

IT STARTS WITH US

SDSU LEADERSHIP SUMMIT 2022

CONRAD PREBYS AZTEC STUDENT UNION • FEBRUARY 19, 2022

SAN DIEGO STATE UNIVERSITY
**LEADERSHIP
SUMMIT**



Welcome

On behalf of a team of dedicated professional and student staff, welcome to the 2022 SDSU Leadership Summit! This year's conference theme is **Leadership: It Starts with Us**. This is our call to action! Wherever you are on your leadership journey, you will go further with a community supporting you along the way. We hope that this year's conference provides you with the skills needed to build a strong community and to embark on a successful leadership journey. We're all in this together.

We have a dynamic program planned for the day which will include insight from university leaders, performance arts, skill-building workshops, networking opportunities with peers and alumni, and words of wisdom from our keynote speaker. Today's keynote speaker is Ricardo Lara, California's 8th Insurance Commissioner and SDSU Alumnus. Our closing speaker is Ashley Tejada, SDSU's current Associated Students president. Each will share important insights they learned throughout their leadership journey.

Enjoy what we hope will be a transformative experience.

Dr. Randy Timm

Associate Vice President for Student Affairs and Campus Diversity & Dean of Students



Dr. Adela de la Torre
President, San Diego State University



Dr. J. Luke Wood
Vice President for Student Affairs and Campus Diversity

Keynote Speaker

13TH ANNUAL LEADERSHIP SUMMIT



RICARDO LARA

Ricardo Lara is California's eighth Insurance Commissioner since voters created the elected position in 1988. Commissioner Lara previously served in the California Legislature, representing Assembly District 50 from 2010 to 2012 and Senate District 33 from 2012 to 2018.

As Senator he expanded protections for disaster survivors from losing their homes to insurance cancellation and nonrenewal. He wrote the nation's first climate insurance law, SB 30, to engage the insurance industry in the fight against climate-linked environmental disasters like wildfires and sea level rise. He is one of California's most effective environmental champions, working to improve health conditions and rein in air pollution. Commissioner Lara received the United Nations 2017 Climate and Clean Air Award with former Governor Edmund G. Brown Jr. and the California Air Resources Board for his work to reduce super pollutants.

Commissioner Lara authored the Health4All Kids Act, which now covers more than 250,000 California children with full-scope health care regardless of their immigration status. He also authored laws that help prevent prescription drug abuse and crack down on patient brokering and fraud involving Californians recovering from substance abuse disorders.

Raised in East Los Angeles by immigrant parents, Commissioner Lara made history in 2018 by becoming the first openly gay person elected to statewide office in California's history. Commissioner Lara earned a BA in Journalism and Spanish with a minor in Chicano Studies from San Diego State University.

Closing Speaker

13TH ANNUAL LEADERSHIP SUMMIT



ASHLEY TEJADA

Ashley Tejada is a student in the Postsecondary Educational Leadership graduate program and recently graduated from SDSU with a bachelor's degree in English and a minor in Leadership.

Ashley is from Corona, California so she takes pride in staying connected to the Southern California region over her time here at SDSU. She is incredibly passionate about elevating the student voice, uplifting the various communities on campus, and breaking down the stigma around mental health.

Ashley's time in Associated Students started her first year on campus and has continued throughout her four years where she served on multiple committees focusing on minimizing equity gaps, bettering campus community relations, advocating for students with varying abilities, beginning campus safety initiatives, and serving on the Associated Students Board of Directors. As the 2021-2022 Associated Students President, Tejada continues to prioritize campus collaboration, development of the university experience, and utilizing her identity as a Latinx woman to further serve SDSU as a Hispanic-Serving Institution.

Conference Schedule

13TH ANNUAL LEADERSHIP SUMMIT

8:30 - 8:50 AM	Check In for in-person participants <i>(Conrad Prebys Aztec Student Union Courtyard)</i>
9:00 - 9:20 AM	Welcome to the 13th Annual SDSU Leadership Summit Conference <i>(Montezuma Hall and Virtual)</i>
9:30 - 10:20 AM	Session 1 <i>(Breakout rooms and Virtual)</i>
10:30 - 11:20 AM	Session 2 <i>(Breakout rooms and Virtual)</i>
11:25 - 12:15 PM	Keynote Address <i>(Conrad Prebys Aztec Student Union Theatre and Virtual)</i>
12:15 - 1:00 PM	Lunch <i>(in-person participants can pick up lunch voucher in Montezuma Hall Lounge)</i>
1:00 - 1:50 PM	Session 3 <i>(Breakout rooms and Virtual)</i>
2:00 PM	Closing Remarks <i>(Conrad Prebys Aztec Student Union Theatre and Virtual)</i>

