



See what attendees said about the 2011 CASL Conference!

Workshops

Lindsay Marsicek
Ruben S. Ayala High School

"The California Association of Student Leaders Conference is a place for students to come together, share and learn new ideas, while meeting new leaders from across the state of California. It has truly inspired me to strive to be the best leader on my campus that I can be. I feel as though it helped me develop as a leader with life lessons that can never be forgotten. Through the variety of workshops I felt completely prepared to go back to my high school with the incredible ideas I learned. But what really stuck with me were the workshops put on by the CASL State Board members. It was an assortment of workshops that were fascinating to take back to my school, from helping yourself develop as a leader, to uniting your school and your community. The tool that most impacted me as a leader was a workshop by Kevin Bachar called "Finding Your Inner Fierce". It really helped me discover who I am and what I aspire to be in life by teaching me to wake up, dream it, achieve it, believe it, become it. I learned life long lessons through the inspiring and empowering words of leaders the same age as me and that to me is something that no conference other than CASL has presented before me and something that sets CASL remarkably apart from the rest. "

Region Meetings

Aryane Reagan
Murrieta Valley High School

CASL offers many opportunities to meet new life-long friends, as well as new ideas to bring back to your school campus. While at the conference, you are divided into regions based on your school's location. While attending these region meetings, student leaders clique instantly with others, learning that they have a lot in common. Not only are the icebreakers fun, but also the students tend to bond quickly which keeps you connected throughout conference. Another beneficial aspect of region meetings, you grow closer with your school members and get to know them on a more personal level. If you thought you weren't friends before, you will start to think differently. Getting to know the other leadership students in your area is awesome because it develops relations between schools that carry through the school year. It is always comforting to know that this new family is not so far away. Region meetings introduce you to new ideas that will

benefit your school and gives you the opportunity to get to know new people.

Region Meetings

Mackenzie Radzik

Cesar Chavez Middle School

One of my favorite things about going to CASL was the Region Meetings. It was a load of fun to meet new friends and learn about other schools and what they did for their student bodies. I love Region Meetings because I was able to network with others and develop a bond. Currently, I'm still able to contact others from CASL because of the Region Meetings. Although, the part I loved the most about Region Meetings was, once a day I was able to go and meet up with my region and get to learn all these new ideas from other students! The ideas I learned helped my school create a better environment for students. I liked getting a little bit of everything combined into one! All the amazing ideas definitely inspired me to reach out to my school. One example I learned in my Region Meeting was, when you see a lonesome student, don't ignore them. Take the initiative and talk to the lonesome student and get to know them because a simple action can inspire a chain reaction. I also learned many fundraising ideas and activities to help my school. Region Meetings helped me realize to reach out more to my school but ALSO my community.

CASL Service Learning Project

Amaris Munoz

Keiller Leadership Academy *(MS)*

The 2011 conference theme was "CASL Goes Camping: Leaving Our Campus Better Than We Found It." Each year there is a service project where ASB students learn about a certain topic that is happening in our world. This year poverty was brought up to the students attending the conference. On the last day, they all headed up to the Gateway Ballroom and sat down waiting for the arrival of something that would change and impact their lives forever. Grossmont High School was a major highlight of this significant event. One of their own leaders, Darion Johnston along with her many friends helped make a difference to 415 people living in poverty. Her plan was to create bags filled with supplies that homeless people would need and in her own time she wrote letters to stores asking for donations. Her hard work and dedication truly inspires people to go out and make a difference just like how one video inspired her. Attending the conference myself, I was in complete shock of how marvelous this is. Darion was able to show what a "simple act of kindness" can do. She is a remarkable person that helped me understand true leadership. Looking back at the last words of the service project video, I am constantly motivated in doing great things for the people and community around me. "One person, one idea, a big difference."

