

# CADA



SERIES 2017-2018 - VOLUME 117, ISSUE 3

**Oh, the Places You'll Go With CADA**  
Feb. 28–March 3, 2018  
CADA State Convention  
Reno, Nevada

## OH THE PLACES YOU'LL GO WITH CADA!

4

2018 CONVENTION



## CADA VICE PRESIDENT ELECTIONS

12

**Oh, the Places You'll Go With CADA**  
Feb. 28–March 3, 2018  
CADA State Convention  
Grand Sierra Resort  
Reno, Nevada

- 200+ VENDORS
- 100+ WORKSHOPS AND SESSIONS
- NETWORKING EVENTS
- PRE-CONFERENCE SESSIONS
- KEYNOTE SPEAKER: Chad Byrnes, Jason Kotecki, Pat Quinn
- NEW TO CONVENTION
- CADA 5K SCHOLARSHIP RUN
- BOOK DRIVE

**YOU'RE OFF TO GREAT PLACES! TODAY IS YOUR DAY! YOUR CADA CONVENTION IS WAITING. SO... GET ON YOUR WAY!**

## MASTER ACTIVITY ADVISOR (MAA) PROGRAM AT CONVENTION

15

**Master Activity Advisor Certification**  
The MAA program's goal is to provide the educational community with highly trained advisors to bring activities to life. Upon completion of the program, advisors will be awarded the designation of "Master Activity Advisor" (MAA). While administered by CADA, the training program provides CASL and CASL members with more in-depth information.

**MASTER ACTIVITY ADVISOR (MAA) PROGRAM COORDINATOR**  
Jeff Colton, CADA Professional Development Coordinator | jcolton@casl.org

**THE GOAL OF THE MASTER ACTIVITY ADVISOR PROGRAM**  
Provide educational communities with highly trained and knowledgeable Activity Advisors through intensive, comprehensive and focused professional development programs.

**MASTER ACTIVITY ADVISOR (MAA) PROGRAM CORE BELIEFS**  
A highly trained student activities advisor supports student programs which enrich students' educational experiences, create a positive school culture and ensure and work collaboratively with other school staff and administration.

**MASTER ACTIVITY ADVISOR (MAA) PROGRAM BENEFITS**  
Build professional learning communities with other education-focused student activities advisors.  
Receive advanced and in-depth knowledge regarding student activities.  
Develop a wide and varied portfolio of activities for all school stakeholders.  
Develop a sense of pride and ownership in school activities.



## CASL 2018 NEWS

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## DO GOOD BETTER

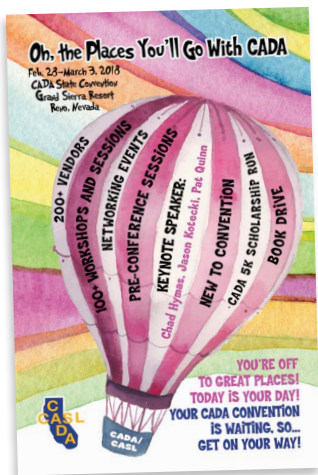
# CASL

STARTUP

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## PRESIDENT'S MESSAGE

**KEVIN FAIRMAN**  
CADA PRESIDENT  
MARINA HIGH SCHOOL  
[president@cada1.org](mailto:president@cada1.org)

Last March, at “JamaiCADA-One Love” in San Diego, I said the following on stage at the first general session, “You have the opportunity to make a difference on your campus. One teacher, one advisor, one coach, one principal, one student can change the culture and climate of a campus. We have an opportunity in student activities to connect students to school. If you want to support students educationally, socially and emotionally, student activities is the common denominator on every campus. I challenge you to be that one person on your campus to change a student’s life.”

As I write my last newsletter article as CADA President, I would like to leave you with that message. I’ve been in education for almost 20 years and I love my job, but this job is hard. There is a lot of pressure on educators from parents, site leadership, district leadership, state leadership, the media and the school community as a whole. In addition, this country has had its share of tragedies over the last few months that have affected many of our students. Through all this craziness, we cannot forget why we are here: the students! They need us! Your leadership class might be the only place a student feels they belong. Your campus might be the only place a student feels safe. Your love might be the only love that a student gets on a daily basis. So again, I challenge you to be the one person on your campus to change a student’s life for the better. You know it is possible because you have seen it. You have a success story or two about a student who started school one way and ended in a better way. That is not by accident...it is because of educators like you. I believe if you love what you are doing and whom you are doing it for, it is hard not to produce extraordinary results. My friend Phil Boyte said it best, “The truth is, the quality of the educational experience a student has is entirely dependent on the culture of the school they attend. School culture is the road on which effective education travels. Build the road well and students will be engaged and inspired to live to their full potential. Assume the road is fine, or ignore the road, and students will crash and burn.”