SAVE THE DATE

for next year's SDSU Leadership Summit

Saturday, Feb. 18, 2023

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 1

9:30 10:20 AM

SESSION 1 FEATURED SPEAKER: THE POWER OF “I DON’T KNOW”

Conrad Prebys Aztec Student Union Theatre (2nd floor)

Zoom Link to join Dr. Radhika Seshan virtually

» *Dr. Radhika Seshan, Career Relations & Strategic Partnerships, SDSU*

Human knowledge doubles every thirteen months. Future leaders need to manage uncertainty and unknowns while also learning new skills. Join this session to practice curiosity, while saying “I don’t know.” Empower your team, practice learnability, and grow your confidence as a future-ready leader. Bring your sense of humor and friends to practice at our breakout sessions!

IN-PERSON TRACK (see p. 8 for virtual track)

MINDFULNESS, MEDITATION, AND MOVING FORWARD: LOOKING INWARD TO ACHIEVE SUCCESS OUTWARD

Templo Mayor (2nd floor)

» *Dr. Michael McHan, Communication Professor, SDSU*

Have you ever wondered how to harness the powers of the mind? In this session we will explore the relationship between mindfulness, meditation, and success. You will learn tools for creating a regular mindfulness practice, paving the way for increased emotion regulation and cognitive functions, resulting in a greater likelihood of accomplishing future endeavors.

THE VOICE OF A LEADER: PASSIONATE PUBLIC SPEAKING

Council Chambers (3rd floor)

» *Brandon B. Harrison, Assistant Director, SDSU Alumni Center*

Are you looking to improve your public speaking skills? This session will introduce you to important concepts you can use on your journey towards becoming a more compelling and confident communicator. This is an experiential presentation, which will include interactive group exercises for enhancing public speaking skills.

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 1 CONTINUED

9:30 10:20 AM

WHERE TO START BUILDING A TEAM

Park Boulevard (1st floor)

» *Dr. Kenneth Lamb, Student Innovation Idea Labs, Cal Poly Pomona*

We don't often get a chance to pick who is on our team so we must learn to build a team with anyone. During this session you will learn about three frameworks (or tools) to build positive relationships focused on achieving team goals.

ENCANTO: HOW ENCHANTING IS YOUR LEADERSHIP

Pride Suite (1st floor)

» *Matthew H. Garcia, Center for Fraternity & Sorority Life, SDSU*

» *Emma Charles, Center for Fraternity & Sorority Life, SDSU*

Inspired by the Disney movie "Encanto", this session will immerse you in identifying your enchanting leadership skills. Learn how to break through barriers to maximize your potential in your leadership roles. You will take away at least one goal you want to accomplish as a student leader and beyond.

BECOMING A GOAL GETTER

Legacy Suite (3rd floor)

» *Crissy Ramirez, Student Leader, SDSU*

How often do you approach the new month with a list of goals that you hope to achieve just to eventually find yourself back at square one? While creating and writing down your goals is easy, achieving them is the challenging part of the process. In this session, you will learn how to create SMART goals to motivate you to achieve your desired goals. You will also learn the benefits of goal setting as a leader.

VIRTUAL TRACK

CONQUERING THE FEARS OF "BEING SEEN" AS YOU LEAD

[Zoom Link to join Shiraz Baboo virtually](#)

» *Shiraz Baboo, Transformational Coach, Energetic Magic Inc.*

Did you know that both your conscious and unconscious beliefs and fears are impacting not only your ability to lead, but also the way you attract followers? Most people don't realize that unconscious habits cannot only affect the way

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 1 CONTINUED

9:30 - 10:20 AM

you lead, but also affect whether or not leadership opportunities show up. In this interactive session, you will discover blocks you didn't know were there and remove some of them on the spot.

WHAT'S LOVE GOT TO DO WITH IT? INCORPORATING LOVE INTO LEADERSHIP

[Zoom Link to join Christina Waszak virtually](#)

» *Christina Waszak, Student Activities and Leadership, Borough of Manhattan Community College*

As a leader, what situations or people might be difficult for you to give kindness to? How can you “give love” to others on a daily basis? In this interactive session, we will discuss these questions, review emotional intelligence, and identify the possibilities and challenges of “leading with love.”

CREATING A SENSE OF BELONGING ON CAMPUS

[Zoom Link to join Robert Jones virtually](#)

» *Robert Jones, Student Involvement and Leadership, North Dakota State University*

There are two components to creating a successful student organization: recruitment and retention. There tends to be a focus on recruiting new members, but if we cannot keep our current members engaged, then our organization is going to struggle. In this session we are going to examine what a sense of belonging is and how we can create a sense of belonging in our organizations. This session is also going to look at how a sense of belonging can strengthen a group.

