Values Exploration Worksheet
- Journey Service Tracking Form
- Journey Stage Progression Request
- Capstone Project Proposal
- Final Journey Reflection
- Journey Tracking (for member educator)
- Mentor Training
- Member Educator Training

## STAGE 1 CORE ACTIVITIES

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Join two other student organizations	F, S, C	Functioning Independently	<ul style="list-style-type: none"> <li>• Identify two student organizations outside of Triangle to actively participate in.</li> <li>• Both organizations should align with participant’s interests.</li> <li>• One organization should push participant out of their comfort zone.</li> <li>• Participants should regularly attend meetings, assist in planning events, and attend its activities at least for a 10-week period.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Meeting Log</li> <li>• Journey Final Reflection Form</li> </ul>	15-20 hours	<ol style="list-style-type: none"> <li>1. Participants will establish relationships with students outside of Triangle and engineering.</li> <li>2. Participants will describe how different organizations do business.</li> <li>3. Participants will articulate the value of involvement in other student organizations.</li> </ol>
Attend a leadership program	S, C	Scope of Competence	<ul style="list-style-type: none"> <li>• Identify a campus-sponsored leadership program or institute that is at least a half-day and participate fully.</li> <li>• Present a summary of what you learned during a chapter meeting.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Program Summary Worksheet</li> <li>• Journey Final Reflection Form</li> </ul>	5 hours	<ol style="list-style-type: none"> <li>1. Participants will report at least two new relationships with other student leaders.</li> <li>2. Participants will explain one new concept in leadership development.</li> <li>3. Participants will articulate how lessons learned from the program relate to their leadership in Triangle.</li> </ol>

**STAGE 1 CORE ACTIVITIES cont.**

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Create a chapter service initiative as a new member class	F, C	Collaboration	<ul style="list-style-type: none"> <li>• Coordinate a service opportunity with a local service agency or site.</li> <li>• Create a service event that is at least 5 hours in length for all chapter members.</li> <li>• Ensure that all new members participate in the planning and implementation of the event.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Final Reflection Form</li> </ul>	16 hours	<ol style="list-style-type: none"> <li>1. Participants will report the importance of group collaboration.</li> <li>2. Participants will explain how to find additional service opportunities.</li> <li>3. Participants will discuss the value of personal service and civic engagement.</li> </ol>
Participate in a risk management education program	F, S, C	Social Responsibility	<ul style="list-style-type: none"> <li>• Attend a program on the risk management policies of the organization and the University.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Final Reflection Form</li> </ul>	2 hours	<ol style="list-style-type: none"> <li>1. Participants will identify the policies of the University and National organization.</li> <li>2. Participants will identify the proper conduct that they must present both within and outside of chapter events.</li> <li>3. Participants will articulate how the risk management policies keep members safe.</li> </ol>
Participate in and complete the new member education program	F, S, C	Group Development	<ul style="list-style-type: none"> <li>• Actively participate in all of the new member education sessions and required activities.</li> <li>• Be initiated into the chapter as an active member.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Final Reflection Form</li> </ul>	40 hours	<ol style="list-style-type: none"> <li>1. Participants will experience an increase in connection to the mission and values of Triangle.</li> <li>2. Participants will identify an older brother to serve as a potential mentor.</li> <li>3. Participants will identify the symbols and history of Triangle.</li> </ol>

**STAGE 1 CORE ACTIVITIES cont.**

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Achieve a personal development goal	S, C	Self-Development	<ul style="list-style-type: none"> <li>• Create a plan for achieving a personal goal.</li> <li>• Plan should include action steps, resources, and milestones.</li> <li>• Track your progress by keeping a weekly log of your efforts and experiences over the course of at least 6 months or until the achievement is met.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Activity Log</li> <li>• Journey Final Reflection Form</li> </ul>	25 hours	<ol style="list-style-type: none"> <li>1. Participants will articulate the most critical parts of goal setting and planning.</li> <li>2. Participants will list at least two strategies for maintaining follow through and consistency.</li> <li>3. Participants will articulate how they benefit from achieving their goal.</li> </ol>