“ IF YOU WANT TO SUPPORT STUDENTS EDUCATIONALLY, SOCIALLY AND EMOTIONALLY, STUDENT ACTIVITIES IS THE COMMON DENOMINATOR ON EVERY CAMPUS. I CHALLENGE YOU TO BE THAT ONE PERSON ON YOUR CAMPUS TO CHANGE A STUDENT’S LIFE. ”

Thank you for this amazing opportunity to be CADA President and for allowing me to get my message out to you. I will close with one of my favorite quotes by (shocker!) Bob Marley:

*“The people who were trying to make this world worse are not taking a day off. How can I? Light up the darkness.”*



# HOW TO HAVE A MENTAL BREAKDOWN IN 11 EASY STEPS

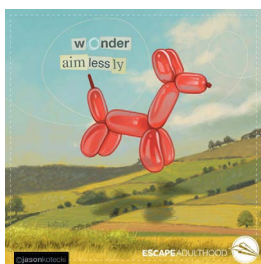


BY JASON KOTECKI

**H**ave you ever wondered to yourself, “How can I add more stress to my life?” Of course, we all have. But now, for the first time ever, comes a comprehensive guide to take the guesswork out of getting stressed. Never before has such a thorough, step-by-step guide to your very own mental breakdown been published, be it online or off. If you can master these easy to follow instructions, you too can be the envy of all your friends and find yourself well on your way to a life you’ve only dreamed of!

1. **Treat traffic jams** exactly as they are: carefully planned and sinister conspiracies designed to keep you from your destination.
2. **Pack your day so full** that you are not distracted by superficial things like the sunset, the smell of roses, or the toddler smiling at you from across the grocery aisle.
3. **Avoid the time** wasting activity known as sleep. For best results, try to keep it under four or five hours per night.
4. **Take everything seriously** because, obviously, it is.
5. **Don't fall into the trap** of expecting big, amazing, wonderful things to happen. They probably won't and you'll just end up disappointed anyway. And while you're at it, pat yourself on the back for outgrowing the silly practice of believing in things like Santa Claus, the Tooth Fairy, and God.

6. **Make sure you eat** most meals either in the car, near the microwave, or from your recliner. If someone invites you to join them for a dinner that is likely to last more than fifteen minutes, respectfully decline.
7. **Don't bother asking** questions. You probably know all the answers anyway. If you don't, just act like you do. And remember, “Because we've always done it this way” is a perfectly good answer to a almost every question.



8. **You can take** some time for yourself, but only if you've caught up on all of your work, your e-mail inbox is completely empty, your bills are paid, and your junk mail has all been alphabetically sorted. And the grass has been cut.
9. **If someone drags** you on some sort of “vacation,” be sure to bring your

beeper. Also, figure out the total time you'll be on said “vacation” and plan things to do and see that will accommodate roughly double or triple that time.

10. **Spend most of your** waking hours — remember, you should be shooting for about 20 of those a per day — doing things that completely drain you. You know, the stuff you'd never do in a million years if they didn't pay you such a good salary.

11. **If all else fails** and you forget the other guidelines, a handy shortcut is to observe a child and do the exact opposite.

As you can see, a complete and utter mental breakdown does not require any extraordinary skills. By following these simple steps, literally anyone can have one. However, a failure to comply with the majority of the steps listed here may result in a life that is less-stressed and more fun and fulfilling. Good luck!

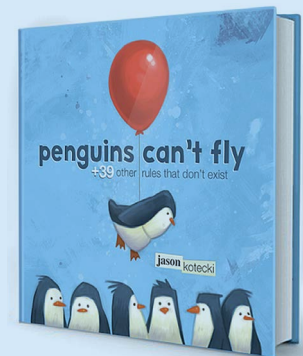
*Jason Kotecki is an artist, author, and professional speaker. Jason and his wife Kim (a former kindergarten teacher) make it their mission in life to fight Adulthood and help people use strategies from childhood to create lives with less stress and more fun. Learn more at [www.EscapeAdulthood.com](http://www.EscapeAdulthood.com).*

## JASON KOTECKI BLOG

Get ready for a special treat at the CADA State Convention: Jason Kotecki will take the stage as our Thursday keynote speaker and help us to **Escape Adulthood** for a brief time. Be prepared to laugh, think, and get some great ideas to avoid adultitis in your life.

In the meantime, check out and subscribe to Jason's weekly newsletter to get some fun tips: [escapeadulthood.com/insider](http://escapeadulthood.com/insider)

And find out if you have adultitis. Take this quiz: [adultitis.org/intake](http://adultitis.org/intake)



# 2018 CONVENTION AT-A-GLANCE



**DEBI WEISS**

CADA PRESIDENT-ELECT  
AYALA HIGH SCHOOL  
[preselect@cada1.org](mailto:preselect@cada1.org)

**“THE MORE  
THAT YOU READ,  
THE MORE THINGS  
YOU WILL KNOW.  
THE MORE THAT  
YOU LEARN, THE  
MORE PLACES  
YOU’LL GO”  
– DR. SEUSS.**

**E**ach one of us wants to make a difference in the lives of young people. At CADA, this year, you will have the opportunity to be a part of the CADA BOOK DRIVE.

