



CONFERENCE AGENDA

February 8, 2020

Location: UC Davis Conference Center

9:30am – 10:00am	CONFERENCE CHECK-IN and BREAKFAST <i>Conference Center Lobby</i>
10:00am – 10:50am	CONFERENCE WELCOME <i>Ballrooms A, B, C</i>
11:05am – 12:35pm	WORKSHOPS and EDUCATION SESSIONS <i>Ballrooms A, B & C, Meeting Rooms A & B</i>
12:35pm – 1:20pm	LUNCH and NETWORKING <i>Ballrooms and Conference Center Courtyard</i>
1:20pm – 2:20pm	EDUCATION and LEADERSHIP SPEAKS SESSIONS <i>Ballrooms A, B & C, Meeting Rooms A & B</i>
2:30pm – 4:00pm	WORKSHOPS and EDUCATION SESSIONS <i>Ballrooms A, B & C, Meeting Rooms A & B</i>
4:00pm – 4:15pm	SNACK BREAK <i>Conference Center Lobby</i>
4:15pm – 5:00pm	CLOSING SESSION and RAFFLE <i>Ballrooms A, B, C</i>
	CONFERENCE T-SHIRTS <i>Conference Center Lobby</i>

OVERVIEW OF CONFERENCE SESSIONS

Following the all-attendee Conference Welcome, a variety of different types of sessions and topics related to the conference theme of “Change” are offered for attendees to select from throughout the day.

Types of Offered Sessions

- **Education Sessions** – Quick and focused sessions addressing one core principle or concept
- **Workshops** – In-depth session incorporating applied practice or multi-faceted or transformative activities
- **Leadership Speaks Sessions** – Brief sessions where presenters will share their story of leadership and change in a prepared Ted Talk-style format; Q&A or conversation will follow as time allows

Share Your Experience!

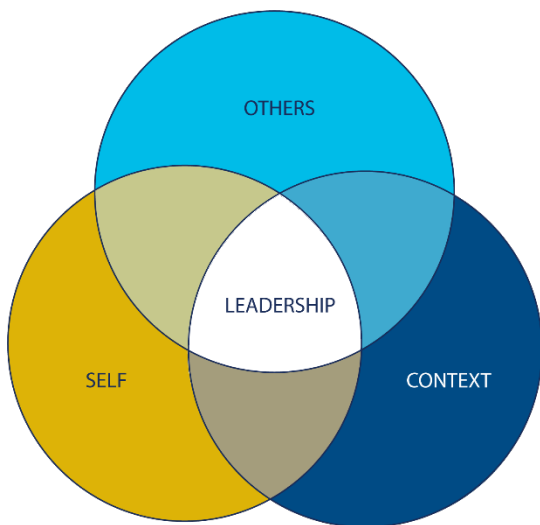
- Post on Snapchat to Our Story
- Take a photo with our “Red Carpet” Backdrops
- Tag us @UCDavisCLL using #AggiesLead on social media



@ucdaviscll



What is Leadership?



Leadership is much more than title and position, telling others what to do, or having authority and power. Leadership is about having purpose, both as an individual and as a group, to intentionally make a positive difference. Leadership can only occur when each of the following components are fully functioning together: Self, Others, and Context. The circular figures (see diagram on left) represent the continuous process of growth, learning, and the practice of leadership.

Conference sessions will help students explore one or more of these three components, all of which merge to form a connection that helps guide both formal and informal leaders on their journey to create change.



Education Sessions			Workshops			
	Ballroom C	Ballroom B		Ballroom A	Conf. Room B	Conf. Room A
11:05-11:45	How to view Change as an opportunity for growth	Insta Social	11:05 -12:35	What's Next? Embracing Change with Happenstance Theory	Navigating Unexpected Change and Practical Self-Care	You Don't Know Me: Culture-Based Leadership for Change
11:55-12:35	Leaders of Color: Shifting the Paradigm	Building Bridges: Working with Challenging Peers				

First Block Education Sessions (select 1 from each 40-min time group)

11:05-11:45 am

- How to view Change as an opportunity for growth** – Ballroom C
Alex Coffman, UCD Alum
Change can be uncomfortable and sometimes scary but that doesn't make it a bad thing. Life is full of change, from transitioning to college to a career or future education after graduation. By shifting your mindset about change and viewing it as an opportunity for growth, you open yourself up to new possibilities. In this session participants will learn about different types of change and how to approach change as an opportunity for growth and self-improvement. Participants will be given the chance to practice what we discuss and will walk away from the session with knowledge of how to manage difficult situations relating to change in the future.
- Insta Social** – Ballroom B
Kathleen Hinkson, UCD Center for Student Involvement
There are about 500 million people using Instagram each day, which means there is always an opportunity to make an impact on the platform. Explore how strategic social media strategies can incite change within your own organization and attract the attention of an array of Instagram users.

