



California Association
of Directors of Activities
Series 2022-2023
Vol. 122 ISSUE 2

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Promoting
& supporting
leadership
development
through
student
activities



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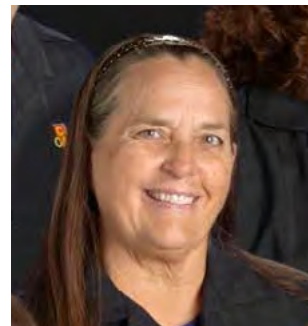
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President's Message

By Geniel Moon

Retired Activities Director

gmoon@cadaboard.org



CADA Family, it's that time of year when schools have settled into their routines, and learning is in full swing. Student engagement should be off to a great start. I've heard from members around the state that kids are ready to return to normal school and embrace the opportunities provided. It's so refreshing to hear this. I did not start the school year; instead, I started a new journey, retirement. From this veteran educator, it has been an adjustment to no bell schedules, no night activities, and, most of all, no contact with students. Please remember to enjoy all the opportunities and continue to grow in your craft. Many of you have taken advantage of the student area 1-day conferences, LDD days, and hopefully an advisor's session. We must continuously seek new ways to engage our students and make our schools the greatest schools they can be.

The coming months will give us the opportunity to teach gratefulness and serve others and a bit of a break to recharge our batteries. One of my favorite service projects was to partner with our local foster

agency and allow kids and staff to give a gift to a foster child during the holidays. It made a difference for a child and taught us all how to give to others. Reach out and find new ways to engage your students in the opportunities to serve others, at school and in the community.

My wish for all of you is to have the same feelings I had about my career path. I got to serve my students and teach them the importance of helping others. One of my favorite quotes is, "you must first learn to serve before others will follow." Keep doing what you do and go into each day with the attitude that you are making a difference. Enjoy your upcoming holidays, and don't forget to register for the CADA conference in San Diego. We will gather together, share ideas, reconnect with friends, and recharge our batteries.

Keep doing what you do and go into each day with the attitude that you are making a difference.



Get Involved in CADA

By Ron Ippolito | CADA Past President | rppolito@cadaboard.org

As we are now closer to the start of Winter Break than the end of summer, most of us have made it through the most hectic events of the first semester--Welcome Back events, first dances of the year, Homecoming, athletics, Club Rush, fall fundraisers, Halloween and fall harvest events and more--and we have survived! We now have the holidays to look forward to, as well as the 2023 CADA Convention in San Diego! As we think about CADA, I want to remind you that this may be the perfect time to build your personal leadership capacity and give back. There are several ways you can get more involved and serve your colleagues.

Building Leadership Capacity - Just like we do in our own schools, here in CADA we welcome fresh perspectives and new ideas. While those of us who are veteran members bring wisdom and experience to the organization, CADA is always looking for motivated and enthusiastic new leaders (of all ages and experience levels) to move our organization forward. You could serve by presenting at an Area conference or at our annual Convention. Perhaps you may wish to join us as an intern on the Leadership Camp staff next summer. Or maybe you're ready to serve on your Area Council.

Join your Area Council! Your first step to serving on the Area Council would be to contact your Area Coordinator. As we return to in-person CADA/CASL events, this fall we have been hosting in-person, one-day student and advisor conferences across the state. Volunteering to help with registration, check-in, tech setup, or presenting a workshop at one of these conferences can give you a sense of what being part of your Area Council is like. Our current Area Coordinators are: Area A, Melissa Edsall; Area B, Monique Walton; Area C, Erin Tobias;

Area D, Lisa Walters; Area E, Ruth Simonds; Area F, Ken Nedler; and Area G, Judy Zazvrskey. If you are ready to take the next step, I encourage you to reach out to find out ways to serve in your Area.

Run for Area Coordinator. Once a member has served on their Area Council for at least one full year, they are eligible to run for the Area Coordinator position. At our upcoming CADA Convention in San Diego in March 2023, Areas A, C, E, and G will be electing Area Coordinators (Areas B, D, and F conduct their elections for Area Coordinators during even numbered years). Elected for a two-year term, Area Coordinators are responsible for leading their areas in planning regional trainings and conferences for students and advisors, as well as representing their constituents on the CADA State Board.

Qualifications to run for Area Coordinator are as follows (CADA Board Policy 6.2):

- After serving one full year on the Area Council, all council members (elected and appointed) are eligible to run for the position of Area Coordinator.
- Former Area Council members are eligible to run for Area Coordinator up to and including five years after leaving the council.
- The Immediate Past President is responsible for running the election process if the Area Coordinator is up for reelection.
- The intent-to-run information will be sent out by the Immediate Past President by December 1 and will be due to the Immediate Past President by January 1. ***If you are an eligible Area Council member and do not receive this email, please contact CADA Central to update your contact information.***

Ready for the highest level of leadership and responsibility in CADA?

Once a member has served on the CADA State Board for a full year, they become eligible to run for the position of CADA Vice President. While this year's deadline to file has just passed (November 1), you may be thinking about this for the future. When you run for CADA Vice President, you make a four-year commitment to the organization. You will serve a year as Vice President, a year as President-Elect, a year as President, and finally, a year as the Immediate Past President. Our CADA Board Policies outline this process as follows (CADA Board Policy 6.1):

- After serving one full year on the CADA State Board, designated board members (elected and appointed) are eligible to run for the position of Vice President.
- Former board members are eligible to run for Vice President up to and including five years after leaving the board.
- Once elected, the member will serve in the following positions: Vice President, President-Elect, President, and Immediate Past President.

If you have ever wondered, "*Why aren't we doing _____ as an organization?*" Or if you have thought, "*I wish we could be doing more of _____ in CADA,*" perhaps the answer is simply this: because we don't yet have you in a position of leadership. In the words of speaker and author Brené Brown, perhaps this is your time to "dare greatly" and take your next step in the CADA organization. If you have any questions, please reach out to me, Ron Ippolito, current Immediate Past President, at rppolito@cadaboard.org for more information.



On the Benefits of Planning an ASB Summer Retreat

By Adam Erickson

ASB Leadership Class Advisor
/ Activities Director Rio Vista
Middle School, Oxnard, CA
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Now that summer has come to a close, and we are knee-deep in a brand-new academic year with new challenges and new kids in our ASB Leadership classes, it may not cross your mind to consider planning for next year's ASB class already. However, I can tell you from experience that there is no such thing as planning too far ahead regarding the kind of work we do. A Summer Retreat may be entirely new for your school or district too, so getting approvals done early and speaking to the right people will help you get off the ground. So, let's dive in!

First of all, what is a Summer Retreat? Similar to how companies make retreats for their executives or leadership teams to address concerns, set new standards of work, or develop new initiatives, an ASB Leadership Summer Retreat serves the purpose of starting your school year off on the right foot. It is an opportunity to gather together with your ASB Leadership class, which was hopefully selected back in the Spring, to begin planning events and setting up procedures for the new academic year.

