

# Ideal Man

## PROGRAM OVERVIEW

The Ideal Man Program is a personal and professional skill-building program designed to maximize the Lambda Chi Alpha membership experience. It contains easy-to-access, personalized learning journeys designed to prepare members for success both during and after college. The program aims to help members create meaningful relationships throughout their lifetimes and thrive in all they do. Members have the opportunity to explore identity development, leadership styles, interpersonal skills, and vision planning, all through technology-enabled experiential learning modules.

## PROGRAM GOALS

- **Personalized Learning:** Provides easy access to content that will give you the tools you need to succeed as a member and in life
- **One Global Zeta:** Generates consistent educational content and messaging to bring greater belonging and connectivity through common practices, tasks and journeys
- **Tools for Life:** Creates a partnership with world-class content providers that offer life-enhancing skills for all undergraduates

## MEMBERSHIP DEVELOPMENT PHASES

### PHASE 1: Associate Membership: Build a Foundation (Weeks 1–12)

Prepares new members to understand the governance, financial, and educational models of Lambda Chi Alpha so they can effectively fulfill their roles and responsibilities as Brothers and maximize the full benefits of membership.

### PHASE 2: Brotherhood: Build Belonging (Weeks 13–64)

Prepares members to build effective relationships by developing intrapersonal and interpersonal skills that enable them to better lead themselves and others.

### PHASE 3: Personal Development: Build a Vision (Weeks 65–142)

Prepares members to understand themselves so they can define their personal vision of success. This stage culminates with the creation of a five-year plan designed to help members navigate early adulthood.

### PHASE 4: Professional Development: Build Your Future (Weeks 143–196)

Prepares members to effectively quantify and translate their personal development and leadership experience as Collegiate Brothers to potential employers.

### BUILDING LEADERS SINCE 1909

You walk in the footsteps of greatness. You join a long list of brothers, who have pushed boundaries and led from the front. In sport, science, business, politics, the military, and the arts, Lambda Chi brothers have served, and shaped, North American society. True to Lambda Chi's core values - loyalty, duty, respect, service and stewardship, honor, integrity, and personal courage - our men have turned up, run the extra mile, and consistently made a difference.

The baton is now passed to you - to forge your own path, to humbly serve, and to protect the legacy of those who have gone before you. Men such as Jimmy Doolittle (University of California-Berkeley, '22) who won the Medal of Honor in WWII; Donald James Cram (Rollins College, '41) who won the Nobel Prize in Chemistry; Harry Andrew Blackmun (Harvard University, '29) who served as a US Supreme Court justice; Astronaut Terence W Wilcutt (Western Kentucky University, '74) who flew four space missions; Doug Gjersten (University of Texas at Austin, '90) who won an Olympic gold medal for swimming and Russell Weiner (San Diego State University, '92), who is the founder and owner of Rockstar Energy.

#### Fraternity of firsts

Lambda Chi Alpha was founded in 1909, approximately 133 years after the first fraternity, so we are by no means the first fraternal organization ever created. However, what has mattered, and will continue to matter, is the impact we have been able to make together. Learn how these brothers impacted the world, and how their chapters helped shape them into the leaders they became.



# Associate Membership

## Build a Foundation **LEARNING JOURNEY**

Starting here, you will begin your journey and join a bond of over 300,000 lifetime members of Lambda Chi Alpha! You'll get the chance to explore our history, purpose, and impact around the globe as a fraternity of firsts. Once you have a foundation, we'll work together to put our oaths into action — starting with time management to help balance your time as a student and your new identity as a fraternity member. Access to our strategic partnerships is just one of the ways you get to put our oaths into action by positively impacting your Brothers and local area community (e.g. OneLove and healthy interpersonal relationships). Lastly, you'll get to work through how vulnerability and reflection play a pivotal role in Pre-Initiation and Ritual. All of the above is set to parallel the fraternity education cultivated by your High Kappa and High Phi and to ensure you have the most holistic member development experience possible!

### LEARNING EXPERIENCES

- Personality and Behavioral Assessment
- Open Ritual: Associate Member Onboarding
- Fraternity Education and Brotherhood Development
- Pre-Initiation
- Initiation Exemplification
- Kaplan Performance Academy Curriculum
- LCA 100 (Grand High Zeta, Executive Committee, Zeta Officer Overview, Constitution Overview, Business Model for Chapter and OOA)
- Mental and Physical Health Aids and Tools
- Resources

### THE OUTCOME

The goal of this program is to help members gain meaning through their membership and understand their roles and responsibilities as a member and begin to apply lessons learned to their daily lives.

#### Learning Outcomes

- Creating and establishing a sense of belonging among all members and their local Zeta and the Global Zeta.
- Applying the knowledge, skills and lessons from experiences gained from membership in Lambda Chi Alpha to one's personal life and career development.
- Understanding the Lambda Chi governance and business model to become more equipped for self-governance.

## SELF BELIEF

As your life picks up pace, it is easy to lose confidence and question whether you have what it takes to meet the multitude of obligations you are facing. It is also easy to compare yourself to others who may appear to be more confident and more successful. All part of being human, these thoughts affect everyone. No one is exempt.

The difference is the impact.

***"What lies behind us and what lies before us are tiny matters compared to what lies within us."***

Ralph Waldo Emerson.

### Self Efficacy

Stanford Psychologist Albert Bandura considers self efficacy to be an individual's belief in their ability to complete tasks and goals. It is determined by past experience, verbal feedback, physiological response, and witnessing the experience of others.

Self efficacy influences:

- The tasks you choose to undertake - whether you are willing to be pushed and stretched a little thin, or whether you will deliberately avoid challenge.

High self efficacy

Someone with high self efficacy knows their worth and value. This does not make them arrogant. Self-belief motivates them to achieve their goals. They are aware of their individual skills.