

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

An Alpha P.H.I.R.S.T:

Despite of difficulty shows **PRESERVERANCE** and stays on course of action to accomplish his goal.

Regardless of accomplishments, he displays **HUMILITY** and humbleness.

Because of his honesty and **INTEGRITY**, he is often sought as a leader.

In addition, he shows honor or **RESPECT** towards others.

He is active in his community by being of **SERVICE** to all.

Possesses the trait of **TRUSTWORTHINESS** through his accountability and good deeds to all.

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

Mission

The mission of Alpha P.H.I.R.S.T is to promote academic excellence, leadership development, social enhancement, and civic responsibility, through the principles of integrity, discipline, service, and brotherhood.

Motto

"To the youth marching onward and upward"

Mentee Oath

"I PLEDGE TO uphold the highest standards of moral integrity, academic excellence, service and brotherhood"

Mentor Oath

"I PLEDGE TO guide and assure my mentee to uphold the highest standards of moral integrity, academic excellence, service, and brotherhood"

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

Program Objectives

- 1) Improve student's self-esteem;
- 2) Improve student's academic performance;
- 3) Encourage students to complete high school and pursue a college education;
- 4) Increase their social awareness and problem-solving skills in order to enable them to make responsible decisions.

Target Group

Our target population for Alpha P.H.I.R.S.T. is male High School freshmen, sophomores, juniors and seniors of African-American and Latino decent.

Fees (scholarship/sponsorship options)

\$135 includes (black Alpha P.H.I.R.S.T. T-shirt, black Alpha P.H.I.R.S.T. polo shirt, white dress shirt, black tie, black slacks, black socks, black dress shoes, black belt)

Donated items: vision board materials, binder and jacket

Types of Programs Offered:

Currently we offer a variety of programs and structured activities for the young men promoting male bonding, self-sufficiency and growth and maturity. The programs that are offered each concentrate on several aspects of life that will assist the young men in preparing for adulthood.

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

Life Skills Training "Brotherhood Session"

Monthly Brotherhood Sessions are designed to build, develop, and enhance the young men within the program. The program is designed to accomplish these objectives by engaging, interactive, motivational, and applicable workshops. The Alpha P.H.I.R.S.T Mentoring Program seeks to equip young men with the tools needed to evolve into effective and educated leaders that will actively contribute within their communities. It is our purpose to assist these males in knowing they can achieve worthy goals for themselves through hard work, positive choices and responsibility.

The young men are subjected to various workshops such as topics on:

- College Selection and Application
- Financial Literacy
- SAT/ACT/GPA Preparation
- Establishing Healthy Positive Relationships
- Black History & Awareness
- Etiquette Training
- Public Speaking & Confidence Building
- Basic Grooming/Tie Tying Basics
- Vision Boarding
- Entrepreneurship
- Physical & Mental Health
- Voting & Politics
- Community Service

Brotherhood Session Basis for each Session include:

- Mentor/mentee oaths
- Vision Board Recap
- Etiquette & Character-Building Exercises
- Tie Tying Basics
- Academic Accountability
- SAT/ACT PREP/Follow-up
- Identifying Tutoring Needs
- Current G.P.A. Status Follow-up

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

Community Service

This program is important in teaching the young men the importance of working within their community and giving back in some form. We encourage the participants to continue to provide community service after Alpha P.H.I.R.S.T is completed.

Fundraising Opportunities

All Alpha P.H.I.R.S.T participants are required to take part in various fundraising opportunities to increase the amount of funds available to offset costs for workshops and events.

Recreational Outings

During the 11-month period that the young men are in Alpha P.H.I.R.S.T, they participate in several recreational activities. The activities include but are not limited to:

- Bowling Party
- Rock Climbing
- Pilots-N-Paws Rescue Mission

These activities help to reinforce the objectives that are outlined in the Life Skills "Brotherhood Sessions".

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

Attire

Alpha P.H.I.R.S.T.

- White dress shirt / black tie
- Black dress slacks / black socks
- Black dress shoes / black belt

Alpha Business Casual

- Alpha P.H.I.R.S.T Polo shirt
- Alpha P.H.I.R.S.T Jacket (optional)

Alpha Casual

- Alpha P.H.I.R.S.T Paraphernalia (at least one of the following)
- Alpha P.H.I.R.S.T T-shirt
- Alpha P.H.I.R.S.T Sweatshirt
- Alpha P.H.I.R.S.T Jacket

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

2018-2020 Agenda

January

- BROTHERHOOD SESSION
 - ATTIRE: Alpha Casual
 - Guest speaker
 - Keynotes:
 - Bullying
 - Dining Etiquette Recap
- EVENT: MLK Day of Service
 - ATTIRE: Alpha Casual
- EVENT: MLK Breakfast (Table & page in the souvenir booklet)
 - ATTIRE: Alpha P.H.I.R.S.T.