So, your first step is to ensure your school has systems to select the following year's ASB Leadership class before the end of the current school year. And that could be something you start focusing on right away! For my school, Rio Vista Middle School, I begin drafting the following year's ASB application in February, get it approved in March, and send it out to interested students by the first week of April. It seems crazy to begin thinking about the next year's class when I still have more than a third of the current year to spend with my existing class, but as I always tell my students, "ASB lives in the future!"

Let's assume you will have your next year's class all picked and ready to go before this school year ends. What's next? Well, you need to draw up a proposal to your administration team and anyone else

at the district office who needs to approve on-campus functions over the summer, even if you choose to have the retreat the week before school starts, as I do. You'll need restrooms, classrooms, and building access. You'll need facilities. And of course, you'll need some goals. I also assume you'll host this event on your school site. I recommend doing that, even if you have the budget to go off-site with your class, and here's why: your ASB class will be planning, hosting, and facilitating events and activities for their school and they'll need to get comfortable and familiar with all its features and locations, especially if you have rising first- or second-year students in your high school class, or even 6th or 7th graders in a middle school setting.

Let's return to that "goals" thing I mentioned above. Some of us work for districts that are less likely to approve events of this sort than others. So, having clearly established goals for the retreat can help you get it approved. Some examples include: "ASB students will develop peer mentoring, conflict resolution, and event planning skills which they will use to better the school year for their peers," or: "ASB students will plan, calendar, and prepare budgets for large-scale Fall events," or: "ASB students will organize their committees, teams, and specific jobs to begin event planning for the upcoming school year as soon as the year begins." The whole point of each of these goals is to convey that your Summer Retreat allows ASB to begin before the first day of school, and as I tell my own ASB students, it assures that their first day of school is not their first day of ASB. Having an entire retreat day to get set up as opposed to having to piecemeal it over the course of multiple days with only 50-minute classes will set up your ASB class for success, not to mention relieve the stress on you as the advisor as those first rallies and dances come breathing down your neck!

Okay, so you've got your retreat set up, booked, and approved. It's happening! Now what? You'll need to outline an agenda, disseminate permission slips to your students and collect them back before school is over, and plan summer communication methods. Perhaps students have your phone



number, or maybe you just rely on email. You do whatever works for you. As far as the schedule goes, once you realize you have all this time to work with, imagine what you would love to have "magically" already in place when your school year begins. A fully calendared Fall, or even Winter? Committees chosen and positions picked? Conflict resolution and peer mentoring training done? Getting-to-know-you team builders? A fun first day of school event ready to go? You name it! We all have our wish lists - so make yours the Summer Retreat agenda!

There's one other thing I can recommend to spice up your retreats: invest in a nice meal together. Whether it takes ASB funds, front office funds, donations, or a combination thereof, some of the best times I've had with my ASB kids are when we've walked over to the local outdoor mall by our school and eaten lunch at one of the restaurants there during the Summer Retreat. You're not under the time constraints of school lunchtime; you can socialize with your class and explain to them that they get this treat because much is expected of them. Plus, it's hilarious to watch 25 kids joke and goof around at huge restaurant tables, making paper hats out of the mats, taking selfies, and ordering sodas and junk food their parents don't usually let them have. The bonding experience for them and you as their advisor pay many dividends throughout the year. And I always tell them they've earned this reward because they have so much responsibility to make their school as best it can be.

CADA Camps Wrap-up

2022 Leadership Playlist: Play, Pause, Shuffle

By Jeff Culver

CADA Professional Development

/Camp Coordinator

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Play, pause, and shuffle highlighted our curriculum focus during the return to in-person camps at the three CADA/CASL Summer Leadership Camps with the theme of “2022 Leadership Playlist” at U.C. Santa Barbara. Music plays such an important role in our lives by connecting us, driving us, helping to cope, commemorate, and celebrate. And celebrate we did! Sitting in the Lotte Lehmann theater during one of our first general sessions was an incredible feeling. The energy and excitement level was palpable. After two summers of running virtual camps from behind a screen, being able to see our student leaders and advisors come together to create memories this past summer was a magical experience.

Thanks to the 2022 CADA Camp Curriculum Team, led by Douglas Middle School’s Melissa Edsall, with support from Ron Ippolito (Rio Norte Jr. High School), Verne Johnson (Bret Harte High School), and Jessi Lindell (Excelsior Middle School). This group met virtually multiple times throughout the year to plan a strong batch of lessons centered around play, pause, and shuffle for the camp councils and refining the camp council projects.

The camp curriculum was taught to students by credentialed CADA members, called council leaders. Over fifty CADA members worked throughout the summer (anywhere from one camp to all three sessions) as council leaders’ side-by-side with the student campers, guiding,

encouraging, and helping them to create a memorable, educational, and enjoyable camp experience. The passionate and dedicated camp staff return year after year because they believe so strongly in the camp program.

To help keep things running smoothly behind the scenes were a team of directors: Paul Chylinski (logistics), Todd Arrowsmith (operations), Ron Ippolito (media/technology), and Monica Anderson (adults). This year’s Camp Directors/Large Group Leaders, helping to steer the students and staff through the #CADACamps experience were Bryan Speed (Camp 1 & 2), Ron Ippolito & Melissa Edsall (Camp 3).

And finally, thanks to the CASL State Board and their adult advisors for their involvement with camp 3. Board members worked as interns with the camp councils, while also facilitating a middle school SWAP session, presenting a Meet the Pros topic, and running the Spirit Jamboree.

This year’s three camps trained over 1,200 student leaders accompanied by 180 advisors from 136 schools across the state of California, plus some friends from Kansas, Nevada, Illinois, and Canada. We were thrilled to return to work with our long time educational partner, UC Santa Barbara, right next to the Pacific Ocean for this year’s summer camps.

Supporting our theme and mission to inspire student leaders, our keynote speakers provided thoughtful words and encouragement for their leadership journey. Big thanks to Kyle Willkom, Lori L. Hayes, and Monti Washington for sharing their hearts and their stories with our campers. We also had a bonus mini keynote from former CADA Camper and current camp videographer Donovan Beck during our last

session. And with the retirement of long-time CADA Camp presenter Stu Shaffer, a gaping hole was placed in our first day large-group event space. Tapping into the talent of Area C, we enlisted the help of Isaac Lopez (Madera High School) to facilitate the inaugural CADA Camps Throwdown! This high energy presentation involved many from the audience, along with his co-hosts Bryan Speed and Benjamin Cummings.

In addition to our keynote speakers, students also had an opportunity to attend Rotations focused on fundamental skills necessary for leadership students to successfully navigate the school year. This year’s rotations focused on self-care, publicity ideas, and creating an inclusive campus.

CADA/CASL Leadership Camps are an intensive 4-day experience in which students are divided into councils where they have the opportunity to meet other students from around the state to share ideas, network and work on a camp project together. Students come out of camp with a solid foundation to start the school year with goals in mind for themselves and their school’s activity program. Catch-up on all of the posts from this summer’s CADA Camps program by searching #CADACamps on Instagram and Facebook. Follow @CADACamps on social media sites and view this year’s camp videos on the @CADACamps YouTube channel.

