

2023 UNIVERSITY OF IOWA FALL YOUTH SUMMIT

*EMPOWERING LEADERS
THROUGH SELF DISCOVERY*



OCTOBER 11, 2023 • IOWA MEMORIAL UNION

125 N. Madison Street, Iowa City, IA 52242

SCHEDULE

2023 FALL YOUTH SUMMIT EMPOWERING LEADERS THROUGH SELF DISCOVERY

CHECK-IN 8:30 - 9AM	Iowa Memorial Union 2nd Floor International Ballroom
OPENING REMARKS 9:00-9:15 AM	Welcome to the University of Iowa! 2nd Floor International Ballroom
KEYNOTE 9:15-10:00 AM	Dr. Maria Guadalupe Bruno Executive Director for Belonging and Inclusion and Assistant to the Vice President
ROTATION #1 10:10-10:55 AM	Various Rooms 3rd Floor Iowa Memorial Union
ROTATION #2 11:00-11:45 AM	Various Rooms 3rd Floor Iowa Memorial Union
LUNCH 11:50-12:50 PM	Iowa Memorial Union 2nd Floor International Ballroom
ROTATION #3 1:00-1:45 PM	Various Rooms 3rd Floor Iowa Memorial Union
CLOSING REMARKS 1:50-2:00 PM	Iowa Memorial Union 2nd Floor International Ballroom

QUESTIONS?

PLEASE VISIT THE STAFF TABLES IN THE SECOND FLOOR LOBBY

Individuals with disabilities are encouraged to attend
all University of Iowa-sponsored events.

If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact Luis Aranda, Alma Bernal, or Blake Simpson-Wade at 319-335-3555.

KEYNOTE SPEAKER

9:15-10:00 AM



Dr. Maria Bruno is the Executive Director of Belonging and Inclusion and Assistant to the Vice President for the Division of Student Life. A licensed clinical psychologist and health service provider. Dr. Bruno provides administrative oversight for Student Disability Services (SDS), Women's Resource and Action Center (WRAC), Rape Victim Advocacy Program (RVAP), and Multicultural and International Student Support and Engagement (MISSE).

Dr. Bruno is also an adjunct faculty within University College and the College of Education, teaching undergraduate and graduate students. She serves as a mentor for many students of color and early career professionals. She has worked in various settings, including the United States Air Force, promoting individuals' overall well-being and mental health.

IOWA

**Division of Diversity, Equity,
and Inclusion**

LULAC Council 10
Davenport, Iowa



ROTATION ONE

10:10-10:55 AM

IOWA THEATER IMU 166

Learning What You Need to Know When You Don't Know What You Need to Know

*Luis F. Aranda, Assistant Director, CIAE
University of Iowa*

Ever been in a space and you automatically feel out of sorts because you don't know what the rules are? Let's talk about it! This session is designed to be a fun and interactive session on learning how to navigate spaces that you may not realize you might be doing the wrong thing and not even know!

Luis Aranda is an Assistant Director in the Center for Inclusive Academic Excellence at the University of Iowa. Luis has more than 12 years working in higher education and has found himself making a mistake countless times because he didn't know what he was supposed to know. Now he thinks he knows what he needs to know and wants you to know how to find out what you need to know when you don't know.

MEETING ROOM IMU 345

Are You Picking Up What I'm Putting Down: Lessons in Effective Communication

*Margaret Kaus, Assistant Director, CIAE
University of Iowa*

When it comes to communication, there are many ways for individuals to get their point across—some are more effective than others. In this session, we will discuss various styles and forms of communication, including highly engaged communication as well as highly considerate communication. We will discuss some of the ways communication styles clash which can often lead to interpersonal conflict. Participants in this session will familiarize themselves with a means to identify their own communication style as well as how to apply their unique communication approach to more effectively convey their views and build connection and rapport with others.

47 THINGS ROOM IMU 346

Love for Self And Culture: The Importance of You

*Erin Elizalde, Undergraduate Student,
University of Iowa*

This workshop is focused on recognizing our self-worth within the various identities we carry. By recognizing the diversity, we bring and contribute to society, we can appreciate the worth we have. The workshop will be divided into three parts. By the end of the workshop, students will be able to take home the affirmations they journaled, along with optional reflection questions. The goal is to leave the workshop with a new view of their self-worth, along with parts of their identity that contribute to it.

Erin Elizalde is a third-year biochemistry student at the University of Iowa. She is an Iowa Edge peer leader, Research Assistant at the Department of Epidemiology in the College of Public Health, CIAE student assistant, Mobile Clinic & Food Pantry Volunteer, TRIO SSS tutor, and Founder of Paws at Iowa. Erin is heavily involved in both the Latinx and Queer communities, along with DEI initiatives at the University of Iowa.

