

Leadership Certificate Requirements
Level One-Leading Yourself



Without a signature from the event coordinator/representative the event is not considered complete. **DO NOT** misplace this form, this is your only record that each event has been completed. For more information contact Cara Hollingsworth at: cara.hollingsworth@alaska.edu or 474-1170

Name: _____

Student ID #: ____ - ____ - ____

1) Participate in one (1) UAF Student Leadership Conference or Retreat
Date: ____ / ____ / ____ Verification: _____

2) Attend an enrollment workshop
Date: ____ / ____ / ____ Verification: _____

3) Attend eight (8) Leadership Workshops/Events, choosing **one** (1) from each of the following categories:

a. Realistic Self Appraisal- Attend an event/workshop/activity that challenges you to realistically evaluate and articulate your own skills and abilities and acknowledge areas of personal strengths and challenge. This opportunity should allow you to reflect upon and explore the possible reasons and traits that lead to your behavior.

Ex: Strengths Quest, Myers-Briggs, Strong Assessment, DISC, etc.

Event: _____
Verification: _____
Reflection: _____

b. Personal & Educational Goals- Learn to clearly set, articulate, pursue and evaluate personal, educational and career goals. Consider the path that may need to be taken to achieve these goals and show evidence of taking action towards accomplishing them.

Ex: Academic Advising Workshop, LIVE workshops, various books.

Event: _____
Verification: _____
Reflection: _____

- c. **Career Choices**-Learn to make career choices based on assessment of interests, values, skills and abilities. Learn to construct a resume and cover letter with clear objectives and evidence of related knowledge, skills and accomplishments. Learn the characteristics of a preferred work environment, better understand the world of work and successfully navigate a job search or application for advanced education.

Ex: Career Services Workshops, Academic Advising Workshops, Career/Job Fairs

Event: _____

Verification: _____

Reflection: _____

- d. **Independence**-Take an in-depth look at self-reliant behaviors to help lead a successful autonomous life with strong self management skills. Attend a workshop or event that focuses on the development of strong life skills.

Ex: Academic Advising Workshops, Financial Aid Workshops, LIVE program events, SRC events, Outdoor Adventure programs, etc.

Event: _____

Verification: _____

Reflection: _____

- e. **Healthy Behavior**- Discover the relationship between health, wellness and accomplishing life goals. Learn the skills it takes to live a healthy, risk adverse life. Attend an event or participate in a program that focuses on healthy behaviors.

Ex: Outdoor Adventures Programs, Student Activities Programs, Intramural Events, Co-Curricular fitness class, Meditation Retreat, etc.

Event: _____

Verification: _____

Reflection: _____

- f. **Personal Empowerment**-Attend an event that enhances your ability to show self-respect and respect for others. Learn to take action towards achievement of goals, take reasonable risk and demonstrate advocacy for self and others.

Ex: Attend an event that forces you out of your comfort zone, lets you learn a new skill or gain new knowledge, or work towards mastering a particular area.

Event: _____

Verification: _____

Reflection: _____

- g. **Intellectual Growth-** Challenge yourself to attend an event outside of the classroom that allows you to appreciate a subject you might not otherwise learn about. These events can be in any area of study, from literature, fine arts, mathematics, social sciences, etc.

Ex: First Friday Art Shows, Visiting professor lectures, English Department traveling poet series, or a science keynote lecture, etc.

Event: _____

Verification: _____

Reflection: _____

- h. **Satisfying and Productive Lifestyles-** Learn to achieve balance between education, work, co-curricular involvement and leisure time. Attend an event that is for your own enjoyment.

Ex: Roller Derby, Local Concerts, SAO Event, Outdoor Adventures Program, Creamers Field Hike, etc.

Event: _____

Verification: _____

Reflection: _____

- 4) Complete eight (8) hours of community engagement/volunteer hours and complete a reflection process

Date: ___ / ___ / ___ Event: _____

Hours Served: _____ Verification: _____

Date: ___ / ___ / ___ Event: _____

Hours Served: _____ Verification: _____

Date: ___ / ___ / ___ Event: _____

Hours Served: _____ Verification: _____

Date: ___ / ___ / ___ Event: _____

Hours Served: _____ Verification: _____

Date: ___ / ___ / ___ Event: _____

Hours Served: _____ Verification: _____

Date: ___ / ___ / ___ Event: _____

Hours Served: _____ Verification: _____

5) Complete Leadership Feedback form with mentor/advisor.

Verification: _____

6) Meet with UAF Director of Student leadership Development upon completing the Level One Certificate.

Verification: _____

By signing below you are stating the above information is correct and complete.

Signature: _____

Date: ___ / ___ / ___