Before you start, keep in mind this is a recruitment tool – not philanthropy. If done right, this helps boost our rep on campus, recruit guys who wouldn't traditionally rush, and provides a huge opportunity to put our name out there on campus. You can see through the example I gave that I treated 2022 a little too philanthropically – in 2023 we did better and recruited 2 great guys from BMS.

BMS GUIDE

By Jake "BMS" Daignault

BMS Timeline

- First: BMS Chairmen and Committee Formation (before the start of the spring semester)
    - As of 2024 E-Board, members of the recruitment committee are also members of the BMS committee – this should be how the committee works for BMS to function best – at the end of the day, it's a recruitment committee, it differs in that it is meant to attract PNMs that wouldn't normally rush a fraternity
    - BMS Chairmen should be organized and good with managing things – the more on top of things these guys are, the better BMS will operate and the greater chance that the chapter will effectively recruit from the scholarship
    - Once the committee has been made, assign groups of 3 for interviews – for most success, I'd have guys fill out a when2meet and then make sure guys have available overlapping times for interviews – NO interviews should be less than 2 guys – one person should be taking notes and the other asking the questions (can alternate also)
    - BMS Chairmen/VPR work together to create timeline for BMS to be shared with committee
        - Example HERE
        - Once banquet date is established, reach out to Hillel HERE (or another venue if desired to make sure the desired date is available and reserved

- Make sure to allocate at least 2 hours for the banquet (clean-up/mingling afterwards included) **AND** book the room AT LEAST an hour prior to the desired start time
    - The last thing you want is to go there early to start getting set up and find out that the room is filled with people and a mess
- **ALSO** reach out to faculty fellows and some alumni about coming in to speak/present awards, reach out to Wharton, Van, TJ, the RD
    - Leanne Email: leanne.adams@uconn.edu
    - Motaref Email: sarira.motaref@uconn.edu
    - Wharton Phone Number: (203) 988-4470
    - Van Phone Number: (203) 871-7421
    - TJ Phone Number: (413) 636-9080
    - Inform them of what they'd be saying at the banquet, when it will be and where etc.
- Start thinking about catering and where you want to get food from – consult with the committee and make sure that there's plenty of food
    - Make sure there are some vegan/vegetarian options available like salad
    - Make sure there are utensils, napkins, plates, and beverages as well

        - From Gansett Wraps we got 9 assorted trays of wraps, 2 Caesar salads, and 120 drinks – we got napkins, plates, and utensils for free – this was just enough food
        - As a thank you for being on the committee, I always let the guys have some say in what trays of wraps to get
- Second: Start advertising BMS
    - Best method for CT-Alpha has been through daily mail, but there are many other ways to advertise this than just the list below:
        - Tabling --> during WOW in fall semester, the involvement fair, and any sort of opportunities that arise where younger students are looking for new opportunities – make sure to have at least one sign and QR codes
            - When tabling, advertise the scholarship as easy money, and use a QR code that only requests names and emails (**NOT THE WHOLE APPLICATION**)
                - Get enthusiastic members of the committee and keep it staffed throughout so no one has to table the entire time
            - To be able to get a table at some of these things, you have to reach out to the main point of contact – this means emailing Student Activities and informing them that we have a scholarship opportunity that we'd like to promote (CANNOT act as though this is a recruiting tool AS FAR AS THE SCHOOL IS AWARE IT IS JUST A SCHOLARSHIP)
                - solid@uconn.edu

        - Get in touch with high school guidance counselors --> to do this, work with the e-board and get in touch with the guy from nationals assigned to help out
        - Flyers with QR codes around campus --> in freshmen res halls – utilize any brothers who are RAs or freshmen and have them put them up on the bulletin boards
        - Talk to incoming freshmen moving in (nationals recommends helping kids move in and stuff)
        - Social media (instagram, facebook, etc)
        - Reach out to key UConn contacts – I reached out to the honors program and told them about BMS as an opportunity to put on their listserv email list for freshmen and sophomores and it was super helpful
            - Also, the UNIV classes – try to see if it's possible to get it promoted through that channel – they usually go through some campus involvement stuff and promoting the scholarship would be great
- Third: Have an initial BMS Committee meeting
    - Make a written timeline, set goals and expectations for BMS with committee
        - Example HERE
    - Make a master spreadsheet
        - This should keep track of applicants, interview notes, committee members, email templates, rubrics, links to important documents
        - Template HERE

- Do not forget to refresh spreadsheet via MySigEp (download BMS applicant list as CSV, copy and paste into current spreadsheet)
    - If you can't see this, VPR needs to make you BMS Chair on mysigep
        - Instructions:
            - Go to mysigep
            - Go to CT-Alpha/my chapter in top right corner
            - Click on BMS management
            - Click on Manage Applicants
            - Select the cycle and download CSV
                - We always take this and throw it on a spreadsheet because it's editable/sharable and easier
                - You can add the entire download onto the spreadsheet when updating it with new applications, but make sure to delete duplicates (if you don't know the shortcut lookup how to do this)
- Do not forget to reject applicants who do not meet the BMS requirements
    - Reminder: male, freshmen/sophomores, 3.0 or higher GPA requirement, not in another social greek org
    - We pride ourselves on providing everyone with a response – it's a pain in the neck because there's usually upwards of 300 rejection emails, but if you keep at it and divvy the work, it's not as bad
        - Rejection Email Template HERE

    - When you provide the committee with the templates and information, make sure to make a copy of the template and adjust the dates and information accordingly and highlight which parts they need to adjust as well
- Fourth: Start the interview process
    - Make sure all committee members have the round 1 interview email template and inform each group how many emails they should be sending out
        - BMS Round 1 Interview Email HERE
    - Start conducting round 1 interviews
        - MAKE SURE guys are taking notes, updating the spreadsheet after they've emailed, after they've interviewed, and put their notes into the sheet
        - Round 1 Interview Questions HERE
    - Meet with committee members after round 1 is complete to discuss who should move on to round two
        - Keep it recruitment focused – that's the whole reason why we do this
        - Make sure to send out rejection and acceptance emails
            - Rejection Email Template HERE
            - Acceptance email HERE
- Fifth: Finish the interview process with Round 2
    - Conduct round 2 interviews
        - Round 2 Question List HERE

        - ***IMPORTANT*** The guys who interview these applicants should be DIFFERENT from Round 1 – NO GROUP should interview the SAME GUY TWICE
    - Meet with committee members after round 2 is complete to discuss who should be a finalist
        - Choose winners here – you should be prepared to give a cash prize to everyone you are telling won the scholarship – we changed the prize amount to $1000, $500, $500, $250, and $250 this year (2023) and everyone gets the book/certificate
            - It's all good to invite runner-up finalists but make sure to inform them that they won't be getting a scholarship... I'd still recognize them in the powerpoint and script and get them a book/certificate but inform them beforehand so they don't think they will be getting money and invite their family
            - Ideally the money should try to cover the price of dues (the goal here is a reinvestment back into the chapter when they join)
        - Finalist Email Template HERE
        - Rejection Email Template HERE
    - Make sure to have a slideshow and script prepared for the banquet
        - Script Template HERE
        - Slides template HERE
- Sixth: Banquet Prep and Banquet
    - Prep for the BMS banquet

