



# Student Leadership Academy

**SPRING 2018 SESSIONS**

February 6 - March 28, 2018



**KENT STATE**  
UNIVERSITY  
**STARK**  
INTERNSHIP &  
CAREER SERVICES

**Stark State**  
COLLEGE

## PERSONAL LEADERSHIP TRACK

[WWW.KENT.EDU/STARK/STUDENT-LEADERSHIP-ACADEMY](http://WWW.KENT.EDU/STARK/STUDENT-LEADERSHIP-ACADEMY)

SESSION	DATE, TIME & LOCATION	DESCRIPTION
<b>THE POWER OF CAMPUS CONNECTIONS</b>	Wednesday, Feb. 7 2 - 2:50 p.m. Main Hall Conference Room 1 <b>Kent State University at Stark</b>	The college experience can be so enriching. Learn about the value of campus connections and how getting involved can lead to leadership organizations, meeting new people and a world of opportunities right on your campus.
<b>EMOTIONAL INTELLIGENCE: IT BEGINS WITH YOU</b>	Wednesday, Feb. 14 2 - 2:50 p.m. M101 Business & Entrepreneurial Studies Center <b>Stark State College</b>	Recognizing your own behaviors and weaknesses in this area can have real benefits! Learn ways to identify and manage your own emotions and how to be aware of the emotions of others in most any situation.
<b>BUDGET AND CREDIT FINANCIAL SEMINAR: THE SPENDING DIET</b>	Wednesday, Feb. 21 2 - 2:50 p.m. 220 Main Hall <b>Kent State University at Stark</b>	In <i>The Spending Diet</i> , we will talk about expense tracking and budget planning, as well as introduces the "Should I Buy It" checklist.
<b>WHY IS DIVERSITY IMPORTANT?</b>	Wednesday, Feb. 28 2 - 2:50 p.m. M101 Business & Entrepreneurial Studies Center <b>Stark State College</b>	This session will focus on the many dimensions of diversity as well as an overview of privilege and the significance for students to understand why diversity should be important to them as they complete their educational goals and ultimately transition into the workforce and prepare to compete in the global marketplace.
<b>PERSONAL WELLNESS/STRESS</b>	Wednesday, March 7 2 - 2:50 p.m. Main Hall Conference Room 1 <b>Kent State University at Stark</b>	Stark State College Counseling Services will share about their services and tips and tricks to help you cope with the daily stresses of life, inside and outside the classroom. Resources for Kent State Stark Counseling Services will also be available.
<b>WHAT'S YOUR LEADERSHIP STYLE?</b>	Wednesday, March 14 2 - 2:50 p.m. M101 Business & Entrepreneurial Studies Center <b>Stark State College</b>	This session is designed to tap into your strengths and help you realize your leadership potential. Leaders are everywhere, so come find out how you can offer something positive and amazing to someone else.
<b>GROWTH MINDSET: REWIRING YOUR BRAIN TO CHANGE YOUR FUTURE</b>	Wednesday, March 21 2 - 2:50 p.m. 220 Main Hall <b>Kent State University at Stark</b>	You can change your future by changing the way you think. Sounds crazy? It's not, it's science. In this session, we will explore how the way you think and talk to yourself can dictate how much you learn and what simple changes you can make to harness the science and impact your future.
<b>LINKEDIN: LEVERAGING YOUR CURRENT NETWORKING POSSIBILITIES</b>	Wednesday, March 28 2 - 2:50 p.m. M101 Business & Entrepreneurial Studies Center <b>Stark State College</b>	LinkedIn is one of today's fastest growing online networking outlets in the professional industry. This session will educate you on the importance of first impressions, why a "selfie" is not the best choice, what online "networking" can do for you now and more!