You will be given a label at your area table to personalize your book. The books will be donated to various places within each area.

If you are not already planning to attend the 2017 “Oh, The Places You’ll Go with CADA” Convention, please make sure that you REGISTER TODAY.

Why you need to attend the CADA State Convention and what to expect:

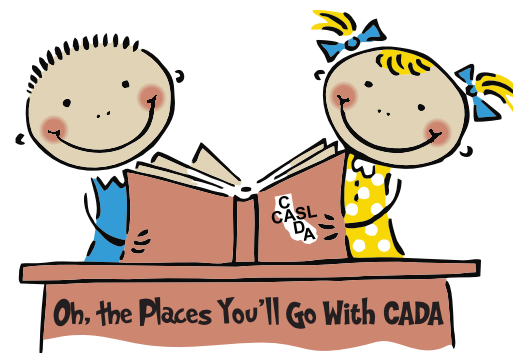
- Get training to grow your students into leaders of tomorrow
- Meet with mentors
- Attend sessions and workshops to guide your school team through the world of activities
- Improve your school culture and climate by infusing leadership philosophies that are aligned with the Common Core State Standards and LCAP.

- Pre-con Sessions on Wednesday—it’s not too late to sign up
  - School Culture with Phil Boyte
  - ASB Finance with FCMAT
  - Technology with our Tech Team and guests
- Master Activity Advisor Sessions (MAA) Program seminar courses on Wednesday
- Opportunity to attend Featured Speaker Sessions on Wednesday
- New to Convention (first time attendees) will attend a session specifically created to welcome you, meet members from your area, and gain some insight on how to navigate through the conference.
  - Keynote speakers: Chad Hymas, Jason Kotecki and Pat Quinn
  - Celebrate our award winners at the General Sessions.
    - Registration and Area Tables will be in the same place but will be set up so there is more room to check out your conference materials, sign up for bowling, register for Scholarship Run, take your picture for the CADA yearbook and network with your CADA peeps.
- Check out these new additions to convention
  - CADA Talks – for CADA returners while the first-time attendees are attending their event
  - CADA Networking will be in the Lux Nightclub (and not area suites)
  - Coffee with the Coordinator – Meet with your Area Coordinator in the Area Suite before starting your day on Thursday.
  - General Sessions will be in the Silver State downstairs.
- CADA Lounge will be in the Silver State Lobby – a place for advisors to work, charge their devices, socialize and interact with educators from all over the nation
- Networking, Bowling and Dancing on Thursday night
- “NEW” CADA Scholarship Run – This will be a 5K race or 1K walk/race with all



proceeds going to the Scholarship fund. Each participant will receive a t-shirt

- CADA Store will be filled with an abundance of leadership ideas and materials that will improve and supplement your program.
- Exhibit Hall will feature over 140 vendors and companies designed to provide you valuable resources.
- Friday Night Dinner/Dance – Start the night with a social hour where you can continue to network, which will be followed with dinner and dancing. The dress for the dinner/dance is dressy like going to Prom, favorite first day of school outfit, book character or wear your favorite T-shirt as if it was a spirit day. The idea is to come dress in what makes you feel ready to network, eat, dance and have fun
- Meet the Pros/Leadership Lessons Saturday morning



**Can't wait to see everyone at the 2018 Annual CADA Convention!  
Don't forget your favorite book to donate!**



For Updates & Camp Information Visit Us At:  
[www.cada1.org/leadershipcamps](http://www.cada1.org/leadershipcamps)



**SUMMER LEADERSHIP CAMPS 2018**  
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SANTA CLARA UNIVERSITY



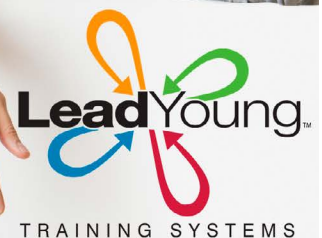
## 2018 CAMP DATES

**Santa Clara University**  
Middle School and High School  
June 25-28

**UC Santa Barbara**  
Middle School      High School  
July 7-9              ① July 7-10  
                                 ② July 12-15  
                                 ③ July 17-20  
                                 ④ July 22-25



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# AREA REPORTS

CONVENTION  
INFO



**BY ALLISON GADEKE**  
CADA AREA A COORDINATOR  
SIERRA MIDDLE SCHOOL  
[areaA@cada1.org](mailto:areaA@cada1.org)

## Dive Into Area A – Home of the Rainbow Fish!

We have had an amazing fall conference season with our largest programs ever, and now look forward to seeing you in Reno for our 2018 convention “Oh the Places You’ll Go With CADA!” We hope you will join us for an outstanding convention filled with new ideas, training, connections with standards, and friendship with colleagues from across the state.

