**Outline for Post-Initiate Membership Education for Tau Beta Sigma**

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The “Five Qualities” and “Eight Essential Factors” are the heart and soul of our organization. This outline for PIME is designed to ensure that members are aware of the true meanings of these ideals. This outline analyzes each idea in two ways: a breakdown of terms and ideas and discussion questions. These questions are encouraged to be used as a discussion tool to get members talking about what it means to be a brother or sister of Tau Beta Sigma.

**The “Five Qualities” to be observed by Tau Beta Sigma members at all times:**

1. Knowledge and development of your physical powers in the quest for good health and bodily perfection.

**Breakdown**

**Physical powers:** What are you capable of? What are your strengths and weaknesses? You must know what they are in order to develop them.

**Good health:** College is stressful; does it ever affect your health?

Quote to Remember: “If I am not good to myself, how can I expect anyone else to be good to me?—Maya Angelou

**Bodily Perfection:** This is not about being pretty; it’s about taking care of yourself and keeping yourself physically healthy.

**Discussion**

Why is this one of our five qualities?

How can you apply this in your daily life?

1. Recognition and development of your intellectual potential.

**Breakdown**

**Intellect**: a : the power of knowing as distinguished from the power to feel and to will : the capacity for knowledge

b : the capacity for rational or intelligent thought especially when highly developed

**Potential:** existing in possibility **:** capable of development into actuality

**Discussion**

How can this quality improve your daily life?

If every member of our chapter observed this quality, would our chapter improve? If so, how?

1. Appreciation for and the maintenance of the highest moral standards.

**Breakdown**

**Moral**: a. of or relating to principles of right and wrong in behavior

b. sanctioned by or [operative](http://www.merriam-webster.com/dictionary/operative%5B1%5D) on one's conscience or ethical judgment

**Discussion**

So what are “the highest moral standards?” Give examples.

What about morals that are different than our own? Is it important that we appreciate and respect those different morals? Why?

Can you name a sister who demonstrates this quality?

1. Achievement of and the personification within you of lofty spiritual ideals.

**Breakdown**

**Personification**: attribution of personal qualities, embodiment

**Lofty:** elevated in character and spirit; noble

**Spiritual**: a. of, relating to, consisting of, or affecting the spirit

b. of or related to sacred manners

**Ideals:** an ultimate object or [aim](http://dictionary.reference.com/browse/aim) of endeavor, especially one of high or noble character.

Quote to Remember: “The spiritual is the parent of the practical.”—Thomas Carlyle

**Discussion**

How is this different from the highest moral standards? Why are both of these qualities included?

Give examples of lofty spiritual ideals.

How can you as an individual hold yourself accountable for this quality?

1. Cultivation and maintenance of your emotional poise under all conditions.

**Breakdown**

**Cultivation**: a. culture, refinement.

b. the act of cultivating or tilling

**Poise**: a. a state of balance or [equilibrium](http://dictionary.reference.com/browse/equilibrium).

b. a dignified, self-confident manner or bearing; composure; self-possession: to [show](http://dictionary.reference.com/browse/show) poise in company.

c. steadiness; stability: intellectual poise

**Discussion**

Now that you have the definition of poise, what is “emotional poise?”

What are some conditions where it’s difficult to maintain your emotional poise (in band, in chapter, in life)?

Why is this quality important in Tau Beta Sigma?

**The “Eight Essential Factors” that promote friendship and respect among Sorority members:**

1. Physical and mental qualities of an attractive nature.

**Breakdown**

**Attractive**: arousing interest or pleasure; charming; pleasing.

**Physical qualities:** relating to the body

**Mental qualities:** related to the mind

**Discussion**

This is not the pretty factor! It is similar to “Knowledge and development of your physical powers in the quest for good health and bodily perfection.” It’s about taking care of yourself.

Name some attractive physical qualities (not prettiness).

Name some attractive mental qualities.

Why is it important to demonstrate and maintain these qualities? In chapter? In the band? In life?

Can you name a sister who strongly demonstrates this quality? How?

1. Demonstrated loyalty and dependability to those persons and institutions deserving of it.

**Breakdown**

**Loyalty**: a. unswerving in allegiance

b. faithfulness to one’s oath, commitments, or obligations

**Dependability**: a. capable of being depended on; reliable

b. worthy of trust

**Discussion**

How would you define loyalty and dependability?

Who are persons deserving of your loyalty and dependability? Institutions?

Can you name a sister who demonstrates these qualities?

Can you think of a time when you forgot this factor?

Why is this factor important in the business side of Tau Beta Sigma? In the social side?

Quote to Remember: “When you’re part of a team, you stand up for your teammates. Your loyalty is to them. You protect them through good and bad, because they’d do the same for you.”—Yogi Berra

How are your sisters your teammates? Can you think of a time when you have protected them through good and bad?

Quote to Remember: “The greater the loyalty of a group toward the group, the greater is the motivation among the members to achieve the goals of the group, and the greater the probability that the group will achieve its goals.”—Rensis Likert

1. A truthfulness and honesty, which instills a sense of trust in others.

**Breakdown**

**Truthfulness**: a. telling the truth, especially habitually

b. corresponding with reality

**Honesty**: a. the quality or fact of being honest; uprightness and fairness.

b. truthfulness, sincerity, or frankness.

c. freedom from deceit or fraud.

**Discussion**

How are truthfulness and honesty different?

Why is it important to instill a sense of trust in others?

