

Leadership and Ethics

Students at Dalton State College have numerous opportunities to develop their leadership skills. Sessions in this category aim to increase students' awareness of leadership opportunities, as well as their understanding of what constitutes leadership and why leadership is essential for success during and after college.

Session Title and Description	Session Length	Presenter
Servant Leadership - Servant leadership is often considered the loftiest form of leadership. However, it is also a form of leadership that is constantly sought by leaders. This presentation will discuss what characteristics a servant leader possesses and how to more closely align oneself with the behavior and thought process of a servant leader.	45 minutes to 1 hour	Amber Lesicko or Heather Williams
Ethical Leadership – Ethical leaders should know and live their core values. In recent decades, we have seen leaders of industry, politicians, celebrities and even members of the clergy act in unethical ways that adversely affect large numbers of people. The leaders of industry are calling for Leaders of Integrity who know their core values and have the courage to live them.	45 minutes to 1 hour	Amber Lesicko
Leadership 101 - What comes to mind when you think of the term leadership? What comes to mind with you visualize a leader? These answers are very individualistic for many. But, one thing, most can agree on is, leadership can be learned. In Leadership 101, we will give a brief overview on what leadership means, how one can become a leader both on campus and in the community, and how to effectively make leading practical.	1 hour	Dr. Jami Hall
It's not Cheating... Is it? – This session will address myths and facts surrounding academic dishonesty, including cheating and plagiarism and will give students a better understanding of how to inadvertently find themselves guilty of academic dishonesty.	30 – 45 minutes	Bobby Whitehead
Self-Advocacy - Many of today's students just coast through life (college and beyond) waiting for, or letting things happen with no concern or intention to change them. This session will provide tools for students to effectively communicate, negotiate, and assert their interests, needs, and rights.	1 hour	Andrea Roberson
Conflict Management: Conflict is inevitable; however, it can be extremely corrosive. This program aims to address the beneficial nature of conflict, help individuals understand why conflict arises, and how to work through conflict by understanding a variety of conflict management styles.	45 minutes to 1 hour	Amber Lesicko, Bobby Whitehead, or Stephani Womack
Values: Values are our core beliefs or desires that guide or motivate our attitudes and actions. A personal value system encompasses values, core beliefs, and attitudes that guide and motivate behavior. It is imperative for an individual to understand their personal value system and this program focuses on understanding values and why values congruence is important.	45 minutes to 1 hour	Amber Lesicko or Dr. Jami Hall
How Serving Others Can Help You Succeed: All members of Roadrunner Nation have a role and responsibility in giving back to their community. Giving back can happen in many different ways including volunteerism, advocacy, or civic engagement. Engaging in these types of activities not only benefits the community, but can help students succeed both inside and outside of the classroom. This session will provide students better understanding of what it means to serve others, the benefits of serving others, and how to get connected with service opportunities on campus and within the community.	1 hour	Heather Williams

Career

For most students, the purpose of going to college is to attain a meaningful career upon graduation. Sessions in this category will help students identify their own career interests and goals as well as introduce skills and strategies to make those goals a reality.

Session Title and Description	Session Length	Presenter
Choosing a Major - Unsure of what to major in? This session focuses on the best steps to take when trying to decide a major. Geared to freshmen and sophomore classes.	Customizable	Stephani Womack
Resume and/or Cover Letter Writing – <i>(Session can be split into two separate sessions)</i> This session will cover the do’s and don’ts of resume writing! A resume is needed for every job after graduation, why not get a head start now! Writing a cover letter can sometimes be a bit tricky. This session will explain the format and what needs to be included to knock it out of the park!	Customizable	Stephani Womack
Understanding DSCareer Connect - Need to find a job? DSCareer Connect is the place to go! This session will focus on all that DSCareer Connect offers our students. The students will learn how to use DSCareer Connect to their advantage!	Customizable	Stephani Womack
Interviewing 101 – Phone, Skype, lunch, in person, panel... How do you do well in all of these different types of interviews? This session will equip students with the information to be able to rock whatever type of interview is thrown at them!	Customizable	Stephani Womack
Dress for Success – Job interview? Conference? First day on the job? This session can help ensure that students are dressed appropriately for all of these things! Learn the do’s and don’ts of dressing for success!	Customizable	Stephani Womack
Finding Your Fit in a Career – So, you have a major but now you have no idea what to do! In this session, participants will learn tangible steps to find the career that is right for them.	Customizable	Stephani Womack
What can CPD do for You? – Wondering what Career & Professional Development is all about? This session focuses on explaining all of the different resources that come out of this office so students know where to turn in their time of need.	Customizable	Stephani Womack

College Success Skills

Many students struggle to make the transition from being successful in high-school to being successful at the collegiate level. Sessions in this category will help students identify methods and skills to be successful in a new and often more challenging academic environment.