The children’s book we chose for Area A’s theme is *The Rainbow Fish*. In the story, *The Rainbow Fish* learns superficial beauty is not important and his real joy in life is discovered in the service of others. As Activities Directors, educators, and school staff members, we know magic is created when our students learn the joy found in helping their community. As an Area Council, we also find happiness in serving you throughout the year. At the convention we look forward to networking and brainstorming with you. We are happy to celebrate your successes and troubleshoot any challenges you may be facing.

At the CADA Convention, there will be a few exciting opportunities to make new friends within our area who can support you throughout the year. On Wednesday and Friday mornings,

we plan to have coffee and tea available in our suite. We will also be providing everyone with a T-shirt (as our giveaway) to wear to Thursday night’s bowling party. Our council always dedicates a couple of lanes (just look for our shirts) for those who may be new or looking to meet people from our area. We would love for you to join us, make some new friends, and enjoy the camaraderie CADA is so well-known for. Whether this is your first CADA Convention, or your 31st, we hope you will join us to share ideas and meet new people.

Please note that we will have another incredible opportunity for your students to train and learn at our spring leadership conference on Tuesday, May 1, 2018. Held at the Modesto Centre Plaza. Our Central Valley Conference will feature engaging keynote speakers Joe Beckman and The “Amazing” Tei Street. This conference is dedicated to helping our newly elected student leaders prepare for another exciting school year. We anticipate it will sell out, as in years past, so we encourage you to register early. Stay tuned to [cada1.org/areaA](http://cada1.org/areaA) for more details!

This year’s CADA Convention will be filled with unique opportunities, exciting speakers, informative workshops, and amazing social opportunities. I hope to meet each and every one of you and to share ideas and resources with one another. Until that time, enjoy your start to the new semester, and, as always, remember support from your Area A Council is just an email away!



**BY LARRY LOPEZ**  
CADA AREA B COORDINATOR  
DEL MAR HIGH SCHOOL  
[areaB@cada1.org](mailto:areaB@cada1.org)

## Get Wild With Area B

Hello Area B family member! We are hoping that you are gearing up for the CADA Annual State Convention, “Oh, The Places You’ll Go With CADA.” Area B will be representing the book, *Where the Wild Things Are* and will be rocking the “Born to B Wild” motto at the conference. See you all in the jungle very soon. :)

Thanks to all who attended the CADA Area B Student

Conference back in November. Most importantly, thank you to all of the schools who helped us raise funds for students, families, and the community who were impacted by the Northern California fires. Area B came together and was able to support our North Bay schools. Please feel free to contact me if you or your school would like information on how to help.

Lastly, if you are interested in joining the Area B council, please feel free to reach out to me and I will gladly share the Council application. All applications are due on or before February 16, 2018. You can email me at [areaB@cada1.org](mailto:areaB@cada1.org).



**BY LESLIE LOEWEN**  
CADA AREA C COORDINATOR  
FRESNO UNIFIED SCHOOL  
DISTRICT  
[areaC@cada1.org](mailto:areaC@cada1.org)

Area C is ALL ABOARD the leadership train for this year’s CADA Convention. We are excited to learn new things and see the impact on our campuses. There will be challenges ahead for our student leaders, but as the Little Train That Could taught us: determination, grit, and a servant’s heart will take us over any obstacle. In Area C, we also believe in teamwork, because TOGETHER WE CAN.

Come munch and mingle at our January 29th whistle stop: Me-N-Ed’s Visalia (S Mooney Blvd) 4:30 PM – 7:30 PM. Then participate in area dress days for convention:

- Wednesday: Conductor Wear... All Aboard
- Thursday: Tacky Tourist... Oh the Places You’ll Go
- Friday: Area C Spirit Train... School spirit keeps chugging along
- Saturday: Heading home (comfy)...Round trip ticket to ride

Stop by the Area C booth at Convention for all the bells and whistles, and take part in upcoming Area events – Area C is on the fast track to building positive culture and climate with you!



# LEADERSHIP DEVELOPMENT DAYS



**\$25 PER STUDENT**

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OR CONTACT SANDRA KURLAND  
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THE 2018 CADA STATE CONVENTION  
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**BY JOSE DUENAS**  
 CADA AREA D  
 COORDINATOR  
 BALBOA MIDDLE SCHOOL  
[areaD@cada1.org](mailto:areaD@cada1.org)

Thank you, Area D for providing the opportunity to serve approximately 1,800 students over three conferences from Salinas, San Luis Obispo and Ventura. The workshops and speaker presentations were superb, helped strengthen current relationships, and formed new ones. We now look forward to seeing you in Reno at the CADA Convention – “Oh the Places You’ll Go with CADA!”

The children’s book Area D chose for our theme is *If...* by Sarah Perry. Published by the J. Paul Getty Museum, it offers a surrealistic perspective of the natural world. *If...* creates a world to make us stop and think about all aspects of our lives. Our giveaways will be unique and whimsical. There will be chances to network, create new relationships and solve problems together. We hope to see you in Reno!