        - Get checks, certificates, and gifts prepared well before the banquet
            - Books HERE
        - Make sure to set up early – have one person get the catering, one person start setting things up at the venue, and make sure that the chapter is aware of the banquet/dressed accordingly/mixing with the applicants and actively getting to know the guys and treating it like recruitment
            - Make sure the finalists and their families get to eat before any brothers are eating
        - Make sure to schedule the catering pick up beforehand
        - Make it a mandatory event for all chapter members
        - Go through the script and presentation again at least a week prior, make sure ALL the materials are prepared and ready to go
            - Certificates are filled out and laminated
            - Books are ordered and ready to be given out
            - Checks are written and in envelopes with handwritten thank you notes as well for their attendance and their families if they said they were coming
        - Script template HERE
        - Slides template HERE
- Seventh: Follow up
    - Make sure to thank everyone for coming who did – brothers, alumni, AVC, faculty fellows, applicants, applicants' families, and thank Hillel/catering

        - This is super important for our reputation on campus and if trying to recruit these guys, it shows the type of men we are. Make sure to close the deal and recruit these guys!

General tips for BMS Success

- Stay on top of things and stay organized
    - I cannot stress enough that by being consistent and working hard throughout the summer, it made things a lot easier come fall
        - BMS Chairmen – make sure you are really picking up the slack for the first 3ish weeks of the semester – VPR is gunna have his hands full with rush and he needs to focus on that – it's your guys' job to help out with this and to make sure things run smoothly, updating the spreadsheet, staying up to date with the advertising for daily digest, sending out rejection emails
    - Also, make sure you are thinking ahead – BMS is a long process, and it is extremely important to make sure you are focused on doing stuff for now and for stuff in 2/3 months. Taking care of the catering, the venue, the speakers, the books/checks/certificates/brochures are all stuff that has to be done in advance if you want things to go as best as possible
    - Do not screw around with banquet day and making sure everything is prepped for the banquet – it's a nightmare to be sitting there waiting for things while everyone is tired, it's a Sunday night, alumni are waiting, and all of these PNMs are watching in anticipation. Remember: this is our first chapter wide impression on these guys and their families, we want it to be professional and impressive
    - **<u>WHEN UPDATING THE EXCEL SHEET:</u>**

        - Start figuring out who is eligible by sorting the sheet according to the qualifying factors – gender, GPA, grade and just grind out the rejection emails
            - Once you have emailed, black out that row to show they have been emailed and eliminated from the scholarship
                - For the start of Round 1, you're going to want to move all of the eligible people onto a new tab to make things easier for the committee and you guys to see – after you do this, you can move the broader applicant tab, so it isn't the first thing that shows when you open the sheet
                    - Sometimes, applicants continue trickling in even after you start round 1 – I've always tried to make sure to check this and make sure there's no studs hiding in there that might be worth interviewing
            - Make sure to delete any duplicates from the sheet when you copy and paste the CSV file
                - Instructions
                    - Click the data tab
                    - There should be a remove duplicates option – it might be sorted under data validation

- Make sure to set the tone with the BMS/recruitment committee
    - BMS is a special form of recruiting unique to SigEp. It's not exactly the way that you would recruit a traditional guy and it shouldn't really be treated as such. Try to just help these guys feel comfortable and relaxed because odds are, they are in their own heads and are nervous. The more easygoing you are and able to talk to them about why SigEp makes sense for them, the better off you are
    - Smile, get to know the guys, keep eye contact, be professional, pay attention to body language and be enthusiastic
    - Make sure to explain to these guys how BMS is a part of SigEp because it represents our values

        - BMP and BMS are integrated – BMS candidates represent the ideal first stage of a BMP journey
    - I personally would (copy then) edit the email templates, highlight the parts that need to be adjusted by each group, and then send that out to make sure everyone is on the same page
- Don't sleep on the B in BMS
    - Kids who have balance and strive/strove to be well rounded are the ones who we are trying to recruit. Kids who want to be a part of a team and want to find an organization that represents their values are going to be easy to recruit if they see the purpose and the genuine nature of what SigEp is all about.
        - Wouldn't be an awful idea to show some kids what the LROB is

Resources (Most are also further down the doc, but easy links are here)

- QR Code for flyers HERE
- Daily mail application information HERE
    - Daily mail application website HERE
- BMS online application HERE
- Rejection Email Template (for pre-interviews/post Round 1) HERE
- Sample BMS Timeline (for a fall semester BMS schedule/banquet) HERE
- Excel Sheet Example HERE
- BMS Finalist Certificate HERE
- BMS Round 1 Interview Email HERE
- BMS Round 2 Interview Email HERE
- Hillel contact HERE
- BMS Banquet Applicant Invitation HERE
- Post-Round 2 Rejection Email HERE
- Book Ordering HERE
- Round 1 Question List HERE
- Round 2 Question List HERE
- Script Template HERE
- Slides template HERE

Certificates Information

- Go through the Design and Document Production Center at UConn

    - https://ddpcstorefront.uconn.edu/DSF/SmartStore.aspx?6xni2of2cF2mbo8KZ3Vpj/WcqycHV/jU1OydeV8ssqAIMnBrPdbTOszDWr/mjElG#!/Storefront
    - Located on Discovery Drive behind police station
    - Copies, brochures, flyers > upload PDFs of certificates > laminate the certificates
    - Pick up in person, they only take check or cash I think

Interviews

- Interviews are formal (button down shirt, tie, slacks, etc)
- First round: can be conducted in-person or virtually
- Second round: in-person interview only
- Interviews are two or three brothers vs. one applicant
    - Take turns asking questions and taking notes
- Discuss applicant after
    - Talk about strengths and weaknesses, application, knowledge of what a balanced man is, could we see him as a SigEp? Was he curious about joining SigEp?
    - Jot down some interview comments, first impressions, interest level, depth of responses
    - Discuss with interviewing brothers if he should move onto the next round
        - Write down why he should be a finalist
    - If desired, can have brothers score applicant with a rubric, and take average score

Interviews - question bank

- What is your biggest motivator?
- What are some of your short term goals? Long term goals?
- What do you see as your biggest challenge during your time at (your college)?
- Name a time you faced adversity and how did you overcome it?
- What is your greatest achievement and why?
- How would you define a balanced man? What does being a Balanced Man mean to you?