Meet the Pros

Victoria Matautia
Cesar Chavez Middle School

Writing this article was hard. It wasn't hard typing what you wanted to say, it was hard to just choose a topic! CASL was amazing this year so of course it would be difficult to choose a topic. However, I decided to choose Meet the Pros because it was something I will never forget. This year was my first time going to CASL and I thought since it's my first year going why not do Meet The Pros. I figured if I liked presenting this year, then I would do it next year. Although, I didn't like it... I loved it! It was an awesome experience teaching other students something that I was good at with my friend, Mackenzie. The first group was a little bit hard due to the fact that it was both of our first time doing Meet the Pros. As the morning went on, the groups were getting easier to present to. Being a presenter for Meet the Pros was a big impact for me because when I went back to school I was able to present with confidence. I realized it wasn't that bad presenting things, such as projects, elections, activities, etc. which was a huge benefit for me to practice presenting. Doing Meet the Pros is something that I will never forget. Next year, I KNOW I'm going to do Meet the Pros and maybe even run for Freshmen Director.

Intrastates

Lizz Dimaano
Ruben S. Ayala High School

“So powerful is the light of unity that it can illuminate the whole earth.” I find this quote by Baha'u'llah to be proven over and over whenever I am in the presence of such incredible student leaders, as I was at the 2011 CASL Conference. This was the very first state conference I've ever been to, and it will surely be an irreplaceable experience! One of the things that made it so special was the intrastate meetings. Throughout the conference, we'd meet in groups separated by regions, and that was FANTASTIC. However, intrastates gave us the chance to meet student leaders from ALL OVER California! We participated in tons of fun icebreakers, played interactive games to get to know each other, and were given structured questions to share ideas from school to school! It was so interesting to see how different activities offices worked, and what tips they each had for dances, fundraisers, rallies, and bonding in our own leadership classes. I was so engaged with the group, especially since we were led by our own CASL Board member, which created even more of a “student to student” feeling. Intrastates truly united student leaders from across the state of California, and will always remain in my heart as one of the highlights of the 2011 CASL State Conference!

Rotations/ Laymon Hicks

Kelly Babigian

Yorba Linda High School

At the CASL Conference 2011, we had the wonderful privilege of listening to the inspirational Laymon Hicks! Laymon was a student leader himself and very entertaining and easy to relate to which is why I believe everyone enjoyed his talk. He shared with us his "ABC's of Success" which I found to be a really cool way to put things in prospective. He talked about things such as attitude, being the best you are capable of being, obstacles in your journey and individuality. Throughout his message he would ask us, "Why settle for less then what is your BEST?" Personally, that is something that I now think about when making a lot of tough decisions. Finally, Laymon encouraged us to believe in yourself and that we are all student leaders and yes, we are the bomb.com and that we can do whatever we want to do if we put our minds to it.

Rotations/Cyber Bullying

Lexii Siegle

Granada High School

More than 13 million children aged six to 17 were victims of cyber bullying. Based on these statistics cyber bullying is clearly an issue in our generation. Cyber bullying is when a child, preteen, or teenager is tormented, threatend, harrassed, humiliated, embarrassed, or otherwise targeted by another child, preteen, or teenager using the internet, interactive and digital technologies, or mobile phones. When I went to this rotation at CASL it made me really think about this. It made me wonder how many kids that I probably know that are experiencing this, how many kids want their lives to end, and how many kids are the reason that this is an issue. It showed me that I may not change others minds and may not stop the bullying, but I can try and help to prevent it. I want to show all kids at schools what cyber bullying does to others. I believe that one very good and effective way to show this would be to have a school assembly and to show videos about what cyber bullying does to a person, inside and out. I would also possibly want to get a speaker that knows someone or has been in a situation involving cyber bullying. I believe that by having all the kids first watch and realize how one little joke/lie can turn into something huge and ruin someones life. But I also believe that it would be more "real" and make people realize better if it was coming from a victim or bully. I know for myself, I would be more interested in what they would have to say. This topic really caught my eye when I went to CASL. It made me realize how something small can get blown out of porportion and ruin others lives. I am willing and want to try and bring this issue to my school to make a difference.