**BY RON IPPOLITO**  
 CADA AREA E COORDINATOR  
 SIERRA VISTA JUNIOR HIGH SCHOOL  
[areaE@cada1.org](mailto:areaE@cada1.org)

“If you give a mouse a cookie, he’s going to ask for a glass of milk. When you give him the milk, he’ll probably ask for a straw. When he’s finished, he’ll ask for a napkin. Then he’ll want to look in a mirror to make sure he doesn’t have a milk moustache . . .” This year’s CADA Convention 2018 theme, “Oh the Places You’ll Go with CADA,” is all about the imagination inspired by children’s books. The theme we chose in Area E is *If You Give a Mouse a Cookie*, inspired by the children’s book by Laura Joffe Numeroff. But why?? **KEEP THEM COMING BACK FOR MORE** - In our school communities and in the world of student activities and school culture, we want our kids to keep coming back for more. When we give kids a safe place to learn, they will ask for belonging and connection. When we give them a place to belong, they will want to have fun lunch activities, dances, rallies, and other activities to keep them engaged and connected. **GET CONNECTED** - That’s what this year’s Area E theme is all about--let’s keep them coming back for more! More connection. More involvement. More engagement. More fun! You can create those connections for your at-risk students at the S.T.A.R.S. Conference. The Students Targeted



At Reaching Success (S.T.A.R.S.) Conference is geared towards potential leaders who need a push in the right direction. This year’s conference, at the Kellogg West Conference Center on the campus of Cal Poly Pomona on Tuesday, February 6, features keynote speaker “The Amazing” Tei Street, multiple workshops and speakers throughout the day, continental breakfast and a formal sit-down lunch. Space is limited, so register online today at [cada1.org/AreaE](http://cada1.org/AreaE), or contact CADA Central for availability.



**BY GENIEL MOON**  
 AREA F COORDINATOR  
 MURRIETA VALLEY HIGH SCHOOL  
[areaF@cada1.org](mailto:areaF@cada1.org)

**GIVING...The Heart of Leadership**

We were so happy to welcome over 500 middle schoolers from 20 different schools to our middle school conference in October. We’d like to thank all our presenters and the CASL crew for making the day meaningful, educational, and a fun day for the kids. The high school conference was a great success at the beautiful Disneyland Hotel. Our presenters gave each of the 2,100 students something to take back to their campus to continue their journey on the leadership trail and make their school the best it can be.

Please join us in the biggest little city of Reno for “Oh, the Places You’ll Go With CADA” February 28 - March 3, 2018. Come hear the unforgettable philosophy of the gift of giving. Stop by our registration table to “Leaf” a note of gratitude. You can’t miss our *Giving Tree* and all the conference goodies we have for you.

Area F is excited to offer a new High School Leadership Conference on May 2, 2018 at the beautiful Coto Valley Country Club. We are looking forward to sharing ideas with your newly elected/selected student leaders and getting them started on the path of servant leadership. We are also happy to team up with CASL to bring Leadership Development Days (LDD) to Area F, please go to [cada1.org/LDD](http://cada1.org/LDD) for more information.

The Area F Council is here to serve you; please let us know if there is anything we can do for you or your school at [areaF@cada1.org](mailto:areaF@cada1.org). Through our Area F Convention theme, Giving...the Heart of Leadership, we remind you that we are here to give back to you and your school.



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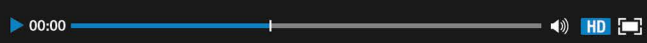
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**BY BONNIE BAGHERI**  
 AREA G COORDINATOR  
 SAN MARCOS HIGH SCHOOL  
[areaG@cada1.org](mailto:areaG@cada1.org)

How hungry are you? What information do you feel you need in order to feed your hunger and take your leadership program to the next level? Do you need new ideas to inspire you and like minds to rejuvenate your energy for the second half of your school year? The best way to nourish that hunger is to join Area G at this year's CADA Convention where the book we are featuring is *The Very Hungry Caterpillar* by Eric Carle!

From when you arrive at Convention, we will begin to feed your hunger by coming together to inspire one another throughout three days of workshops and networking. At check-in and at our Area Meeting, we will have some fun stuff and "food to go" to take back to school with you to keep you feeling full. We will also provide the opportunity to win some cool prizes and ensure that you will have a fun time with our mighty crew! After the convention, you will be able to return to your school site, share your ideas with your students, and see their cocoon of hard work flourish into something beautiful on your campus, whether heightened school spirit, enhanced community service, or simply more kindness and appreciation expressed day-to-day. We look forward to seeing you representing Area G in Reno! Come hungry!!