Special thanks to the CADA Medallion Sponsors whose products and services helped make this year’s camp program a success: All Action Awards, All-Star Events, Audio Dynamix, Kustom Imprints, Mier’s Ice Cream, Pegleg Entertainment, SOS Entertainment, and Spirit Sox USA.

Watch for the Dates

Join us in summer 2023 during one of our four 4-day camps at UC Santa Barbara in the month of July. Dates will be posted at cada1.org/leadershipcamps once finalized. Registration will open in January so you can reserve your school’s spots. Student names are not needed until the end of May after your elections and class selection have concluded.



CADA Area Events

AREA A

Area A Coordinator
Melissa Edsall
medsall@cadaboard.org

Feb 23, 2023

LDD - Lincoln High School
- MS Delegates

May 3, 2022

Area A Student Conference -
Modesto, CA

AREA B

Area B Coordinator
Monique Nicole Walton
mwalton@cadaboard.org

Jan 27, 2023

Miller Middle School,
Cupertino USD
- MS Delegates

AREA C

Area C Coordinator
Erin Tobias
etobias@cadaboard.org

Dec 6, 2022

Area C Advisor Conference
- Clovis, CA

Feb 15, 2023

LDD - Sierra High School
- HS Delegates

AREA D

Area D Coordinator
Lisa Walters
lwalters@cadaboard.org

AREA E

Area E Coordinator
Ruth Simonds
rsimonds@cadaboard.org

AREA F

Area F Coordinator
Ken Nedler
knedler@cadaboard.org

Jan 23, 2023

LDD - Home Instead Innovation
Academy - MS Delegates

Jan 26, 2023

CASL Regional Conference
Venue - Thomas Lasorda
Field House - MS Delegates

Feb 16, 2023

LDD - El Dorado High School
- MS Delegates
PYLUSD Program
- 7th-grade AVID students

Feb 23, 2023

LDD - El Dorado High School
- MS Delegates
PYLUSD Program
- 8th-grade AVID students



AREA G

Area G Coordinator
Judy Zazvrskey
jzazvrskey@cadaboard.org

Jan 20, 2023

Area G Middle School
Student Conference
- Carlsbad, CA

Meet Your CADA Board



Denise van Doorn

Area H Lead

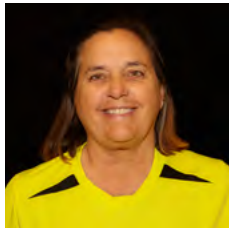
CADA board experience:

- 19 years on the CADA Board, Area G Coordinator, VP, President Elect,
- President, Past President and currently Area H Lead.

Education: 36 years as an educator, currently ASB/AVID/Yearbook at Bear Valley Middle School

CADA Journey: started as a camper going into her senior year of HS, became a teacher and volunteered to be ASB director and attended her first CADA convention. Got involved with CADA Spirit Camps as curriculum director and from there got involved with Area G Council.

Personal: married to Edwin for 20 years and one daughter, Olivia who is 12. Loves to travel, camp and entertain at home.



Geniel Moon

President

CADA Board Experience:

5 years, VP, President Elect, President, Area F Coordinator and 15 years on camp staff and Area F Council.

Education: 35 years, retired from Murrieta Valley HS where she was activities director, Special Ed. teacher and Athletic Director.

CADA Journey: Attended my first convention after one month of being the Activities Director, got hooked and I found my people, my "Why".

Personal: single with 3 grown children, Nicole, Ashlee and Dallas. 8 amazing grandkids, Harper, Zayden, Lillian, Zoie, Joella, Austen, Brielle and Beckett. Loves to travel, attend concerts and be with her 2 dogs and 9 chickens.



Lisa Walters

Area D Coordinator

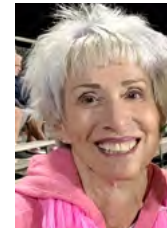
CADA Board Experience:

- 6 years, Area D Coordinator, Lead Coordinator, CADA Camp Staff,
- Area D Council

Education: 26 years, Activities Director and Social Science Teacher at Pioneer Valley HS. Has served on 4 WASC visitations, GSA, Key Club Advisor, AVID and Yearbook teacher.

CADA Journey: Attended first convention in 2004, joined the CADA camp staff. Learned from CADA members how to be an activities director and are now giving back.

Personal: single, originally from Jackson Mississippi, loves football, SEC and New Orleans Saints. Goal in life is to learn Everything about Everything, to meet and get to know individuals and celebrate the beauty that is our differences in every person.



Judy Zazvrskey

Area G Coordinator

CADA Board Experience: 1 and a half years.

Education: 48 years, Activities Director, Cheer Coach and English teacher, now retired.

CADA Journey: started 30 years ago with her move to California. She found an organization that "got her." She believes we don't remember days, but moments. CADA came alongside her to help create these moments for so many students over the years.

Personal: Married for 52 years, oldest of six children, originally from Michigan, has lived in Ohio, Florida, Texas and California (25 years).



A festive flyer for the 2023 State Convention. The background is white with colorful confetti and a string of triangular bunting flags at the top. In the center is a purple shield-shaped logo with 'CADA' at the top, 'VEN A MI CASA' in large white letters, and '2023' below it. To the left of the logo are three circular photos: two men in green shirts, a woman at a podium, and a man in a red shirt. To the right are three circular photos: a resort pool area labeled 'Town & Country', an indoor lounge, and a building at night. At the bottom left is a cartoon illustration of a Spanish-style building. The text '2023 STATE CONVENTION' is in large bold letters, followed by 'MARCH 1-4, 2023 | SAN DIEGO, CA'. Below that is 'REGISTER TODAY' and the website 'www.cada1.org/convention'.

VEN A MI CASA
2023

2023 STATE CONVENTION
MARCH 1-4, 2023 | SAN DIEGO, CA

REGISTER TODAY
www.cada1.org/convention

We Need YOU!



CADA is looking for passionate and involved members statewide to be a part of the digital and print media teams. Love technology? Join the Digital Media Team! Love sharing your words of events and fun on your campus? Join the Print Media Team! Sign up today at the following link:

www.bit.ly/cadamedia

Digital Media Team Member Responsibilities

- ☐ Attend monthly Digital Media Team meetings
- ☐ Assist in creating content for the CADA digital media platforms
- ☐ Provide media coverage (photo, video, interviews) at Area student & advisor conferences
- ☐ Reach out to members in your Area for event tips, tricks, and ideas to be shared via the CADA digital media platforms
- ☐ Assist with outreach to highlight different activities advisors and programs in your Area

Print Media Team Member Responsibilities

- ☐ Attend monthly/bimonthly Print Media Team meetings
- ☐ Assist in developing the newsletter's theme & purpose quarterly, contribute by writing for the newsletter, and reach out to members in your area to write for the newsletter.
- ☐ Provide photos for the newsletter.
- ☐ Provide event coverage in the form of photos & interviews at Area student & advisor conferences

WOW week



By Shawna Sousa

ssousa@centralusd.k12.ca.us

At Central East High School, we are lucky enough to start the school year on a Wednesday, allowing our 1st week back to be only three days. Our Week of Welcome is held at this time, and the leadership students try to pack it with a multitude of fun. I also include important aspects like school rules, ID card pick up, and textbook pick up. While I took care of the daily classroom activities, my students began to plan the fun.