NOTE:

We understand that there could be technical challenges that prevent presenters from beginning their Zoom or facilitating their workshops. We suggest you wait 5 minutes for the presenter to join, and then select another breakout session workshop to attend.

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 2

10:30 - 11:20 AM

SESSION 2 FEATURED SPEAKER: THE DREADED DRAMA TRIANGLE

Conrad Prebys Aztec Student Union Theatre (2nd floor)

[Zoom Link to join Dr. Randy Timm virtually](#)

» *Dr. Randy Timm, Associate Vice President & Dean of Students, SDSU*

Leadership can feel like drama. Managing the concerns of different stakeholders can be challenging. Did you know there is a model of changing drama to an empowerment dynamic? Come learn the components of the dreaded drama triangle and the corresponding empowerment dynamic. Reframing drama can prevent failure and lead your organization to success and productivity. Be prepared to discuss your drama and how you can empower your team to move forward.

IN-PERSON TRACK (see p. 11 for virtual track)

BEHIND THE LENS OF LEADERSHIP

Templo Mayor (2nd floor)

» *Eunice Flores, Center for Commuter Life, SDSU*

» *Jill Lackley, Career Services, SDSU*

As virtual environments are becoming more acceptable in academic and work settings, how do your leadership skills translate in a virtual environment? How can you emerge as a leader during these times? What do you need from a leader in that environment? Join us to identify leadership qualities and tips to help you engage as we continue to shift to more hybrid environments.

BE KIND TO YOUR MIND: SELF-CARE PRACTICES FOR STUDENT LEADERS

Council Chambers (3rd floor)

» *Liana Marin, Graduate Student, California State University Dominguez Hills*

How do we balance roles and commitments? How can we lean into joy? Join our interactive dialogue exploring how leaders establish practices that honor our boundaries and mental health. You will walk away with an array of holistic coping mechanisms to respond to stress and uncertainty in your ever-changing environment.

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 2 CONTINUED

10:30 - 11:20 AM

TITLE TBD: PROCRASTINATION AND MOTIVATION

Park Boulevard (1st floor)

» *Zach McDaniel, Center for Student Organizations & Activities, SDSU*

Procrastination is a common challenge students face in college. One out of every two students identify as having a struggle with procrastination consistently. In this session, we will encourage you to reflect on your own experiences with procrastination and explore different motivational strategies to stay on track for success.

AVENGERS: AGE OF WORKPLACE RELATIONSHIPS

Pride Suite (1st floor)

» *Kaleigh Lacouture, Center for Student Organizations & Activities, SDSU*

» *Helen Ma, Center for Commuter Life, SDSU*

Whether you are starting a new career, moving from one to the other, or eager to make your current work environment the best one yet, come join first year student affairs professionals and discuss how developing and maintaining healthy workplace relationships can keep work meaningful and FUN!

VIRTUAL TRACK

CAN YOU HANDLE THE HEAT? HOW TO MAKE YOUR SEMESTER STRAIGHT FIRE

Zoom Link to join Tony Roulhac and Laura Horton virtually

» *Tony Roulhac, Center for Commuter Life, SDSU*

» *Laura Horton, Center for Commuter Life, SDSU*

Have you ever found yourself taking on too many responsibilities but not knowing it until well into the semester? Heat maps may be the tool for you. Knowing how to build a heat map for your various commitments (school, work, volunteering, etc.) will help you plan for your busy periods before they happen. This session will also explore how heat maps can be created for organizations to keep entire teams on track.

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 2 CONTINUED

10:30 - 11:20 AM

STARTING WITH HEALING: AN ANTIRACIST LEADERSHIP PARADIGM FOR CULTIVATING COURAGE AND RESILIENCE

Zoom Link to join Andrew Mutsalklis and Dr. Lisa Gates virtually

- » *Andrew Mutsalklis, Graduate Student, SDSU*
- » *Dr. Lisa Gates, College of Education, SDSU*

We stand for the healing possibilities of leadership. Fueled by antiracist movements (e.g., Kendi, 2019), we are witness to leadership's dynamic and shifting meanings: from power-informed qualities of individual men to equity-driven approaches that cultivate inclusive communities. This active-learning session proposes a new paradigm of leadership; a healing, equity-minded approach that centers courage, dignity, and resilience for ourselves and others.