Needing some instant gratification to satisfy your hunger? Then, don't miss the Leadership Development Days taking place in February 2018 prior to the State Convention! Registration available now at [cada1.org/LDD](http://cada1.org/LDD):

- High School Delegates – February 8th, 2018 at Madison High School in Central San Diego
- Middle School Delegates – February 9th, 2018 at Vista Innovation and Design in Vista



**BY DENISE VAN DOORNE**  
 AREA H LEAD  
 BEAR VALLEY  
 MIDDLE SCHOOL  
[areaH@cada1.org](mailto:areaH@cada1.org)

How will you make your mark in this world? What are you currently doing that will have sustainable effects

at your school and in your community? The book Area H is featuring at the Convention this year is called *The Dot* by Peter Reynolds. The message of growth mindset will ask you, "How will you make your mark?" When you arrive at the Convention, we will ask you to help fill in our Area H backdrop and add your answer to that question. In addition, we will have some cool new swag to take back to your school. We are happy to share with you that we

will be doing dinner seating differently and our Area Meetings will be shorter and more organized. Thank you for continuing to bring a fun raffle prize to be given out during our meeting. The Convention will equip you with loads of new and refined ideas to help you become a better educator at your site. I personally hope to help welcome you to California. Remember, CADA Area H is the place where OUT of state folks feel like they are IN!



## 2018 National Student Council Conference

### LEADERSHIP

# MaNia

The **National Student Council Conference** is a unique opportunity for student council members and advisers to meet with their peers and enhance their leadership skills. National Student Council (NatStuCo) member schools receive special discounts to attend.

This year's National Student Council Conference will be hosted by Wayzata High School in Plymouth, MN, and plans to bring together over a thousand student leaders and advisers from across the country for an inspirational six-day event.

## June 23-28, 2018

Applications and a \$450 deposit are due **March 1, 2018**  
 Remaining balance of \$450 due **May 1, 2018**  
 Apply online at [www.cada1.org](http://www.cada1.org)

For more information, contact Sandra Kurland  
 NatStuCo California  
[leadership@cada1.org](mailto:leadership@cada1.org)





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# CADA VICE PRESIDENT ELECTIONS

It's almost that time again for Convention! This year is extra exciting, as we will be having an election for CADA Vice President.

**BY LAURETTA ELDRIDGE**  
CADA PAST PRESIDENT  
TIERRA DEL SOL HIGH SCHOOL  
[pastp@cada1.org](mailto:pastp@cada1.org)

**B**oard Policy 8: Elections states, "After serving one full year on the State Board, all board members (elected and appointed) are eligible to run for the position of Vice President. Former board members are eligible to run for Vice President up to and including five years after leaving the board."

As your Immediate Past President and Election Officer, it is my responsibility to maintain the list of eligible candidates and inform them by mail at least thirty days prior to the deadline, which was November 1. I have the pleasure to announce that we have two candidates who have met their deadlines with a letter of intent submission

and payment of dues. We have had our initial phone conversation and they both are excited to introduce themselves to you.

It is my extreme honor to present Allison Gadeke from Area A and Lorraine Martinez from Area B. Please take a moment to read their thoughts and ideas. You will get several chances to meet them (if you haven't already), at Convention and hear their speeches during Thursday's General Session at the Convention.

Thank you, CADA friends, for being such great role models and positive change-makers. Thank you for your love, support and dedication for all students, staff and schools!

## **Additional Board Policy related to CADA elections:**

Board Policy 8.5.2 g: Only CADA regular and life members may vote for the CADA Vice President. Eligible members will be able to



login from any computer and vote with the option of viewing the speeches.

Board Policy 8.6.1: The primary concern is for fairness. No candidate should have any unfair advantage and all should be treated with respect and dignity.

Board Policy 8.6.2: All CADA members, with the exception of CADA Board members, have the right to support and campaign as they see fit so long as it is fair and reasonable.



## **VP CANDIDATE STATEMENT** **ALLISON GADEKE**

*"To the world you may be one person, but to one person you may be the world."*

Inspiration struck when I read that quote in 1999 at the CASL State Conference. I had become activities director the previous August and was several months into my CADA journey through a lucky postcard in my mailbox. My students and I visited the North State Leadership Conference; I caught the fever and attended the CADA Convention, CASL, and CADA summer camp that year. To say I was hooked was an understatement. I met kind and talented leaders who helped me grow professionally and provided opportunities for my students. In every venue, there were special people who reached out – offering

friendship, support, and new ideas. These educators instilled the confidence I needed to build an outstanding program, but a few years later it was one of my students who helped me see the true meaning of the quote.

I share this story with his permission because I believe it demonstrates what happens when an amazing young man is given an opportunity to realize his dreams. I met Sidus a year after his father passed away. His mother was now raising her son alone, in one of Stockton's toughest neighborhoods. Each afternoon, she kept him safe at school until she finished work. Instead of using his time to find mischief, Sidus voluntarily helped our custodian. When I discovered this, I knew I had met an awesome leader who simply needed the chance to find his potential. Twice that year I begged my principal for funds to send Sidus to conferences (CASL and NASC). Both proved to be life changing for him. They awakened possibilities for





his future he had not imagined. Others recognized his work ethic and invited him to join the CASL and CADA Camp Staffs. Years later, CADA adults also provided him with his first job, advice, and college/career counseling. I'm proud to say that three months ago, Sidus realized his dream with a college diploma and a full time career.

