

MISSOURI S&T PANHELLENIC

Sorority Newsletter



ISSUE #1

<https://sites.mst.edu/panhellenic/> panhel@mst.edu



The Panhellenic Council is the governing board of the three Panhellenic sororities at S&T and is comprised of members from each chapter. The council helps run the Primary Recruitment process and get more women connected with our chapters. In this issue of our summer newsletter you'll learn more about our sorority community, hear from our chapter's recruitment chairs, and get to hear about our chapters' connected sisterhoods.



UPCOMING EVENTS

- ♥ **Vegas Night**
August 18th 8 pm-10:30pm
St. Pat's Ballroom
- ♥ **Make Yourself at Home**
August 19th 8:30 pm-10:30pm
St. Pat's Ballroom
- ♥ **Board Game Night**
August 20th 8:30 pm-10:30pm
St. Pat's Ballroom
- ♥ **Meet Your Rho Gamma**
August 21st 7:30 pm-8:30pm
Carver Turner Room
- ♥ **Primary Recruitment**
August 22nd -August 24th
- ♥ **Bid Day!**
August 25th 4:30pm

A MESSAGE FROM PANHEL'S VP- RECRUITMENT



First off, congratulations on your acceptance! College is such an exciting opportunity filled with learning, growth and fun. Even though I know transition can be overwhelming at times, getting involved is one of the most beneficial things you can do to find your place on campus. One of the most fulfilling and transformative choices I made while attending S&T was to join and participate in Greek Life.

I wasn't sure if Greek Life was for me when I first arrived on campus. Like many others, I was afraid to venture outside of my comfort zone and wasn't sure what to anticipate. However, I'm so grateful I made the risk.

I met a group of powerful, encouraging, and supportive women when I joined my sorority; they have since become my sisters, role models, and lifelong friends. Greek Life became my home away from home because of everything from late-night study sessions to enjoyable charitable events, leadership trainings, and the knowledge that there is always someone to support you.

Being a part of this community has given me more confidence and opened doors I never thought were possible, including career networking, academic support, personal development, and lifelong memories. Being the best version of yourself with the support of those who truly care about you is more important than looking for a group to fit in with.

I understand that the prospect of the recruitment process may initially seem intimidating but believe me when I say it's worthwhile to give a shot. It's a fantastic way to meet new women on campus and learn about the incredible organizations within the Panhellenic Council. The experience is worthwhile regardless of whether you find your place in a chapter or simply meet some new people. I urge you and your friends to go through Primary Recruitment if you're even remotely interested in what Greek Life has to offer. You may discover a community you were unaware you needed. Feel free to reach out to me with any questions you may have!

Warmest regards as you embark on this thrilling new journey at S&T. We are excited to see you on campus and can't wait to meet you!

Panhellenically,

Riley McBride

PANHELLENIC

Community

PANHELLENIC VALUES AND BENEFITS



Sisterhood is the heart of sorority life—a bond built on support, friendship, and shared experiences. It's a community that empowers you to grow, lead, and create lifelong memories.



Sorority Life is a great way to get involved on campus. Greek students make up around of campus, but hold nearly half of the leadership positions in S&T's 200+ student organizations



Greek women prioritize academics above all. The all-sorority GPA is historically the highest GPA compared to all other demographics. The academic support and resources sororities provide are a stepping stone to success



Sorority women are dedicated to making a difference in their community. Each chapter dedicates countless hours to various service projects and their respective philanthropy.



Joining a sorority gives you access to a vast network of alumni in the corporate world. Annually, 43% of the co-ops and internships given to S&T students are given to students of the Greek community



All three Panhellenic sororities at S&T as chapter housing that counts as University approved housing. Each chapter house is more affordable than the cheapest dorm with the cheapest meal plan!

PANHELLENIC EVENTS

The sorority community holds countless events throughout the summer to bring each sisterhood and the whole campus together! These include a mock Olympics, a battle of the bands, sports competitions, formal dances, and just hanging out with your sisters at sisterhood events! There's always something to do with your sisters!



Greek Week



Greek Sing



Intramurals



Sisterhood Events

A MESSAGE FROM CHI OMEGA'S RECRUITMENT CHAIR



Hi there, and Happy Primary Recruitment season! My name is Lauryn, and I have the pleasure of serving as Chi Omega's Recruitment Chair. I am so excited to be part of this incredible experience with you! I remember, 2 years ago, I was in your shoes. Nervous to start the new chapter of life, but eager to see what it had in store. I came into S&T with a promise to take on new opportunities and experiences. Like many other student-athletes, my schedule was packed, and I wasn't sure if Greek Life would fit into my world, or if it was even meant for me, but choosing to go through recruitment has been one of the best decisions I've made during my time here.