The Class of 2023 is unlike any other. COVID has restricted them since the end of their freshman year. With no limitations, they were ready to start the school year with a bang. The ASB Seniors convinced the rest of leadership and administration to have a rally on the first day of school and during 1st period. They wanted the whole student body

to start the school year spirited. At the rally, the cheerleaders and band performed the fight song and other school chants. It was great to have our students experience this to kick off the school year.

On the second day of school, we held University Meetings. In these meetings, students were introduced to their vice principals, counselors, support staff and all school rules. This was a great way to keep students informed. Our UCLA Vice Principal even taught the students the official UCLA 8 clap chant. Students felt so connected and excited after leaving the meeting.

In classes, each department was assigned different icebreakers for the first two days of school. Students were also able to get their ID cards, meet with counselors,

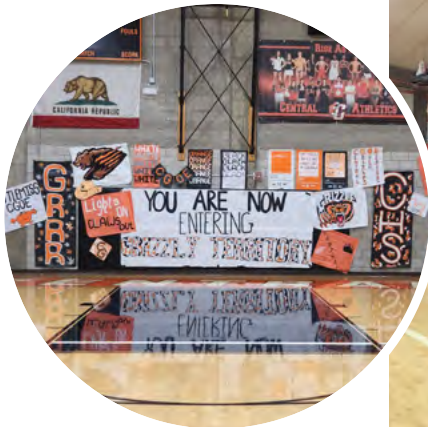


and get their textbooks. All teachers were encouraged to wait until the 3rd day of school to review their syllabus, making sure to focus on student connections.

On the last day of WOW Week, during homeroom, students participated in a virtual escape room. This included clues about school rules and sayings, and even a crossword puzzle using the school website. It was so fun to see students running around campus searching for clues.

We made sure the last day was also memorable for our seniors by holding Senior Sunrise on campus. This allowed the students to celebrate the start of their final year of high school together. The seniors brought their lawn chairs and blankets at 5:30am to the field and watched the sunrise as the Class of 2023, celebrating the start of a great year.

Overall, the first week of school was exactly what the leadership students wanted; over the top spirit. Central East High School has a saying: "CGOE"! You will find it on school posters, on our social media pages and on the website. It means Central Grizzlies Over Everything. That was the theme of our first rally, and we will continue to have that spirited focus all year long.



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Mental Health, Education & Boundaries

By Victor Ramirez

Ripon High School Vice Principal
& School Psychologist
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According to [mentalhealth.gov](https://www.mentalhealth.gov/), “mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make choices.” Having strong, positive mental health is everything we need to be successful as educators and leaders.

The thing about mental health is that, like physical health, it takes consistent, dedicated work and intention to maintain it. And just like our physical bodies, our mental health has several factors that affect it, such as biological factors, life experiences, and family history. Our mental health cannot be reduced to only thinking happy thoughts (as much as we may want it to be that easy).

Current social trends are leading us to a place where taking the time to care for ourselves is now acceptable. What we often need to hear is that we are worth the time required to care for ourselves. You are worth it. Allow yourself the permission to accept your mental health as important. It's challenging to think about because, for many of us, we have placed ourselves so

far down the list of things to take care of that we rarely got to it. We cannot continue this way. Not taking care of ourselves can lead to resentment and mistrust of those around us. It is easy to fall into the trap of placing blame for our poor mental health on the people around us because we think that they should recognize how we are feeling and should do something about it. The truth is that just like we are the ones that can ultimately be responsible for our physical health, so goes the same for our mental health. We cannot rely on others to help address the factors that can improve our mental health. For starters, they are not appropriately trained to help that way, and second, it puts an unfair burden on those people.

So many of us get into the education profession because we want to help people. This is a noble reason, and our work is some of the best work being done on a day-to-day basis, but what being pleasers leads to is us stretching ourselves thin. One of the best places we can start to address our mental health is to establish boundaries for ourselves and then appropriately express them. This is by no means easy, and it will

take practice and work (remember, just like improving physical health takes practice and work). You may think that doing it the way I have always done it has served me well. Why try to change it now? Or it's less work to do it the way I've always done it. This may be true in the short run, and I challenge you to think about the long-term outcomes of constantly over-extending yourself and what you sacrifice to meet these obligations. If you are up for the challenge of setting healthy boundaries, start small. Just like with a physical workout if you go too hard your first time back on the treadmill, you may hurt yourself or be in pain for days after.

Let's continue the conversation and speak openly about our mental health, just as we would our physical health journey. The more we talk about the importance of mental health, the more we normalize it. If we are all talking about our therapy, then there is nothing abnormal about having a scheduled therapy appointment after school. When we bring the importance of mental health out of the shadows and into the light, we give it the same value and importance as other aspects of our overall well-being. If you talk about the boundaries you have set for yourselves, it is no longer a big deal when I set and stick to a boundary I've set for myself. The more we talk, the easier it is to see that it is a priority for us.

As educators, it is essential that we do the work and that we make our mental health a priority so that we are better able to handle the stress that comes with our profession. We work in a profession that requires us to establish and maintain positive relationships with others, both students and adults. When our mental health is prioritized, we can better serve ourselves and those around us. Good luck on your journey, and be kind to yourself along the way.



2023 CASL STATE CONFERENCE

MS & HS: APRIL 13-15 | HS: APRIL 15-17
SANTA CLARA CONVENTION CENTER

THE CASL STATE CONFERENCE UNITES STUDENT LEADERS ACROSS CALIFORNIA THROUGH EXHILARATING TRAINING THAT LEAVES THEM INSPIRED AND EQUIPPED WITH PRACTICAL SKILLS TO ENACT CHANGE WITHIN THEIR CAMPUSES AND THE WORLD.

FOR MORE INFORMATION, CONTACT SANDRA KURLAND AT SANDRA.KURLAND@CASLBOARD.COM

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LEADERSHIP DEVELOPMENT DAYS



Led by educators with more than 10,000 hours in leadership training experience, Leadership Development Days (LDDs) provide opportunities for elementary, middle school, and high school students to become inspired and contribute to the betterment of their campus and communities.

The day-long event utilizes experiential learning activities to unite students and develop lifelong skills. The curriculum is centered around learning effective communication, cultural competencies, connecting to others, individualism vs. collectivism, expanding the leadership base, perseverance, and courage to become the best version of yourself. Let's move forward to create better leaders who serve everyone on our campus!

\$30 per student is all it takes to bring this day-long, research-based, interactive leadership conference to your student leaders and their peers at local schools, or call for special pricing to host one for your school only.

WE SCHEDULE LEADERSHIP DEVELOPMENT DAYS ALL YEAR LONG, SO PLEASE VISIT CADA1.ORG/LDD FOR THE MOST CURRENT LIST, OR HOST ONE YOURSELF!