## STAGE 1 ELECTIVE ACTIVITIES

*(choose 4 of the elective activities listed below)*

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Learn study skills	S	Idea Generation	<ul style="list-style-type: none"> <li>Attend an educational session on academic success offered by the academic center.</li> <li>Create a plan to put one new technique in place.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Action Plan Worksheet</li> <li>Journey Final Reflection Form</li> </ul>	3 hours	<ol style="list-style-type: none"> <li>Participants will identify one new study strategy from the workshop.</li> <li>Participants will implement one of the strategies into their every-day lives.</li> </ol>
Meet with faculty & staff	S	Verbal Communication	<ul style="list-style-type: none"> <li>Schedule four meetings over the course of six months with two different faculty members and two different staff members.</li> <li>Ask them questions about the institution, their role, and how to get involved.</li> <li>Share with them information about Triangle, the mission and what type o members you recruit.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Activity Log</li> <li>Journey Final Reflection Form</li> </ul>	5 hours	<ol style="list-style-type: none"> <li>Participants will identify four different faculty and staff members as resources.</li> <li>Participants will effectively communicate the mission of Triangle.</li> </ol>
Establish a relationship with an older brother during the new member process	F, C	Receiving Feedback	<ul style="list-style-type: none"> <li>Schedule one meeting a month during the new member process with an older active member in the chapter to learn more about one another, and your experiences in Triangle.</li> <li>Discuss your goals for membership and ask for feedback based on your current progress.</li> <li>Create a plan of action based on your conversations.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Activity Log</li> <li>Journey Action Plan Worksheet</li> <li>Journey Final Reflection Form</li> </ul>	4 hours	<ol style="list-style-type: none"> <li>Participants will articulate their goals for their membership in Triangle.</li> <li>Participants will report a stronger level of comfortability with receiving feedback.</li> <li>Participants will explain the importance of receiving feedback from your peers.</li> </ol>

**STAGE 1 ELECTIVE ACTIVITIES cont.**

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Learn about cultural diversity	S, C	Other Perspectives	<ul style="list-style-type: none"> <li>• Attend one educational sessions which focuses on cultural diversity or cultural perspectives.</li> <li>• Share what you have learned with your brothers during a chapter discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form(s)</li> <li>• Journey Final Reflection Form</li> </ul>	4 hours	<ol style="list-style-type: none"> <li>1. Participants will explain the value of at least one differentiating factor in working with people of other cultures.</li> <li>2. Participants will identify an increased interest in exploring different cultural identities.</li> </ol>
Learn about alcohol	S, C	Decision Making	<ul style="list-style-type: none"> <li>• Participate in and complete an educational session or online experience that provides you with accurate information about alcohol.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Final Reflection Form</li> </ul>	2 hours	<ol style="list-style-type: none"> <li>1. Participants will accurately explain how alcohol affects the body.</li> <li>2. Participants will list the warning signs of alcohol abuse.</li> <li>3. Participants will list techniques for managing alcohol consumption and problematic situations.</li> </ol>
Get help from a tutor	S	Resiliency	<ul style="list-style-type: none"> <li>• Identify a tutor for a subject that you are struggling in or would like to improve in.</li> <li>• Schedule and attend five tutoring sessions.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Activity Log</li> <li>• Journey Event Verification Form</li> <li>• Journey Final Reflection Form</li> </ul>	10 hours	<ol style="list-style-type: none"> <li>1. Participants will describe how they plan to incorporate information gained from tutoring sessions into their performance.</li> <li>2. Participants will explain the benefit of tutoring as a valuable resource to all members.</li> </ol>