After bid day, I quickly realized I had found my home away from home. Chi Omega quickly became more than just a chapter, it became my support system, my biggest motivators, and my closest friends. Balancing athletics, academics, and a social life isn't always easy, but having a sisterhood that genuinely supports and encourages me has made all the difference. Whether it's someone showing up to my track meets, cheering me on during finals week, or just being there on the tough days, these people have made a lasting impact on my life. One of the most beautiful parts of this journey is that it doesn't stop with your own chapter. The Panhellenic community as a whole is full of strong, compassionate, and inspiring people who lift each other up no matter which letters they wear. That's something truly special about Missouri S&T, the sense of support and connection across all sororities is always present. Recruitment isn't just about finding the perfect sisterhood, it's about finding the people who make you feel seen, valued, and loved for exactly who you are. So, my advice to you is simple: be yourself. Smile. Breathe. Take in every moment. Let yourself laugh, connect, and explore. You may not know yet where you'll end up, but I promise you, the right place will find you. Your story is just beginning, and it's going to be incredible.

XOXO,

Lauryn Fenoglio

CHI OMEGA

Sisterhood

Being in Chi Omega or just Greek Life in general is more than just being a part of an association; it is a lifelong bond that forms members into the traits they aspire to develop or grow. This cannot be done without the friends you meet throughout your time here. From the very beginning, a journey of sisterhood embarks that transcends the Missouri S&T experience, offering a network of unconditional love and support.



One of the most remarkable aspects of Chi Omega is its ability to create deep, lasting friendships. Through shared experiences, from late-night study sessions to sweet treat runs to philanthropic events, bonds are formed that withstand the test of time. We become each other's confidantes, cheerleaders, and shoulders to lean on. Central to the Chi Omega sisterhood is the concept of genuine, unconditional support. Sisters choose to stand by each other through thick and thin, celebrating successes and offering unwavering encouragement during the challenging times. Whether it's academic achievements, personal milestones, or career pursuits, Chi Omegas are there to applaud their sister's victories and lift them up when they fall.

Most importantly, this experience is transformative. The sisterhood inspires personal growth and development, encouraging members to become their best selves. Through shared values, various leadership opportunities, and a commitment to service, Chi Omega cultivates qualities of integrity, compassion, and resilience in its members. Sisters challenge each other to grow, learn, and evolve into empowered individuals who positively impact personal communities and beyond.

Greek life is a journey of growth, empowerment, and sisterhood that enriches life and leaves a lasting imprint. There is so much that is experienced throughout these collegiate years, ranging from positive to challenging. The amount of reassurance that comes from being in a sisterhood fosters a belief in members that they can handle just about anything.



“I have always felt inspired by my sisters, from when I joined two years ago to now as president. They are so inspiring academically, professionally, and personally. I know I can trust them to help me during tough times, and to cheer me on as I achieve my goals. It often crosses my mind how lucky I am that I found these girls through Greek life.”

Christy Johnson

2025 Chi O President

A MESSAGE FROM KAPPA DELTA'S RECRUITMENT CHAIR



The warmest welcome from the Greek Community for the upcoming primary recruitment season! I cannot put into words how excited I am to meet you all and start one of my favorite events of the year. My name is Catherine, and I am honored to be Kappa Delta's Vice President of Recruitment and Marketing this recruitment season. Primary recruitment was one of the most exciting experiences of my freshman year. The women I met were all such strong and inspiring people who made me laugh every day. I know that it can be a bit overwhelming, but don't worry, I also remember being incredibly nervous. But as the days went on, and I met more and more girls, I realized how wonderful everyone was.

I was able to be my true self and create genuine connections with all the houses, and then I was able to find my home away from home. A place that inspired me to take on more leadership roles, volunteer with the community, support philanthropies I care deeply about, and all the while having so much fun with amazing people. Greek life has defined my views on sisterhood, and coming from a family with four younger brothers, that's a big deal. It showed me community and loyalty, supporting one another regardless of our background, loving each other for our uniqueness. I cannot imagine my college experience without my current sisters. You will meet girls who will come to be your ride or die. My sisters have been cheering me on through my highs and supporting me at my lows. Whether it be a silly little coffee run or a hug after a long day, the love in the Greek community at S&T is truly one of a kind. I will forever be grateful for the memories I have gotten to create here and the women whom I plan to bring into the next chapter of my life. If there is anything I think you should take into this experience is to welcome everything with open arms. Everything happens for a reason, as stupid as it sounds, and the most important this is that you are just yourself because that is who you are and who we want you to be! Whatever house you end up in, you will be loved and supported regardless. So don't stress, take a deep breath, and enjoy the ride.