- How would you describe your leadership style and can you give an example of a time you implemented that in a leadership role?
- Who are you?
- How would you define a balanced man? What does being a balanced man mean to you?
- Is it more important to be liked or respected? Why?
- What's been your greatest challenge so far? What do you think will be your greatest challenge in the future?
- How do you respond to criticism/adversity?
- We believe in continuous development -- in what area do you feel you have the greatest opportunity to improve?
- How would you describe your leadership style and can you give an example of a time you implemented that in a leadership role?
- Why should we award you the Balanced Man Scholarship?
- How do you react to facing a setback?
- If you could be someone else for a day, who would you be? Why?
- Who has had the greatest impact on your life?

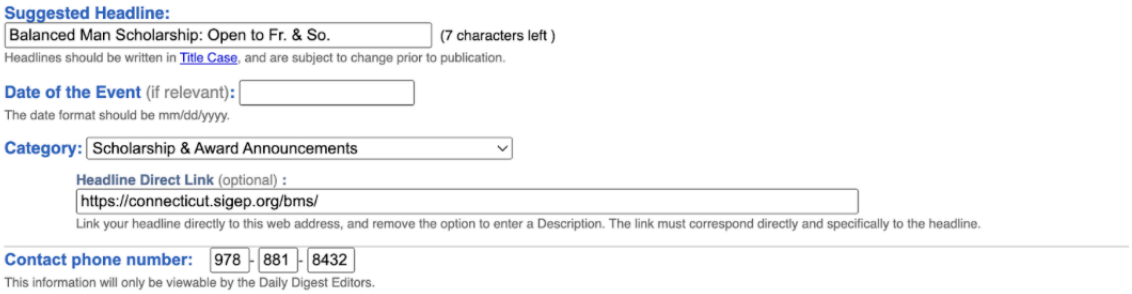
QR Code for Flyers – This is a direct link to the application. This should not be used for tabling!



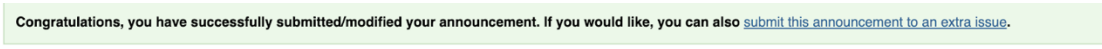
Sample idea for a BMS Flyer:



BMS Application to UConn Daily Digest

1. Go to https://dailydigest.uconn.edu/index.php/public/chooseCampaign
2. Select “Student Daily Digest”, press continue
3. Select a date, press continue
4. 

    a. Category: Scholarship & Award Announcements
        i. https://connecticut.sigep.org/bms/
    b. **Suggested Headline only lets you use the same headline three times (for three different dates)**
        1. **Just slightly reword the title (ex. Remove a space, add a hyphen, etc)**

    Balanced Man Scholarship: Open to Fr. & So.
    Balanced Man Scholarship - Open to Fr. & So.
    Balanced Man Scholarship - Open to Fr & So
    Balanced Man Scholarship-Open to Fr. & So.
5. Press preview announcement, then submit
6. Press new announcement to start a new link, or press add to an extra issue to use same title and link (can be only used 3 times per title)
    c. 

    d. **Be sure to not submit the application twice on the same date**

****STAY ON TOP OF THIS ON A WEEKLY BASIS*****

Rejection Email for Round 1/Post Round 1

Dear [APPLICANT NAME],

Thank you for your application to the Balanced Man Scholarship. We appreciate you sharing information about yourself with us. Determining the recipient of the Balanced Man Scholarship is always a difficult decision and is based on many factors. I regret to inform you that you were not selected to receive this award this year. I wish you the best of luck in pursuing your educational goals at UConn.

Sincerely,
[YOUR NAME]
Balanced Man Scholarship Chair
Sigma Phi Epsilon - CT Alpha

2022 BMS Timeline (Subject to change)

October 9 - Meeting #1: go over BMS, schedule first round interviews

October 9-21 - Conduct first round interviews (virtual)

October 23 - Meeting #2: discuss first round interviews, choose second round candidates, schedule second round interviews

October 23-November 12 - Conduct second round interviews (in person at ville)

November 12 - Meeting #3: discuss second round interviews, choose top five winners

December 4 - Banquet at UConn Hillel 5pm

BMS Round 1 Interview Template

Congratulations (Applicants name here),

Your application for the Balanced Man Scholarship has been reviewed, and you have qualified for the first round of interviews. We hope you take pride in this achievement as each application underwent heavy scrutiny from the review committee.

There will be two rounds of interviews. The first round will be a formal one-on-one interview with one of our committee members (an additional member may be there to take notes). The first round of interviews will be held virtually. Please respond by letting us know if any of these interview dates work for you.

(list 3-4 dates and times you and interview group are available to hold an interview)

If these times do not work please let us know and we will set up an additional interview time.

Sincerely,
(your name)
Balanced Man Scholarship Committee Member
Sigma Phi Epsilon

Round 2 Interview Acceptance Email:

Congratulations (Applicant Name),

After reviewing both your application and first round interview, we would like to invite you to take part in the second round of interviews for the Balanced Man Scholarship. We hope you take pride in this achievement as there were many qualified applicants, and you were able to distinguish yourself from the pack.

This will be the final round of interviews, from which we will select our finalists, as well as the recipients of the Balanced Man Scholarship. Each interview for this round will be conducted with a group of interviewers. The goal of this round is to dive deeper into your extracurriculars, achievements, and you.

Please be prepared to elaborate on topics previously discussed in your first interview. This interview will be in person and formal business attire is expected. Would you be available to have an interview at (give time, location, and date)? [[I apologize for the short notice, and if this time does not work for you we can reschedule. (If we start to run out of time and need to get the interviews done)]]

Sincerely,

(your name)

Balanced Man Scholarship Committee Member

Sigma Phi Epsilon

Post Round 2 Rejection Email:

Dear (Applicant's name),

Thank you for your application to the Balanced Man Scholarship! We experienced a large number of exceptional applicants, and we regret that we must inform you that you have not been selected for the award.

The process of narrowing down an application pool is a challenging one, especially when it is composed of so many highly qualified candidates. Therefore, this decision is not a negative reflection of you or your accomplishments. (if we are pushing them through 365 add this last sentence) Nor does it have any bearing on your suitability or fit in Greek life, should you have that interest in the future.

I want to personally thank you for your interest in the Balanced Man Scholarship and for giving us the opportunity to learn a little about you. We wish you the best of luck in the future especially during your time here at UConn.

