

FA25 iLead Schedule



What is iLead?

iLead is a free drop-in workshop program open to all UC San Diego students. This year-long program provides students the flexibility to attend workshops that align with their individual interests and schedules and helps develop their communication and leadership skills, outside the classroom. Participants have the opportunity to receive a leadership certificate and/or credit on their Co-Curricular Record.

How to Participate

**Join us Week 2 for
iLead Orientations**



**Register for iLead by
joining the iLead
Canvas course**



**Visit the iLead Schedule
to view the current
workshops offered**



**Attend iLead workshops
and earn points!**

For additional information click [this page](#) to take you to the iLead website!

iLead is open to all currently enrolled students. iLead does not consider race, color, national origin, religion, sex, disability, and/or other protected categories as part of the program.

Upcoming Workshops

Week 5

Fuel Your Fire: Motivation & Academic Success Strategies - In Person



Thursday, Oct 30, 2025



2:00 PM - 3:20 PM



Green Table Room, Price Center 2nd Floor

Ready to level up your college experience? In this workshop, we'll explore how to fuel your motivation, build habits that stick, and master organizational strategies—all while having some fun along the way!

Presented by Tiffany O'Meara, Ph.D., Director of Outreach Services, CAPS and Priscella McGregor, Psy.D., Postdoctoral Resident, CAPS



Tell Your Story, Showcase Your Skills - Zoom



Thursday, Oct 30, 2025



3:00 PM - 3:50 PM



Zoom - [Register here!](#)

This workshop encourages students to reflect on their beyond the classroom experiences and transferrable skills to plan intentionally for the future. Students will identify key takeaways and action items to continue building their undergraduate experiential learning journey.

Presented by Laszlo Folks, Experiential Learning Specialist, Teaching and Learning Commons and Brian Crie, Associate Director of Experiential Learning, Teaching and Learning Commons



Week 6

When You Don't Know What to Do: Building Confidence in Decision-Making - In Person



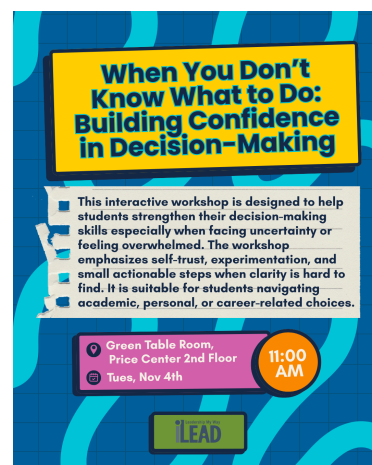
Tuesday, Nov 4, 2025



11:00 AM - 11:50 AM



Green Table Room, Price Center 2nd Floor



This interactive workshop is designed to help students strengthen their decision-making skills especially when facing uncertainty or feeling overwhelmed. The workshop emphasizes self-trust, experimentation, and small actionable steps when clarity is hard to find. It is suitable for students navigating academic, personal, or career-related choices.

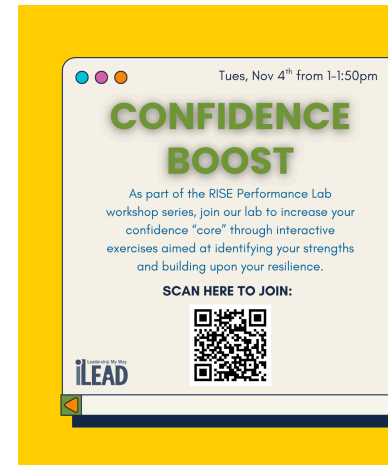
Presented by Chrystian Smith, Creating Culture of Care Manager, Student Affairs Case Management

Confidence Boost - Zoom

 Tuesday, Nov 4, 2025
 1:00 PM - 1:50 PM
 Zoom - [Join here!](#)

As part of the RISE Performance Lab workshop series, join our lab to increase your confidence “core” through interactive exercises aimed at identifying your strengths and building upon your resilience.