This is what CADA and CASL provide. I am grateful to have been able to provide countless opportunities for my students because of the ideas and support I have received through both. I believe every student, regardless of their geographical location or socioeconomic status, deserves access to the lessons and knowledge CADA provides. As your VP, I will solicit your input and your voice. I will also lead our team to provide more resources for CADA Member schools and advisors, reach out to underrepresented schools, and inspire creative funding sources to achieve these goals. I believe donors will invest in educators who provide opportunities for their students. I also believe we can obtain corporate and private sponsorship for leadership training for underfunded schools. With your help and partnership, this is achievable.

Ultimately, this campaign is more than just an election. It is an opportunity to provide our members with ideas, share knowledge, and grow professionally. Soon, my social media campaign will begin. I will use this platform to contribute ideas to help us all grow as educators. Beginning January 8, my election Facebook page will launch. On it I plan to share "50 Ideas in 50 Days." You can access this page by searching for "50 Ideas in 50 Days" on Facebook, or by visiting [www.Allison4VP.com](http://www.Allison4VP.com). Every day these sites will showcase classroom lessons, activity ideas, and other great resources. In addition, my Instagram page, called allison4vp, will launch. On it, I will share one positive quote each day to inspire you and your students.

CADA has provided me with treasured friendships and experiences for twenty years. It is an honor for me to give back to the organization that has given me so much. Thank you for allowing me the opportunity to share my vision and passion with you. Each of you means the world to me!



## VP CANDIDATE STATEMENT

### LORRAINE MARTINEZ

Greetings CADA,

I am Lorraine Martinez from Area B and am excited to be a candidate for the CADA Vice President position at the 2018 state convention. I have been happily involved with CADA for over 15 years and have found it to be the premier resource for anyone involved with school culture at their site. My experiences with the members of CADA/CASL are the reasons I want to give back more time and energy to this organization to continue the current programs and to possibly introduce other activities/programs that address equity, social justice and cultural proficiency.

#sonomacountystrong is my new hashtag since my community and county was changed forever on the evening of October 9. The Tubbs fire hit quickly and raced across mountains and streets leaving ashes behind. Although my home was not lost it was an emotional time for my family and friends. Many students and adults with ties to education lost everything. But immediately the community rallied to help one another. Stories have emerged about first responders from all over California and the nation who battled long hours to stem the fire. If you know of someone who helped my community please know that they are a HERO. My heart is filled with hope, strength and determination to continue to help my neighbors and friends.

Choose to Lead with...



"There are no greater treasures than the highest human qualities such as compassion, courage and hope. Not even tragic accident or disaster can destroy such treasures of the heart".

- Daisaku Ikeda

I have been an athletic director, cheer advisor, coach, club advisor, yearbook advisor, and senior class advisor serving 13 years teaching at a middle school and 22 years at the high school level. I have served on the Area B council and the CADA Board as Area B Coordinator. I have presented at area student conferences, Area B advisor workshops and at multiple CADA conventions. I have also interned at summer camp and hosted CASL LDD days in Santa Rosa.

The demographics of students in our schools has changed to the majority being students of color. This shift has not brought more educators of color into the teaching profession. To help all educators understand student diversity and needs, programs need to be shared and/or developed. Unconscious Bias is real for each and every one of us and does affect how we communicate with our students and peers. The focus of these programs will be on the tools of cultural proficiency, equity and social justice with an emphasis on practical application of the tools in school.

There are statewide concerns about the student "School to Prison Pipeline" and what can be done to divert young men and women from the system. One sure way is for all students to make a connection to school either through a club, sport, class, community service or a relationship with an adult on campus. Helping our students find a connection is why many of us are activity directors and put in the extra hours working together with our student leaders and staff seeking ways for school connections.

CADA has a ready made program that is underutilized called R.S.V.P. "Raising Student Voice and Participation." I believe this program could be the key to bringing equity, social justice, and cultural proficiency to schools. The Master Activity Advisor (MAA) certification program could offer a track about these topics and perhaps CASL Leadership Development Days (LDD) could offer a different training utilizing activities around these topics. Camp, student or advisor conferences would be another opportunity to help train students and educators to become proficient in these areas. The ideas are numerous and with our passion these subjects could help students be more understanding and tolerant of differences, appreciate and respect each other.

"Tolerance implies no lack of commitment to one's own beliefs. Rather it condemns the oppression or persecution of others". - John F. Kennedy



BY LINDA WESTFALL  
CADA SECRETARY  
bookstore@cada1.org

Throughout the year you can go on-line to [cada1.org/bookstore](http://cada1.org/bookstore) and purchase a majority of the products that are sold at the convention. Available items for immediate shipping are (but not limited to):

- Spirit Works*
- Leadership Lessons*
- More Leadership Lesson*
- The Buck Starts Here*
- Starting in the Middle*
- Building Leaders for Life*
- Big Book of Team Building*

- Icebreakers*
- Spring Board*

*The Check Model for Event Planning Guide*

*CADA Standards*

*CADA Student Activities Handbook*

*Leadership in the Movies 1-8*

If you can't order online, contact Linda Westfall at [bookstore@cada1.org](mailto:bookstore@cada1.org) or call 951-830-6380 and receive personalized help.