Rotations/Cyber Bullying

Nicole Sacco

Sierra Middle School (Grade 8)

At CASL there was a workshop on cyber bullying. Cyber bullying is posting something mean about someone on the Internet or sending a hurtful text message to someone. I learned not to say things on the Internet or through text if I wouldn't say it out loud. I also learned that you shouldn't send or post mean things about people, because it can ruin or end someone's life. Cyber bullying is wrong because it can really hurt someone's feelings and reputation. Also, people should not post their personal information online because anybody can easily get a hold of it. For example, you should never have your phone number or address on your Facebook profile. I found out that many people commit suicide every year because they were cyber bullied. There were many photos and examples of cyber bullying that really affected the way I communicate with technology. I will apply what I learned to my life by not sending mean text messages to anybody or posting something hurtful about someone online. Everybody needs to be careful about what they write on the Internet because it will never permanently be erased.

Rotations/Brodie Kaster

Allison Moreno

Murrieta Mesa High School

Dance was my passion for many years and often the only time I ever felt comfortable in front of a crowd . When I had to stop dance, as in middle school I noticed that kids didn't know how to dance the way it was meant to be: fun and respectful. This, along with not wanting to embarrass myself, was why I never really cared for dances. My thoughts on this changed after a CASL rotation called *Dancing with the Students*, presented by Brodie Kaster. Brodie is one of the most inspiring person I've ever met and showed us as a group how to dance respectfully and showed me as a person to just go out there and make a fool out of yourself! Since then I have, and I've never felt so comfortable being the dork I am—on and off the dance floor. Brodie has also inspired me to look into dance classes I've been wanting; this time partner classes. I hope that with these classes I intend on taking, I can show people it's possible to dance respectfully and to have a lot of fun with it too. Brodie Kaster is an amazing and inspiring individual and I hope to inspire others as he has done for me.

Rotations/Invisible Children

Clarissa Guitierrez

Westview High School

Filing into the room, seeing a display of t-shirts on one side, and a large screen in the middle of the room, I thought I was entering a sales pitch, and I could not have been more wrong. A representative from the organization introduced the video and the lights were turned off. We watched a documentary telling us the story of children suffering in Somalia due to the violent and merciless acts of the Taliban. This group would kidnap children, mostly boys, and force them to be soldiers. They would be given dehumanizing tasks, some of them including killing members of their own family. These children, or soldiers, were known as the Invisible Children, and they desperately needed our help. Once we were dismissed, I had no idea that that single room was going to be the place where the leader in me was born. I left that room with the faces of the children in my mind, and I was set on doing anything I could to save them, but I had no idea of my capabilities. Luckily, at CASL the message and idea was persistently leadership and making a difference. During our time there, we were told stories about how people survived hardships and flourished once they triumphed. The story of the Invisible Children was all about hardships, but the children it spoke of had not yet experienced their triumph, and they deserved it more than anything in the world. They were silenced and made invisible, full of terror and lost hope, and it was evident that we weren't alone in wanting to give them a voice and ensure them safety. With a room full of people willing to change the world, we were convinced that we were the ones for the job of alleviating and saving these helpless kids. Our initiative to be leaders was made contagious and our internal fires were fed by the positive and encouraging attitude of CASL. From this point forward, all of us in that single room were passionate and inspired to help these children. By participating in the campaign to save the Invisible Children, known as 25, we remained silent for 25 hours, proving our will and desire to be transformed leaders. After the presentation, I am able to say that I made a difference in the world. Without CASL, I would still be a student, seeking to be a leader and an example. Now, I am on the road to do such things; things that wouldn't be possible if CASL hadn't told me otherwise.