Presented by Erin Kelly Bartelma, Clinical Psychologist & CAPS Asst Director of Outreach, CAPS

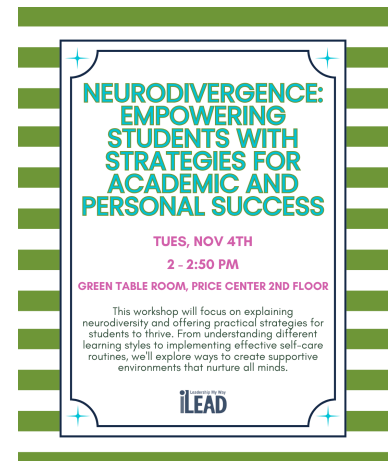


Neurodivergence: Empowering Students with Strategies for Academic and Personal Success - In Person

 Tuesday, Nov 4, 2025
 2:00 PM - 2:50 PM
 Green Table Room, Price Center 2nd Floor

This workshop will focus on explaining neurodiversity and offering practical strategies for students to thrive. From understanding different learning styles to implementing effective self-care routines, we'll explore ways to create supportive environments that nurture all minds.

Presented by Carina Mendoza, Mental Health Educator, Health Promotion Services



Who are you, but really who are you? - In Person

 Thursday, Nov 6, 2025
 2:00 PM - 2:50 PM
 Cross-Cultural Center Comunidad Room

If you have ever wondered who you are or pondered how to answer life's questions of "Who Are You?," then this space is for you! We will explore our identities and share about the experiences that have shaped us into the people we are today.



Presented by Katy Brecht Barcia, Associate Director of Community Service and Communication & Leadership, Center for Student Involvement and Emily Trask, Executive Director, Center for Student Involvement

Week 7

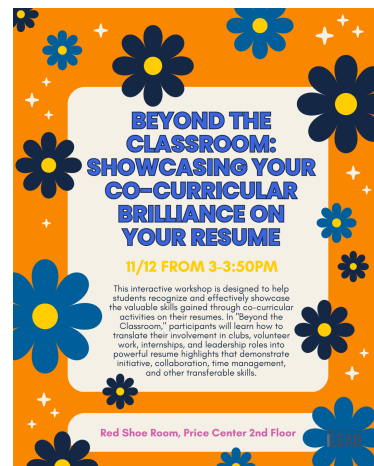
Beyond the Classroom: Showcasing Your Co-Curricular Brilliance on Your Resume - In Person

 Wednesday, Nov 12, 2025

 3:00 PM - 3:50 PM

 Red Shoe Room, Price Center 2nd Floor

This interactive workshop is designed to help students recognize and effectively showcase the valuable skills gained through co-curricular activities on their resumes. In "Beyond the Classroom," participants will learn how to translate their involvement in clubs, volunteer work, internships, and leadership roles into powerful resume highlights that demonstrate initiative, collaboration, time management, and other transferable skills.



Presented by Jessi Moore, Sorority & Fraternity Life Advisor and Program Manager, Center for Student Involvement

Raise Your Flags: Crafting Your Values - In Person

 Thursday, Nov 13, 2025

 2:00 PM - 2:50 PM

 Eleanor Roosevelt College Room, Price Center 2nd Floor

Join us for a creative leadership workshop where you'll design a felt flag that symbolizes your personal values, leadership style, or vision for community. As you craft your flag, you'll reflect on what matters most to you as a leader and share your story with peers.

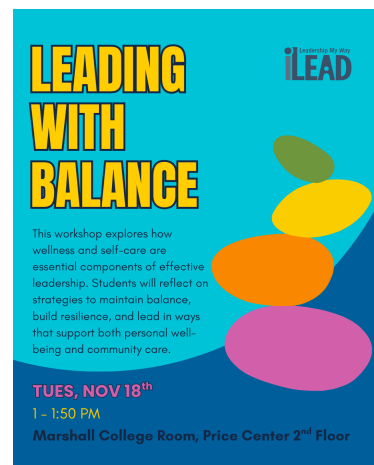


Presented by Renz Mark Cabrera, Graduate Assistant, Center for Student Involvement

Week 8

Leading with Balance - In Person

 Tuesday, Nov 18, 2025



 1:00 PM - 1:50 PM
 Marshall College Room, Price Center 2nd Floor

This workshop explores how wellness and self-care are essential components of effective leadership. Students will reflect on strategies to maintain balance, build resilience, and lead in ways that support both personal well-being and community care.