AND

11:55-12:30 pm

- Leaders of Color: Shifting the Paradigm** – Ballroom C
Cayley Chan, UCD Center for Student Involvement; Undergraduate Student - Environmental Policy & Political Science
Eman Moore, UCD Center for Student Involvement; Undergraduate Student - Dance and Theater
The purpose of our presentation is to give students of color a space to address issues they face in leadership positions *amidst societal and political changes*, take pride in their successes, and provide them with information on how to access support. The format will be a facilitated open dialogue that allows students to talk about their own experiences, listen to other students' experiences, and see that they are not alone in the challenges that they face in leadership positions. The students can talk about how they overcome obstacles and help other students solve similar problems. Finally, students will reflect on their personal realities of being both a person of color and a leader while developing a better understanding of what it means to be a leader of color
- Building Bridges: Working with Challenging Peers** – Ballroom B
Kristopher Disharoon, Cal State East Bay Associated Students, Inc.
Juan Blanco, Sierra College
Student leaders are often faced with change throughout their engaged collegiate life. Sometimes these changes are positive and sometimes they may cause friction. In this presentation, we will examine change from a personnel lens through the integration of new student leaders in an organization and new student assistants in a workplace. This interactive session provides strategies on how to build bridges between returning and new student

leaders/assistants, specifically those whose interests do not align with the organizations mission and values. Participants will learn how to navigate difficult conversations, maintain professionalism, and support students within university guidelines.

OR

First Block Workshops (select 1 for the full 1.5 hour timeframe)

11:05-12:35 pm

- **What's Next? Embracing Change with Happenstance Theory** – Ballroom A
Kelli Sholer, UCD Sociology and Anthropology
The world of work is more dynamic than ever and the skills of adaptability, curiosity, and resilience are essential in order to enter our constantly changing economy. In this session, traditional thinking about a linear career planning process will be challenged and participants will be introduced to Happenstance Learning Theory (HLT), a framework to use as you navigate your academic and career exploration. Participants will identify how embracing the key concepts of HLT will leave you better equipped to positively reframe uncertainty and embrace change in your life with optimism instead of anxiety.
- **Navigating Unexpected Change and Practical Self-Care** – Conference Room B
Gil Vitro, UCD Undergraduate Student - Anthropology and English
Kristin Dees, UCD Center for Student Involvement
Change in the life of UC Davis students is inevitable--but what can we do to make sure unexpected change doesn't throw us completely off-balance? We would like to talk about our experiences of unexpected change, what behavioral responses come from change, and which strategies professionals recommend to manage your mental/emotional well-being after an unexpected change has occurred.
- **You Don't Know Me: Culture-Based Leadership for Change** – Conference Room A
Jess Evora, UC Merced Margo F. Souza Student Leadership Center
Research suggests that our cultural identity influences our leadership development. Therefore, we cannot achieve our full leadership potential without first considering how our ethnic identity may impact our leadership, and specifically how we lead through change. This workshop provides an overview of 9 research-based Cultural Dimensions that may affect our leadership. We will then explore how the power of personal storytelling can be used with each of the 9 Dimensions in order to ignite change within an organization.

After the First Session, attendees are encouraged to enjoy the provided lunch and network with one another from 12:35pm – 1:20pm. The Second Session will begin at 1:20 pm.

Second Session Block, 1:20 - 2:20 pm:

Attend *two* Leadership Speaks presentations or *one* Education Session



Leadership Speaks				Education Sessions		
	Ballroom C	Ballroom B	Ballroom A		Conf. Room B	Conf. Room A
1:20-1:45	We are here: The leadership experiences of a Chicana at UCD	Change Habits: Re-examining our Habits and Forming Habits	"Diversity" and "Leadership": Who Benefits?	1:20-2:20	Change Starts Within	Marketing Your Student Leadership Experience to Employers
1:55-2:20	What I Learned About Leadership from Talking About Periods.	My life started here in the United States	Every Step Counts Towards Becoming an Agent of Change			

Second Session Leadership Speaks Presentations (select 1 from each 25-min time group)