Rotations/SOS Entertainment- Breaking Boundaries

Adam Guizado

Racho Cucamongo HS

The Breaking Boundaries Crew is a break dance and a DJ group that is captivating and motivational. They use a multimedia presentation and performances by professional break dancers that specifically really grabbed my attention as an CASL delegate in the audience. Their message to live life to the fullest extent is one I try to apply to my life today. Furthermore, their message allowed me to start thinking about my future and my goals in an exciting and interesting way. I remember like it was yesterday where I was told to live my life at 212 degrees by the crew. 212 degrees Fahrenheit is the temperature where water starts to boil. By living my life at 212 degrees, I've learned to live and lead others with more enthusiasm. Derek's stories of courage and spontaneity

were so thrilling and so far I've have been making the effort to live my life to the fullest just as he does every day. I have not only tried to lead at 212 degrees but also make sure that everything my ASB does is efficient and has a purpose. I truly thank SOS breaking boundaries for all the tools they have given me.

Rotation/SOS Entertainment- Breaking Boundaries

Brandon Schauers
Murrieta Mesa High School

“Dancing comes to some people but others have to go find it.” At the CASL State Conference in April 2011 we had the opportunity to watch Four Dancers live that quote. We learned their stories and about their journey to find dance. These four dancers are a part of a company called Breaking Boundaries created by Derek Sage. Derek was very enthusiastic and taught us a few life lessons. He told us what Leadership meant to him. We must share our leadership with other people and teach other people about leadership. Another thing Derek taught us is to “run at 212 degrees in everything you do”. 212 Fahrenheit is when water boils. But this quote means to continue in all of our passions which we have. Never give them up to have others approval. All of the dancers who came with Derek that day either started break dancing in Middle School or High School. They never stopped. They do run at 212 Degrees. Derek helped us have that passion to go back to our schools and run at 212 Degrees. I challenge you to know run at 212 Degrees. It will allow you to grow as a leader and inspire others.

General Session/Rachel's Challenge

Micaela Unda
Pioneer High School

For the past three years I have attended the CASL conferences. I have always returned from my trips ecstatic about making an impact in my school and community. CASL has always inspired me to make a change, whether it be a school-wide project or simple things in my daily habits. Rachel's Challenge is a perfect example of this. While experiencing Rachel's Challenge, students are encouraged to start a chain reaction and spread random acts of kindness. Throughout Rachel's essay and daily life, she was committed to showing compassion and empathy. She shared, “I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go.” Personally, I now strive to pay attention to the little things that may improve someone's day, whether it be sharing a smile or offering a helping hand. I even pay for the person behind my car in toll lines every time I pass through one now. Since Rachel's Challenge created such an impact on my friends and me, we approached our principal about bringing the program to our high school. Hopefully our entire school will be able to experience Rachel's story and learn to accept everyone's code of ethics. Collectively we may just start a chain reaction.

General Session/Rachel's Challenge

Alexa Ibadlit

North Salinas High School

Once a year the California Association of Student Leaders puts on an outstanding and life changing conference that lasts for 3 days. Although, some may think that a span of 3 days is not enough to change the lives of those hundreds of students who attend, but it is guaranteed that these students will leave this conference with a better insight of what goes on in their own school and will have the skills to make an even larger impact on others.

Rachel's Challenge has to be the most inspiring and life changing assembly I have ever witnessed in my entire 17 years of life. Within a short span of one hour, hundreds of lives of student leaders from all across California were changed. We all have those who we hold deep in our hearts, whether they are family members or friends. Rachel's Challenge is definitely something that hits home for every single person that witnesses it. I realized that a lot of the time, because of our busy and hectic schedules we tend to even forget the basic lessons we learn as young children, the fact that we should never take anyone or anything we have for granted. We need to take every opportunity that we can to tell others how much we appreciate them. Another lesson I learned from Rachel's Challenge is that we need to put ourselves into another person's shoes, a lot of students may be going through things that we have no idea about at all. As teens we tend to think that others won't be affected by the negative things we say, but the truth is that they take what we say very seriously and most of the time, even though they don't express it, it hurts them. It is human nature for those who are always surround by negativity to act out in a negative way, which is why we as student leaders must take a stand and change that I am determined to not only say I will make a change in my very own school, but will follow through with it. I vowed to stick up for what is right when I see something that isn't right and am willing to spend my own personal time with those students who are invisible to others. I believe that my leadership class can and will change the lives of one student at a time, and make school a safer and better place for everyone.