I cannot wait to meet you all!

With Love,

Catherine Duong

KAPPA DELTA

Sisterhood

Founded on October 23, 1897, at Longwood University, Kappa Delta is more than just a sorority—it's a heartfelt sisterhood rooted in friendship, support, and shared values. From the moment a new member is welcomed, she becomes part of a community that builds confidence, inspires growth, and stands beside her through every high and low. The love and connection formed during college don't end at graduation; they grow stronger as alumnae continue to uplift and support one another through life's many chapters. Whether it's celebrating big moments, offering a helping hand, or simply being there to listen, the bond between Kappa Delta sisters is lifelong and deeply meaningful.



Kappa Delta's values are deeply rooted in their principles of academic excellence, leadership, and philanthropic service. Members are encouraged to strive for the highest in academics, and the sorority provides numerous resources to help sisters succeed, including study groups, academic mentors, and scholarships. Leadership is another cornerstone of the Kappa Delta experience. The sorority offers numerous opportunities for members to develop their leadership skills through roles within the chapter, on campus, and in the broader community. These experiences not only help members grow personally but also prepare them for future professional success.

Beyond the structured activities and events, the everyday interactions among sisters are what truly define the Kappa Delta sisterhood. It's the late-night study sessions, the spontaneous road trips, the shared laughter, and the heartfelt conversations that create a sense of belonging. These moments, big and small, are what tie the sisters together into a family. Kappa Delta's emphasis on personal growth and development is evident in the way sisters challenge and support each other to become the best versions of themselves. They celebrate each other's successes and provide a shoulder to lean on during difficult times. This environment of mutual respect and encouragement helps each member to build confidence and strive for that which is Honorable, Beautiful, and Highest.



“Being part of Kappa Delta has brought me so many meaningful friendships. There is something special about being welcomed with open arms by people who share the same values. Some of my favorite memories include sharing inside jokes with my sisters, playing intramural games with other organizations, and hosting Mac’N Cheese with the KayDees to raise money for Prevent Child Abuse America. I have also really enjoyed working with Girl Scouts of America, where we get to put our values into action by helping young girls build confidence and develop lifelong skills. I am especially grateful for the continued support and involvement of our alumnae. They remind us of our roots and show us how far we have come as a chapter. Their presence is a reflection of the lasting impact Kappa Delta has beyond our college years. There is truly never a dull moment with the Epsilon Alpha Chapter, and I am so proud to be a part of it.”

Olivia Bryan

2025 KD President

A MESSAGE FROM ZETA TAU ALPHA'S RECRUITMENT CHAIR



Here's to the official start of the Primary Recruitment Season! I'm so excited to meet each of you, and it's truly an honor to be part of this special journey alongside you. My name is Maddie, and I serve as the Vice President of Recruitment for Zeta Tau Alpha here at Missouri S&T. Coming to S&T was a big leap for me. I didn't know a single person from my high school who was coming here, and as an only child, I wasn't used to constantly being surrounded by "sisters." I'll be honest...I was nervous. S&T is a small school, and with its mostly male population, I wasn't sure how easily I'd find my place. But the moment I walked through the doors at ZTA, that changed.

I found a home away from home in Zeta Tau Alpha. I found laughter in the little things, support in the hard moments, and friends who have become family. The women here are some of the most compassionate, inspiring, and empowering people I've ever met. They embraced me for who I was and helped me grow into someone even stronger.

Recruitment can feel overwhelming, especially when everything is new and unfamiliar. But here's my advice: let yourself be open. Be vulnerable, be curious, and most importantly, be yourself. You don't need to have it all figured out. The right people, the right conversations, and the right connections will come when you lead with authenticity.

Missouri S&T is a unique place, and Greek Life gives you the chance to build a powerful community within it. You'll find your people, your future study buddies, your late-night sweet treat partners, your biggest cheerleaders, and even your forever best friends. Whether you find your home in ZTA or another chapter, I hope this upcoming recruitment helps you find your own "home away from home." We're cheering you on every step of the way. You've got this!

