



Center for Student Involvement | Communication & Leadership WINTER 2018 Workshop Schedule

iLead provides students the flexibility to choose workshop sessions on various communication and leadership topics that align with your individual interests and schedule.

1. Register online at <http://ccl.ucsd.edu/registration/>
2. Attend an iLead Orientation and collect your first stamp on your "iLead Stamp Card".
3. Collect stamps at iLead workshops. Collect 6 stamps to spell L-E-A-D-E-R for a program certificate! For validation on your Co-Curricular Record (CCR) and a program certificate, collect 10 stamps to spell L-E-A-D-E-R-S-H-I-P.
4. Submit program materials through Portfolium.

For more information on submitting the documentation for a program certification and/or validation on your CCR, visit <http://ilead.ucsd.edu> or visit the Center for Student Involvement, on the 3rd level of Price Center East.

WEEK 2

January 17th

3:00-3:50 PM

iLead Orientation

Student Leadership Chambers, 4th Level of Price Center East

If you have ever wondered, how does iLead work? Or asked, what do you mean I need a stamp card? Or been confused about which model of leadership this program uses, this session is for you! Attend the iLead orientation to gain an understanding of how the program works, meet other students, and learn the basics of the Social Change Model. While iLead Orientation is mandatory before completing the program, only 1 stamp will be given for your participation in iLead Orientation.

Presented by Frida Pineda Alvear, C&L Program Coordinator, Center for Student Involvement

January 18th

3:30-4:20 PM

iLead Orientation

Eleanor Roosevelt College Room, 2nd Level of Price Center West

If you have ever wondered, how does iLead work? Or asked, what do you mean I need a stamp card? Or been confused about which model of leadership this program uses, this session is for you! Attend the iLead orientation to gain an understanding of how the program works, meet other students, and learn the basics of the Social Change Model. While iLead Orientation is mandatory before completing the program, only 1 stamp will be given for your participation in iLead Orientation.

Presented by Jessi Moore, C&L Graduate Assistant, Center for Student Involvement

January 19th

1:00-1:50 PM

iLead Orientation

Red Shoe Room, 2nd Level of Price Center West

If you have ever wondered, how does iLead work? Or asked, what do you mean I need a stamp card? Or been confused about which model of leadership this program uses, this session is for you! Attend the iLead orientation to gain an understanding of how the program works, meet other students, and learn the basics of the Social Change Model. While iLead Orientation is mandatory before completing the program, only 1 stamp will be given for your participation in iLead Orientation.

Presented by Katy Brecht, C&L Program Coordinator, Center for Student Involvement

WEEK 3

January 22nd

2:00-3:30 PM

Discussion Series: Coexist Interfaith Dialogue – DOUBLE STAMP

Roosevelt Room, 2nd Level of Price Center West

Join us for an interfaith dialogue as we discuss our lived experiences and spiritual journeys. Come prepared to learn from others, ask questions, and honor our shared humanity. Open to all faith and non-faith backgrounds. Full attendance at this workshop will grant you 2 stamps.

Presented by Katy Brecht, C&L Program Coordinator, Center for Student Involvement; and Kristen Disbro, Student Org Advisor, Center for Student Involvement

January 24th

12:00-12:50 PM

Cute or Creepy? Practicing Cybersafety

Marshall Room, 2nd Level of Price Center West

Twitter. Tumblr. Facebook. Google. There are so many ways to stay connected, but sometimes it's hard to draw the line between cute and creepy. This program offers tips about online safety, privacy settings, texting/sexting, social networks, and how to protect personal information. Discussion includes definitions of stalking and cyberstalking, reporting options, and working with campus resources.

Presented by Mai Eguchi, Intake & Program Coordinator, CARE at SARC

January 25th

2:00-2:50 PM

How to Restore and Repair (restorative Justice 101)

Bear Room, 2nd Level of Price Center West

Restorative justice can be used as a healing mechanism in repairing harm. In this workshop, we will be defining restorative justice, diving into the history behind it, and teaching how to properly facilitate it.

