

# IDEAL MAN



## IDEAL MAN 1: DEVELOPING MYSELF

Ideal Man is a four-year personal and professional skill-building program to maximize the Lambda Chi Alpha Membership experience. Focused on developing Brotherhood, competence, and character, its mission is to prepare Members for success during and after college.

The first journey, Developing Myself, welcomes Associate Members into Lambda Chi. A structured onboarding experience, it blends self-paced learning with group exercises and discussions. And in terms of content, it's all brand new. Using case studies, practical examples, and a wide range of Lambda Chi voices, Associate Members discover what it means to be a Lambda Chi and an Ideal Man.

### BENEFITS

- Associate Members have a clear understanding of what is expected of them.
- There is a clear development pathway to Initiation.
- High Kappas (Fraternity Educators) have a defined role in developing and supporting the learning.

### LEADER BOARDS + AWARDS

All learning leads to points, and points are captured in the Academy's leader board. To win merchandise from the Official Store of Lambda Chi Alpha and climb the leader board, Associate Members need to complete Ideal Man.

### WEEK-BY-WEEK LEARNING

Week	Associate Member Focus	Self-Learning on Lambda Chi Academy	High Kappa/ High Pi Live Session
1	<b>Welcome</b> From the Rights of a Member to Obligations and Expectations, Associate Members discover what it means to be a Lambda Chi.	30 minutes	60 minutes Live Chapter Session focused on reinforcing the learning and bringing the topic to life.
2	<b>Wellness</b> Developing yourself starts with a solid foundation. You will focus on habit building, caring for your physical and mental health, building a healthy relationship with your Big Brother, and building your own resilience.	30 minutes	60 minutes
3	<b>Loyalty and Duty</b> The first of five values-based sessions that explore what it means to be an Ideal Man.	30 minutes	60 minutes
4	<b>Respect</b>	30 minutes	60 minutes
5	<b>Service and Stewardship</b>	30 minutes	60 minutes
6	<b>Honor</b>	30 minutes	60 minutes
7	<b>Integrity &amp; Personal Courage</b>	30 minutes	60 minutes
8	<b>Challenge</b> Associate Members complete a self-reflection exercise and a team challenge to apply the skills, attitudes, and behaviors that reflect our core values.	45 minutes	

### THE FUTURE

Over the next 12 months, we will build and roll out 3 more learning journeys aligned to a Member's experience.

Freshman (2nd Semester)	Sophomore	Junior
<b>Developing My Relationships:</b> From learning how to work in a team to building deep bonds, Members will discover how they can maximize their Chapter experience.		
	<b>Developing My Leadership:</b> In learning the fundamentals of leadership and contributing to projects, Brothers will develop the skills employers are looking for.	
		<b>Developing My Future:</b> In harnessing the Lambda Chi network and the opportunities the fraternity offers, Members will learn how to give back, and take control of their future.

### ACCESSING THE ACADEMY

All Associate Members, High Alphas (Chapter Presidents), High Kappas (Fraternity Educators), and High Pis (Advisors) will automatically have access granted to the Academy. If you are not one of the Officers or Members listed above, your access will look different. To access Lambda Chi Academy, you first need to request access via a [form](#) provided by the Office of Administration. On this form, you can sign up for access to Lambda Chi Academy and request which Stead Leadership College program you would like to participate in. You will also choose whether you would like to participate in a Solo or Social Learning path. If you change your mind, you can always resubmit the form. Accessing the Academy is simple: Log onto [LambdaOnline](#) and click into Lambda Chi Academy. Your sign-in credentials for LambdaOnline and Lambda Chi Academy will be the same. Once logged into the Academy, Ideal Man will populate in ‘My Courses’ on the Academy’s ‘Home’ page.