(this last part is 365 only) Lastly, while we will not be able to award you with the Balanced Man Scholarship, we believe you have the qualities of a SigEp. We would like to invite you to participate in our 365 recruitment process that will take place in January. If you have any questions or concerns please feel free to get in contact with me or our Vice President of Recruitment at [xxxx]

Sincerely,
(your full name)
Balanced Man Scholarship Committee Member
Sigma Phi Epsilon

Round 1 Interview Questions:

Applicant Name:

Interviewers:

Record any meaningful responses to the following questions. These are a guide, not a rule. Please expand and ask follow-ups as you feel necessary. [Record any additional comments/question below]

Additional Info:

-

1. What extracurricular activities are you involved with?

2. Why did you choose this college and how do you see yourself making an impact here?

3. How have you been a leader or displayed leadership?

4. What has been a challenge in your life and how have you overcome it?

5. What is your greatest strength and weakness?

S:

W:

6. What's a meaningful experience/ trip/ class/ project?

7. Of the four adjectives of The Balanced Man (Scholar, Leader, Athlete, Gentleman), which would you consider your strongest, and which could you improve on? Ask why they think this.

Strongest:

Improve:

8. What are you proud of?

9. What about college are you most excited about?

10. Do you have any questions about SigEp and the Balanced Man Program/ Greek Life/ Campus/ The School? Would you be interested in touring the house and receiving more information about us?

Round 2 Interview Questions:

Applicant Name:
(WRITE DOWN SOME ATTRIBUTES TO REMEMBER HIM BY ON THE BACK)

-

Interviewers:

Record any meaningful responses to the following questions. These are a guide, not a rule. Please expand and ask follow-ups as you feel necessary. [Record any additional comments/question on the reverse side or on another sheet.]

1. What extracurricular activities do you consider part of your core identity and why?

2. How would you describe yourself to others? How would others describe you?

3. What experiences have you had that you've grown the most from?

4. Who has had the greatest impact on your life?

5. How would you define a balanced man?

6. What has been your greatest challenge so far and how did you overcome it?

7. Where do you see yourself in 25 years?

8. How do you define success? How do you define happiness?

9. What personal value do you hold most dear?

10. What is the most life-changing decision you've ever made on a whim? Can you imagine what your life would be like if you never did it?

11. Do you have any questions about SigEp or Greek Life?

Script Template:

BALANCED MAN SCHOLARSHIP BANQUET SCRIPT

<<BMS Chairman>>:

(Will)

Good evening and welcome to the Balanced Man Scholarship awards banquet. My name is Will Servino and I am the Vice President of Recruitment, accompanied by Jake Daignault, Balanced Man Scholarship Chair of the CT Alpha chapter of Sigma Phi Epsilon Fraternity, better known as SigEp.

Before we begin, I would like to acknowledge our several special guests with us today. First, I would like to thank all of the alumni and volunteers in attendance. Volunteers play a critical role in mentoring chapter leadership and ensuring the long-term viability of our chapter's success. Next, I would like to thank all of the parents and families of our finalists. Your investment in these young men has made them the exceptional students and leaders they are today.

Tonight we will recognize and reward some of the best and brightest young men at the University of Connecticut today. Among them are a number of varsity athletes, class presidents, recognized scholars, team captains, entrepreneurs, and volunteers in their communities and leaders of their peers.

Our program will start with a few words from our guest speakers, recognition of each scholarship finalist, chapter member awards, and we'll then conclude with our keynote speakers and the scholarship awards.

I will now call upon our chapter president, Ethan Lovallo, to introduce our guest speakers.

<<Ethan to podium>>:

Good evening everyone. My name is Ethan Lovallo and I serve as the President here of the University of Connecticut chapter of SigEp.

As mentioned at the beginning of our program, the members of the local Alumni & Volunteer Corporation have spent countless hours supporting our chapter. Our AVC is a group of volunteers who are alumni and friends of the chapter that help mentor chapter leaders and keep our chapter running smoothly. Today, we will hear from a few of these esteemed alumni.

[Next Slide] (This whole section should be a type up for the alum)

Thomas John Acquista, also known as TJ, is a native of Longmeadow, Massachusetts, and graduated cum laude from the University of Connecticut in May 2022 with a degree in Molecular and Cellular Biology. Upon graduation, he was awarded the University's Honors Scholar designation by completing his thesis on Cancer Immunotherapy. TJ is currently a first-year dental student at the UConn School of Dental Medicine and has long-term interests in the field of head and neck oncology.

As an undergraduate, TJ was involved on campus as a math and chemistry tutor at the Q-Center, a mentor and board member for Peer Allies Through Honors, and assisted in various research labs. Nonetheless, TJ was heavily involved with Sigma Phi Epsilon and devoted countless hours to promoting the success of the chapter. Throughout his time in SigEp, TJ volunteered in multiple roles - most notably as Vice President of Member Development. While serving on the executive board, the chapter was given the Excellence in Member Development Award by the University and a Buchanan Cup for overall chapter performance by the Sigma Phi Epsilon National Fraternity.

TJ particularly enjoyed teaching brothers how to lead themselves and prepare for a successful life after college. Along with the executive board, he also helped inspire a renewed sense of brotherhood following the COVID-19 Pandemic. His efforts awarded him selection to our National Fraternity's Ruck Leadership Academy and Tragos Quest to Greece. He now serves as a mentor on the chapter's alumni and volunteer corporation.

[Next Slide] (same with this one)

Aiden O'Connor is a native of Manchester, Connecticut, and graduated cum laude from the University of Connecticut in May 2022 with a degree in Biomedical Engineering. Aiden currently works as a quality engineer at TOMZ Corporation, a medical device manufacturing company based out of Berlin, Connecticut. Aiden also has plans to continue his education; this spring he will be returning to UConn to attain a master's degree in biomedical engineering.
As an undergraduate, Aiden was actively involved in Sigma Phi Epsilon. Aiden served on the chapter's executive board in 2021 as the Vice President of Recruitment.

Aiden became a brother of our chapter in the Fall of 2019, where he quickly became an active contributor to chapter operations. From working on the recruitment committee to acting as balanced man scholarship chair to leading as Vice President of recruitment, Aiden has been involved at each level of chapter operations. His efforts did not go unnoticed as during his time on the executive committee the chapter was awarded a Buchanan Cup for overall chapter performance by the SigEp national fraternity, and he was personally awarded the outstanding vice president of recruitment award by the SigEp national fraternity. Aiden is a strong advocate of mentorship, and believes that being a mentor for younger members was the best way for him to give back to the chapter. As an undergraduate, Aiden was selected to attend three leadership conferences hosted by SigEp's national fraternity, Carlson leadership academy, Ruck Leadership Institute, and Grand Chapter Conclave. Aiden credits these events with giving him the tools he needed to be an effective leader both for the chapter and in his professional life since graduating.
Without further ado… I'll now invite Jake back to speak at the podium.

[Next Slide]
<<BMS Chairman>>
(Jake)

(Thanks Ethan)

The Ancient Greeks believed in developing a Sound Mind and a Sound Body as the way to live a fulfilling life. SigEp adopted this philosophy through the Balanced Man Ideal. Since 1990, we've awarded the Balanced Man Scholarship to recognize incoming students who exemplify these qualities in their everyday lives.