Can you work with someone you don’t trust? Can you call them your brother/sister?

Quote to Remember: “A lie can travel halfway around the world while the truth is putting on its shoes.”—Mark Twain

How does this factor relate to gossip? How does gossip hurt our chapter?

Quote to Remember: “The moment we begin to fear the opinions of others and hesitate to tell the truth that is in us, and from motives of policy are silent when we should speak, the divine floods of light and life no longer flow into our souls.”—Elizabeth Cady Stanton

Have you ever not told the truth because you fear the opinions of others?

1. A cheerfulness at all times, and under all circumstances, even in the face of great trial.

**Breakdown**

**Cheerfulness**: a. full of cheer; in good spirits: a cheerful person.

b. promoting or inducing cheer; pleasant; bright.

c. characterized by or expressive of good spirits or cheerfulness.

c. hearty or ungrudging: cheerful giving.

d. likely to dispel gloom or worry.

**Trial:** a. a test of faith, patience, or stamina through subjection to suffering or temptation; broadly : a source of vexation or annoyance

b. subjection to suffering or grievous experiences; a distressed or painful state: comfort in the hour of trial.

**Discussion**

Why is this factor important in the business side of Tau Beta Sigma? In the social side?

Can you think of a time when you have maintained cheerfulness in difficult times? Can you think of a sister who has?

What are some “great trials” we face in Tau Beta Sigma? Why is it hard to stay cheerful in these situations?

1. A mutual interest in the Art of Music in its performance and in the aesthetic qualities it can project to others.

**Breakdown**

**Art of Music:** a. the science or art of ordering tones or sounds in succession, in combination, and in temporal relationships to produce a composition having unity and continuity

b. an [art](http://dictionary.reference.com/browse/art) of sound in [time](http://dictionary.reference.com/browse/time) that expresses ideas and emotions in significant forms through [the](http://dictionary.reference.com/browse/the) elements of [rhythm](http://dictionary.reference.com/browse/rhythm), melody, harmony, and color.

**Aesthetic qualities:** a. pertaining to the sense of the beautiful.

b. pertaining to, involving, or concerned with pure emotion and sensation as opposed to pure intellectuality

**Discussion**

Why is Art of Music capitalized?

What “aesthetic qualities” can music project to others?

Can you name a time when music has truly affected you?

Why is this factor included in our ideals?

Quote to Remember: “Ah, music. A magic beyond all we do here!”—J.K. Rowling, Harry Potter

How can we demonstrate this factor in our service to the band?

1. Generosity of mind, heart, and hand.

**Breakdown**

**Generosity**: a. readiness or liberality in giving.

b. freedom from meanness or smallness of mind or character

c. characterized by a noble or forbearing spirit

“Generosity is giving more than you can, and pride is taking less than you need.”—Kahlil Gibran

**Generosity of mind:** Being generous with your ideas or with your advice. This is similar to “Recognition and development of your intellectual potential.”

**Generosity of heart**: Being generous with your kindness and compassion.

**Generosity of hand:** Generosity of service and of giving

**Discussion**

What do you think of when you think of a generous person?

Why are mind, heart, and hand mentioned individually?

Quote to Remember: “That’s what I consider true generosity. You give your all, and yet you always feel as if it costs you nothing.”—Simone De Beauvoir

How can generosity make you feel good?

What is “your all,” and how can you give it in this organization?

1. Tolerance, tempered with kindness, and a consideration for the needs of others.

**Breakdown**

**Tolerance**: a. a fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc., differ from one's own; [freedom](http://dictionary.reference.com/browse/freedom) from bigotry.

b. interest in and concern for ideas, opinions, practices, etc., foreign to one's own; a [liberal](http://dictionary.reference.com/browse/liberal), undogmatic viewpoint

**Kindness**: a. of a good or benevolent nature or disposition; mild; gentle; loving.

**Discussion**

Why is tolerance important in an organization like Tau Beta Sigma?

Why is it important to consider the needs of others? How often do we truly consider others?

Is this factor easy or hard to maintain? Is it easy to forget?

Quote to Remember: “The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority.”—Ralph W. Sockman

When you think about tolerance this way, how is it important to chapter business?

Quote to Remember: “Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.”—Lao-tzu

How can we demonstrate these different kinds of kindness? (words, thinking, giving)

1. Fortitude and courage to see an ideal, to seize upon it, and to follow it wherever it may lead you in Tau Beta Sigma.

**Breakdown**

**Fortitude**: a. [strength](http://www.merriam-webster.com/dictionary/strength) of mind that enables a person to encounter danger or bear pain or adversity with courage.

b. mental and emotional strength in facing difficulty, adversity, danger, or temptation courageously.

**Courage**: mental or moral strength to [venture](http://www.merriam-webster.com/dictionary/venture%5B1%5D), persevere, and withstand danger, fear, or difficulty

**Ideal**: an ultimate object or [aim](http://dictionary.reference.com/browse/aim) of endeavor, especially one of high or noble character.

**Discussion**

Can you name some ideals we can follow in Tau Beta Sigma?

What does this factor mean to you?

Is it difficult to follow this factor all the way through? Is it easy to see an ideal and ignore it?

This factor is about change. Why is change important in our organization?

How can all the factors and ideals we’ve discussed help us when facing change?

Quote to Remember: “Without courage, we cannot practice any other virtue consistently.”—Maya Angelou

In other words, we must demonstrate this last factor in order to truly personify all of our factors and qualities.