2022-2023 LEADERSHIP DEVELOPMENT DAYS

7/27/2022	E	Azusa HS
7/31/2022	F	Murrieta Mesa
8/01/2022	F	Dorothy McElhinney MS / MS delegates
8/02/2022	D	La Reina MS / HS delegates
8/4/2022	G	Bernando Heights MS / MS delegates
8/05/2022	G	Del Norte HS (PUSD) / Private Retreat
8/08/2022	D	Pajaro Valley HS / 9th Grade ONLY
8/12/2022	A	Sierra MS
9/10/2022	A	SUSD Student Services
9/23/2022	B	Westmoor HS / HS delegates
9/27/2022	C	Dinuba HS / HS delegates
9/28/2022	F	Temescal Canyon HS / HS delegates
9/29/2022	A	Lee MS (venue) + Douglass MS / MS delegates
10/13/2022	E	Chaminade MS / MS delegates
10/25/2022	A	Summerville HS / MS+HS delegates
10/27/2022	F	Kraemer MS / MS delegates
11/02/2022	F	Poly HS / HS delegates
11/03/2022	E	El Roble Intermediate School/MS delegates
11/08/2022	F	Rialto HS / HS delegates
11/09/2022	E	Quartz Hill HS / MS delegates
11/10/2022	E	Lone Hill MS / Elementary delegates
11/14/2022	E	Chapparal Elementary / Elementary delegates
11/16/2022	E	Shadow Hill Magnet Academy / Palmdale District Magnet Academy ONLY
12/19/2022	F	Arroyo Vista MS / MS delegates
1/23/2023	F	Home Instead Innovation Academy / MS delegates
1/26/2023	F	CASL Regional Conference / MS delegates
1/27/2023	B	Miller MS / MS delegates
2/15/2023	C	Sierra HS / HS delegates
2/16/2023	F	PYLUSD AVID 7th Grade (El Dorado HS)
2/23/2023	F	PYLUSD AVID 8th Grade (El Dorado HS)
2/23/2023	A	Lincoln HS / MS delegates

***Dates in bolded are open for registration, visit <http://caslboard.com/ldd>**

For more information, contact Sandra Kurland at sandra.kurland@caslboard.com



TOP 10 REASONS TO ATTEND

CASL STUDIO

DARE TO DISRUPT

MS & HS: APRIL 13-15 | HS: APRIL 15-17

1

Twenty-five student-led workshops created by CASL State Board Members who will guide your students through topics such as compassion, logistical planning, self-discovery, & much more.

2

Delegates get to enjoy listening to world-renowned speakers who will inspire them to make a lasting impact on campus.

3

Region Meetings where students learn leadership curriculum, share resources and make connections which meet needs specific for their communities.

4

Intrastate networking sessions where students from across the state meet to collaboratively develop solutions to the challenges they face on campus every day.

5

Meet The Pros is a hallmark for our CASL State Conference - delegates will have the opportunity to learn and bring back ideas on how to improve their campus and implement new ideas.

6

Collaborating with a well-known organization for the Service Learning Experience allows the student leaders to have the opportunity to walk the talk and be a part of an impactful act of service.

7

Talking, learning, and collaborating with other student leaders from other schools allows the leaders to gather so much valuable information that is shared with the rest of their school in the meetings they will have to exclusively reflect and implement everything they have learned so far.

8

Having the opportunity to introduce three rotations of phenomenal programs is given to you all throughout the year.

9

The 2023 CASL State Board will be elected by the delegates themselves, plus run for a position if they are interested! While learning healthy and supportive strategies they can host elections at their school that engages their entire school in the process, using our approval voting method.

10

Create amazing bonds and memories with student leaders at the Dinner Dance hosted by SOS Entertainment, and the off-site activity sponsored by WorldStrides.



CASL STUDIO

DARE TO DISRUPT 2023 CASL STATE CONFERENCE

MS + HS: APRIL 13-15

HS ONLY: APRIL 15-17

WORKSHOPS

Maria Navarro	Humor is Key!	Learn how to use humor, allowing the team to reach its highest potential while working efficiently.
Gabby Torres	The Tug-of-War of Diplomacy	"Learn the ropes" of how to effectively collaborate and compromise within our leadership and school communities to take our events to another level!
Tanner Schinderle	Long Story Short	Join us as we discuss how to properly reflect on the lessons we learn from our experiences.
Eva Yassine	Shine Through the Darkness	Learn valuable skills to overcome critics, to shine as yourself, and to light up your entire campus.
Anna Toomey	Reworking the Growth Mindset	Redefine personal growth to enable us to better ourselves and achieve success.
Bella De Vita	Judge, Jury, and Expectations	When we make predictions about the success of our ideas, psychological biases can creep in and skew the accuracy of our judgments. Dive into the analysis of these biases to make our predictions more exact.
Lucy Goetz	Step Down to Lift Up	Discover how boundary setting can be a powerful and effective leadership tool.
Mihira Murthy	Lights, Camera, Criticism!	Learn how to be open-minded to constructive criticism.
Vanessa Sandoval	Goal-getters	Establish an action plan of how to go about achieving our goals and be proactive.
Ry Grady	Stepping Into Your Own Reality	Student leadership is often defined by being extroverted when in reality, it is much more diverse and complex.
Candice Li	Visionaries	It's time to bring a new perspective into our planning process. Let's learn together as we pave the way to becoming visionaries!

Anna Hun	Worthy of Love	Learn how to simultaneously serve ourselves and others while understanding how to separate our own self worth from our work.
Ella Hernand	Own Your Excellence	Ditch the self-made excuses. Through intentional reflection and engaging activities, we will gain new tools to combat imposter syndrome in this workshop.
Michelle Banci	Re-igniting the Flame	Recovering from burnout can be a challenging process, but developing the right skills can guide you on the journey.
Angela Rico	Self-Efficiency	Diminish the overbearing ideals of perfectionism and step into a realm of reality to learn how to more effectively empower yourself!
Giana Bove	PAY ATTENTION	Maintaining student engagement is a challenge we all face. Come learn real, tangible ways to establish and maintain engagement when planning events.
Keith Buenrostro	Tip of the Iceberg	Learn how to analyze the way we present ourselves as leaders to become approachable to our community.
Daniel Choi	Smile Till We All Make It	Let's explore how our attitude affects the success of our student leadership and our ability to build a positive school culture.
Aarush Gupta	Communication Cubed	The importance of communication is the cornerstone of student leadership.
Nandini Bhattar	Level 1: Initiative	Learn the layers to initiative and its importance within your leadership community.
Diane Kim	The Authentic Advocate	In order to successfully advocate and create tangible change, we must first be honest with our own values.
Sophie White	Mastering Motivation	Motivation is the pulse that breathes life and success into any team. Let's explore how to instill motivation within our teams to create a powerhouse for communal change.