Zeta Love,

Maddie Buckles

ZETA TAU ALPHA

Sisterhood

One of the most cherished and defining elements of membership in Zeta Tau Alpha is the strength of our sisterhood. From the moment a new member receives her bid, she is welcomed into a community that is grounded in friendship, mutual respect, and unwavering support. Our sisterhood extends far beyond shared letters—it is a bond that continues to grow throughout our college experience and lasts long after graduation.

Despite the busy schedules that often come with college life, Zetas are intentional about carving out time for one another. Whether it's a cozy movie night in the chapter room, cheering each other on during intramurals, or enjoying a weekend together at our Fall Formal, we value the time we spend building relationships and creating memories. Our Director of Sisterhood thoughtfully plans a variety of events throughout the year to bring members together in both fun and meaningful ways. From painting nights to spa days and Just Dance tournaments, each activity provides an opportunity for us to connect, laugh, and grow closer as a chapter.



We also recognize the importance of academic excellence and personal development. That's why we host biweekly "studyhoods," where members gather with snacks and a shared focus on coursework, encouraging each other through the highs and lows of academic life. These intentional spaces provide not only productivity but also the emotional encouragement and accountability that come from working alongside sisters who want to see each other succeed.



At Zeta Tau Alpha, we believe that a strong sisterhood cultivates confidence, resilience, and a deep sense of belonging. Our members find encouragement to be their most authentic selves, knowing they are surrounded by women who will support their goals, celebrate their victories, and stand beside them in moments of challenge. From Bid Day to Graduation, Zetas value genuine connections and constant support; no Zeta is ever left behind. Our sisterhood provides our members with the confidence that they can be whoever they want to be, the rest of us will be here to support their dreams.

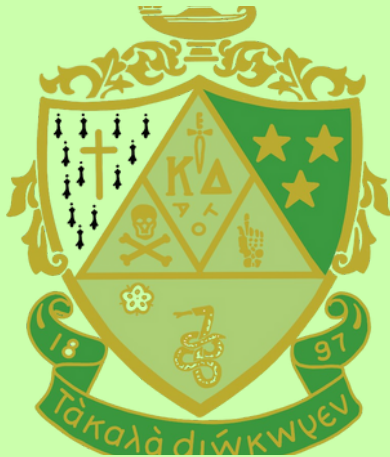
"I joined ZTA through primary recruitment in my freshman year and it has been such an amazing experience for me. Everyone I have met since joining ZTA has made such a beneficial impact on my life. I signed up for primary recruitment to find people who share the same values as me and make strong connections in this new place. I did not have sisters growing up and have always valued strong female friendships. I have found my sisters in ZTA who love me for who I am. From supporting me in classes and everyday life to going for walking together to binge watching tv shows together my ZTA sisters have been there for me through it all. I have found some of the strongest friendships in ZTA I never knew were possible."

Layla Marks
2025 ZTA President

CHAPTER QUICK FACTS

CHI OMEGA

NICKNAME: CHI O
COLORS: CARDINAL & STRAW
FLOWER: WHITE CARNATION
PHILANTHROPY: MAKE A WISH
FOUNDATION
INSTAGRAM: @MSTCHIOMEGA
CONTACT: LNF8TP@MST.EDU



KAPPA DELTA

NICKNAME: KD
COLORS: OLIVE GREEN & PEARL
WHITE
FLOWER: WHITE ROSE
PHILANTHROPY: PREVENT CHILD
ABUSE AMERICA & GIRL SCOUTS OF
AMERICA
INSTAGRAM:
@KAPPADELTA_MST
CONTACT: CMDHDB@MST.EDU

ZETA TAU ALPHA

NICKNAME: ZTA
COLORS: STEEL GREY & TURQUOISE
BLUE
FLOWER: WHITE VIOLET
PHILANTHROPY: BREAST CANCER
EDUCATION AND AWARENESS
INSTAGRAM: @ZTAETATHETA
CONTACT: MGBBMQ@MST.EDU



MISSOURI S&T PANHELLENIC COUNCIL



FIND YOUR HOME AWAY FROM HOME!

2025

Primary Recruitment is the formal process through which potential new members (PNMs) learn about the different sororities within the Panhellenic Community. It takes place over 3 days and includes multiple rounds where PNMs visit each chapter, meet members and participate in conversations that showcase the values, sisterhood and philanthropy of each sorority. The goal of Primary Recruitment is to match PNMs with a sorority where they feel welcomed, supported, and aligned with the chapter's mission and values.

**SIGN-UP FOR PRIMARY
RECRUITMENT HERE!**

