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/](http://ccl.ucsd.edu/registration/).
2. 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 workshops are worth 2 stamps, which are noted in the description.
3. Collect 10 stamps! Submit a copy of your completed stamp card and iLead reflection through [Portfolium](http://ilead.ucsd.edu) to receive recognition for completing the program.

*For more information on submitting your completed iLead Stamp Card, visit [http://ilead.ucsd.edu](http://ilead.ucsd.edu) or visit the Center for Student Involvement, on the 3rd level of Price Center East.*

**WEEK 2**

**April 12th**

11:00-12:00 PM  
**Microaggressions: The Big Impact of Little Things**  
Bear Room, 2nd Level of Price Center West

Microaggressions are the everyday verbal, nonverbal and environmental slights, snubs or insults, whether intentional or unintentional which communicate hostile, derogatory or negative messages to target persons based upon their marginalized group membership. The most detrimental forms of microaggressions are usually delivered by well-intentioned individuals who are unaware that they have engaged in harmful conduct. This workshop will help you identify common types of microaggression, and find ways to become culturally competent leaders.

*Presented by Pu (Riley) Zhang, Peer Educator, Center for Student Involvement*

**April 13th**

2:00-3:00 PM  
**Social Innovation**  
Eleanor Roosevelt College Room, 2nd Level of Price Center West

This workshop will discuss the topic of social innovation and how service contributes to make a positive change in the world. Come learn about how a small project can have an impact. Brainstorm, discuss, learn, collaborate, and create change.

*Presented by Alex Pacifico, Graduate Assistant, Center for Student Involvement*

**April 14th**

11:00-12:00 PM  
**Translating the Value of Your UCSD Experience**  
Teaching + Learning Commons Room 1505, 1st Level of Geisel Library

Learn how to discover, capture, and share your experiences inside and beyond the classroom, and how you can translate its value as you apply for jobs and/or graduate/professional programs. Learn what employers are looking for when hiring, and practice how to speak to your experiences and the skills you developed.

*Presented by Kimberly Elias, Engaged Learning Tools Coordinator, Teaching + Learning Commons*
### WEEK 3

#### April 18th

<table>
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<th>1:00-2:00 PM</th>
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<tr>
<td>Networking &amp; Job Hunting Season: You Got This!</td>
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<tr>
<td>Bear Room, 2nd Level of Price Center West</td>
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<td>In search for a job? What kind of details you should be aware of? What kind of candidate are employers looking for? In this informative workshop, you will learn about simple tricks and tips for you to be able to ACE your next Job Fair, Interview, or Mixer. These skills will not only sharpen your skills as an individual but also as a Leader.</td>
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<tr>
<td>Presented by Brian Chen, Peer Educator, Center for Student Involvement; and Zhaoyue Peng, Lead Peer Educator, Center for Student Involvement</td>
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#### April 20th

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<th>3:00-4:00 PM</th>
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<tr>
<td>Flourish @ UC San Diego</td>
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<td>CAPS Central, 1st Level of Galbraith Hall; Revelle College</td>
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<td>Learn how you can flourish! Be a part of this weekly drop-in CAPS workshop to learn how you can live a fulfilling life despite the stressors of college! In these workshops you will gain knowledge about relaxation techniques, mindfulness, and guidance on improving your self-care. Additionally, learn more about flourishing via social connections and increasing self-compassion.</td>
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<td>Presented by Dr. Vannavuth; and Varvara Yefymenko, Wellness Peer Educator, Counseling and Psychological Services</td>
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#### April 20th

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<th>5:00-6:00 PM</th>
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<td>Yes, No, Maybe: Clarifying Consent</td>
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<td>Bear Room, 2nd Level of Price Center West</td>
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<td>This interactive workshop focuses on communication, consent and healthy sexuality. Learn what consent is and how to ask, listen, and respect your partner’s response. Discussion focuses on definitions of consent, when consent cannot be given, bystander intervention and working with campus resources.</td>
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<td>Presented by the Peer Educators, CARE at the Sexual Assault Resource Center</td>
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### WEEK 4

#### April 24th

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<th>12:00-1:00 PM</th>
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<td>Eating Healthy on a Budget</td>
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<td>The Zone, 1st Level of Price Center West</td>
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<td>Come learn about nutrition tips and facts from a Dietitian, life hacks on optimizing your spending at a grocery store, how to maximize your budget by storing and freezing foods, learning the difference between organic vs. non-organic, and about all the healthy and budget-friendly places to eat on campus. Hosted by Health Promotion Services.</td>
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<tr>
<td>Presented by Debbie Kim, Program Manager, Health Promotion Services; and Christine McNamara, Registered Dietitian, Health Promotion Services</td>
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Hidden Voices of the United Farm Workers Movement: Manongs and Hermanos
Cross-Cultural Center, 2nd Level of Price Center East
This is a social justice presentation outlining hidden stories of the United Farm Workers Movement in their quest for better working conditions and wages, with particular focus on the voices of Filipino and Mexican laborers.

Presented by the Social Justice Educators, Cross-Cultural Center

Dear Journal: Using Writing to Cope with Stress
Green Table Room, 2nd Level of Price Center West
Intrigued by the idea of journaling but not sure how or where to start? This workshop explores journaling as a positive coping strategy. Have the opportunity to explore different writing techniques that promote emotionally healing and decreasing stress!

Presented by Shannon Franklin, PsyD; Post Doctoral Resident, Counseling and Psychological Services

Everything I Learned About Leadership, I Learned through Comic Books
Thurgood Marshall College Room, 2nd Level of Price Center West
Explore your strengths and how to combine forces with other student leaders with this interactive session on leadership types and forming teams.