Mindful Moment with Morty



By Jill Mortensen

CADA Board Print Media Coordinator
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I have always found that words are powerful. Words can be used to harm, bring about change, and empower. Carefully scripted words can be magical and life changing. As Activity Directors, we can guide our leaders on how to use words to create a positive school culture, make someone's day special and develop innovation. One way an AD can use words in the classroom is through validations.

Validations can harness a bond that brings forth success and lasting friendships amongst a leadership family. Exploring words can remove the superficial and allow for peer growth and closeness. It can share a story of vulnerability and equally triumph. It builds connections and lasting kinship. Here are a few validation activity styles you can use in your classroom.

1. The Silent Circle

Have students circle up and close their eyes. Pick a small group in the middle of that circle to partake in the activity. The AD will ask questions of the small group in the middle, and their job is to tap someone lightly on the shoulder, representing that phrase provided. "Tap someone in the room that brings joy to your life." "Tap someone in the room that has a positive energy." "Tap someone in the room that you can trust." "Tap someone in the room with a strong work ethic," etc. While the peers in the outer circle will never know who tapped them, they are fully aware that a peer of theirs believes in them wholeheartedly. After questions have been asked, refresh the small group in the inner circle with new people and repeat the activity.

2. The Colorful Praise

Students will receive a piece of paper that is bright in color. They write their name in the middle of this page. Create a flow for each paper to travel as you give each student about a minute to write a positive validation of their peer. Discuss the purpose of this event while removing the idea that superficial comments will not work in this event. Examples include: "oh, you are so pretty," "I wish I were good in math like you," "You are so lucky to have a new car," etc. This activity aims to go deeper into genuinely knowing someone or simply thanking them for being present and doing their job. "Thank you for working hard

during homecoming and devoting so much time to our team." "You have a beautiful heart that gives to others unconditionally, and this is to be greatly admired by the peers of our class." "Thank you for being there for me the other day when I was stressed and, on the brink, of tears. Just knowing someone would listen gave me peace." At the end of the activity, kids receive their document back and have positive words to read and revisit as needed. **I have kids who have kept theirs for years!!

3. Gratitude Cards and /or Social Media post

Invest in getting some lovely card stock cards for your class. Talk about gratitude and what it means to be thankful for those around you. Ask your students if they could thank one person in the class, who this would be, and why. Have them write their message on the card to give to their peer. Perhaps extend this to a member of the student body or a staff member. Take it a step further and have them complete a social media post of appreciation for someone they tag and let the world know the magic of friendships and gratitude. Sometimes the trend will pick up speed, and others will participate outside of leadership.

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- Camp Deadline:
Applications due 4/30/22

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State to State Perspective: Fun Events from Rio Rancho High

By Christopher Salas

Activities Director/Rio Rancho High, New Mexico

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We kicked it off August 1st with the Welcome back of Staff, complete with a Revamp of the mail room (It's Sweet to be a Ram) Spirit Tunnel after the 1st Staff Meeting and Food Truck Lunch.

Next, we welcomed

744 Freshman for jumpstart day. At this event we had a welcome assembly and club and activity expo.



On the first official day seniors came early for Senior Sunrise, complete with a Hot air balloon launch.



Later in the day, our 2700 students held a moving up ceremony with guest Speaker Aric Jackson. This event started with upper classmen taking their new spot in our gym and freshman parading in with a warm welcome.



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The Newbie Guide to Activities:

The Adventures of a First Year Activities Director

By Danielle Simms

Activities Director

Yosemite High School, Oakhurst

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During the Summer of 2021, while I was teaching summer school for credit recovery students, I was approached by my principal and asked if I would be willing to consider stepping into the role of the ASB Advisor.

Now a little bit of my background. I was hired at Yosemite High School at the start of 2019 as the Culinary Arts teacher, which was destined to be a part of the CTE/ROP program. It was a part-time position, with only two periods a day. At the time, I was a Director of Food and Retail Services for a local camp, but I jumped at the chance of being at the high school, teaching students the life-giving skill of cooking, industry standards, and adulting post high school. Plus, my daughter was a senior, and I loved the idea of being on campus with her.

Then COVID hit, the camp closed, and the high school was now my only job. But by then, I knew working with students was the only thing I wanted to do, and I was hooked. I loved working with students, I wanted to do it full time, and my principal knew it.

So, when the opportunity came to step into the role of ASB Advisor, I jumped at the chance. The idea of helping kids party plan seemed like the perfect job. I would often say that I have the best job on campus. I teach kids how to cook and party plan. It didn't occur to me that students were returning to campus in a Post COVID world, and I certainly didn't realize that ASB is FAR greater than planning events on campus.

Here is what I learned in that first year:

1. Traditions are important.

I thought I could come in and change events, change the order of things, and make it fit my vision. I felt that if I packaged it just right for the students, they would all be on board. Nope! Nor should they have been, this was their school, their time-honored traditions, and their world had been turned upside down returning from a year at home. Tradition was what they wanted the most. I learned that I needed to listen to them share stories from years past, from their siblings in years past. These events were sacred to them, and while small tweaks are ok, total obliteration is not. Their traditions are essential.

2. Learn from and lean into your leaders.

Typically, as a teacher, you lead the class and the content. You're the teacher hired to teach, instruct, and lead. In my first year in ASB, I stood up in front of the class and led. Unfortunately, I didn't seek out my ASB President. I didn't ask what her vision for this year was, what she was excited about, and how I could assist in making that possible. I regret that still to this day. I learned late into the year that this was not my show and that my primary purpose was to be supportive, encouraging, and keep the train on the tracks. They are still high school students after all, and they need reigning in occasionally. When I did this, when I took a step back, I saw how incredibly creative, organized, and articulate they all were. They routinely inspired me!

3. Lead by example.

I've always subscribed to this philosophy of being in the trenches with my staff at camp. If they were behind on dishes, I was in the dish pit with them. I utilized that philosophy with ASB; if they were staying after school to finish posters for an event, I was there helping them finish. If they were stringing lights across the main hall for a movie night event, I was checking bulbs and holding ladders. It was essential for them to know that I was very much in this too. A fantastic byproduct was that I used that time to get to know them in a way that was different

than in a classroom. I fully support spontaneous dance parties when setting up an event or breaking an event down.

4. Learn the FCMAT!

This 400+ page document has a lot of words and a lot of information but will help to facilitate the business portion of this position. Do not be afraid of it, and do not skip out on showing the student leaders how to use it. It helps answer many questions that may arise from club leaders and advisors. It teaches students the value of knowing where money goes, how to budget for an event, and how to ask questions and find answers. Read the FCMAT!

Oof! I made a lot of mistakes in my first year. I learned the value of self-reflection, admitting when I made a mistake (showing that I am human), and being open to ideas outside of my own. These students in leadership want to be here; they want to have an impact on their campus, and they want the opportunity to lead. Listen to them, ask lots of questions, be willing to serve, and lean into those that want to be there. Let them know that the work they do on campus is important, but also, that the skills they are learning in this class are valuable for life. This class is WAY more than party planning, but the work is fabulous.

