

LEADERSHIPS

Public Speaking

- techniques of engaging others
 - body language, tone, volume, posture, etc.
 - preparation and dealing with nerves
- Presenter:** Isobel Breheny-Schafer

Making Healthy Decisions

- drugs and alcohol in relation to being a role model
 - being an advocate
 - how decisions affect self esteem
- Presenter:** Kate Valerio and CHOICE

Stress Management

- techniques to relieve stress
 - signs that you, or others, need help (recognizing reactions)
 - resources for help
- Presenter:** CHILL

Community Service

- social responsibility and positive change
 - mutually beneficial relationship between you and customer service
 - considering your values, passions and strengths
- Presenter:** Manny London

Transition from Student to Student Leader

- leadership opportunities
 - skills needed and gained through such opportunities.
 - using campus involvement as a vehicle for leadership development.
- Presenter:** Maria Patestas

Group Dynamics

- discussion of group process
 - different roles played within a group
 - becoming a high performance group
- Presenter:** Navneet Singh

Time Management

- balance of responsibilities
 - knowing your limitations and how to say no
 - time management and student success
- Presenter:** Rosa Hanco

5 Year Plan and Goals

- personal and educational goals
 - strengths and weaknesses and opportunities to improve.
 - creating an action plan
 - short and long term goals
- Presenter:** Sarah Young

Personality and Leadership

- Going over personality assessment
 - how personality affects how one works, relates to others, etc.
- Presenter:** Elena Polenova

Motivation

- Explore techniques for motivating group members by using the FISH Philosophy
 - Examine the connection between the FISH Philosophy techniques and leading groups
- Presenter:** Shannon Kelly

Networking

- stepping out of your comfort zone and exploring networking techniques
 - difference between social and professional
 - creating a mutually beneficial relationship
 - collaboration and leadership
 - knowing your resources
- Presenter:** Marianna Savoca

Effective Communication

- listening and articulation skills
 - individualized communication
 - interpretation and avoiding mixed signals
 - best means of communication
- Presenter:** Jenn Rossler

Principle Centered Leadership

- discussion of character and leadership
 - review the hallmark pillars of this type of leadership as discussed in *Seven Habits of Highly Effective People*.
- Presenter:** Jeffrey Barnett

Conflict Resolution

- understanding the benefits of healthy conflict
 - effective communication
 - strategies for productive conflict management
- Presenter:** Maureen Brower

Transferrable Skills

- how to identify skills and use them efficiently
 - applying skills to future work experiences
- Presenter:** Joe Vece

Diversity

- appreciating differences
 - working with others
 - handling and combating stereotypes
- Presenter:** Chris Law

Leading a Group

- delegating responsibilities
 - leading peers and running a meeting
- Presenter:** Pedro Zapata

Facebook and Self Marketing

- Writing proper emails
 - social networking do's and don't's
 - physical presentation
- Presenter:** Jenn Green