

# Phi Eta Sigma – 2026 Member of Distinction (MOD)

## Point Opportunities Overview

To earn the Member of Distinction designation, students must complete at least four (4) qualifying points from at least two (2) different categories. Below are the approved point opportunities for the 2026 cycle.

### MIND: Skills, Leadership, and Knowledge

- 1 Attend 5 of the 8 Chapter Officer Roundtables (live or recorded)
- 2 Present research, capstone work, or a thesis at a chapter, campus, or conference event
- 3 Complete 5+ hours of professional skills development coursework or earn an industry-recognized certification
- 4 Complete 5 financial literacy learning modules through the Regions Next Step Program (reflection required)

### HEALTH: Physical, Emotional, and Mental Well-Being

- 1 Participate in a local or virtual 5K/wellness walk OR log 10 intentional physical activity sessions
- 2 Complete 5 mental or emotional wellness activities (may be completed through Wellness Week programming; reflection required)

### CHARACTER: Service, Volunteerism, and Philanthropy

- 1 Complete 10 service hours, including at least 5 hours connected to literacy, education, or youth support
- 2 Raise \$100 during the Phi Eta Sigma Volunteer-a-Thon

### LOCAL: Chapter, Regional, and National Engagement

- 1 Complete 10 hours of documented local chapter involvement
- 2 Attend the Phi Eta Sigma National Convention
- 3 Listen to 3 episodes of the Elevate U podcast (reflection required)

## Submission Deadlines

- April 1 – Spring semester graduates
- May 1 – All other eligible members