1:20-1:45 pm

- We are here: The leadership experiences of a Chicana at UCD** – Ballroom C
 Lina Mendez, UCD Chicana and Latinx Retention Initiative
 Dr. Mendez will discuss her leadership trajectory. She will share her experiences as a first generation, Chicana whose presence in institutions of higher learning are shaped by her multiple intersectionalities. Our experiences (positive or negative) can influence our decisions to navigate these spaces as leaders. By discussing her lived experiences at UC Davis she hopes to inspire students to engage in activities that serve as building blocks to discover who they are meant to be.
- Change Habits: Re-examining our Habits and Forming Habits** – Ballroom B
 Shirley Xian, UCD Undergraduate Student, Biomedical Engineering
 Habits allow us to perform tasks routinely and this also includes how we process and tackle problems. However, although these habits allow us to make quicker decisions, our reliance on these habits may be problematic. In this talk, I will share my journey on how I learned to better recognize my habits, and how I am still working on developing better habits that also allow me to accommodate changes to be an effective student, researcher, and leader in and outside of school.
- "Diversity" and "Leadership": Who Benefits** – Ballroom A
 Alejandro Alfaro Ramirez, Chico State Undergraduate Student, Multicultural and Gender Studies, Latinx Studies
 In the age of neoliberalism, universities' central motives have become to make money, which often leaves the most marginalized students unserved. Recognizing this gap, administrations often launch diversity initiatives and leadership opportunities to create the image of shared governance. But is this enough to equalize the playing field? How is it that university communities have been widely critical of their administration's commitment to its marginalized population? The objective of this presentation is to share my own story of leadership as a self-identified student activist at Chico State, and analyze the actual outcomes of diversity and leadership initiatives.

AND

1:55-2:20 pm

- What I Learned About Leadership from Talking About Periods.** – Ballroom C
 Annie Wang, UCD Undergraduate Student, Materials Science and Engineering
 We're talking about periods! In 2018, a group of interdisciplinary UC Davis students were brought together by shared frustrations of lacking resources for menstruation. We started PERIOD @ Davis to destigmatize, celebrate, and improve access to menstrual hygiene. Our history demonstrates sharing stories, prioritizing collaboration, and inviting constructive feedback, serves as a powerful framework for turning problems into ideas into dynamic organizations poised to make positive change. This session highlights lessons learned from

the Menstrual Movement and our favorite practical tools for communication, collaboration, and project management.

- **My life started here in the United States** – Ballroom B
Haruka Hijioka, UCD Undergraduate Student, International Relations
My session is about my challenges here in the United States. As I am an international student, I have many barriers that I have had to overcome. I came to the United States after I graduated high school in Japan. By the time I was eighteen, my aspiration was stronger than my fear. I have had a strong desire to study abroad, and it encouraged to move alone and to live by myself. Soon after I arrived, I faced a problem. I realized my comprehension of English was not sufficient for both livelihood and schooling. I was dreaming of a pleasant life in the U.S and how to contribute positively to society. At that time, I could not see any success for my life in the U.S. However now I am here, to be a UC student. I would like to share my success story.
- **Every Step Counts Towards Becoming an Agent of Change** – Ballroom A
Debbie Sulca, UCD Undergraduate Student, Environmental Toxicology
Debbie Sulca's college experience has allowed her to challenge herself in different ways that have resulted in her giving a talk on leadership. Leadership starts from within and requires self-care, a growth mindset, and challenging yourself. Although the process may be uncomfortable, every step counts towards becoming a leader. Debbie will share her story that starts back in high school when she made a Facebook post sharing her thoughts on not striving to attain a future leadership role.

OR

Second Session Education Sessions (select 1 session for the full hour)

1:20-2:20 pm

- **Change Starts Within** – Conference Room B
Cecily Nelson-Alford, UCD Women's Resources and Research Center
Monae Roberts, UCD LGBTQIA Resource Center
In this interactive session we will discuss self-awareness and its importance in relation to leadership and explore self-awareness strategies, in helping us to better understand ourselves. We will share how practices, including meditation, yoga and even astrology can act as tools for self-awareness and empowerment. Discover ways to cultivate inner quiet, reflection, and a stronger sense of self, so that you can transform from within and, in turn, transform the world around you.
- **Marketing Your Student Leadership Experience to Employers** – Conference Room A
Deepak Sharma, UC Berkeley LEAD Center
Jing Han, UC Berkeley Career Center
As students experience college life both academic and co-curricular, these experiences are the stories they will tell upon graduation in transition to careers. Utilizing the competencies adopted by the National Association of Colleges & Employers, learn how you can apply best practices to build and format your your personal branding for your next job or internship. Change the way you list experiences and accomplishments, as you learn practices on how employers look for growth and learning curves when hiring. Through a mix of presentation and group activity, this session allows participants to reflect individually and work as a group in applying student experiences to prospective employer recruitment standards.

Following the Second Session, attendees will transition directly into the Third Session, which will begin at 2:30 pm.

