



National Conference on Student Leadership  
November 17-18, 2023  
Orlando, Florida



## **62nd Student Government Association NOTES AND REPORT**

Generated by the 62nd SGA  
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## PROGRAM-AT-A-GLANCE

Color Key: *All Attendees* *Advisor Experience* *Student Workshops*

### FRIDAY, NOVEMBER 17

8:00am–3:30pm	Registration Open
9:00–10:30am	Opening Keynote: The Bounce-Forward Factor: How to Thrive When You're Feeling Overwhelmed
10:45–11:45am	Student Workshops: Communication for Leaders
10:45–11:45am	Advisor Experience: Welcome, Community Building, and Program Overview
11:45am–1:00pm	Lunch
1:15–2:15pm	Student Workshops: Networking for Leaders
1:15–4:00pm	Advisor Experience: Experiential Learning and Reflective Dialogue: Overview and Hands-on Practices
2:30–3:30pm	Student Workshops: Self-care & Wellness
3:30–5:00pm	Career Corner
4:00–5:00pm	Networking Reception
7:30–9:30pm	Game Night

### SATURDAY, NOVEMBER 18

7:30am–4:30pm	Registration Open
7:30–8:30am	Continental Breakfast
8:45–10:15am	All-Conference Leadership Event: Leadership Lab
10:30–11:30am	Student Workshops: 21st Century Leadership
10:30am–12:45pm	Advisor Experience: Training & Facilitation Best-Practices
11:45am–12:45pm	Student Workshops: Life Skills and Personal Development
12:45–2:00pm	Lunch
2:15–3:15pm	Student Workshops: Leadership for Change and Inclusivity
2:15–3:15pm	Advisor Experience: Celebrations and Certificates
3:30–4:30pm	Closing Keynote: Become an Overcomer: How to Let Go of Negative Self Talk and Live Intentionally!
4:30pm –	Certificates Available and Conference Adjourns

### Student Workshop Blocks

#### 21ST CENTURY LEADERSHIP

Leadership skills with an emphasis on developing critical thinking; creativity; collaboration; communication; information, technology, and media literacy; flexibility; initiative; productivity; and social skills.

#### COMMUNICATION FOR LEADERS

Sessions will help students master articulating a vision, communicating in groups, presenting to stakeholders, and other aspects of public motivational speaking.

#### NETWORKING FOR LEADERS

Creating and expanding a personal network is a critical leadership skill. Workshops in this category help students create meaningful connections and build impactful relationships.

#### LEADERSHIP FOR CHANGE AND INCLUSIVITY

Whether it is striving for social justice, working to reduce food deserts in the community, promoting campus civility, or other cause-driven initiatives, this work requires exceptional leadership skills.

#### LIFE SKILLS AND PERSONAL DEVELOPMENT

Workshops in this block teach the leadership skills students need to prepare for the world that awaits beyond the traditional college and university walls.

#### SELF-CARE AND WELLNESS

Mental and physical health are key components of success. These workshops focus on mental health, self-care, and wellness for students.

## THE BOUNCE FORWARD FACTOR

*Presented by: Communication Professor Jermaine Davis*

*Give people CONTEXT before you give them CONTENT*

**Private life:** Relationship

**Personal life:** Families and Friends

**Profession life:** Student

- People who bounce forward in life COMPLIMENT THE EFFORT and CELEBRATE THE SWVs
  - Success, wins, victories
  - People spend more time beating themselves up instead of celebrating their SWV
- Great leaders celebrate ALONG THE WAY
- 77% of all internal dialogue is NEGATIVE
- SPECIFICITY → BELIEVABILITY & CREDIBILITY
- Cheer for your friends along the way, don't wait til we reach the end of the goal!
  - It encourages people when they feel discouraged
  - GET CAUGHT NOTICING! Make that connection by letting other people know that you notice something they do differently or are doing well.
- BOUNCING FORWARD is incrementally getting back up and moving forward after a setback

### Self-Sabotage

- You can self sabotage your own life and career if you spend your time on the circumstances
- Don't allow the circumstances to define you