**STAGE 1 ELECTIVE ACTIVITIES cont.**

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Learn about mental health	S	Self-Development	<ul style="list-style-type: none"> <li>Attend an educational session on mental health that is facilitated by a staff member from counseling services, health services, or the National organization.</li> <li>Share the information with your chapter by way of handouts, presentation, or summary at a chapter meeting.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Event Verification Form</li> <li>Journey Program Summary Worksheet</li> <li>Journey Final Reflection Form</li> </ul>	2 hours	<ol style="list-style-type: none"> <li>Participants will list and describe common mental health issues.</li> <li>Participants will recognize warning signs of mental health issues in real-life situations.</li> <li>Participants will identify resources for addressing mental health issues.</li> </ol>
Get first aid and CPR certified	S, C	Helping Others	<ul style="list-style-type: none"> <li>Identify a CPR certification class and attend the required sessions.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Event Verification Form</li> <li>Journey Final Reflection Form</li> </ul>	4 hours	<ol style="list-style-type: none"> <li>Participants will identify the steps to successfully completing CPR.</li> <li>Participants will explain the benefit of being CPR certified.</li> </ol>
Join an intramural team	F, S	Appropriate Interaction	<ul style="list-style-type: none"> <li>Identify an intramural team that you and your friends or brothers can join.</li> <li>Participate for the entire season.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Activity Log</li> <li>Journey Final Reflection Form</li> </ul>	20-30 hours	<ol style="list-style-type: none"> <li>Participants will articulate the role of mutual support from brothers in achieving personal development goals.</li> <li>Participants will report a stronger connection to brothers and friends through competition and shared goals.</li> <li>Participants will display the ideals of good sportsmanship and competition.</li> </ol>

### STAGE 1 ELECTIVE ACTIVITIES cont.

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Attend the Herb Scobie Leadership School	F, S, C	Systems Thinking	<ul style="list-style-type: none"> <li>Attend the Herbert Scobie Leadership.</li> <li>Create a plan of action for how to implement the lessons into your chapter.</li> <li>Share what you learned with your chapter in a 20-minute workshop.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Action Plan Worksheet</li> <li>Journey Program Summary Worksheet</li> <li>Journey Final Reflection Form</li> </ul>	70 hours	<ol style="list-style-type: none"> <li>Participants will name one new leadership skill and explain how they plan to implement it.</li> <li>Participants will explain basic concepts of leadership.</li> <li>Participants will report an increase comfort with public speaking.</li> </ol>
Attend a Catalyst	F, S, C	Group Development	<ul style="list-style-type: none"> <li>Attend one of the offered Catalyst programs and participate fully.</li> <li>Work with other attendees to create a plan of action to implement what was learned/discussed.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Event Verification Form</li> <li>Journey Action Plan Worksheet</li> <li>Journey Final Reflection Form</li> </ul>	15 hours	<ol style="list-style-type: none"> <li>Participants will report a stronger relationship with fraternity leaders.</li> <li>Participants will explain basic concepts that apply to their personal development.</li> <li>Participants will identify 4 new alumni that they have met.</li> </ol>
Present your Triangle elevator speech	S	Public Speaking	<ul style="list-style-type: none"> <li>Develop a 30 second to 1-minute elevator speech or sales pitch to market Triangle.</li> <li>Identify three different students at three different times and give them your elevator speech.</li> <li>Elevator speeches should include the benefits of Triangle and what type of members you are looking for.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Activity Log</li> <li>Journey Final Reflection Form</li> </ul>	2 hours	<ol style="list-style-type: none"> <li>Participants will note an increased level of confidence in meeting new people.</li> <li>Participants will explain the benefits of Triangle to strangers in a quick and upbeat manner.</li> </ol>