Third Session Block, 2:30 pm - 4:00 pm:
Attend *two* Education Sessions or *one* Workshop



Education Sessions			Workshops			
	Ballroom C	Ballroom B		Ballroom A	Conf. Room B	Conf. Room A
2:30-3:10	Feedback Loop: Use Feedback to Create Positive Change	Cope, Survive, and Thrive Amidst Change	2:30-4:00	Ain't I A Woman: A Dialogue for Womxn/Femmes of Color	Dismantling Imposter Syndrome and Realizing Your Potential	All Ideas on the Table
3:20-4:00	Refl-Action: Searching your inner self to activate change	Defining Leadership Skills for a Global Environment				

Third Session Education Sessions (select 1 from each 40-min time group)

2:30-3:10 pm

- Feedback Loop: Use Feedback to Create Positive Change** – Ballroom C
Jennifer Doan, UCD Biology Academic Success Center
Jaime Allen, UCD Cal Aggie Alumni Association
Have you ever received a piece of feedback that you disagreed with or did not know how to apply it? Have you had suggestions you wanted to share with a member of your student org, co-worker, or partner but did not know how to share it? This session is for you! Feedback is an important step in the process of personal and professional growth and change. As a leader, you will need to help those around you grow and be open to hearing how your leadership style impacts others. It can be hard to receive constructive criticism and you might not feel comfortable providing feedback to others. Through group discussions, role playing, and videos, you will learn strategies for giving and receiving feedback in a mindful, transparent, and truthful manner.
- Cope, Survive, and Thrive Amidst Change** – Ballroom B
Brenda Estrada, UCD Internship and Career Center
If there's one thing that's inevitable in life, it's change. Major life changes can be stressful and while we cannot always control what happens, we can begin to have more control over our reactions to what happens. This workshop will equip participants with strategies to navigate change and focus on personal well-being. Topics of discussion will include growth mindset, resilience, self-care, and mindfulness. The goal is to provide you with coping strategies to navigate change and become your best you.

AND

3:20-4:00 pm

- Refl-Action: Seeking Inner Transparency to Incite Change** – Ballroom C
Alejandro Chan-Artiga, UCD Graduate Student - School of Education
In this education session, participants will explore the benefits of and obstacles that prevent frequent reflection. Participants will identify questions and techniques that best fit their own personal style of reflection that sparks deep contemplation. Participants will also have an opportunity to apply an effective model for reflection that can be used to learn from and act on multiple experiences throughout their lives.

- **Defining Leadership Skills for a Global Environment** – Ballroom B

Janice Tse, UCD Global Affairs

Ellen Kasakov, UCD Global Affairs

In this current time of constant change, students can use Meyer's Culture Scales, a tool comprised of 8 characteristics of leadership (including communication, persuasion, decision-making, and others) to identify their own personal leadership styles and consider cultural differences in different environments. This tool will help you to further develop self-awareness and leadership skills for a globally connected world.

OR

Third Session Workshops (select 1 for the full 1.5 hour timeframe)

2:30-4:00 pm

- **Ain't I A Woman: A Dialogue for Womxn/Femmes of Color** – Ballroom A

Sara Blair-Medeiros, UCD Women's Resources and Research Center

Cecily Nelson-Alford, UCD Women's Resources and Research Center

In order to be fully engaged as leaders who work to create change, we must first engage with ourselves and embrace the opportunities we have to do the self work. This dialogue-based session will highlight the specific challenges that womxn of color deal with while being leaders. Through interactive dialogue, storytelling, and reflective activities, we will explore strategies for navigating some of these particular challenges, with particular emphasis on imposter syndrome, boundary setting as a leader, and creating space for self-care. Participants will have opportunities to learn from one another, along with the facilitators of the session. This session should particularly benefit womxn/femmes of color. We ask that this be a closed space for folx who identify as womxn and/or femmes of color.

- **Dismantling Imposter Syndrome and Realizing Your Potential** – Conference Room B

Trent Capurso, UCD Alum; CSU Sacramento Graduate Student – History

Nina Capurso, UC Berkeley Undergraduate Student - Sociology and Ethnic Studies

Often, the most important and empowering change comes from within. Imposter syndrome is a toxic mindset that causes us to question the validity of our success and devalue our own accomplishments. Despite the fact that an estimated 70% of people experience this phenomenon, imposter syndrome causes us to feel as if we are isolated from our peers. This interactive workshop will discuss the different components and causes of imposter syndrome as well as the methods of how to address it. Utilizing a socially conscious and mindful approach, students will comprehend how their identities and experiences contribute to their imposter syndrome and use their newly learned skills to leverage their leadership instead of holding them back.

- **All Ideas on the Table** – Conference Room A

Jacob Croasdale - UC Merced Margo F. Souza Student Leadership

How many times have you quashed an idea before sharing it? Sharing and exploring ideas is a vulnerable experience. But in the midst of change, innovation is a must. This workshop will allow participants to explore strategies for leading innovation and for supporting it from any position in a group.

After the Third Session, attendees are encouraged to enjoy a provided snack and reflect on their day with social media and one another from 4:00pm – 4:15pm. At 4:15, everyone will reconvene together in the Ballroom for the Afternoon Closing Session and Raffle. T-shirts will be given out after this final session in the Conference Center Lobby.