**Rumination:** When people constantly dwell on negative stuff

**Catastrophizing:** When you automatically think of the worst possible outcome

*People don't bounce forward because they keep RUMINATING AND CATASTROPHIZING!*

**Predictor of Long-Term Happiness:** Cultivate and develop a strong support and social system

### Build your dream team:

1. **Adders:** person who push you forward, see growth and increase, want you to win, they are not jealous nor threatened by you
2. **Subtractors:** person who push you down, see decrease, get side tracked, and distract you

3. **Multipliers:** exponential growth, push you up, person who accelerate your growth, deeper level of commitment, invested, get on nerves, does not go for excuses
4. **Dividers:** persons and things who pulls you apart and are dividing you from your goals

***THE MAIN THING IS TO KEEP THE MAIN THING, THE MAIN THING!***

**Practice Cognitive Complexity: Looking at situations from different perspectives**

- 85% of your success is dependent on your relationship and your ability to get along with people
- Family members can be envious and jealous of you
- Sometimes the people who are closest to us are threatened by us
  - Becomes painful and hard to level up in life
  - KIM PHILOSOPHY: KEEP IT MOVING!

**Self Verification:** refusing to believe the truth, seeking validation from other people to believe in what they want to believe.

***WHERE YOU SIT IS WHERE YOU STAND!***

- In order to bounce forward we need to be willing to sit in the seat of someone else.
  - Your ego, pride, and stubbornness can prevent you from bouncing forward
  - Part of bouncing forward is when you listen, how you build stronger relationships
- Practice perspective taking
  - Which of your unique seats would you love for others to sit, listen & learn
  - We don't see things as we are, because we're clouded
  - When you connect with the heart, the head opens up. When you open your heart, people are more likely to listen to you
  - CONNECT BEFORE YOU CORRECT!

***Conflict is never the problem, it's how you deal with the conflict!***

***Don't CONCEAL– DEAL so you can HEAL!***

- Don't pretend that you don't have problems.

**COMMUNICATION THROUGH LEADERSHIP**  
***How to express a vision that creates movement***  
*Presented by: Samuel Brown*

**Activity: Human Hula Hoop**

- The more you want something, the larger the obstacle. You have to be ready to face it if you really want it!
- Regardless of what you can or cannot see, you have to see the vision
- Leaders have to remain focused of the vision
- The more you want something → the bigger the challenge

**3 things that almost made him never lead again:**

1. Lead based on what he saw and not who he was
  - a. How past presidents did it and what did they do
2. Allow emotions to dictate actions
  - a. Allow emotions to make you feel like a leader
  - b. Don't allow emotions to fail as a leader
3. Lost confidence in self

**DEMOCRATIC LEADERSHIP:** “participative style” ask team members for input and considers feedback from the team before they make a decision, wanna make sure everyone is included, find a way to be a part of success

**3 Steps to Successful Leadership Programs & Initiative**

1. Creating
2. Pitching
3. Implementation

*You have to follow through! Can't just get through and fumble the bag.*

Problems:

1. Communication gap between students and faculty
2. Holding faculty accountable
3. College accessibility

## **Relationships aren't the Biggest Thing; They're the Only One**

*Presented by: Jennifer Valtos and Rebecca Koch*

### **Labeling:**

- Categorization is also influenced by experience and culture
  - Categorizing and stereotyping can be beneficial.
  - The problems come when we see these categories as absolute and unchanging
  - As useful as categories can be, they are also superficial and fluid
- Problems come when we see these categories as absolute and unchanging
- Labeling = natural and normal
- We categorize information and objects so we can understand things easily

We can find ways to not be concrete and so fixed to our thinking that we don't have the opportunity to learn something.

### **Do that through 2 things:**

1. Impartiality
2. Common humanity: Focus on the things human beings have in common



## **Fighting the Imposter Phenomenon**

*Presented by: Benjamin Jepps*

It's not a disease! It's not a syndrome.

1. Difficulty internalizing success
2. Perceived fraudulence

### **Mental health implications in students**

#### **Increases in:**

- Academic success
- Evaluation anxiety
- Self-handicapping
- Irritability
- Emotion dysregulation
- Perfectionism

#### **Decreases in:**

- Self esteem
- Academic self-efficacy

**Metacognitive:** be aware of what you are thinking

## Leadership Lab

*Presented by: Benjamin Jeppsen*

### Purpose:

1. The Will to Act
2. The Courage to do what is Necessary

### Batman Psychology Analysis:

Stimulus → Response

Parent's Death → Batman

### The Joker's Philosophy:

Trauma → Insanity

### The Power of Choice (Viktor Frankl):

- Between stimulus and response, there is space
- Mental health is based on the tension between what one is and what one can become
- Healthy life is not tension-free
- Mental health is not freedom from discomfort
- "What will I do while I feel these things?"