ROTATION ONE CONT'D

10:10-10:55 AM

OLD CAPITOL ROOM IMU 347

3...2...1: Exercises in Communicating Emotion *Tristan Schmidt, TRIO-Upward Bound, University of Iowa*

Often we hear the countdown of "3...2...1..." and get thrown into a whirl! This session makes the countdown one of the tools you will learn to use in communication and communicating with others, particularly, with intense emotions that come from a multitude of lived experiences. These emotions cannot be discounted, however, finding ways to share intuitively and strategically will help you learn to become more connected and empathetic with the audience you are communicating with. Through interactive activities, you will engage with others in practicing such skills and discussing which of them best fits your communication style.

An alumnus of the University of Iowa, Tristan Schmidt received their undergraduate degree in African American Studies with a Certificate in Critical Cultural Competence in May 2019. Tristan also completed their Master of Public Affairs degree from Indiana University O'Neill School of Public & Environmental Affairs while working with the TRIO Upward Bound program. Tristan is working towards a Certificate in Quantitative Research Methods from Indiana University. Tristan is passionate and interested in evaluation, assessment, and modeling with DEI data, educational equity, college access and success, and educational and social policy.

STUDENT LEADERSHIP ROOM IMU 351

Leveling Up: Leveraging your Mindset & Metacognition *Brigitte Ledferd, Learning@Iowa, University of Iowa*

Elevate your personal and professional skills by leveraging the Learning at Iowa pillars of Mindset and Metacognition. Join our workshop designed to equip you with the tools to nurture adaptability and reflection in your upcoming leadership roles.

Brigitte Ledferd recently graduated from the University of Wisconsin-River Falls with a Bachelor of Science in Sociology and Criminology. Brigitte is a Higher Education and Student Affairs master's student who currently serves as the Learning at Iowa graduate intern. In her role, Brigitte collaborates with campus partners and student groups to impart the principles of the three Ms of Learning at Iowa. Her mission is to empower students, instilling in them the confidence needed to excel not only in their academic pursuits but also in their professional development.

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ROTATION TWO

11:00AM - 11:45AM

IOWA THEATER IMU 166

Discover Your Path: Career Clarity for Leaders with Sparkpath Challenge Cards

*Paula Ross & Crystal Lewis, University of Iowa,
Pomerantz Career Center*

This workshop will focus on an innovative career exploration strategy that aims to identify real-world challenges that need solving, leaving behind the traditional approach of selecting a job title or profession to pursue. This interactive workshop offers a unique opportunity to explore potential careers that align with your passions, skills, and aspirations. By the end of the session, participants will gain clarity about their professional paths and leave empowered with tools and strategies to navigate their journey toward leadership in their chosen fields.

Paula Ross is a first-generation college graduate with a Bachelor of Arts in Psychology and a Master of Science in Higher Education Administration. Paula is dedicated to supporting underrepresented students in their journey to become resilient, self-advocating professionals. Currently, in her role at the University of Iowa, she supports undergraduate students as a career coach and leads the Career Peer Advisor internship program.

Crystal Lewis has years of experience serving college students as an educator, academic advisor, and career coach. She enjoys working to help students feel empowered to define their goals and craft effective strategies to achieve them. Crystal is a first-generation college student with a Bachelor's degree in African American Studies and Government and a Master's degree in African-American World Studies.

HOMECOMING ROOM IMU 345

Finding Your Voice Through Music

*Dr. Maria Bruno, Executive Director for Belonging
and Inclusion and Assistant to the Vice President,
University of Iowa*

We will learn how music can help us find our voice and discover how our personal journey influences the types of music we listen to. This project will allow us the opportunity to explore the creative process through art. Through this self-discovery process you will identify your own leadership skills.

Dr. Maria Bruno is a licensed clinical psychologist and health service provider. She currently serves as the Executive Director of Belonging and Inclusion & Assistant to the Vice President for the Division of Student life. She is also an adjunct faculty teaching undergraduate and graduate students. She serves as mentor for many students of color and early career professionals. She has worked in various settings including the United States Air Force.

ROTATION TWO CONT'D

11:00 AM - 11:45 AM

47 THINGS ROOM IMU 346

The Impact of Your Inner Voice

*Shannon McNeal, AmeriCorps VISTA,
Leadership, Service, and Civic Engagement
University of Iowa,*

The Impact of Your Inner Voice is a workshop dedicated to acknowledging and evaluating how much merit we give to the voice in our head. It is about reflecting on one's inner critic vs. inner coach and how to manage our perceptions and emotions based on what our inner voice sets us up to see. This workshop also touches on the effects of self-editing in relation to our inner voice and how that affects the environments we contribute to. From this workshop, students will be able to distinguish between their inner critic and inner coach, and know how to evaluate the two so that they can weaken the need to self-edit themselves.

Shannon McNeal is a recent graduate from The University of Iowa and now works with her alma mater as an AmeriCorps VISTA member in the Leadership, Service, and Civic Engagement team. She is an advocate working to uplift all voices and build capacity in volunteer opportunities between nonprofits and students in the Iowa City area.