Lastly, give yourself grace. You are learning too. Rarely does anyone get something on the first, second, or third try. As long as you keep the willingness to learn the mission of the position at the forefront, you will do great.

CONNECTING with Staff



By Amy Leigh Vollmar

Murrieta Mesa High School Activities Director

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FNL – Friday Night Lights are back. Here is an excellent photo of the first home football game at Murrieta Mesa High School. Our Renaissance Leadership Class hosted a staff appreciation night in collaboration with our football team. How do we put this on? Each member of the football team was given an invitation to give our staff members, where it officially invites a staff member to attend our home opener. The invitation reveals a space where the athlete can write a personal note to the staff member of choice. Once written, it is delivered to the staff member along with a jersey to wear on the day of the game.

The Renaissance Leadership sends out an RSVP form for our staff members to bring families and sit in the endzone. Our Ren Kids typically use balloon arches and columns; however, this year they popped due to the heat. We put out tables with butcher paper covers where we write notes to our staff and say thank you for all the work they have and will put in for this year.

What would be the point of this experience? Staff connection ~ Buy into our school ~ Connecting staff to students.

We Bleed Green.



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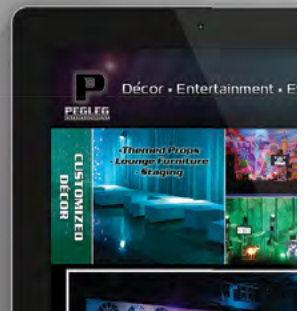
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Enlightenment from a Veteran: A Strong Foundation



By Dr. Richard Noblett

Westminster School Districts New Assistant
Superintendent of Educational Services
rjnobblett@wsdk8.us

Who is Veteran Dr. Richard Noblett?

Dr. Richard J. Noblett is Westminster School Districts New Assistant Superintendent of Educational Services. Prior to arriving in WSD, Richard served as an educator in the Baldwin Park Unified School District. He has 25 years of experience in public education, twenty years of experience teaching at the college level, and 22 years of being involved in student activities and working with incredible organizations like CADA. Regardless of his insistence that he is still young and new at “this learning stuff” and the many times he says that he refuses to grow up – he is now considered a “veteran educator.” He takes considerable offense to such a title but indeed loves to share.

Dr. Noblett believes in working as a team to establish systems across schools to ensure optimal learning environments for all students and staff. He is a proponent of Strength-Based Leadership, and collaborative cultures and fosters strong partnerships with all stakeholders. Dr. Noblett is deeply committed to his work and the communities that he serves. His true passion is working with “everything outside of academics” to create connections for students, build culture and climate, maximize school spirit, create psychological safety (group trust), and give all students a reason to come to school and be excited about it. He hopes that if this can happen at all schools, then maybe the students will learn some academics as well – but the priority is on building relationships and making those credible connections.

Advice from our Veteran

So, first and foremost, (as a “veteran” educator – grrr!!!), I hope every reader took the opportunity to enjoy and will continue to enjoy some well-earned vacation with family and friends. I take a vacation as seriously as I take my work, encourage you to

do the same, and take time for YOU all year long (not just in summer) and as often as you can. Coming off what collectively seems to be the hardest two and a half years in public education, I know we will have a busy year ahead supporting the community and culture that the pandemic has impacted and growing as gifted leaders together.

We have the tremendous responsibility to be the climate control officers on our campuses, and we need to take a moment to realize that we are entering our first full year of “post-pandemic” education with a better understanding of building relationships and developing trust networks (psychological safety is the concept of group trust, not individual trust) is key to our academic success. If any lesson was learned during school closures – it was that student connection and relations are essential for us to be successful in education. People in CADA have been saying that for years!

As the days of summer are behind us and the upcoming days get shorter and colder, I hope you are facing the 2022-2023 school year with excitement and a strong feeling of purpose, and make time to reflect on what is working, what is not working, and how you (in your critical roles supporting your sites) can support ridiculously amazing schools. I feel truly blessed to be with my CADA family on this crazy educational journey, and from what I have heard, I am excited to be soon meeting (March is only a few months away) with the greatest leaders in the universe. (Stop looking around... I am talking about you!)

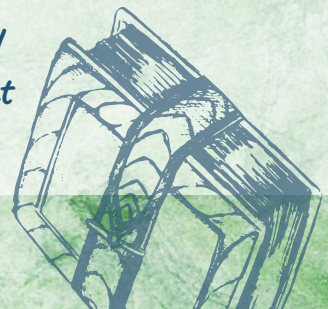
Hopefully, you also had some quality time this summer to reflect, refresh, refocus, read and grow as an instructional leader. The only way we will do better is if we get better. So here are a few simple strategies for sustained leadership success (for adults and for our students). I encourage you to use these ideas to start (and continue) the school year on a strong foundation.

- **Focus on priorities.** Get organized and devote your energy to keeping up with what needs to get done. Focused hard work is much better than just working hard.

- **Express a positive attitude.** You may face challenges and problems, but don't let them overshadow the opportunities. Let others see your excitement about doing good work, helping your teams, and developing your mind.
- **It is not what happens TO you that defines you; it is what happens THROUGH you that defines you.** You have power, and you have significance.
- **Develop grit and resilience!!** Everyone loves to work with a leader who is enthusiastic and upbeat.
- **Be honest with people (and yourself).** Don't pretend you have all the answers or that you're never confused or nervous. Be open about what you're feeling – just don't let your emotions control you.
- **Validate and respect emotions** – listen and know that you might not really understand, but you can confirm what others feel and support them as they feel it.
- **Be a servant leader.** Demonstrate the kind of daily behavior you expect from others.
- **Have lots of fun.** Your work may be serious business, but look for opportunities to share a laugh or smile a little, so you and your teams don't burn out.

I applaud your commitment to our students, schools, and communities. I look forward to building stronger relationships as we achieve greatness together while ensuring positive climate, culture, and high achievement for all learners. There is no way to inherit greatness; we must build it ourselves, which takes patience, time, and focused hard work. CADA has a common purpose, a specific vision, and collective commitments, which will continue to serve as a firm foundation on which to build and achieve our collective goals. I believe we know what we have to do, and so we simply have to work together to get it done.

*Thanks and
have a great
fall season.*



The Impact! From an Alumni:

The Big Picture!

By **Melissa Valdez**

Alumni of Dinuba High School,
Class of 2018

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As a previous ASB President, I look back on the impact that ASB had on my life in high school and throughout my life after high school. Having been the 2017-2018 ASB president at Dinuba High School, I can say the experience taught me valuable lessons that I hold dear to my heart today. Being involved in ASB taught me how to be a leader and nurtured my maturity toward adulthood. I learned how to rally groups of people toward a cause. I facilitated group work and doled out tasks to the team that ensured the success of activities and programs. My communication skills were developed through the many conversations and planning meetings I had with my advisor and cabinet. I learned to speak to big groups of people, rally up the student body, and get them excited about what was going on in school. One of the excellent skills I learned while in ASB was time management. I can recall having to manage school work, sports, and the many clubs I was involved in while all being present in the events around school and at ASB meetings. Without a doubt, it definitely taught me how to manage my precious time in high school.



