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

- Register online at http://ccl.ucsd.edu/registration/
- Start attending workshops! At your first session, ask for an ‘iLead Stamp Card’ and start collecting stamps. Most workshops are worth 1 stamp, but select events are worth 2 stamps.
- Collect 10 stamps to complete the program.
- For more information on submitting your completed iLead Stamp Card, please visit the Center for Student Involvement, on the third floor of Price Center East.

**WEEK 2**

**October 5th**

**From Charity to Activism: Many Paths to Social Change**

2:00-3:00pm  
Green Table Room, 2nd Level of Price Center West

Learn about a range of options for enacting social change. Find out where you fit on the continuum of charity, service, and activism, learn about national trends in civic engagement, do a group exercise to solve social issues in a concrete way, and identify resources to continue your involvement.

*Presented by Emily Trask, Executive Director, Center for Student Involvement*

**WEEK 3**

**October 11th**

**Discover Your Values**

12:30-1:30pm  
Thurgood Marshall College Room, 2nd Level of Price Center West

Our values are both deeply personal and often universal. Discover what you value most and consider how your values consciously and unconsciously guide your actions and inform your decisions in this interactive, activity-based workshop

*Presented by Katy Brecht, Program Coordinator, Center for Student Involvement*

**October 12th**

**P.O.P Culture: Power, Oppression, and Privilege**

3:00-4:00pm  
Cross-Cultural Center, 2nd Level of Price Center East

Participants engage in a survey and interactive discussion that addresses power, oppression, privilege, and the opportunity to hear and express diverse views around culture and intersecting identities.

*Presented by the Social Justice Educators, Cross-Cultural Center*
WEEK 4

October 17th
11:00-12:00pm
Equity Minded Leadership
Bear Room, 2nd Level of Price Center West

What is equity and why is it important? Participate in an interactive workshop that explores topics such as equity, diversity, and inclusion with regard to student leadership in a university setting. Please come prepared to share your thoughts and ideas.

Presented by Malou Amparo, Assistant Director, ERC Residence Life

October 19th
2:00-3:00pm
Intercultural Communication
Eleanor Roosevelt College Room, 2nd Level of Price Center West

As our world continues to globalize, it is essential to understand the basics of intercultural communication. Join us for a workshop where we will explore your own cultural communication style, the communication styles of different cultures, and learn more about tools and resources to further develop your intercultural learning.

Presented by Grace Fuller, Outreach Coordinator, International & Out-of-State Students

WEEK 5

October 24th
1:00-2:00pm
It's Fall, Ya'll: Using Inclusive Language
Bear Room, 2nd Level of Price Center West

What's up with the term, “ya'll”? What is the difference between using inclusive language versus politically correct? This workshop will explore the ways in which we have been accustomed to using language that is rooted in patriarchy, homophobia, ableism, racism, and various forms of isms.

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

October 25th
11:00-12:00pm
The Story of You: Narrative Interview Techniques
Bear Room, 2nd Level of Price Center West

The best interviews are conversations where interviewees tell interesting, concise, and memorable stories to illustrate their best qualities. Come learn how to organize your best stories so that you are ready for any type of interview.

Presented by Alison Herr, Student Success Coach, Student Retention & Success

October 27th
11:00-12:00pm
Building Your Personal Mission Statement
Thurgood Marshall College Room, 2nd Level of Price Center West

Have you ever wondered what your personal mission statement should be? In this workshop you will explore values and learn how values play a role in your mission statement, as well as learn how successful leaders have expressed their mission statements. Finally, roll up your sleeves and have an opportunity to start creating your own personal mission statement!

Presented by the Melina Remesha, Coordinator of Student Activities, Revelle College
WEEK 6
November 2\textsuperscript{nd} 10:00-2:00pm
One Button Studio Open House
One Button Studio, 1\textsuperscript{st} Level of Price Center East
Discover how you can use the studio to practice your speeches, presentations, and interviews! Check out the green screen and the video recording capabilities. During this event, you will stop by and record a 30 second video on what it means to be Triton for 1 iLead stamp.

\textit{Presented by the Peer Educators, Center for Student Involvement}

November 4\textsuperscript{th} 1:00-2:00pm
Connect.the.Dots: Identity and Awareness
Cross-Cultural Center, 2\textsuperscript{nd} Level of Price Center East
Connect.the.Dots is an activity that explores participants’ salient and less salient identities in relation to their life experiences and cultural context. This workshop allows for participants to express their insights, growing knowledge, and awareness around privilege identities.

\textit{Presented by the Social Justice Educators, Cross-Cultural Center}

WEEK 7
November 7\textsuperscript{th} 1:00-2:00pm
Small Talk: The Art of Initiating Relationships
Bear Room, 2\textsuperscript{nd} Level of Price Center West
Small talk can make or break a potential connection. It is the first form of communication we often have with new contacts and our “way in” to new interpersonal and professional relationships. Learn effective strategies for engaging in small talk that will lead to more meaningful interactions and put your skills into practice.

\textit{Presented by the Peer Educators, Center for Student Involvement}

November 10\textsuperscript{th} 11:00-12:00pm
True Colors
Eleanor Roosevelt College Room, 2\textsuperscript{nd} 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.

\textit{Presented by Christian Medero, Office & Project Coordinator, Center for Student Involvement}
WEEK 8

November 15th  
12:30-1:30pm  
**Tea with Tritons**
Eleanor Roosevelt College Room, 2nd Level of Price Center West

Join us for an interfaith dialogue and refreshments. We will discuss our journey of spirituality, faith, and religion, learn from our differences, and discover our commonalities. Students from all faith and non-faith backgrounds are invited to participate.

*Presented by Katy Brecht, Program Coordinator, Center for Student Involvement, and Kristen Disbro, Student Org Advisor, Center for Student Involvement*

November 16th  
3:00-4:00pm  
**Public Speaking: Yes, You Can!**
Bear Room, 2nd Level of Price Center West

This workshop will provide participants with an overview of public speaking skills and best practices. In this interactive session, students will understand the tools necessary to speak confidently and prepare professional presentations. In addition, participants will learn about effective nonverbal communication, visual aids, techniques for overcoming stage fright and anxiety, and tips for preparation.

*Presented by the Peer Educators, Center for Student Involvement*

November 17th  
2:30-3:30pm  
**Networking 101**
Bear Room, 2nd Level of Price Center West

Networking can be intimidating. After all, you are putting yourself out there. Learn and practice some tips and tricks that will help you when you’re engaging potential employers or building up your own network!

*Presented by John Weng, Coordinator of Student Activities, Muir College*

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**WIN A FREE PRINCETON REVIEW COURSE!** Fill out a pink card and win!

The Princeton Review is hosting a drawing for a FREE Princeton Review course of your choice. Completion of a Princeton Review information card at each workshop qualifies you with an entry into the drawing. The drawing and presentation of certificates will take place during the Center for Student Involvement Student Organizations, Leadership and Service Awards Reception in Spring Quarter.