Presented by Renz Mark Cabrera, Graduate Assistant, Center for Student Involvement

Intercultural Communication - Zoom

 Tuesday, Nov 18, 2025
 2:00 PM - 3:20 PM
 Zoom - Register [Here](#)

In this workshop, you will learn about different dimensions of intercultural communication. This workshop is designed to create awareness about the intercultural dimensions themselves, where you might fall on the spectrum regarding these dimensions, as well as where others might fall and reasons for doing so. This workshop will help you better understand your time at UC San Diego as well as prepare you to be a global citizen and leader.

Presented by Grace Fuller, Interim Assistant Director, International Experience & Engagement, ISEO



Past Workshops

Week 2

iLead Orientation - In Person

 Tuesday, Oct 7, 2025
 3:00 PM - 3:50 PM
 Governance Chambers, 4th floor of Price Center

What is iLead? How do I participate? What are the benefits? I heard iLead is a Canvas Course- what does that mean? Join us for an info-session to learn everything you need to know about our leadership program. Snacks and swag will be provided.



Presented by Katy Brecht, Assistant Director, Center for Student Involvement (CSI)

iLead Orientation - Virtual

 Thursday, Oct 9, 2025
 1:00 PM - 1:50 PM
 Zoom - [Register Here](#)

Can't attend the in person orientation? We've got you covered with this virtual session. What is iLead? How do I participate? What are the benefits? Join us for an info-session to learn everything you need to know about our leadership program.

Presented by Samantha Champi, Program Manager, Center for Student Involvement (CSI)



Week 3

Staying Rooted in Seasons of Change - In Person

 Monday, Oct 13, 2025
 2:00 PM - 2:50 PM
 Marshall College Room, Price Center 2nd Floor

Just as trees remain grounded through changing seasons, we too can find stability in times of transition. This workshop invites participants to explore what anchors them through value-mapping and goal-setting activities. As a reminder of their growth journey, participants will also walk away with an affirmation stone.

Presented by Camille Casilles, C&L Student Assistant, Center for Student Involvement (CSI)

Knot Just Friends: Crafting Friendships & Healthy Connections - In Person

 Tuesday, Oct 14, 2025
 3:00 PM - 3:50 PM
 Green Table Room, Price Center 2nd Floor

What does a healthy relationship or friendship look like to you? In this interactive workshop, we'll explore qualities of healthy relationships and discuss strategies for forming & maintaining healthy relationships here at UC San Diego. Bring a friend and join us for friendship bracelet making to accompany our discussion!



Updated on 10/24/2025

Rejection is Redirection: Turning to a Positive Mindset - In Person

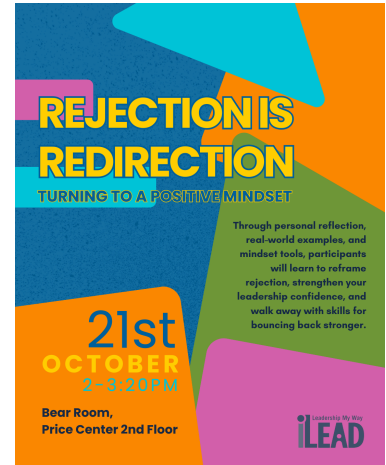
 Tuesday, Oct 21, 2025

 2:00 PM - 3:20 PM

 Bear Room, Price Center 2nd Floor

In this interactive workshop, student leaders will explore how setbacks can serve as powerful redirections toward purpose and resilience. Through personal reflection, real-world examples, and mindset tools, you'll learn to reframe rejection, strengthen your leadership confidence, and walk away with skills for bouncing back stronger.