### STAGE 1 ELECTIVE ACTIVITIES cont.

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Participate in two different leadership committees	S	Followership	<ul style="list-style-type: none"> <li>• Identify two different committees that you are interested in.</li> <li>• Actively participate by attending meetings, and collaborating with committee members to meet goals and initiatives.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Activity Log</li> <li>• Journey Final Reflection Form</li> </ul>	25 hours	<ol style="list-style-type: none"> <li>1. Participants will identify two new interests they have within the fraternity.</li> <li>2. Participants will explain the benefit of staying actively engaged.</li> </ol>
Attend a workshop on conflict resolution or effective confrontation skills	F, C	Conflict Resolution	<ul style="list-style-type: none"> <li>• Attend a 30-minute workshop that focuses on fiscal responsibility.</li> <li>• Workshop should be led by an alumnus, staff member in the business department, or the treasurer if he is season in the material.</li> <li>• Use your findings to create a personal budget or financial plan.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Action Plan Worksheet</li> <li>• Journey Event Verification Form</li> <li>• Journey Final Reflection Form</li> </ul>	3 hours	<ol style="list-style-type: none"> <li>1. Participants will identify at least 3 methods to ensuring financial health in their personal life.</li> <li>2. Participants will effectively create a personal budget.</li> </ol>
Examine your values	C	Values Exploration	<ul style="list-style-type: none"> <li>• Participants should attend a workshop that focuses on values exploration that is facilitated by an older member, university staff member, or Triangle staff member.</li> <li>• Complete the values exploration worksheet.</li> <li>• Complete an action plan of how these values can help guide their behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Values Exploration Worksheet</li> <li>• Journey Action Plan Worksheet</li> <li>• Journey Final Reflection Form</li> </ul>	5 hours	<ol style="list-style-type: none"> <li>1. Participants will articulate personal values.</li> <li>2. Participants will determine whether their actions are consistent with their values.</li> <li>3. Participants will discuss the rule of personal values in leadership.</li> </ol>

## STAGE 2 CORE ACTIVITIES

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Participate in Triangle's online member development programs	F, S, C	Personal Development	<ul style="list-style-type: none"> <li>• Participants will select four National online membership development workshops or videos over the course of one year.</li> <li>• Participants will meet with executive board members to discuss how concepts can be applied to chapter operations.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Action Plan Worksheet</li> <li>• Journey Final Reflection Form</li> </ul>	7 hours	<ol style="list-style-type: none"> <li>1. Participants will identify four different concepts that apply to their personal and leadership development.</li> <li>2. Participants will identify two new members from different chapters that can serve as a resource.</li> </ol>
Study another culture	S, C	Cultural Competence	<ul style="list-style-type: none"> <li>• Choose a specific cultural identity that is different from your own based on race, ethnicity, language, religion, or sexuality.</li> <li>• Complete research about this culture's beliefs, traditions, norms, and experiences. Consider including books, journal articles, videos, educational programs, classes, student organizations, etc.</li> <li>• Seek assistance from someone who identifies with culture or is deeply familiar with it, and conduct an interview.</li> <li>• Prepare a summary of what you learned and lead a 20-minute presentation to chapter members about the culture.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Program Summary Worksheet</li> <li>• Journey Final Reflection Form</li> </ul>	20 hours	<ol style="list-style-type: none"> <li>1. Participants will describe at least three unique beliefs, traditions, and norms of a different culture.</li> <li>2. Participants will explain at least one way leadership and professional style should be adjusted in working with this culture.</li> </ol>

**STAGE 2 CORE ACTIVITIES cont.**

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Assess your leadership style	S, C	Self-Evaluation	<ul style="list-style-type: none"> <li>• Search for education sessions on campus that address leadership styles.</li> <li>• If sessions are unavailable, ask a faculty/staff from campus to facilitate a session.</li> <li>• Reflect on your style and its implications on your leadership practices.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Final Reflection Form</li> </ul>	3 hours	<ol style="list-style-type: none"> <li>1. Participants will name and describe their leadership style.</li> <li>2. Participants will explain how their leadership style relates to interactions with others.</li> <li>3. Participants will list one technique they can use to adapt their style to suit other leaders.</li> </ol>
Read a leadership book	S	Reflection & Application	<ul style="list-style-type: none"> <li>• Select and read a book about leadership and complete a guided reflection activity to apply its lessons to real life scenarios.</li> <li>• Share your lessons in a short presentation to the chapter.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Program Summary Worksheet</li> <li>• Journey Final Reflection Form</li> </ul>	20 hours	<ol style="list-style-type: none"> <li>1. Participants will explain at least one way the contents of the book aid their leadership development.</li> <li>2. Participants will explain how one concept from the book can be used to improve the chapter.</li> <li>3. Participants will have an increased comfort and ability to present in public.</li> </ol>
Complete 10 hours of service	S, C	Servant Leadership	<ul style="list-style-type: none"> <li>• Identify a local agency that accepts volunteers on an hourly basis.</li> <li>• Schedule times to serve the organization.</li> <li>• Complete 10 required hours.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Service Tracking Form</li> <li>• Journey Final Reflection Form</li> </ul>	12 hours	<ol style="list-style-type: none"> <li>1. Participants will explain the need that the agency fulfills to the community.</li> <li>2. Participants will explain how to find additional service opportunities.</li> <li>3. Participants will discuss the values of personal service and civic engagement.</li> </ol>