We'd now like to take the opportunity to recognize each finalist and a few of their accomplishments. Our finalists excel in various areas, from sports to leadership to scholarship.

We've identified some extraordinary individuals who are here with us today. Each finalist will receive a BMS Finalist certificate as well as a gift from the chapter to recognize their effort in the scholarship process and their accomplishments to date.
[Next Slide]

Our finalist gift this year is a copy of "Start With Why" by Simon Sinek. "Start With Why" is an important book for our chapter because it aligns with our desire for developing values-based leaders. As part of the SigEp experience, members are challenged to practice and improve their leadership abilities by assuming leadership roles in the chapter and attending leadership development events across the country, such as our Ruck leadership institute and Carlson leadership academy. The finalists here with us today are all leaders in their own right, and we believe that this gift will be a valuable tool for them to continue to grow as leaders during their time at UConn.

[Next Slide]
(Will)

As we mentioned before, we believe we have some of the brightest students from the classes of 2025 and 2026 sitting in this room before us today. This year, we received about 500 applications for our Balanced Man Scholarship. Our committee reviewed each application thoroughly based on four categories: academic success, athletic involvement, engagement in the community and work experience.

We then took those 500 applicants and narrowed it down to 20 semi-finalists. We interviewed each one of these semi-finalists and asked them questions about lessons they'll take with them from high school, their intended legacy at this university, and opportunities they have to improve. We then evaluated which of these semi-finalists best embodied our guiding principles of Sound Mind and Sound Body.

These core principles are aligned with the Balanced Man Program, SigEp's member development process. In 1990, SigEp became the first fraternity to rethink the development process and completely ban pledging and hazing from our chapters across the nation. The Balanced Man Program is a continuous development program designed with 18-22-year-old college students in mind.

The Balanced Man Program focuses on five areas of development: professional, personal, intellectual, SigEp and leadership development. These core principles are also embodied in our residential learning communities, which as of 2017, are substance-free facilities. That means that our fraternity homes are focused on fostering personal development and eliminate the use of alcohol or other substances within our homes.

We believe personal development should be continuous and the finalists we have selected each embody this principle.

From 500 applications … to 20 semifinalists … to 5 finalists. We are proud to say that these finalists are averaging a 3.88 GPA on a 4.0 scale.

I would now like to invite Jake back to help me introduce each of the finalists, as well as read through their accomplishments. Each finalist will be recognized to give them the credit due for all their achievements thus far. **Please hold any applause until each finalist has been announced.** Finalists, once your name is called, please come up to receive your certificate and gift from the chapter.

[Next Slide] (All of these slides should be edited to intro each finalist)

(Will)

Abhinav Baral

Abhinav is a sophomore studying management information systems and is a first generation United States college student. Abhinav started an impressive business with his friends in the post-lockdown period of the pandemic and has diligently worked to be a leader here at UConn, reflected by his three leadership roles. He had to make major adjustments in his life at an early age, but has thrived in maintaining balance, whether it be at the gym, his family, work, or academics.

[Next Slide]

(Jake)

Brian Cruz

Brian is a sophomore civil engineering major with a minor in construction management and engineering management. Though clearly managing a difficult academic workload, Brian is also involved with UConn Formula SAE as a member of the frame team as well as the UConn boxing team. Moving to his work life, Brian began working at Putnam Dining Hall as a student worker and was promoted to a student supervisor role all in the span of a year. Brian has also served as a farm worker and manager, as well as a savvy crypto-miner. Brian also works hard to balance a social life and any new opportunities he can take advantage of to better himself and his future.

[Next Slide]
(Will)

Bryan Lozano

Bryan is a sophomore Healthcare management major who works extremely hard. Though he has faced his fair share of adversity, Bryan maintains a smile on his face and an eagerness to learn more about other people's stories. Bryan will be spending his summer doing a PwC internship in digital assurance and transparency. He is also a New Haven Promise scholar and has worked quite a few jobs. Among these jobs, he has done an excellent job and has contributed to an impressive cultural and community building initiative through spotlighting individual's roles in the community.

[Next Slide]
(Jake)

Eric Meade

Eric is a freshman political science major in the Honors college here at UConn. Though in his first semester, he has already committed himself to helping the community through student government and through athletics via intramural and club sports. Eric prides himself on his hard work in high school, maintaining the status of class president for five consecutive years while also serving as captain of the outdoor and indoor track teams.

[Next Slide]
(Will)

Wisam Al-Tameemi

Wisam is a sophomore undecided major who exemplifies perseverance in many ways. He has shared his incredible journey in getting to college in the United States and shared his experiences as a park ranger, a part of the crew team, and a customer service provider. Though he is still exploring majors, he strives to balance his exploratory academic journey with time at the rec center as well as time hanging out with friends and relaxing playing video games.

Let's give this group of impressive young men a round of applause

[Next Slide]
(Jake) **Chapter Member Scholarships**

Tonight's banquet is not only to recognize the outstanding students who have applied for our scholarship. We'd also like to recognize our own brothers' accomplishments here at UConn. As with any organization, any accomplishment made by our fraternity comes from the work of motivated brothers who are committed to pushing SigEp to the next level.

To provide insight to our guests, the three pillars of Sigma Phi Epsilon are Brotherly Love, Diligence, and Virtue. Each of these pillars is incorporated into every aspect of the programming and brotherhood that we uphold and maintain, especially in the Balanced Man Program. As part of our creed, we recognize these pillars:

"We believe that the word virtue is an inclusive term; that it is not enough that we be merely passively virtuous: we must be positive on virtue's behalf. Therefore, we will stand aggressively for honesty in all walks of life, and we will speak cleanly, play cleanly, and live cleanly. Whenever we can, we will oppose lawlessness and vice.

We believe that unless we succeed in being diligent, we cannot be a good fraternity member. Believing that our fraternity can be no greater than any one of its members, we shall strive to make it so high and so worthy that men will consider it an honor and privilege to belong to it, and will strive to be admitted to it. We will not offer concessions to an individual to secure his affiliation, for thus making concessions makes the man more noteworthy than the Fraternity and hence only succeeds in lowering it in his estimation as well as in ours.

We believe that brotherly love must be given in order to be received, and that it cannot exist without triumph of the principles of virtue and diligence, for these are essential parts of it."

I would now like to invite Mr. Thomas Acquista to the podium, to present a few awards to members of the chapter.

[Next Slide] (This should be edited for the alum- TJ wrote this himself)

<<TJ>> Presentation of Chapter Awards

Thank you Jake!

Good evening all,

My name is Thomas Acquista and it is my honor to have an opportunity to speak to some of UConn's best and brightest tonight.

