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Top 5 Recruitment Tips for Introverts

Joining a sorority or fraternity can be one of the most rewarding parts of the college experience. Greek organizations can provide a structure for social networking with a whole university of new people, offer help in navigating a different level of academic expectations, give you the chance to give back through philanthropic activities, and of course, create the very real possibility of life-long friendships.

While participating in the Greek system can be lots of fun, the recruitment process can be incredibly stressful, particularly for people who are naturally shy or introverted. Of course, Greek life isn't for everyone, but if joining one of these organizations sounds like fun – but maybe a little outside your comfort zone – consider giving it a shot.

To lower your anxiety level a bit (even if you're not a natural introvert), here are a few tips to keep you focused and in control during recruitment:

- 1. Practice self-care.**

Being an introvert doesn't mean you don't like being around people; it just means that too much external stimuli (like crowded social events) can be physically and emotionally exhausting. Take time to prepare yourself before each event to energize and distract yourself – like a solo run or walk – then allowing yourself time to relax and decompress afterward. Read a book, take a nap, or just take some quiet time alone before you re-engage with others.

- 2. Don't go by reputation.**

Every fraternity and sorority will come with its own label on campus – this one is all athletes, that one is for music majors – but allow yourself the chance to go through the recruitment process without those preconceived notions. Take each chapter at face value and decide for yourself where you feel most comfortable and confident. After all, your goal is to find a group of people you enjoy spending time with, and only you can decide that.

- 3. Do your homework.**

Learning about Greek life on campus, and about the whole recruitment process in general, can be a great way to calm your nerves and increase your confidence. When you know what to expect at each step of the process, you can prepare yourself accordingly. Study up on individual chapters as well, so you can go in with an understanding of which organizations share your goals and objectives.

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4. Be prepared for “no.”

Beginning the recruitment process doesn't guarantee you a spot in a fraternity or sorority. Greek life isn't for everyone, and it's entirely possible you'll discover joining a Greek organization is not for you either. Keep in mind that only about 3 percent of college students participate in the Greek system, so you definitely won't be alone if you opt out.

5. Relax and be yourself.

This one is undoubtedly the hardest one to pull off. But keep in mind that entire Greek organizations are not built on outgoing, student-body-president types alone. Each sorority or fraternity will have its own personality and vibe – you'll learn that during the recruitment process – and each chapter is built of individuals who each bring his or her own talents and personalities to the group.

Whether or not you ultimately decide to pledge a fraternity or sorority, the recruitment process itself is a great opportunity to meet other incoming freshmen and new students, as well as upperclassmen. Give yourself a chance to get started (knowing you can opt out at any time, of course) and see how it goes. Either way, you can rest assured there are plenty of other ways to become active on campus – socially, academically, and philanthropically – through clubs, classes, new friendships, and networking.