

Your Rush Prep **Playbook**

Everything you need to know
to prep for rush your senior year.



Before You Start

If you're reading this, you're already ahead, because you're thinking about recruitment before summer, which is when a lot of people start.

Here's the deal: the girls who walk in ready and at “rush crush” status aren't lucky. They started early and prepped for recruitment, like it was important to them. Because it is.

Chapters start prepping for the next year's recruitment as soon as their recruitment ends. Literally. Take a week off and then hit the ground running again. But they have advisors and national volunteers who give them the playbook for prepping for recruitment.

But most PNMs and parents have no idea where to start, so that's what this is. I've helped chapters prep for recruitment for years. So I'm giving you a month-by-month walk through senior year, from August to the summer before you rush. One or two things at a time, so you're never stressed or guessing what's next. Print it, save it to your phone, check stuff off as you go.

Okay, let's go!

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Fall & Winter

August — Start a blank document where you can gather all your activities, honors, and volunteer work for your application and resume. This doesn't have to be pretty. You just want somewhere you can go "Oh! Let me write that down." This document will also come in handy when you're applying for college and scholarships.

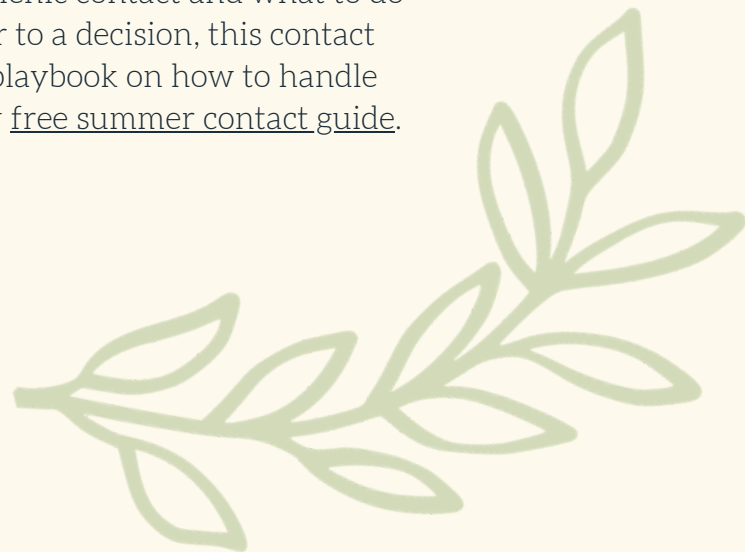
September — Start going through your social media. Decide what you want to archive and what you want to add. Your social media is your showcase of what you're like to sororities. For specific tips, consult [my social media playbook](#). It's 17 pages on how to make your social media stand out to chapters.

October — By now you're in the thick of visiting colleges and making decisions about the next four years. Make a list of all the sororities at your top one to three schools. You'll need this in the coming months.

November & December — That list you made? Every time you're at a holiday party, mention that you're headed to college to all the adults or college-aged people you run into. If any of them mention they're an alumna of a sorority or currently in one, write their name next to that sorority on your list. You'll likely need a recommendation letter, a note from an alumna of that chapter vouching for you, for each sorority on your campus. The rules vary a bit by school size, but the goal right now is just to collect names. You'll actually ask them in the spring.

January — Now's a good time to review the activities and honors list you've been building, plus your philanthropy and volunteering hours. Is there anything you want to add between now and graduation?

February — Read up on positive panhellenic contact and what to do when actives DM you. As you get closer to a decision, this contact could start picking up. If you want the playbook on how to handle summer contact the right way, grab my [free summer contact guide](#).



Spring

March — You've probably made your college decision by now, so go follow their panhellenic account and all the chapters on Instagram. While you're at it, prep your info to post on the Class Of Instagram page for your school.

April — Remember that document you started back in August? You're going to draft your rush resume from it. A rush resume is what chapters use to get to know you before they ever meet you. You'll want a finalized version by mid-May or early June, both for your application and for the people writing your recs.

May — Enjoy all your lasts! Document prom, graduation, and everything in between on social media. And since you'll be dressed up for so many events, make sure you grab a headshot you love for your recruitment application and resume - one that looks like you on a great day. This is also the time to start asking people to write your recs.

Summer — Your pre-prep work is done, and now the real rush prep season starts. This is when contact picks up, decisions get real, and the week itself comes into focus. Don't coast here. Get your application in, your outfits picked, and conversations practiced.

Okay, so this gets you to the starting line.

But actually signing up and going through recruitment? That's a whole other thing.

All those spots where I said "consult my playbook" or "go read up on this"? That's because the real stuff doesn't fit on a checklist. The [Full Recruitment Playbook](#) is everything I know, written out, and if you grab it now, you can actually use it on all the prep up there. Way easier than piecing it together in July & August like everybody else.

And if you'd rather have me look at your actual stuff - your application, your outfits, how you talk in rounds - that's what [consulting](#) is for. I only take a few families a season and they fill up early, so if that sounds like you, don't wait on it. [Schedule an intro call](#), and let's see if we're a good fit!

You've already done more than most girls do all year. You got this. ❤️