General Session/ Rachel's Challenge

Mira Loma High School

Sarah Yee

At the 2011 CASL State meeting in April, I was touched by many of the speakers and workshop leaders. But one of the messages that affected me the most was Rachel's Challenge. In this presentation, we learned about the first victim of the 1999 Columbine High School shooting, teenager Rachel Scott. Rachel was unique in that she defined her "code of ethics" where she sought to be honest, compassionate, and look for the best and beauty in everyone. This simple code Rachel embodied taught us any form of kindness can spread quickly, and impacts a person's life more than you will know. In this way,

Rachel became more relatable, because those small actions could be similarly followed by anyone, and cause a chain of kindness. She inspired me to try to spread that kindness, and take that risk in standing up for others who aren't as readily accepted. After hearing her message at CASL, I came back to school resolved to reach out to all the invisible children at our school. I talked to the kids who ate in teacher's classrooms by themselves, and learned their story and identity. That's how I met Jose, whose parents emigrated here and are struggling, and has been working so hard to get good grades, to get I to college, and this way help with his parent's financially issues. Next school year, I want to continue this chain reaction that Rachel Scott inspired and start a week of kindness that spreads to our students, our school, and our community. To Rachel, I completely accept your challenge you put forth at the CASL Conference and thank you for starting this chain reaction

General Session/Tyler Durman

Michelle Nkemere
Rancho Cucamonga HS

The one thing that I anticipate most about attending leadership conferences is getting the opportunity to listen to motivational speakers with the gift to inspire adults and youth alike; one of those people with this gift was Tyler Durman. Having hearing him once before, I was worried that I would not be able to take much from his speaking nor receive the same feeling as I did before; fortunately I was proved wrong. Through his ability to captivate the audience with his charisma and his relatable, personal experiences, Tyler was able to teach empathy to his audience. This trait of loving your fellow neighbor and "seeing through their eyes" was something that not only made us better leaders on our campus, but also a better individuals within our society. Thanks CASL for bringing us Tyler Durman to the stage!

General Session/Tyler Durman

Nicole Altamirano
Maria Carillo HS

Motivational speakers. By definition, this means *a professional speaker who delivers speeches intended to lift up and motivate their audiences*. However, it is the manner in which said speech is given that truly defines such a speaker. Throughout my years in student government, and the numerous CASL conferences that I have attended, I have had the opportunity to experience speeches from many presenters. However, at last spring's CASL conference, a speaker that I had never heard before, Tyler Durman, addressed the crowd, and redefined my personal definition of motivational speakers.

Tyler addresses an audience with humor so seamlessly woven in with life lessons that the most serious of topics becomes relatable, real. He combines kissing lessons with ideas about empathy, Justin Bieber with the notion of inclusion. And his personal stories have such power and strength to them that even the most resistant of listeners cannot help but feel engaged and attached to his message.

Tyler Durman's speech at the CASL conference made me laugh, it made me smile, but most importantly, it made me THINK and want to change things at my school. I am sure that I speak for the rest of the listeners when I say that Tyler certainly accomplished the goal of any motivational speaker: to inspire. However, he not only lifted up and motivated this audience, but created an impression that extended far beyond the span of the speech. His words were not forgotten the moment the presentation was over, but have lingered in my mind and remain an inspiration even months later. After hearing Tyler speak, my definition of a motivational speaker has been forever altered and the standard raised. Now, by my definition, a motivational speaker should be *a professional speaker who delivers speeches intended to lift up and motivate their audiences, and to instill in their audiences a desire to take action, and to use the motivation that they have gathered to make a change.*