**STAGE 2 CORE ACTIVITIES cont.**

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Plan a program	S	Plan	<ul style="list-style-type: none"> <li>• Choose an event, program, or activity that you would like to host for the chapter.</li> <li>• Work with the leadership of the organization to incorporate the activity into its plans for the semester.</li> <li>• Set a date, time, location, and agenda for your activity.</li> <li>• Coordinate all the planning and see the event through to its completion.</li> <li>• Prepare a report of the program, including attendance, evaluation, and comments on what you would do differently.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Program Summary Worksheet</li> <li>• Journey Final Reflection Form</li> </ul>	15 hours	<ol style="list-style-type: none"> <li>1. Participants will have an increased confidence organizing programs and events.</li> <li>2. Participants will describe at least one technique for personal organization and planning.</li> <li>3. Participants will describe at least one value and one limitation of the planning process.</li> </ol>
Reflect on the Ritual	C	Reflection & Application	<ul style="list-style-type: none"> <li>• Attend a National facilitated Ritual discussion lead by a staff member or alumnus.</li> <li>• Assess how you are or are not living the Ritual in your daily life.</li> <li>• Create a plan of action how these lessons can be better incorporated into your daily habits.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Action Plan Worksheet</li> <li>• Journey Final Reflection Form</li> </ul>	5-40 hours	<ol style="list-style-type: none"> <li>1. Participants will explain the core principles and ideas expressed in Triangle’s Ritual.</li> <li>2. Participants will describe at least one way the lessons can be applied to their daily actions.</li> </ol>
Meet with a mentor	S, C	Self-Development	<ul style="list-style-type: none"> <li>• Choose a more seasoned brother whose opinions and ideas you respect and who is interested in serving as a mentor to you.</li> <li>• Schedule and attend a weekly meeting of at least 45 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Activity Log</li> <li>• Journey Final Reflection form</li> </ul>	15 hours	<ol style="list-style-type: none"> <li>1. Participants will explain an alternative perspective on a problem</li> <li>2. Participants will describe at least one way the lessons should be applied in their daily lives.</li> </ol>

## STAGE 2 ELECTIVE ACTIVITIES

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Learn goal setting and planning	S	Goals	<ul style="list-style-type: none"> <li>Find a program or workshop that focuses on the goal setting process that is involved in leading a student organization.</li> <li>The program must be at least 30 minutes in length.</li> <li>Develop a plan for an upcoming event or initiative.</li> <li>Carry out said plan/initiative.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Event Verification Form</li> <li>Journey Action Plan Worksheet</li> <li>Journey Final Reflection Form</li> </ul>	10 hours	<ol style="list-style-type: none"> <li>Participants will describe the features of an appropriate goal.</li> <li>Participants will be able to list the core elements of planning an event or initiative.</li> <li>Participants will explain the benefits of good effective goal setting.</li> </ol>
Attend Leadership & Training Weekend	F, S	Organization Development	<ul style="list-style-type: none"> <li>Attend Leadership &amp; Training Weekend.</li> <li>Capture what you learn and create a plan of action for your position or role and share it with your chapter.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Action Plan Worksheet</li> <li>Journey Final Reflection Form</li> </ul>	40 hours	<ol style="list-style-type: none"> <li>Participants will report a stronger relationship with fraternity leaders.</li> <li>Participants will explain the basic responsibilities and expectations of the focus area of their track.</li> <li>Participants will identify one thing learned that they will incorporate into their position.</li> </ol>
Learn Robert's Rules of Order	S	Organization	<ul style="list-style-type: none"> <li>Read the Robert's Rules of Order.</li> <li>Participate in an interactive workshop on parliamentary procedure hosted by the university, an outside speaker, or a brother that has served as standards chair or parliamentarian.</li> <li>Hold a mock meeting to rehearse the procedure.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Event Verification Form(s)</li> <li>Journey Final Reflection Forms</li> </ul>	3 hours	<ol style="list-style-type: none"> <li>Participants will list the basic principles of parliamentary procedure.</li> <li>Participants will explain the importance of quorum.</li> <li>Participants will list the main components of an agenda and the basic rules for motions and voting.</li> </ol>