February (Black History & Awareness)

- BROTHERHOOD SESSION
 - ATTIRE: Alpha P.H.I.R.S.T.
 - Guest speaker
 - Keynotes:
 - Essay & Presentation Public Speaking
 - Toastmasters partnership
- EVENT: Historic Monument/Museum Visit
 - ATTIRE: Alpha Casual

March

- BROTHERHOOD SESSION
 - ATTIRE: Alpha Casual
 - Guest Speaker: Brother Anwar Shahid
 - Keynote: S.T.E.M. Education
 - Voters Rights/Bloody Sunday
 - Voting & Politics Basics

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

March (cont'd)

- EVENT: Informational
 - ATTIRE: Alpha P.H.I.R.S.T.
- EXTRA CURRICULAR EVENT: Brotherhood Bowl
 - ATTIRE: Alpha Casual
- RECRUITMENT MONTH

APRIL (Financial Literacy)

- BROTHERHOOD SESSION
 - ATTIRE: Alpha Business Casual
 - Guest speaker
 - Keynote: Financial Literacy
- COMMUNITY SERVICE
 - ATTIRE: Alpha Casual

MAY

BROTHERHOOD SESSION (All Brothers of AUL Invited)

- ATTIRE: Alpha P.H.I.R.S.T.
- Writs of Passage Ceremony (Graduating Seniors)
 - Recap of needs & goals
 - Reception
- Guest speaker
- Keynote: Motivational
- EVENT: Mother and Son Brunch
 - ATTIRE: Alpha P.H.I.R.S.T.

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

JUNE

- BROTHERHOOD SESSION
 - ATTIRE: Alpha Business Casual
 - Guest speaker
 - Keynote: Building Healthy Male Relationships
- EVENT: Fundraising (Car Wash)
 - ATTIRE: Alpha Casual
- EVENT: Father and Son Brunch
 - ATTIRE: Alpha P.H.I.R.S.T. attire

JULY (Back to School Preparation/Motivational Month)

- BROTHERHOOD SESSION
 - ATTIRE: Alpha Casual
 - Guest speaker
 - Keynote: Motivational
 - Back-to-School Basics
 - Recap needs and goals
 - Vision Board Assignment
- COMMITTEE MEETING

August – Program not in session

SEPTEMBER (Entrepreneurship)

- BROTHERHOOD SESSION
 - ATTIRE: Alpha P.H.I.R.S.T. attire
 - Guest speaker(s)
 - Including Brother Jimmy Morris
 - Career Mentor Pairing
 - Keynote: Dressing for Success

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

OCTOBER

- BROTHERHOOD SESSION (Health Awareness Month)
 - ATTIRE: Alpha Casual
 - Guest speaker
 - Keynotes: Drug Abuse & Prevention, Sex education, STD Prevention
- EVENT: Spooktacular Event
 - ATTIRE: Alpha Casual
- EXTRA CURRICULAR EVENT: ASU ball game
 - ATTIRE: Alpha Casual
- COMMITTEE MEETING

NOVEMBER

- BROTHERHOOD SESSION
 - ATTIRE: Alpha Business Casual
 - Guest speaker
 - Keynote: College Selection & Admissions
- EVENT: Project ALPHA
 - ATTIRE: Alpha Business Casual
- Community Service: Voting polls water distribution
 - ATTIRE: Alpha Business Casual
- COMMUNITY SERVICE: Thanksgiving
 - ATTIRE: Alpha Casual
 - Salvation Army
 - Soup Kitchen

Alpha Upsilon Lambda

Alpha P.H.I.R. S. T. Mentoring Program

Alpha Phi Alpha Fraternity, Inc.

754 South Jackson Street Montgomery, Alabama 36104

DECEMBER

- BROTHERHOOD SESSION
 - ATTIRE: Alpha P.H.I.R.S.T. attire
 - Guest speaker/Police interaction training
 - Alpha Phi Alpha Founders' Day Tribute
- EVENT: Dining Etiquette Training (Capital City Club)
 - ATTIRE: Alpha P.H.I.R.S.T. attire
- COMMUNITY SERVICE: Christmas
 - ATTIRE: Alpha Casual