Presented by Alex Pacifico, Community Service Graduate Assistant, Center for Student Involvement; and Emily Hill, Student Org Graduate Assistant, Center for Student Involvement

WEEK 4

January 29th

1:00-1:50 PM

Ethical Decision Making in Leadership

Marshall Room, 2nd Level of Price Center West

This session will provide insight into how choice-making and ethical decision-making are applicable for student leaders. The interactive session will go through a quick five-step process for ethical decision making and will allow students to explore their own experiences.

Presented by Mario Garibay, Coordinator of Student Activities, Warren College

January 24th

2:00-3:20 PM

Effective Communication for Successful Relationships – DOUBLE STAMP

Roosevelt Room, 2nd Level of Price Center West

This workshop will focus on common communication challenges faced by college students. It includes didactic and experiential components to provide you with tools for effective and healthy communication. You will participate in self-reflective and interactive activities designed to help you learn and practice strategies to maintain successful relationships in your life. Full attendance at this workshop will grant you 2 stamps.

Presented by Dr. Leah Tappero, Counseling Psychologist; and Dr. Sheva Assar, Postdoctoral Resident, Counseling and Psychological Services



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February 1st **The Enneagram; Discover Your Personality Type**

11:00-11:50 AM Marshall Room, 2nd Level of Price Center West

The Enneagram is a nine personality typeology. In this workshop, we'll introduce the Enneagram, allow you to discover your own personality type and invite you to explore your personality type and how it can benefit your work, relationships, and well, everything else.

Presented by Grace Fuller, Outreach Coordinator, International & Out-of-State Students; and Casey Simon, Student Org Advisor and Community Service Program Coordinator, Center for Student Involvement

WEEK 5

February 6th **Eating Healthy on a Budget**

12:30-1:30 PM The Zone, 1st Level of Price Center West

Come learn about nutrition tips and facts from a Dietitian, life hacks on how to maximize your food budget as a college student, and all about healthy and budget-friendly places to eat on campus. Hosted by Health Promotion Services.

Presented by Christine McNamara, Student Health Services Registered Dietitian; and Zarah Rubio, Zone Program Manager

February 6th **Networking – Communicating Your Values and Purpose**

2:00-2:50 PM Green Table Room, 2nd Level of Price Center West

Communicating what you believe and who you are in a way that is more than superficial can be challenging. This workshop will help you think critically about these topics and network in a more authentic way in educational, professional, and social settings.

Presented by Catherine Lettieri, Community Service Program Coordinator – Partnership Programs, Center for Student Involvement

February 8th **How Far We'll Go: Navigating Healthy Relationships**

5:30-6:20 PM Bear Room, 2nd Level of Price Center West

Relationships can be difficult to navigate, especially when individuals are bringing along their different cultures, values, and experiences. Discussion includes qualities of a healthy relationship, signs of an unhealthy or abusive relationship, and working with campus resources.

Presented by Mai Eguchi, Intake & Program Coordinator, CARE at SARC

February 9th **Mattering & Marginality: Leaders as Institutional Agents for Inclusion**

11:00-11:50 AM Marshall Room, 2nd Level of Price Center West

There are many identities and communities that are marginalized in our society and university. As leaders and institutional agents let's reflect on our own marginalized experiences and the harm we have done in unintentionally creating moments of exclusion. From this critical reflection, we have the opportunity to inform and commit to cultivating more inclusive environments.

Presented by Fnann Keflezighi, Assistant Director of Residence Life, Marshall College



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WEEK 6

February 12th

1:00-1:50 PM

True Colors

Marshall Room, 2nd Level of Price Center West

This workshop is a fun and interactive activity that will provide students insight of their individual personality “Color(s)” and how to best utilize their strengths and opportunities when collaborating with others to achieve a goal.

Presented by Christian Medero, Office and Project Coordinator, Center for Student Involvement

February 14th

2:00-3:30 PM

Communicating Love and Appreciation in Relationships – DOUBLE STAMP

Bear Room, 2nd Level of Price Center West

How do you tell people in your life that you love and appreciate them? Learn about the power of appreciating others. Using Gary Chapman’s Five Love Languages, participants will learn about the different styles for giving and receiving love, learn about cultural differences in expressing love and appreciation, identify their own primary “love language,” and gain insight into the love languages of parents, friends and partners. After taking this workshop you will be better able to show important people in your life that you care in a way that they will understand. Full attendance at this workshop will grant you 2 stamps.