**STAGE 2 ELECTIVE ACTIVITIES cont.**

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Consult with a career counselor	S	Career Development	<ul style="list-style-type: none"> <li>Schedule a meeting with a career services counselor or attend an educational program offered by their department.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Event Verification Form</li> <li>Journey Final Reflection Form</li> </ul>	2 hours	<ol style="list-style-type: none"> <li>Participants will list resources available on campus to support professional development.</li> <li>Participants will articulate a desire and specific steps to continue a professional development plan.</li> </ol>
Consult a nutritionist	S	Personal Health & Wellness	<ul style="list-style-type: none"> <li>Schedule a meeting or attend a workshop offered by a certified nutritionist.</li> <li>Share your findings with your chapter in a 20-minute workshop.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Event Verification Form</li> <li>Journey Program Summary Worksheet</li> <li>Journey Final Reflection Form</li> </ul>	2 hours	<ol style="list-style-type: none"> <li>Participants can articulate the connection between healthy diet and energy, academics, fitness, or stress.</li> <li>Participants will identify at least one opportunity to improve their current diet.</li> </ol>
Create a career map	S	Plan	<ul style="list-style-type: none"> <li>Schedule 5, 60 minute meetings with different alumni about their career path.</li> <li>Have predetermined questions prior to your meeting.</li> <li>Use conversations to build a career path.</li> </ul>	<ul style="list-style-type: none"> <li>Journey Activity Log</li> <li>Journey Action Plan Form</li> <li>Journey Final Reflection Form</li> </ul>	10 hours	<ol style="list-style-type: none"> <li>Participants will list at least two critical career choices they will face.</li> <li>Participants will describe at least three possible career trajectories.</li> <li>Participants will explain the value of networking and mentorship in career development.</li> </ol>

**STAGE 2 ELECTIVE ACTIVITIES cont.**

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Complete a semester of exercise	F, S	Personal Health & Wellness	<ul style="list-style-type: none"> <li>• Complete a form of exercise with a group of brothers or friends for at least 4 days a week for an entire semester.</li> <li>• Complete an exercise log.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Activity Log</li> <li>• Journey Final Reflection Form</li> </ul>	70 hours	<ol style="list-style-type: none"> <li>1. Participants will report improvements in their sleep, academics, stress, energy levels, or other related health areas.</li> <li>2. Participants will explain how they experienced at least one benefit of regular physical activity.</li> <li>3. Participants can articulate the role of mutual support from brothers in achieving personal goals.</li> </ol>
Complete a mock interview	S	Receiving Feedback	<ul style="list-style-type: none"> <li>• Schedule a mock interview with a recruiter or member from career services.</li> <li>• Inform the professional of the type of career you are interested in so that questions will be similar.</li> <li>• Prepare for the interview and dress the part.</li> <li>• Request feedback.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Final Reflection Form</li> </ul>	4 hours	<ol style="list-style-type: none"> <li>1. Participants will list the most common and important questions to answer through the interview process.</li> <li>2. Participants will report an increased confidence and comfort in interview situations.</li> </ol>
Evaluate an ethical dilemma	S, C	Ethics	<ul style="list-style-type: none"> <li>• Research a decision-making model.</li> <li>• Identify an ethical dilemma that you or chapter have experienced.</li> <li>• Use the model to assess the dilemma.</li> <li>• Write a short essay to describe the dilemma and explore your options, choices, and lessons learned.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Final Reflection Form</li> </ul>	5 hours	<ol style="list-style-type: none"> <li>1. Participants will identify a decision-making model.</li> <li>2. Participants will describe a process that the chapter can use to solve an ethical dilemma.</li> <li>3. Participants will articulate the connection between personal values and ethical decisions</li> </ol>