As previously mentioned, I graduated from UConn this past Spring and I currently serve on the Alumni and Volunteer Corporation Board for our chapter of Sigma Phi Epsilon. Our alumni board serves to support the outstanding work of our undergraduates and keep our members connected long after they graduate.

We call this the "Balanced Man Scholarship," and that derives from Sigma Phi Epsilon's overarching mission statement to build balanced leaders for the world's communities. To prepare college men to go out, lead meaningful lives, and make the world better.

As you might notice on our seal, we have Greek words and letters – the reason for this is that when SigEp was founded 121 years ago, we looked to the ancient Greeks for motivation. The Greeks had a very powerful conception of what it meant to be a Balanced Man:

- It involved physical health and wellness. Treating your body well and taking care of it
- It involved mental health. Being happy and sociable, making good decisions
- It involved scholasticism, deep thinking, uncovering the truths of the world through education and exploration
- It involved being morally virtuous – behaving decently,
- It involved being a good friend. About wanting the best for one another, not because it helped you, but because you wanted to see others thrive
- Lastly, it meant being a servant leader - finding ways you could use your gifts and talents to better your community.

Tonight we recognize you gentlemen because you are starting to exhibit these attributes, and because you, like the Ancient Greeks, have devoted time and energy in your life to not just getting good grades, or setting yourself up for a good career, but focusing on being a good, well-rounded person.

The question each of you now must answer is how you will continue this in college. What will you do over the next few years to make sure that when you walk across the stage at Gampel Pavilion, you will have the skills, experiences, and personal development you need to lead a meaningful life.

The way I see it, achieving this requires three right components:

1. Surround yourself with the right people
    a. People that will hold you accountable
    b. And people that you want to model yourself after
2. Have the right kinds of experiences

a. Experiences through which you'll learn important life lessons
b. And experiences that will make you forget about time

3. And put yourselves in the right environment.
   a. An environment that fosters success
   b. And an environment that improves your perspective on the world

So the challenge is now on you, over your remaining time in college, to find the right people, the right experiences, and the right environment. For me, I found these in Sigma Phi Epsilon,

That being said, I'd now like to transition to our chapter awards. One of the ways our alumni board works to support our chapter is by recognizing the academic achievements of our members each year. Tonight, I am honored to present several of our current undergraduates some awards on behalf of our alumni. Recipients, when your name is called, please come up to receive your award, and stay standing for a group picture with all recipients before returning to your seats.

[Next Slide] (Edit for the guy winning award)

As it's been stated, Sigma Phi Epsilon's guiding principles are Virtue, Diligence, and Brotherly Love. Every day, it is our mission to continually strive to follow these principles and hold both our brothers and ourselves accountable to that goal. For this award, we will be highlighting a brother that embodies what it means to be virtuous. To be virtuous is to show high moral standards, to be compassionate, genuine, and truly care about your brothers. Although this member is a relatively new one, he became an active member the minute he joined our chapter and has plans to continue taking a bigger role within our fraternity.

One of this brother's many virtuous moments was running the NYC marathon this fall while inspiring his family, friends, and our brotherhood to raise money for leukemia and lymphoma research. Fortunately for us, that wasn't the last opportunity he ran for. During our recent chapter's election for the 2023 executive board, he ran for Vice President of Communications, and won, cementing his spot as a future leader within our fraternity. And to that, I'd like to congratulate our winner…

Congratulations to the 2022 recipient of the Virtue Award:

[Next Slide]

Mr. Zack Caporale

[Next Slide] (Edit for the guy winning award)

Our fraternity's founders promoted diligence as a steady, earnest, and energetic effort. The qualities mentioned above paint a very clear picture of this year's diligence winner. As a nursing major, this brother showed consistent effort and willingness to help others academically. As an individual, he performed above and beyond in his coursework to earn a semester GPA of 3.93, and maintains a superb cumulative GPA of 3.97.

But this brother did not just achieve high marks in school - he also helped keep the heart of this fraternity alive and well. By the heart of this fraternity we refer to the Ed Kaplan house, named after our late brother and AVC President, Ed Kaplan, Connecticut, class of '88. Whether it be ensuring that the house stays clean and tidy, promoting an environment of warmth and brotherhood, advocating to repair our beloved couch, or replenish study room materials, this brother has embodied clear diligence to better our fraternity. He showed many of the same diligent qualities that Ed Kaplan had. And to that, I'd like to congratulate our winner…

The 2022 recipient of the Diligence Award:

[Next Slide]

Mr. Sean Flaherty

[Next Slide] (Edit for the guy winning award)

Our chapter is one built on values. In our pursuit of growth and balance, we aim to uphold certain tenets that serve to make us a stronger fraternity. Our most unique and distinctive pillar - one that truly makes us SigEp, is brotherly love. Being in a brotherhood implies that we are stuck with our brothers, for better and for worse, through thick and thin. When we exercise brotherly love - when we display genuine care, empathy, and affection towards our brothers - we are reminded that we are not "stuck" with each other, but rather we are privileged enough to be bonded to the men around us for our college years and beyond.

One brother in our chapter of Sigma Phi Epsilon particularly exercises brotherly love in many unique ways to make all those around him feel special. He goes out of his way to make us laugh, he checks in on others, extends help towards those who may need it, and even heads his own committee dedicated to cementing a mental health resource within our chapter. For all this and more, I'd like to congratulate the winner…

The 2022 recipient of the Brotherly Love Award:

[Next Slide]

Mr. Robert du Toit

[Next Slide] (This should be edited for alum)

I'd now like to invite Mr. Aiden O'Connor to the podium to present our next chapter awards.

(Aiden)

Good evening, everyone

My name is Aiden O'Connor, and it is a special honor for me to be able to speak in front of you all tonight. As a previous balanced man scholarship chair, I am extremely proud of all of my brothers that have worked so hard to make tonight a success. These men took time out of their busy college schedules to promote the Balanced man Scholarship, conduct multiple rounds of interviews, and plan tonight's banquet. They did all of this to achieve two goals:

The first is to find students in the UConn community who excel both in and outside of the classroom. These are Students who are passionate about their studies, but also have a drive to achieve more during their time at UConn. These students are involved in clubs and sports teams, spend their limited free time volunteering in their community, and work on their professional lives alongside going to school. Getting a college degree is no small feat, but going beyond and using your talents outside of the classroom is an astounding achievement.

This brings me to the second goal our brothers hoped to achieve tonight. It is to celebrate these achievements. Oftentimes when going about your busy college lives, it's hard to take a moment and appreciate all the work you've done. Well I am here to tell you that we have seen your hard work and dedication. We know the time and effort it took for you to achieve everything you have done leading up until today. Finalists, you should all be proud of yourselves and everything you've accomplished. Know that everyone here, your parents, your peers, and now SigEp acknowledge your efforts and want to congratulate you on all that you have done.