Presented by Ashley Baldwin, C&L Student Assistant, Center for Student Involvement (CSI)



Your Right to Protest! - Zoom

Tuesday, Oct 21, 2025

 3:30 PM - 4:50 PM

 Zoom - [Register here!](#)

How well do you know your First Amendment rights? What does “freedom of speech” and the “right of the people to peacefully assemble?” mean? In this workshop, you will learn about freedom of expression and your rights and responsibilities when participating in demonstrations.

Presented by Jon Carlos Senour, Director, Student Legal Services



Introduction to UCSD's CCR - "Unlock the Power of Your Co-Curricular Experiences" - Zoom

Wednesday, Oct 22, 2025

 3:00 PM - 3:50 PM

Zoom - [Register here!](#)

This workshop introduces students to the Co-Curricular Record (CCR), a verified record of their co-curricular experiences and skills developed outside the classroom. By attending this workshop, students will learn how to utilize the CCR to enhance their transferable skills and career portfolio.

Presented by Laszlo Folks, Experiential Learning Specialist, Teaching and Learning Commons and Brian Crie, Associate Director of Experiential Learning, Teaching and Learning Commons



Beyond Good Intentions: Unpacking Implicit Bias - In Person



Wednesday, Oct 22, 2025



5:00 PM - 5:50 PM



Women's Center, 2nd Floor, RM A204

Ever wonder why we make assumptions or judgments about others without realizing it? In this interactive workshop, we'll explore the concept of implicit bias and how it impacts our interactions, friendships, and academic pursuits. Get ready to challenge your own biases and develop strategies for creating a more inclusive and equitable community. Please bring a device that can access the internet.

Presented by Hannah Aksamit, Assistant Director for Education, Women's Center

Discovering Your Career Compass - In Person



Thursday, Oct 23, 2025



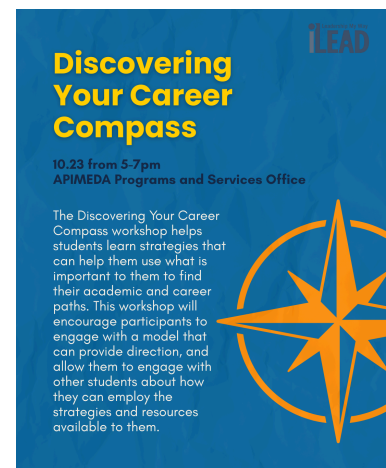
5:00 PM - 7:00 PM



APIMEDA Programs and Services Office (Price Center West, 2nd Floor)

The Discovering Your Career Compass workshop helps students learn strategies that can help them use what is important to them to find their academic and career paths. This workshop will encourage participants to engage with a model that can provide direction, and allow them to engage with other students about how they can employ the strategies and resources available to them.

Presented by Windi Sasaki, Associate Director, APIMEDA Programs and Services



Week 5

Bridging Beliefs - In Person



Tuesday, Oct 28, 2025



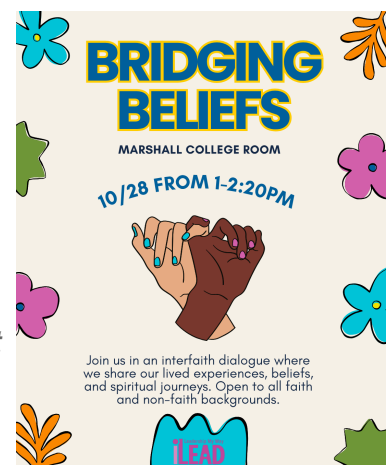
1:00 PM - 2:20 PM



Marshall College Room, Price Center 2nd Floor

Join us in an interfaith dialogue where we share our lived experiences, beliefs, and spiritual journeys. Open to all faith and non-faith backgrounds.

Presented by Katy Brecht Barcia, Associate Director of Community Service and Communication & Leadership, Center for Student Involvement



Updated on 10/24/2025

and Scott Young, Campus Religious Advisor at Large and Burke Lectureship: Religion & Society Board of Governors, Center for Ethics and Spirituality (CES)