Presented by Tiffany O’Meara, PhD, Counseling Psychologist, and Sheva Assar, Psy.D., Postdoctoral Resident, Counseling and Psychological Services

February 16th

2:00-2:50 PM

Creating Community through Social Media

Marshall Room, 2nd Level of Price Center West

Create community at UC San Diego and beyond! Learn how to leverage social media to communicate professionally on behalf of your organization and yourself.

Presented by Chelsea Largoza, Student Affairs Program Assistant, Marshall College

WEEK 7

February 21st

1:00-1:50 PM

There Goes the Neighborhood: Economic Effects of Gentrification

Cross Cultural Center, 2nd Level of Price Center East

Educational and interactive workshop on the economic re-development and displacement of communities.

Presented by Cross Cultural Center Peer Educators

February 22nd

1:30-2:20 PM

From Resume to Interview

Red Shoe Room, 2nd Level of Price Center West

We will be covering professional communication in resumes, cover letters, and interviews. There will be a focus on how to communicate skills.

Presented by Oscar Lara, Greek Life Advisor, Center for Student Involvement



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WEEK 8

February 27th

4:00-4:50 PM

Enhancing Your Communication and Leadership Skills

Bear Room, 2nd Level of Price Center West

Join us for a special, interactive event exploring how you use your communication and leadership skills to help you be successful at UCSD and beyond.

Presented by C&L Student Assistants, Center for Student Involvement

March 1st

11:00-11:50 AM

Introduction to Allyship for Social Change

Marshall Room, 2nd Level of Price Center West

Allyship is a lifelong process of building relationships based on trust, consistency, and accountability with marginalized individuals and/or groups of people. This workshop will explore the concept of allyship and provide students an opportunity to gain a basic knowledge of privilege and oppression, ally skills and actions, and application to every day leadership for social change.

Presented by Jessi Moore, C&L Graduate Assistant, Center for Student Involvement

March 2nd

11:00-12:20 PM

Using Business as Usual: Creating Space to Talk about Community Impact - DOUBLE STAMP

Bear Room, 2nd Level of Price Center West

Restorative Justice is a model that comes from Indigenous practices and asks the community to come together to communicate harm, responsibility, impact in a way that allows healing to take place. There are many incidences that take place in organizations, on campus or in society that create incidents of community impact and harm, that we often overlook. In this workshop we will introduce Restorative Justice practices, community impact circles and provide an opportunity to engage in circle together around a campus incident. Full attendance at this workshop will grant you 2 stamps.

*Presented by Colin Lewis, Coordinator of Student Activities, Marshall College; and
Fnann Keflezighi, Assistant Director of Residence Life, Marshall College*

WEEK 9

March 9th

4:00-4:50 PM

Yes, No, Maybe – Clarifying Consent

Green Table Room, 2nd Level of Price Center West

What is consent? Consent is informed, enthusiastic, and necessary. This interactive workshop focuses on communication, consent and healthy sexuality. Learn what consent is and how to ask, listen, and respect. Discussion focuses on definitions of consent, when consent can not be given, "yes means yes" education, bystander intervention and working with campus resources.

Presented by Mai Eguchi, Intake & Program Coordinator, CARE at SARC



COMPLETION OF ILEAD VALIDATED ON CCR!

UC San Diego has developed the Co-Curricular Record (CCR) to recognize student involvement beyond the classroom. The official validated CCR is printed with students' transcripts and has the UC San Diego seal. Students who complete all iLead requirements to spell L-E-A-D-E-R-S-H-I-P and submit all completion materials will have iLead added to their CCR. For more info, visit: <http://myccr.ucsd.edu>.



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CENTER FOR STUDENT INVOLVEMENT CELEBRATION AND AWARDS

Students who have received a certificate for their completion of L-E-A-D-E-R or L-E-A-D-E-R-S-H-I-P will receive an invitation to attend CSI's Annual Celebration and Awards in May.