



# Student Development and Leadership Institute

## 2004-2005 Workshop Tracking Sheet

First name \_\_\_\_\_ Last name \_\_\_\_\_

### Fall 2004 Workshops

Completed

What is Leadership?	
What is Your Leadership Style?	
College Survival Jeopardy	
How to be a Healthy and Fit Leader	
How to Get Involved	
Holding Effective Meetings	
Publicity 101	
Recruiting & Keeping Your Members Active	
Want to be a Social Change Agent?	
What is Your Communication Style?	
Assemble Your Resume	
How to Prep for Grad School	

### Winter 2005 Workshops

Completed

What is Leadership?	
What is Your Leadership Style?	
Vision and Goal Setting	
Assertiveness Training	
Personal Money Management	
Event Planning and Programming	
Team Building, Icebreakers and Group Dynamics	
Collaborating with Other Students and Organizations	
How to be an Ally	
Your Gender Identity and Leadership	
Job Search Strategies	
What Can I Do With This Major?	

### Spring 2005 Workshops

Completed

What is Leadership?	
What is Your Leadership Style?	
Public Speaking	
Stress Management	
Conflict Mediation	
Transitions in Your Organization's Leadership	
Understanding "isms"	
Leadership to End Violence	
Hands on Interviewing	
Networking Strategies	

\*Core workshops

### Substitution Workshops

For department sponsored workshops. All substitution workshops must be approved by the SDLI committee. See chair for more information regarding substitution criterion.

#### Workshop Name

Date of Completion


### SDLI requirement for completion of program

- 1) Must be registered with SDLI (online at [www.csupomona.edu/leadership](http://www.csupomona.edu/leadership))
- 2) Must complete at least 10 hours worth of workshops within 2004-2005 academic year (Fall-Spring).
  - a. Must complete 2 core workshops (What is Leadership? and What is Your Leadership Style?). Total of 4 hours.
  - b. Must complete at least 4 support workshops. An advance track is available. Visit the web site for more information.