With this celebration comes another challenge. I challenge you all to keep growing, to continue on your path, exploring new opportunities as they come and don't settle for the easy things in life. If my time in SigEp has taught me anything, it's that anything worth doing is hard, but anything can be achieved with a strong community supporting and pushing you to do more than you thought was capable of yourself.

Following this sentiment, I would now like to present two awards on behalf of the UConn SigEp alumni, to two brothers in the SigEp UConn chapter that have continually answered this challenge and have gone above and beyond the expectations laid out for them.

[Next Slide] (Edit for the guy winning award)

The Elmo Zumwalt Award is presented to an outstanding brother who combines excellence in scholastic and athletic achievement, leadership ability, and citizenship. This brother not only fits the mold of this definition completely, he acts upon these principles each and every day. As a valued member of both the recruitment and risk committees, this brother has made significant contributions to the chapter. His work as a bouncer at Huskies does not go unnoticed, either, and it surely puts a smile on every brother's face to see him there. On top of his extracurricular undertakings, this brother has perhaps the most admirable and diligent work ethic of anyone we have met. He has submitted applications to pursue dual M.D./Ph.D. programs across the country, intensely rigorous programs wherein he will complete two professional degree programs and advance his career into becoming a doctor and scientist. He has so far been accepted into Stanford and Brown, with surely more to come. This brother has a very bright future ahead of him, and for that I am proud to congratulate our winner…

The 2022 recipient of the Zumwalt Award:

[Next Slide]

Mr. Caleb Moulema

[Next Slide] (Edit for the guy winning award)

The Brother of the Semester award should undoubtedly go to a brother whose priority, above all else, is to make sure his brothers are making the most of their time in the chapter. This brother has gone out of his way and beyond to make sure that we have the best SigEp experience possible. His work behind the scenes does not go unnoticed: the array of social events that he was able to plan and set up for has helped our chapter in more ways than one, his work on the executive board as

secretary, assuring that chapter operations run smoothly and efficiently. His commitment to our chapter is second to none, and he is willing to do whatever it takes to put our chapter in the best position it can be in. With that being said, I am proud to congratulate our winner…

The Fall 2022 Brother of the Semester:

[Next Slide]

Mr. Nick DiLibero

[Next Slide]

(BMS Chairman returns to podium)

Thank you again, and let us give one more round of applause to our undergraduate award recipients!

[Next Slide] (Update this – check with Wharton)

<<BMS Chairman>> (Jake)
(thank you TJ and Aiden)

I would now like to introduce one of our keynote speakers for the banquet, Dr. Jonathan Wharton.

A West Hartford native, Dr. Jonathan Wharton is associate professor of Political Science and Urban Affairs and associate graduate school dean at Southern Connecticut State University (SCSU). Wharton is the faculty advisor for SCSU's College Republicans, College Democrats, and Golf Club. He has served as chapter counselor for Sigma Phi Epsilon's Stevens Institute of Technology chapter (where he was also resident scholar and renaissance brother), MIT, and UConn chapters. Wharton was also a mentor on SigEp's Quest to Greece in 2008 and was awarded SigEp's Distinguished Alumnus status.

Wharton's research and publications have centered on state and local politics, economic development as well as identity and coalition politics. His book, *A Post-Racial Change Is Gonna Come: Newark, Cory Booker and the Transformation of Urban America* (Palgrave Macmillan 2013), focuses on

Newark's coalition politics and economic development approaches. Wharton's most recent book, *Democracy in New England: A Community Politics Reader* (Cognella 2018), examines several works about local politics in various regional cities.

Prior to academia, Wharton worked as a congressional aide for US Representatives Charles Rangel (D-NY), Glenn Poshard (D-IL) and Chris Shays (R-CT). He was also a research analyst in the New Jersey state legislature in the Office of Legislative Services and government affairs researcher for several Washington nonprofit organizations.

<<Wharton speech>>

<<BMS Chairman returns to podium>> (Jake)

Thank you Dr. Wharton for your impressive presentation and for joining us tonight. I would now like to introduce another one of our keynote speakers, Dr. Sarira Motaref.

[Next Slide] (Update this – check with Motaref – See if Leanne wants to talk and add that slide as well if she does!)

Dr. Motaref has been a part of the UConn Civil and Environmental Engineering faculty since 2013, and has continually provided an extremely high quality education in each year since. She received her doctorate from the University of Nevada at Reno and her bachelor and masters of science at University in Iran. Through both university and student recognition, she has been awarded numerous prestiges including the C.R. Klewin Excellence in Teaching Award and recognition by the Office of the Provost for excellence in teaching. Dr. Motaref recently joined our CT-Alpha chapter as the faculty fellow and has helped our chapter grow and learn about a variety of new subjects.

While serving as an Associate Professor in Residence, she also has been awarded the University of Connecticut Teaching Fellow award and School of Engineering Distinguished Engineering Educator award. Though boasting both extensive and impressive accolades, Dr. Motaref remains humble and sincere about her mission as an educator, working to better both the faculty and student experience at UConn. She serves as the associate director of faculty development in the center for excellence for teaching and learning and focuses particularly on bridges, structures, and earthquake engineering. She has numerous scientific publications, is a part of many professional groups including the American Society

of Engineering Education, Women in Math, Science, and Engineering, and the American Society of Civil Engineers.

<< Motaref speech >>

<<BMS Chairman returns to podium>> (Jake)

Thank you Dr. Motaref for joining us tonight and for your contributions to our chapter, we sincerely appreciate all of your help. I will now be introducing our final keynote speaker for the night, Mr. Hunter Cox.

[Next Slide] (Change this for the current RD – you can find info on the RDs on SigEp website)

Hunter Cox is our current regional director, serving 25 colleges and universities in the Northeast region - including Clarkson, SUNY-Fredonia, Canisius, NYU, La Salle, Moravian, UMaine, Rochester, UConn, UMass, WPI, Northeastern, BC, Babson, Stevens, Rider, Columbia, Drexel, Penn, St. Joseph's, Villanova, Delaware, Lehigh, Bucknell and West Chester. He supports the year-round and Balanced Man Scholarship recruitment processes, refines a continuous development experience through the Balanced Man Program, coaches chapter leaders on best practices, and aids the engagement of volunteers for the chapters within his portfolio.

Hunter graduated from Eastern Washington with a degree in business administration for marketing management and research. During his time as an undergraduate for the Washington Gamma chapter, he served as his chapter's president, vice president of communications, Phi challenge coordinator, house manager, risk manager and Interfraternity Council delegate.

<< Hunter speech >>

(applause while Jake returns to the podium)

<<BMS Chairman>>

(Jake)

Thank you again, Wharton, Dr. Motaref, and Hunter for the wonderful speeches. I would now like to invite Ethan, our Chapter President, back up to present the 2022 Balanced Man Scholarships.