THE FIRST GENERATION IDENTITY: IT DOESN'T END AFTER GRADUATION

Zoom Link to join Amaris Gonzalez virtually

- » *Amaris Gonzalez, Center for Student Organizations & Activities, SDSU*

The first generation identity doesn't end when you graduate college. While you may hope that the barriers and challenges end once you walk across the commencement stage, that isn't the case for most. This session is geared towards exploring and highlighting an identity that has been erased from academic and professional discourse. Learn how to transition from a first generation student to a professional, how to honor your boundaries, and navigate imposter syndrome.

(AAPI)PHANY: WHAT IS COLLECTIVISTIC MENTORSHIP?

Zoom Link to join Dr. Koko Nishi and Jessica Chang virtually

- » *Dr. Koko Nishi, Counseling & Psychological Services, SDSU*
- » *Jessica Chang, Center for Inclusive Excellence, SDSU*

Mentorship is known in our social discourse, but there's no formalization of what it actually is and how to go about it. This session will discuss integrating collectivism into the mentor/mentee relationship, what to look for in a mentor/femtor/themtor, how to create meaningful and sustainable mentorship relationships, and how to maximize your experience in mentorships. Join us as we unpack the meaning and importance of mentorship. This session comes from

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 2 CONTINUED

10:30 - 11:20 AM

a lens of an Asian cultural value of collectivism, which at the heart of it is closely related to relationship building and community, and we welcome all who are interested in our session.

NOTE:

We understand that there could be technical challenges that prevent presenters from beginning their Zoom or facilitating their workshops. We suggest you wait 5 minutes for the presenter to join, and then select another breakout session workshop to attend.

KEYNOTE SESSION

11:25 - 12:10 PM

KEYNOTE SPEAKER: RICARDO LARA

Conrad Prebys Aztec Student Union Theatre (2nd floor)

[Zoom Link to join Richardo Lara virtually](#)

Join us as Commissioner Ricardo Lara shares insights on his leadership journey. From his role in Associated Students as a leader at SDSU to his professional experience as California's 8th Insurance Commissioner, Lara reflects on the successes and failures he's experienced throughout his leadership career and the lessons he's learned along the way.

LUNCH

12:15 - 1:00 PM

In-person student participants should pick up their meal cards in the Montezuma Hall Lounge. Once you get your meal card, you have the following options to choose from:

- | | | |
|-----------------------|---------------|--------------|
| » Aztec Markets | » Oggi's | » Subway |
| » Broken Yolk | » Plant Power | » Which Wich |
| » Epic Wings N Things | » Poke 1 1/2 | |
| » Everbowl | » ShakeSmart | |
| » Lolita's | » Starbucks | |

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 3

1 - 1:50 PM

SESSION 3 FEATURED SPEAKER: IMPORTANCE OF HAVING A GROWTH MINDSET

Conrad Prebys Aztec Student Union Theatre (2nd floor)

[Zoom Link to join Dr. Virginia Loh-Hagan virtually](#)

» *Dr. Virginia Loh-Hagan, APIDA Resource Center, SDSU*

Do you want to learn, grow, and achieve? Having a growth mindset is proven to increase your motivation and productivity. A growth mindset is the belief that we are in control of our skills and that these skills can be developed and improved. It's about moving away from "I can't do this" to "I can't do this YET, but with productive EFFORT, I can do this soon." Join as we share the benefits of and barriers to adopting and nurturing a growth mindset.

IN-PERSON TRACK (see p. 15 for virtual track)

NURTURING A SENSE OF BELONGING IN THE PROFESSIONAL WORLD

Templo Mayor (2nd floor)

- » *Ramona Acuna, Career Services, SDSU*
- » *Melissa Gonzalez, HSI and Regional Affairs, SDSU*
- » *Claudia Martinez, Career Services, SDSU*

What kind of employer are you hoping to work for after you graduate? Have you thought about their values or workplace culture? This session will invite you to reflect on your identities and cultural capital, as well as address how belonging creates an inclusive and equitable workplace.

RESTORATIVE PRACTICES: TOOLS FOR LEADERSHIP

Council Chambers (3rd floor)

- » *Chrystian Smith, Higher Education Graduate Student, SDSU*

Restorative practices build community and strengthen relationships by emphasizing new concepts in conflict resolution and interpersonal communication. Come see how instituting these practices can add to your leadership by introducing more understanding, participation, and accountability to your spaces. This session will discuss these practices and engage you in thoughtful exercises.

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 3 CONTINUED

1 - 1:50 PM

EXECUTIVE PRESENCE: OWN THE ROOM AND THE ZOOM

Park Boulevard (1st floor)

» *Tianna Williams, Manager, Chatmeter*

When you walk into a room, are you radiating "executive presence?" Let's chat about what it means to embody executive presence, along with some new barriers in a virtual/hybrid world. We'll also dissect imposter syndrome as one of the main roadblocks in leading with confidence. You'll leave this workshop with tips on how to own the Room AND the Zoom.