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

One Button Studio Open House
One Button Studio, 1st 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 why it is important for students to develop leadership skills for 1 iLead stamp.

Presented by the Peer Educators, Center for Student Involvement

Social Justice Educators Present: Reproductive Justice
Cross-Cultural Center, 2nd Level of Price Center East
Interactive and instructional workshop covering reproductive rights and movements.

Presented by the Social Justice Educators, Cross-Cultural Center

Discussion Series: Coexist Interfaith Dialogue – DOUBLE STAMP
Green Table 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
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<tr>
<th>Date</th>
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<th>Event</th>
<th>Location</th>
<th>Description</th>
<th>Presenter</th>
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<tr>
<td><strong>May 5th</strong></td>
<td>1:00-2:00 PM</td>
<td><strong>Exploring Resiliency and Possibility Within</strong></td>
<td>Governance Chambers, 4th Level of Price Center East</td>
<td>Have you ever explored resiliency? What keeps you resilient in the face of stress, competing priorities and distraction? Participants will reflect on their own understanding of resiliency, engage in dialogue, and explore ways to practice resiliency, self-care and possibility.</td>
<td>Presented by Katelin Rae, Greek Life Advisor, Center for Student Involvement</td>
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<td><strong>WEEK 6</strong></td>
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<td><strong>Building Social Confidence – DOUBLE STAMP</strong></td>
<td>Bear Room, 2nd Level of Price Center West</td>
<td>Do you get anxious speaking up in class, asking someone out on a date, or talking in a group of your peers? Would you like to build your social confidence and improve the quality of your social interactions? This workshop focuses on identifying fears related to social situations, reducing self-defeating coping patterns and strengthening effective social skills. Full attendance at this workshop will grant you 2 stamps.</td>
<td>Presented by Tiffany O’Meara, Ph.D., Student Success, Development, and Flourishing Initiatives Manager; Counseling and Psychological Services</td>
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<td><strong>May 9th</strong></td>
<td>2:00-3:30 PM</td>
<td><strong>Discussion Series: Sharing the Mic – Engaging in Dialogue – DOUBLE STAMP</strong></td>
<td>Green Table Room, 2nd Level of Price Center West</td>
<td>In the heat of current events, it may feel difficult to be proactive in overcoming the issues that divide us. Our goal is to create a non-partisan, supportive space where students can share their opinions and experiences through a dialogue that is not trying to &quot;fix&quot; the differences between us, but rather develop respect for, and learn from the unique perspectives that define each of us. Join us for an experience in constructive dialogue.</td>
<td>Presented by GrAdvantage Team, Center for Student Involvement</td>
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<td><strong>May 10th</strong></td>
<td>2:00-3:00 PM</td>
<td><strong>Developing Charisma</strong></td>
<td>Bear Room, 2nd Level of Price Center West</td>
<td>Ever wondered how you can leave your audience feeling refreshed and motivated? Well check out this workshop! We will focus on interpersonal relationship building and explore the fundamental factors of charismatic leaders.</td>
<td>Presented by Iris Tso, Peer Educator, Center for Student Involvement</td>
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<tr>
<td><strong>May 12th</strong></td>
<td>11:00-11:50 AM</td>
<td><strong>Self-Care for Student Leaders</strong></td>
<td>Red Shoe Room, 2nd Level of Price Center West</td>
<td>Do you find yourself exhausted or drained? Did you miss your yoga class, lunch with your friends, or your “me time”? If so, consider treating yourself to this session on self-care. We will discuss the importance of self-care and how you can make time for YOU!</td>
<td>Presented by Melina M. Remesha, Coordinator of Student Activities, Revelle College</td>
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WEEK 7
May 17th
3:00-4:00 PM

Assertiveness Training and Conflict Management
Thurgood Marshall College Room, 2nd Level of Price Center West

Do you find it difficult to find your assertive voice? Is it challenging at times to express what you really think or feel? This workshop provides students with assertiveness skill training so that you can master difficult social situations. These skills can be applied to romantic quarrels, roommate disputes, and even professional relationships.

*Presented by Shannon Franklin, PsyD; Post Doctoral Resident, Counseling and Psychological Services*

May 18th
3:30-4:30 PM

Passing the Torch: Transition Tips for Student Org Leaders
Bear Room, 2nd Level of Price Center West

Do you currently hold a leadership position within your student group or organization? Do you have a transition plan for how you will share your organization’s legacies, stories, and knowledge to the next leaders? Don’t reinvent the wheel or start from scratch. Participants will learn about tips and strategies for sharing their student group’s institutional memory, successes, and lessons learned.

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

WEEK 8
May 24th
2:00-2:50 PM

From Resume to Interview
Bear Room, 2nd Level of Price Center West

Through this workshop, participants will gain knowledge on how to format and what to include on cover letters and resumes. Additionally, we will explore how to translate experiences and qualifications in an interview to land the job!

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

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. Beginning in the 2016-2017 academic school year, students who complete all iLead requirements will have iLead included in their CCR after May 2017. For more info, visit: [http://myccr.ucsd.edu](http://myccr.ucsd.edu).

WIN A FREE PRINCETON REVIEW COURSE!

The Princeton Review is hosting a drawing for a FREE Princeton Review course of your choice. Gain 1 entry into the drawing for every workshop that you attend. The drawing take place during the Center for Student Involvement Celebration & Awards in Spring Quarter.

CENTER FOR STUDENT INVOLVEMENT CELEBRATION AND AWARDS

Students who have attended 5 or more iLead workshops will receive an invitation to attend CSI’s Annual Celebration and Awards in May.