[Next Slide]

<<Chapter President>> (Ethan)

Each year, SigEp nationally awards over $300,000 across the nation with its Balanced Man Scholarships at over 150 different universities. The Balanced Man Scholarship awards students who embody the balanced man ideal as demonstrated by their commitment to academic excellence, leadership, health and well-being.

This year, we are awarding $1,500 (MAKE SURE THIS IS RIGHT) in scholarships. We were amazed at the accomplishments of all of the finalists. The scholarship winners were able to distinguish themselves from the pack based on their commitment to the Balanced Man ideal. Finalists, when your name is called please come forward to receive your scholarship.

[Next Slide] (Edit for the guy winning award)

Our Fifth place $100 scholarship recipient

- He met the governor, he was class president for 5 consecutive years…

[Next Slide]

Congratulations to our first scholarship recipient, Eric Meade (applause).

[Next Slide] (Edit for the guy winning award)

Our Fourth place $200 scholarship recipient

- He started his own business and is a first generation US college student…

[Next Slide]

Congratulations to our second scholarship recipient, Abhinav Baral (applause).

[Next Slide] (Edit for the guy winning award)

Our third place $300 scholarship recipient,

- He profited off a cryptocurrency operation, knows three types of martial arts, and knows how to work a farm…

[Next Slide]

Congratulations to our third scholarship recipient, Brian Cruz (applause).

[Next Slide] (Edit for the guy winning award)

Our second place $400 scholarship recipient,

- He completed the Health Professions Recruitment and Exposure Program at the Yale University School of Medicine and was a New Haven Promise Scholar…

[Next Slide]

Congratulations to our fourth scholarship recipient, Wisam Al-Tameemi (applause).

[Next Slide]

Our first place $500 scholarship recipient,

- He'll be spending this summer at PwC as an intern and is a New Haven Promise Scholar…

[Next Slide]

Congratulations to our fifth scholarship recipient Bryan Lozano (applause).

Congratulations once again, to all of our scholarship recipients!

I'd now like to invite Will Back for our closing remarks.

[Next Slide]

(Will)

Conclusion

<<BMS Chairman>>

(Will)

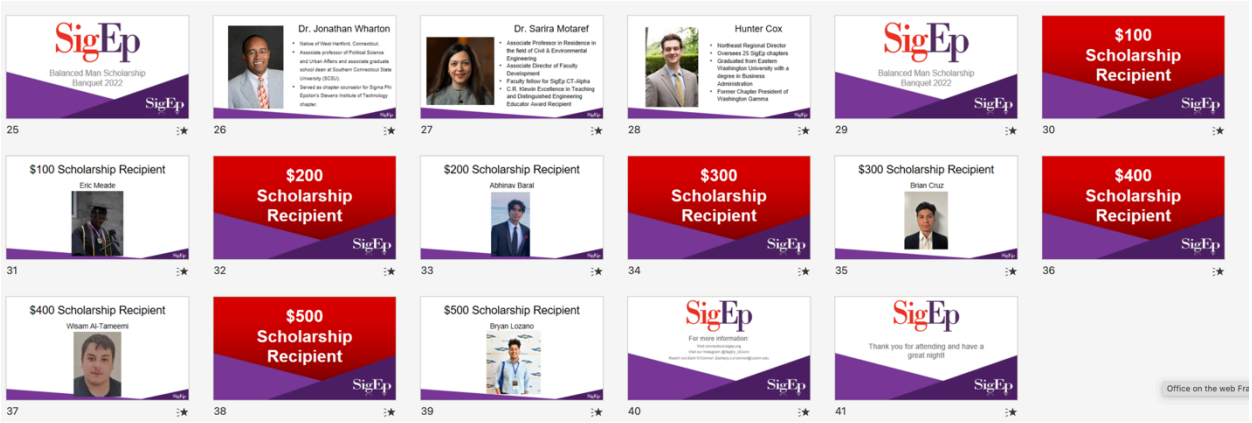
That concludes this evening's ceremony. We would like to once again thank all of you for attending and we hope that you enjoyed tonight's Balanced Man Scholarship banquet. if you would like to learn more about SigEp, you can visit our chapter website connecticut.sigep.org , instagram @SigEp_UConn, or reach out to me personally will.servino@uconn.edu, I would be happy to answer any questions anyone might have. Lastly, to the finalists: we hope you understand how truly proud your schools, communities and especially your parents are of you all. Maintaining balance can be one of the most difficult achievements to accomplish, but you have all demonstrated a great strength in being able to do so. We were sincerely impressed by the quality of the applicants this year. You should be proud of your outstanding accomplishments but also remember that you have a great journey ahead of you in college. I strongly encourage you to continue striving

for excellence in your everyday lives and take advantage of opportunities to surround yourself with others who would do the same.

Thank you and we hope you have a great night.

Slides Template:





Some suggestions to improve BMS

- Recruitment committee slight expansion and permanent recruiters for the semester – as in rush/365/BMS are all the same group of people
- START SOONER – the South does BMS throughout the spring (when recruiting is typically more difficult and rush is a little less intense, and then they start the fall semester with rush and afterwards the BMS banquet)
- Reinvest BMS monies – every time there's a BMS winner who ends up joining the fraternity, expand the scholarship quantity. This allows for continued growth and more of a likelihood of recruiting as the pool grows
- Better resources – start using the SigEp brochures and thank you notes... maybe nametags for the recruitment committee would be a good way of helping these guys feel a little more comfortable as well
    - Keep in mind that these aren't just average PNMs – they are even more hesitant to join than your average reserved guy and probably get a little overwhelmed at the thought of being in a room with 100 frat guys they've never met for longer than 5/10 minutes
    - Thank you notes to the applicants who show, the families that show, faculty fellows, and guests
- Consider changing the questions for the BMS application to reflect a little bit more of what you want to know – other schools have other applications with different questions
    - One of the things I have always found to be a good indicator is when applicants are athletic or have some sort of scholar athlete sense to them – a question about what sports they played, and position would be good for helping to get to see who's really balanced
- Order the books sooner – plan for 10 books, any additional ones are leftover for the following year
    - HERE
- Really make sure everything is ready come banquet day – prep for things to go wrong and think about everything – get there early and get everything set up WAY before the banquet – check in and make sure they have the adapter you need to present, make sure your computer is fully charged, make sure everything is able to be set up before the guests arrive
- Think about maybe being flexible about the Round 2 interview location or doing Round 1 in person somewhere if it's not too big of a pain – this was a recommendation by nationals

- Think about changing the bidding process for BMS guys – while it's helpful to have them do Sigma and stuff with the rush class of either the fall or spring (depending on when we do BMS and banquet), going through recruitment twice is counterintuitive – BMS is meant to be a recruitment process so the way we recruit should be a little different for it