Session Title and Description	Session Length	Presenter
Maximize Your Classroom Experience – Students will learn how to utilize the textbook, establish relationships with professors, good note taking skills and the basics of studying in order to increase their successfulness in class.	45 minutes to 1 hour	Kimberly Millette
Exam Prep & Test Taking Strategies - This workshop explores exam preparation & test taking strategies starting with the study cycle all the way through post exam review. It also reviews best strategies for each exam type such as multiple choice and essay response.	45 minutes to 1 hour	Kimberly Millette

Succeeding in College 101 – This workshop explores what it takes to achieve success as a college student, including determination, perception, and attitude.	45 minutes to 1 hour	Kimberly Millette
Time Management & Goal Setting – This workshop breaks time management down into three easy steps and explores the basics of goal-setting.	45 minutes to 1 hour	Kimberly Millette
Involvement: Return on Investment – Why is involvement on campus pivotal to student success both pre and post-graduation. Students will learn about the ROI they receive from campus involvement opportunities and how it will benefit them on campus and after graduation. A variety of involvement opportunities will also be discussed.	45 minutes to 1 hour	Amber Lesicko, Heather Williams, or Dr. Jami Hall
Decision Making Strategies – One important everyday task that of often poorly done is decision making. Decision making is a process and this program dives deeper into the process of making decisions both individually and in a group.	45 minutes to 1 hour	Amber Lesicko
Effective Listening – Learning to listen is an essential part of communication and is often not taught in classes. This is a pivotal skill that can be learned as it connects us with others and assists in making decisions and solving problems. This presentation will cover the two aspects of listening, active and empathetic.	45 minutes to 1 hour	Amber Lesicko
It's not Cheating... Is it? – This session will address myths and facts surrounding academic dishonesty, including cheating and plagiarism and will give students a better understanding of how to inadvertently find themselves guilty of academic dishonesty.	30 – 45 minutes	Bobby Whitehead
So I got in trouble. Now what? – This session will provide an overview of the student conduct process at Dalton State and will address how to handle various topics if found responsible for a violation of the code of conduct such as how to tell parents, future employers, or graduate schools.	45 minutes to 1 hour	Bobby Whitehead
Code of Conduct Jeopardy – This session will address various topics and questions regarding the Student Code of conduct in the popular game based form.	45 minutes to 1 hour	Bobby Whitehead

Life Skills or “Adulting”

College is often the first time many students begin to experience a greater degree of self-reliance, however, many students find themselves ill-equipped to deal with the various challenges life can throw at them. Sessions in this category seek to lessen the anxieties that come with being an adult and give students various life skills that will help them successfully overcome many of life’s roadbumps.

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Self-Advocacy - Many of today’s students just coast through life (college and beyond) waiting for, or letting things happen with no concern or intention to change them. This session will provide tools for students to effectively communicate, negotiate, and assert their interests, needs, and rights.	1 hour	Andrea Roberson
Disability Etiquette - What do I do if I encounter a deaf person with an interpreter? Why can’t I pet that service dog? Learn respectful and effective communication practices when interacting with individuals with disabilities.	1 hour	Andrea Roberson

Accessibility and Universal Design - Almost 20% of the population has a disability. Find out how the law requires us to make both physical spaces and information and communication technology accessible and how the spirit of the law motivates us to utilize Universal design concepts in these same areas.	1 hour	Andrea Roberson
Time Management & Goal Setting – This workshop breaks time management down into three easy steps and explores the basics of goal-setting.	45 minutes to 1 hour	Kimberly Millette
Financial Literacy 101 – This workshop explores basic money management skills for college and life after including topics such as budgets, financial goals, and credit.	45 minutes to 1 hour	Kimberly Millette or Dr. Jami Hall
Involvement: Return on Investment – Why is involvement on campus pivotal to student success both pre and post-graduation. Students will learn about the ROI they receive from campus involvement opportunities and how it will benefit them on campus and after graduation. A variety of involvement opportunities will also be discussed.	45 minutes to 1 hour	Amber Lesicko or Dr. Jami Hall
Decision Making Strategies – One important everyday task that of often poorly done is decision making. Decision making is a process and this program dives deeper into the process of making decisions both individually and in a group.	45 minutes to 1 hour	Amber Lesicko or Bobby Whitehead
Effective Listening – Learning to listen is an essential part of communication and is often not taught in classes. This is a pivotal skill that can be learned as it connects us with others and assists in making decisions and solving problems. This presentation will cover the two aspects of listening, active and empathetic.	45 minutes to 1 hour	Amber Lesicko
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Values: Values are our core beliefs or desires that guide or motivate our attitudes and actions. A personal value system encompasses values, core beliefs, and attitudes that guide and motivate behavior. It is imperative for an individual to understand their personal value system and this program focuses on understanding values and why values congruence is important.	45 minutes to 1 hour	Amber Lesicko, Heather Williams, or Dr. Jami Hall
True Colors Personality Assessment – True Colors is a Personality Assessment designed to help you better understand yourself and others, it promotes appreciation of individual difference, and enables individuals to become more self-aware of their personality styles. This program will assess each students true color and help them understand their peers preferred styles. It will assist in improving effectiveness when working with others.	1 hour	Amber Lesicko or Dr. Jami Hall
Strengths - What is a strength? What is a talent? Why do strengths matter? In this session, we will discuss the assessment by Gallup called the Clifton StrengthsFinder, which informs those who take the assessment of their top strengths, how to properly use their strengths, and the disadvantages of overusing their strengths. This session is informative, fun, and interactive.	1 hour	Dr. Jami Hall
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