As I think about the most valuable skills I learned with my participation in ASB, I would say it is the ability to speak to big crowds of people without getting nervous. At times speaking in front of the entire school was not easy, but the constant practice molded me into an excellent public speaker. This skill has been invaluable in presenting my learning publicly and interviewing for scholarships and learning opportunities in college. Another great lesson I took away from my time at ASB is that not everything goes as planned, but the show must go on. I learned we must always be over-prepared and be ready to roll with what comes our way. There were many times my advisor and peers brainstormed an idea, and when we fulfilled the event; it didn't turn out how we expected. Instead of just moving on to the next event, we analyzed what went well and what didn't so we could learn and do better next time. This process has been invaluable as I navigate my way through graduate school. Finally, participating in ASB

has taught me to persevere, work under pressure, and meet deadlines.

My time at Dinuba High School as an Associative Student Body president was incredible. The memories, connections, and skills I developed from serving in the president position has made me the woman I am today. After completing high-school, I graduated from Vanguard University in 2 ½ years with my B.A. in Psychology. I am currently pursuing my doctorate in Clinical Psychology at Azusa Pacific University (APU). As I work through my second year at APU, I look back at the time I served as ASB president, and I can't help but be extremely thankful for the friendships, adulting skills, teamwork skills, communication skills, and leadership skills gained. I urge everyone to get involved in high school and join ASB because making friends, having fun, and contributing to a positive school culture is incredible! Finally, I would ask all students to remember that time flies by in high school, so make it count and enjoy the time before it's over!

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Perspective from our Youth:

The Intersection Between Leadership and Environmental Advocacy

By Dillan Saltzman

Ripon High School ASB
Executive Board Member
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My name is Dillan Saltzman, and I am a Senior at Ripon High. In the beginning, I was one of the representatives for my class in the school's Student Senate. Then, for three years, I served in the Leadership Program as a Public Relations Coordinator, an officer on my class team, and most recently Student Board Member. While working hard planning events and growing as a leader, I was honored to have the opportunity to represent the program at the National Student Leadership Conference. Simultaneously, I started the Solution-Based Environmental Advocacy Club with a close friend. It expanded as partnerships formed with multiple community organizations at the regional, statewide, national, and international levels. Donating homemade recycled items, being a member of a water fellowship, and helping plan Stockton Earth Day are a few examples of what I have done while following my passion. Although Leadership and Environmental Advocacy are viewed as distinctly different, they relate to one another as I navigate making the most of my high school journey.

Leadership has a special meaning with a lasting impact on the person I have become. As a part of this group that I call my family, I feel that every moment is meaningful. As we make spirited Homecoming floats, shout energetic chants, debrief on events, and learn how to be better professionals, knowledge and new perspectives are gained. At the same time, my peers are purposeful in their work. It is motivating to be alongside many driven people. I greatly appreciate them for showing me how to embrace opportunity and value the present moment.

My first goal in environmental work is to help in educating others. Spreading credible information about the issues surrounding

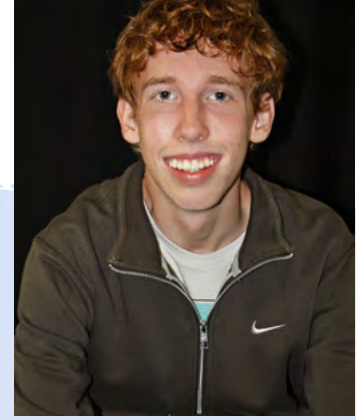
us is empowering and crucial to creating change. My next goal is to involve as many people as possible in hands-on experiences. The purpose of our learning becomes clear as we actively apply what we know to real-life situations. As club members work together, we carefully consider each part of our plan to make sure it aligns correctly with our intentions. An important aspect that plays into our results is the community. We consistently aim to do something that benefits all. The club has documented all projects on our website to reference and visibly show their mark upon affected people and places.

This club started when my Leadership Activities Director, Mrs. Mortensen, introduced me to the Youth for Environmental Literacy Network. It is a group that aims to bring interested students together while sharing our successes and starting these groups at our school sites. When I decided I wanted to pursue this, I knew I would need help. The organization of activities in the Leadership program taught me that hard work requires resilience and delegation skills. My circle was opened to the people who assisted and supported me, many of whom were also in the program. While coordinating projects, I called upon facilitative leadership skills to ensure everyone felt heard and valued. None of what I do could have been possible without my Leadership family, who enables me to follow my passions. Leadership has shaped me personally and has been a constant through every challenge I've faced. I feel supported, worthy, and equipped with the skills for success as I constantly engage in serving the student body. The advocacy I do surrounding environmental issues is an extension of this, applying the same skills to leading for a different cause. Therefore, the things learned in the program are versatile. I have already had the privilege to see how leadership translates into multiple other areas of my life.

In our Leadership program, we often practice reflection, and one way of doing

this is by defining our core values/intentions. These are certain ideals that shape how we live each day. Exploration is one of my core values because I can act purposefully and expand creatively. It allows me to find new opportunities or see the value in what is right in front of me. I get to chase what I most care about and achieve the things that both help others and have meaning for me. I also value collaboration because while an individual can do great things, the unimaginable happens when we bring diverse perspectives together and create something even better. A third core value of mine is initiative because when I see a need, I step up. As a result, people will care about the cause and follow you. Finally, the most notable goal I could have is to inspire others with my actions. It can seem as if the scariest move is the first one due to self-doubt and a lack of confidence. However, I believe the absence of change is a more frightening thought than being the one daring enough to begin it.

I have valued nature from a young age because it was an escape for me to find peace. The experience is one I will never forget. It was also interesting to look at the complexities of the natural world and the challenges when trying to understand it. As I become older, I have witnessed changes in how people and nature interact. Therefore, my desire is to preserve the opportunity for the future to have similar experiences and develop an appreciation for what the environment gives us. I keep involving myself in new endeavors because when surrounded by peers with inquisitive minds, I cannot help but question things left unanswered. In a Leadership environment where I've learned to adapt and thrive, I have become comfortable diving deeper into the unknowns. I have acquired skills and experience to now know how to handle such situations. Therefore, I am confident in expanding my passion for the environment and will continue to grow, as my two worlds have shown to be truly unique and invaluable.





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2022-2023 Calendar of Events

DEC 6, 2022	<i>Area C Advisor Conference</i>	Clovis, CA
JAN 20, 2023	<i>Area G MS Student Conference</i>	Carlsbad, CA
JAN 26, 2023	<i>CASL Regional Conference - MS Delegates</i>	Yorba Linda, CA
MARCH 1-4, 2023	<i>CADA State Convention</i>	San Diego, CA
APRIL 13-15 2023	<i>CASL Middle & High School Student Conference</i>	Santa Clara, CA
APRIL 15-17 2023	<i>CASL High School Student Conference</i>	Santa Clara, CA
MAY 2, 2023	<i>Area A Student Conference</i>	Modesto, CA

*Leadership Development days are hosted throughout the year visit
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