OLD CAPITOL ROOM IMU 347

The Six Principles Podcast

*Mollie Willis, REACH
University of Iowa*

The Six Principles Podcast is not a podcast at all. It is an engaging and interactive introduction of six principles that inform everyday interactions. Participants will be introduced to and encouraged to reflect upon suspending judgment, embodying empathy, considering culture, becoming aware of powerlessness; and developing an understanding of the time/place, and the moment.

Mollie has a professional background in social service work, education and training as well as museum programming. Mollie holds an undergraduate degree in Sociology and earned her M.S. in Education with an emphasis on including youth and underrepresented populations in qualitative research methodology.

STUDENT LEADERSHIP ROOM IMU 351

Making the Most of Your Academic Experience

*Maddie Schulte & Mark Archibald, Honors
Program, University of Iowa*

Nearly all students report feeling overwhelmed by the transition to "College Life". We have all heard that college is 'hard' but what does that mean?

The key to enjoying your academics and performing well is through engagement and self-discovery. Come learn about how centering yourself can be the key to your positive academic experience at Iowa.

Maddie is awesome. Mark is alright.

ROTATION THREE

1:00 PM - 1:45 PM

IOWA THEATER IMU 166

Does School Work?

Steve Andresen, TRIO - Student Support Services, University of Iowa,

How can students celebrate radical authenticity, love and joy in the classroom? What does it mean to center yourself in your learning? How can you advocate for change now? In this session, we will explore the history education and how it relates to you and your personal multitude of identities.

Steve Andresen studied Art Education at the University of Iowa and completed his master's thesis on Punk Pedagogy: Rebellion, Critique, Self-Examination, Exploration, and DIY in the Secondary Visual Arts Classroom. Currently he teaches in the College of Education at Iowa and works with TRIO Student Support Services as a coach and instructor supporting first generation, low-income, and historically marginalized students. Steve taught art in the public education system at both the elementary and secondary levels for six years. He is interested in research on learning and teaching through punk ethics and philosophy and arts-based research.

HOMECOMING ROOM IMU 345

Overcoming Self-Doubt Through a Growth Mindset

Maddy Wilson & Hannah Hauck, Leadership & Engagement, University of Iowa

Growth mindset and perspective taking are essential to combat self-doubt- but where do you start? In this interactive workshop, students will discuss how language shifts and self-reflection can affect self-esteem. Participants will also receive a take-home worksheet for the opportunity to practice a growth mindset in their day-to-day lives.

Maddy Wilson received her master's degree in Higher Education & Student Affairs at University of Iowa and is the Coordinator for Dance Marathon Programs in Leadership & Engagement. Hannah Shelton-Hauck is a second-year master's student in the same program and a Graduate Intern in Academic Support & Retention.

STUDENT LEADERSHIP ROOM IMU 351

Growing Your Network

Monica Hughes, Tippie College of Business, University of Iowa

Students will learn the importance of networking and growing their professional networks. Be prepared to step out of your comfort zone and participating in an interactive session.

Monica Hughes serves as the Assistant Director of High School Outreach & Engagement for the Tippie College of Business at the University of Iowa. Monica's primary goals are to build connections with high schools and community partners while focusing on strategic recruitment goals. She travels out to different Iowa community high schools to give classroom presentations.

ROTATION THREE CONT'D

1:00 PM - 1:45 PM

OLD CAPITOL ROOM IMU 347

Putting You First: Setting Boundaries

Erica Perez, Graduate Assistant - Basic Needs, University of Iowa

Maria Luz Acala, Graduate Assistant - Student Athlete Academic Services, University of Iowa

We will be talking about what boundaries are and how setting them early can set us up for success. Through an open conversation, we will explore how to establish healthy boundaries. Using activities participants will have the chance to reflect on their own experiences and learn skills that can benefit them now and in the future.

Erica Perez is a first-generation Latina working on her master's degree in Higher Education and Student Affairs.

Maria Luz Alcala is working on her master's degree in Higher Education and Student Affairs and is proud to be first-generation.

STUDENT LEADERSHIP ROOM IMU 351

Becoming a Time Management Champion

Marissa Green-Franceson, Office of Assessment, University of Iowa

During each day of our lives, we all need to make multiple decisions regarding how we spend our time. If we don't plan how to manage that time, it can start to feel like time is managing us. In this session, we will practice using various time management tools, such as running lists, to-do lists, and fixed commitment calendars. We will also discuss a typical concentration cycle for the average person to help you decide how much time you should devote to various tasks. Finally, we will run through a demonstration to better understand why multitasking is a bad idea.

Dr. Marissa Green-Franceson currently serves as the Assistant Director of Institutional Research and Assessment at the University of Iowa. Before her current role, she held the position of Assistant Professor of Psychology at Muscatine Community College, where she taught courses on psychology and academic success strategies. Dr. Green-Franceson holds a Ph.D. in Educational Psychology from The Ohio State University.

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