## STAGE 2 ELECTIVE ACTIVITIES cont.

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Build your LinkedIn profile	S	Professional Development	<ul style="list-style-type: none"> <li>• Create a full profile on LinkedIn.</li> <li>• Populate the profile with your interests, and professional abilities or achievements.</li> <li>• Use LinkedIn to network with other people.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Final Reflection Form</li> </ul>	3 hours	<ol style="list-style-type: none"> <li>1. Participants will describe one new achievement to gain in order to prepare for a professional position.</li> <li>2. Participants will identify at least one way in which networking and personal development can support an employment search.</li> </ol>
Meet with a mentee	F, C	Mentoring	<ul style="list-style-type: none"> <li>• Participants will identify a younger brother that they can mentor.</li> <li>• Participants should set up weekly meetings for a semester with mentee to build and develop the relationship.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Activity Log</li> <li>• Journey Final Reflection Form</li> </ul>	20-40 hours	<ol style="list-style-type: none"> <li>1. Participants will explain an alternative perspective on a problem.</li> <li>2. Participants will explain one effect of interpersonal relationships on group performance.</li> </ol>
Lead a teambuilding session	F, S	Facilitation	<ul style="list-style-type: none"> <li>• Identify or create a teambuilding activity that you can facilitate for chapter members.</li> <li>• Facilitate a 20-minute team builder for chapter members.</li> <li>• Collect feedback from chapter members.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Final Reflection Form</li> </ul>	2 hours	<ol style="list-style-type: none"> <li>1. Participants will report an increased comfort with public speaking.</li> <li>2. Participants will explain one effect of interpersonal relationships on group performance.</li> </ol>

**STAGE 2 ELECTIVE ACTIVITIES cont.**

Activity	F/S/C	Student Leadership Competency	Requirements	Resources & Required Forms	Estimated Duration	Learning Outcomes
Serve in a leadership position	S	Organizational Behavior	<ul style="list-style-type: none"> <li>• Pick a leadership position in a student organization that is interesting to you.</li> <li>• Pursue the office, either through getting elected, appointed, or designated formally.</li> <li>• Attend all meetings and complete all responsibilities for the office.</li> <li>• Collect feedback at the end of term.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Final Reflection Form</li> </ul>	40 hours	<ol style="list-style-type: none"> <li>1. Participants will describe at least one strategy for managing multiple responsibilities.</li> <li>2. Participants will discuss how this leadership experience relates to their career and/or personal life.</li> <li>3. Participants will explain something differently they would do in the future for a leadership position.</li> </ol>
Attend a Catalyst	F, S, C	Group Development	<ul style="list-style-type: none"> <li>• Attend one of the offered Catalyst programs and participate fully.</li> <li>• Work with other attendees to create a plan of action to implement what was learned/discussed.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Event Verification Form</li> <li>• Journey Action Plan Worksheet</li> <li>• Journey Final Reflection Form</li> </ul>	15 hours	<ol style="list-style-type: none"> <li>4. Participants will report a stronger relationship with fraternity leaders.</li> <li>5. Participants will explain basic concepts that apply to their personal development.</li> <li>6. Participants will identify 4 new alumni that they have met.</li> </ol>
Present your Triangle elevator speech	S	Public Speaking	<ul style="list-style-type: none"> <li>• Develop a 30 second to 1-minute elevator speech or sales pitch to market Triangle.</li> <li>• Identify three different students at three different times and give them your elevator speech.</li> <li>• Elevator speeches should include the benefits of Triangle and what type of members you are looking for.</li> </ul>	<ul style="list-style-type: none"> <li>• Journey Activity Log</li> <li>• Journey Final Reflection Form</li> </ul>	2 hours	<ol style="list-style-type: none"> <li>3. Participants will note an increased level of confidence in meeting new people.</li> <li>4. Participants will explain the benefits of Triangle to strangers in a quick and upbeat manner.</li> </ol>