IT STARTS WITH US: IDENTIFYING YOUR ADVOCATES TO STRENGTHEN YOUR PROFESSIONAL SELF

Pride Suite (1st floor)

» *Jacynda Laferriere, Center for Student Organizations & Activities, SDSU*

» *Dannie Schwarz, Inclusive Diversity, SDSU*

» *Kyle Hamlin, Residential Education Office, SDSU*

Acknowledging the "us" in "It Starts With Us," this session will focus on the role that our personal advocates play in advancing our leadership journeys. Join us to learn about the many forms of advocacy, recognizing your allies, and how you can pay it forward.

VIRTUAL TRACK

TAKING THE LEAD: BREAKTHROUGH & CONQUEST

Legacy Suite (3rd floor)

» *Erik N. Weber, Athlete and Attorney, Team Skybirds*

This session dives into one of the greatest hindrances of growth and progress; the fear of failure. Finding and addressing a fear's roots facilitates positive redevelopment of the person. To become a more effective leader, you must reform the fear of failure into a confident pursuit of conquest.

Session Information

13TH ANNUAL LEADERSHIP SUMMIT

SESSION 3 CONTINUED

1 - 1:50 PM

FEEDBACK FOR THE FUTURE: HOW TO ASK FOR AND RECEIVE FEEDBACK TO IMPROVE YOUR LEADERSHIP

[Zoom Link to join Kelly Sullenberger virtually](#)

» *Kelly Sullenberger, Doctoral Candidate, Marketing Manager & Chair of DEI Committee, Pepperdine University*

Let's face it - while we can all agree on the importance of feedback, asking for and receiving feedback can be uncomfortable. This session will help you navigate how to ask for feedback, how to handle criticism with grace, and how to turn feedback into actions for continued personal growth.

USING DISCORD TO LEAD: HOW TO CREATE AND SUPPORT AN ONLINE COMMUNITY

[Zoom Link to join Benny Balderrama virtually](#)

» *Benny Balderrama, Involvement & Student Organizations, University of Nevada Las Vegas*

This session will go over how to use the online private chat service, Discord, to engage with the student body, provide an additional community space, and how student leaders can use it for themselves. Moving forward, we all should focus on a combination of physical and virtual engagement!

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Session Information

13TH ANNUAL LEADERSHIP SUMMIT

CLOSING SESSION

2:00 PM

CLOSING SPEAKER: ASHLEY TEJADA

Conrad Prebys Aztec Student Union Theatre (2nd floor)

[Zoom Link to join Ashley Tejada virtually](#)

Ashley Tejada, SDSU Associated Students' President, will close the SDSU Leadership Summit with her leaders words of wisdom. Join us to reflect on the lessons you learned today and share how you will be able to improve your leadership in the future.

We thank you for attending the 2022 SDSU Leadership Summit conference! Join us at next year's event on Saturday, February 18, 2023.

13TH ANNUAL LEADERSHIP SUMMIT

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook. There is no handwriting or other markings on the page.

- » Heightened knowledge of self
- » Discovering personal motivations to lead
- » Increased capacity for change/ambiguity and self-reflection
- » Clarified sense of leadership aspirations
- » Awareness of adversity as force for positive change

Conference Map

13TH ANNUAL LEADERSHIP SUMMIT



CONRAD PREBYS
AZTEC
STUDENT UNION



- Meeting/Event Spaces
- Lounge
- Food/Drink
- Restrooms/Waiting

FLOOR
1

AS Student Union | San Diego State University



CONRAD PREBYS
AZTEC
STUDENT UNION



- Meeting/Event Spaces
- Lounge
- Food/Drink
- Restrooms/Waiting

FLOOR
2

AS Student Union | San Diego State University

Conference Map

13TH ANNUAL LEADERSHIP SUMMIT





Thank You

for attending San Diego State University's 2022 Leadership Summit

Special acknowledgements to those who made this conference possible!

Co Directors:

Dr. Randy Timm, Associate Vice President & Dean of Students
Christine Molina, Assistant Dean of Students for Co-Curricular Programs & Student Support
Chelsea Lombrozo, Assistant Director of the Glazer Center for Leadership & Service

Coordinator:

Michelle Halverson, Student Life Advisor for Leadership & Service

Campus Partners:

Division of Student Affairs + Campus Diversity
Student Affairs + Campus Diversity Communication Services
Associated Students
Student Affairs + Campus Diversity Development
Campus Diversity & Parent Philanthropy



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**Division of Student Affairs
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