### Purpose in Life and Mental Health:

- People who have more purpose in life are more resilient
  - Happiness
  - Self-confidence
  - Self-acceptance
  - Life satisfaction
  - Emotional stability
  - Self-efficacy
  - Less affected by stressors and appraisals by others

*Purpose in life is a SUPERPOWER!*

### What is the Meaning of Life? (Victor Frankl):

- There is no single move to determine your best purpose
- Purpose is not something you DISCOVER, it is something you DECIDE!
- What is the PURPOSE of my NEXT ACTION?

**Activity:** What is your Ultimate Purpose? Mission Statement & Goals Worksheet

### Using Goals Effectively:

- Goals often fail because they lack meaning or purpose behind them
- People often fail to achieve potential because goals are not systematically connected

**Defining Goals and Types of Goals:**

1. **Outcome goals:** identify results
2. **Performance goals:** performance to achieve an outcome (grades, assignments)
3. **Process goals:** most often overlooked, means by which we achieve performance goals

**SMARTS Goals:** **S**pecific, **M**easurable, **A**ction-Oriented, **R**ealistic, **T**imely, **S**elf-Determined

**Becoming your Super-Self:**

1. Identify your own unique purpose/mission
2. Set goals that align with that purpose
3. Who are mentors that can help you learn
4. Who are allied that can join you in your missions
5. Make a commitment to yourself
6. KEEP YOUR PROMISE!

**Failing Upward: Showing Up Courageously in Spite of Fear**  
*Presented by: Erin Pompa*

**Learned Helplessness:**

- Fail at first attempt, expect to fail again
- Give yourself permission to enjoy things!
- If we spend all our moments expecting to be great, how do we enjoy life?
- You're not supposed to be great all the time!

*People have 70,000 thoughts a day and 77-80% are negative!*

Beliefs → Self Talk → Feel → How you show up in the world

A good life is not measured by your accomplishments. It is measured by you doing the work to really love yourself.

Perspective shift is a miracle → changing the way you see things

*Failing puts you closer to the YES!*

**FEAR:** False, Evidence, Appearing, Real

## Strategies for Bouncing Forward After a Setback

*Presented by: Jermaine Davis*

*Flip that Flop!*

Information + Application = Transformation

### Turn Setbacks into Comebacks

- “Life is what happens to you when you are busy making other plans.” – John Lennon
- Practice the art of recalculation
  - To add over or to do again with the purpose of finding errors

Use a mic in public speaking not because your voice isn't loud enough, but to be INCLUSIVE of those around who may be hard of hearing. It's not about you– it's about your audience!

**GOAL - INTERFERENCES = SUCCESS**

### 2 Types of Interferences:

1. **Internal:** anxiety, anger, fear, negative self-talk, imposter syndrome, unhealthy habits, doubt, procrastination, laziness
2. **External:** social media, unhealthy relationships, video games, peer pressure, toxic environment

You can have a good intent, but a negative impact. Achieve your goals incrementally. You don't get over stuff, you get through it.

### Post Traumatic Growth (PTG):

1. A.S.K. for help: Always Seeking Knowledge
  - a. Utilize resources on campus

*Your EMOTIONS affect your MOTION!*

### Adopt Healthy and Positive Emotions:

1. Facilitative: healthy and helpful emotions
2. Debilitative: unhealthy and harmful emotions

**Become an Overcomer: How to Let Go of Negative Self-Talk and Live Intentionally**  
*Presented by: Brittany Richmond*

*Don't get out of your comfort zone, but EXPAND it instead!*

Just because somebody carries it well, doesn't mean it's not heavy.

**How do we become an OVERCOMER:**

1. Starts with your inner voice
2. You can control how you respond to it

**Act, Access, Adjust**

**Control the Uncontrollables:** If it's out of your hands, it deserves freedom from your mind as well.

Identify and prioritize joy!

