



Reflections of Sincere Friendship - Alumnae Club

Fraternity Value: Sincere Friendship

Time: Approximately 20–45 minutes

Suggested Facilitator: Alumnae Club President or other member

Originally Shared by: *Pi Beta Phi's Washington Alpha Chapter*

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| <p>Goals: To provide an opportunity to reflect and discuss the importance of Pi Phi's core value Sincere Friendship.</p> <p>To recognize the dedication and service of the alumnae club members.</p> |
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Room setup/materials needed:

- Participants should be broken up into groups of four to five members.
- Optional: Inform participants of the details of this seminar one to two weeks in advance. Ask them to review the March 23, 2015 Psychology Today article: “The 13 Essential Friendship Traits” (<https://www.psychologytoday.com/blog/lifetime-connections/201503/the-13-essential-traits-good-friends>) and ask them to think about what they believe makes a sincere friendship and prepare thoughts and memories to share about the friendships they have developed in the club.
- The facilitator could collect pictures depicting Sincere Friendship from members to display in a slideshow before or after the seminar.

Getting Started

Talking points are indicated with a callout bullet (☞). Please use these as speaking guidelines, but be sure to jazz up the presentation with your own personality. Facilitation instructions are indicated with an arrow (➔) and serve as hints you might find helpful when administering the material. Most importantly, have fun!

Instructions

- ➔ Set up the activity by choosing a few of the quotes about friendship and sharing with the group.
 - ☞ Today we are going to be talking about Pi Beta Phi's core value, sincere friendship, one of the most important values to our fraternity. During our time as members of Pi Phi, it's likely that we have each gained a unique understanding of what sincere friendship looks like.
- ➔ Below are a few ideas to say about friendship before starting the exercise. Choose a few to share with your group:
 - ☞ Pi Phi sisters are some of your nearest and dearest lifelong friends. You share a special bond with your fraternity sisters that no one else understands. Beyond your chapter or alumnae club, you share that bond with a vast network of collegians and alumnae as well. Cherish the friendships you form in Pi Phi; they are precious, unique and irreplaceable. Speaking of the Fraternity, one of our founders said, “The girls were real friends, interested in each other's families and friends. They took their oaths and fraternity responsibility most seriously and if a “sister” was in need of help, did everything in their power to be of real assistance.