

A hiker wearing a red jacket, dark pants, and a backpack is standing on a rocky mountain peak, looking out over a vast, cloudy sky. The hiker is positioned on the left side of the frame, with their back to the camera. The sky is filled with soft, white clouds, and the ground is covered in loose rocks and small patches of green vegetation.

# MIND. HEART. SOUL.

PURSUING INTELLECTUAL, MORAL,  
AND SPIRITUAL EXCELLENCE  
THROUGHOUT LIFE

PHI KAPPA PSI PROGRAMMING



## AT THE CORE OF PHI KAPPA PSI PROGRAMMING

With students spending nearly 90% of their time outside the classroom, Phi Kappa Psi is uniquely positioned to provide the resources and opportunities to accelerate our undergraduates' educations and careers. Phi Psi's programming develops and encourages the whole person, with a focus on their mind, heart, and soul and the nine dimensions which contribute to being a well rounded Phi Psi.

### MIND



#### Intellectual Health

Identify creative abilities and continually engage in activities that expand knowledge and skills



#### Occupational Health

Seek a career that is fulfilling, meaningful, and contributes to larger society, and follow a plan toward that outcome



#### Financial Health

Understand one's current financial situation and how to build confidence regarding their financial future

### HEART



#### Physical Health

Understand the importance of physical activity, nutrition, and sleep and how to incorporate those habits into a daily routine



#### Environmental Health

Be aware of the interactions between the environment, community, and self and behave in ways that responsibly care for each of these



#### Emotional Health

Have self-awareness of emotional highs and lows and understand how to work through them to effectively cope with one's situations

### SOUL



#### Spiritual Health

Identify core belief, values, and ethics and live life according to those principles



#### Social Health

Practice reflection of oneself, personality, and character and curate a network that provides a sense of belonging and connection



#### Cultural Health

Reflect upon one's personal attitudes and beliefs regarding cultural difference and seek to understand other cultures, practices, and worldviews

# THE PH



## STAGE ONE

*Geared toward members in their first year of membership*

### Embark

Embark is Phi Psi's comprehensive online member education and development program. From the day one's bid is accepted through initiation and extending into their undergraduate years, Embark provides direction and adds value to one's Phi Psi experience. The initial five modules provide the basis for new members as they contemplate membership in the Fraternity. Other modules explore the history of both Fraternity-Sorority Life and Phi Kappa Psi, introduce practices on how to align one's values and actions, share techniques to improve emotional intelligence, educate members on inclusive practices, and review the application of the Ritual to everyday life.

### Launch

A three-day regional retreat for Phi Psi's newest brothers, Launch is built upon the common knowledge and lessons from Phi Psi's online member education and development program, Embark. Launch is the first opportunity for young members to make connections with other Phi Psis from across the country. Participants begin to understand and appreciate their personal beliefs and strengths, deepen their understanding of the Fraternity's values, and increase their commitment to the brotherhood.

# PHI KAPPA PSI JO



## STAGE TWO

*Geared toward members in their second year of membership*

### Ascend

Ascend is an online educational program for chapter officers and committee chairmen to learn a variety of skills necessary to foster success within their position and for their chapter. Participants learn about various leadership types, which model they most align with, and how to create SMART goals. Through this experience, one learns the personal skills necessary to be a positive leader and role model, how to build and nurture a productive and success-driven team, and how to achieve the goals and responsibilities they have set.

### PIVOT

PIVOT is a four-day immersive journey built on learning the small changes leaders make that create maximum impact. The PIVOT experience guides participants through a series of interactive workshops, small group activities, lectures, and purposeful interactions with alumni. It is the most engaging and personal leadership development opportunity the Fraternity offers at a national level.

# JOURNEY



## STAGE THREE

*Geared toward members in their third and fourth year of membership*

### Explore

Explore is a multi-day in-person externship experience where a cohort of students with similar fields of study and professional aspirations gather with alumni hosts. Participants gain valuable perspectives, real-life professional insights and an experience that sets them apart in their career/job search.

### Outreach

Outreach is a multi-day service trip that provides Phi Psis with a transformative servant-leadership experience. Participants learn about the history of the community they serve, the human stories, other aspects of the local culture and its influences, and importantly have a deep and lasting impact on the community they serve.



**DEVELOPING MEMBERS OF CHARACTER BY PROVIDING THEM  
WITH THE PROPER ENVIRONMENT AND TOOLS TO PURSUE  
PRODUCTIVE, HONORABLE, AND PURPOSEFUL LIVES**



**PHI KAPPA PSI**  
Intellect. Morality. Spirituality. Loyalty