CONFERENCE AGENDA
February 8, 2020
Location: UC Davis Conference Center

9:30am – 10:00am  CONFERENCE CHECK-IN and BREAKFAST  
Conference Center Lobby

10:00am – 10:50am  CONFERENCE WELCOME  
Ballrooms A, B, C

11:05am – 12:35pm  WORKSHOPS and EDUCATION SESSIONS  
Ballrooms A, B & C, Meeting Rooms A & B

12:35pm – 1:20pm  LUNCH and NETWORKING  
Ballrooms and Conference Center Courtyard

1:20pm – 2:20pm  EDUCATION and LEADERSHIP SPEAKS SESSIONS  
Ballrooms A, B & C, Meeting Rooms A & B

2:30pm – 4:00pm  WORKSHOPS and EDUCATION SESSIONS  
Ballrooms A, B & C, Meeting Rooms A & B

4:00pm – 4:15pm  SNACK BREAK  
Conference Center Lobby

4:15pm – 5:00pm  CLOSING SESSION and RAFFLE  
Ballrooms A, B, C

CONFERENCE T-SHIRTS  
Conference Center Lobby

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.
## First Session Block, 11:05 am - 12:35 pm:

Attend two Education Sessions or one Workshop

<table>
<thead>
<tr>
<th>Education Sessions</th>
<th>Workshops</th>
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<tbody>
<tr>
<td>11:05-11:45</td>
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<tr>
<td>How to view Change as an opportunity for growth</td>
<td>What's Next? Embracing Change with Happenstance Theory</td>
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<tr>
<td>Insta Social</td>
<td>Navigating Unexpected Change and Practical Self-Care</td>
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<td>11:55-12:35</td>
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<tr>
<td>Leaders of Color: Shifting the Paradigm</td>
<td>You Don't Know Me: Culture-Based Leadership for Change</td>
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<tr>
<td>Building Bridges: Working with Challenging Peers</td>
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**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

<table>
<thead>
<tr>
<th>Leadership Speaks</th>
<th>Education Sessions</th>
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<tbody>
<tr>
<td><strong>Ballroom C</strong></td>
<td><strong>Ballroom B</strong></td>
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<tr>
<td><strong>1:20-1:45 pm</strong></td>
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<tr>
<td>We are here: The leadership experiences of a Chicana at UCD</td>
<td>Change Habits: Re-examining our Habits and Forming Habits</td>
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<tr>
<td><strong>1:55-2:20 pm</strong></td>
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<tr>
<td>What I Learned About Leadership from Talking About Periods.</td>
<td>My life started here in the United States</td>
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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 Chicano 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
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 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

<table>
<thead>
<tr>
<th>Time</th>
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<th>Workshops</th>
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<td>2:30-3:10</td>
<td>Feedback Loop: Use Feedback to Create Positive Change – Ballroom C</td>
<td>Ain’t I A Woman: A Dialogue for Womxn/Femmes of Color – Ballroom A</td>
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<td>Jennifer Doan, UCD Biology Academic Success Center</td>
<td>Dismantling Imposter Syndrome and Realizing Your Potential – Conf. Room B</td>
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<td>Jaime Allen, UCD Cal Aggie Alumni Association</td>
<td>All Ideas on the Table – Conf. Room A</td>
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<td>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.</td>
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<td>3:20-4:00</td>
<td>Refl-Action: Searching your inner self to activate change – Ballroom C</td>
<td>Defining Leadership Skills for a Global Environment – Ballroom A</td>
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<td>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.</td>
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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.