Do you have a book you use in the classroom or something you read could benefit other educators? Email Linda with the title and author of the book so we can offer it to other advisors.

Visit the CADA Store at "Oh, the Places You'll go With CADA," February 28 - March 3 and see the many resources available. It will open Wednesday afternoon at 2:30 near the entrance to the Exhibit Hall. Check the CADA/CASL Events mobile app or program book for complete hours of operation. Don't miss out on special items and convention memorabilia. Stop by early as items sell out fast!

This is your opportunity to check out resources and physically peruse them. And don't miss the money-saving CADA Store coupon in the program book!

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Advisor Resources

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# MASTER ACTIVITY ADVISOR (MAA) PROGRAM AT CONVENTION

BY JEFF CULVER

CADA PROFESSIONAL DEVELOPMENT COORDINATOR

[pdc@cada1.org](mailto:pdc@cada1.org)

Celebrating over a decade of educating Activities Directors in California, the CADA Master Activity Advisor (MAA) Program continues at the 2018 Convention. Program completion typically takes 2-3 years and you can start the program this year with the MAA 101: Foundations for Student Activities course Wednesday afternoon from 1:00 p.m. - 4:00 p.m. This seminar course, led by Activities Director legend Janet Roberts will include three hours of activities, discussion and analysis highlighting the core areas of Student Activities: Finance & Law, Communications, Organization, Curriculum, Personal Leadership, and Culture & Climate. The \$100 cost of the course includes materials and pre-registration is required.

For those who have already begun the program in a previous year, you have the opportunity to take one or two 200-level courses Wednesday afternoon. This year, we will be offering 202: Communications, 204: Curriculum Development, and 205: Personal Leadership. Each course is \$50 and pre-registration is required.

For our new or returning MAA participants, if you're planning to attend Pre-Con sessions FCMAT or School Culture with Phil Boyte, you can add-on the MAA course credit as part of that session. The additional cost is \$25 and pre-registration is required.

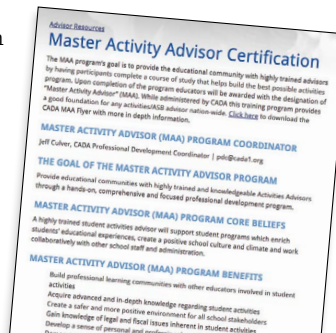
All courses, including Pre-Con add-ons require participants to complete an assignment throughout the Convention as well as a post-Convention follow-up. All participants are expected to attend all

Convention sessions and events to receive credit for the courses in which they are enrolled.

Through our partnership with Fresno Pacific University, we will once again be offering optional college credit for the 101, 202, 204, and 205 courses. Information will be available on site to add-on the college unit(s).

Over a dozen CADA members will be completing their MAA course of study this year! Watch for them to be recognized on stage at the beginning of the General Session on Friday afternoon.

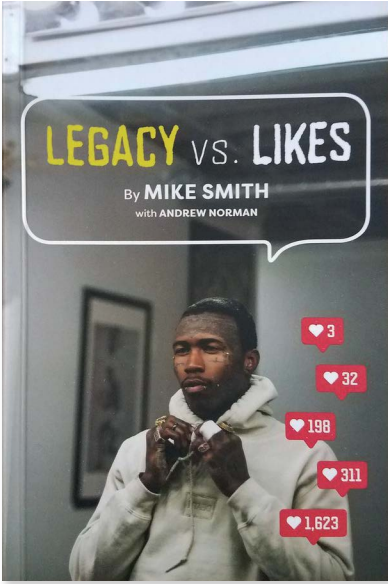
For more information about the MAA Program, please see [cada1.org/certification](http://cada1.org/certification). To register for courses, include them as part of your Convention registration, or if you've already registered for Convention, call CADA Central to add-on courses-831-464-4891.



BOOK REVIEW

# LEGACY VS. LIKES

## WHAT IS MOST IMPORTANT TO YOUR STUDENT LEADERS



**BY ALLISON GADEKE**  
 CADA AREA A  
 COORDINATOR  
 SIERRA MIDDLE SCHOOL  
[areaA@cada1.org](mailto:areaA@cada1.org)

For months I searched for the perfect book to inspire my student leaders to achieve their greatest potentials as leaders, students, and humans. Our leadership class regularly uses quotes, songs, and children's books to discuss themes, search for solutions to social problems, and identify ways to serve our community. But I wanted to read a book with my students

that would challenge them to take their leadership skills to the next level. Recently I found a gem of a book that is concise, practical, and easy to read: *Legacy vs. Likes* by Mike Smith. Its 175 pages, are filled with engaging stories, thought-provoking discussion questions, and lessons about finding our purpose in life.

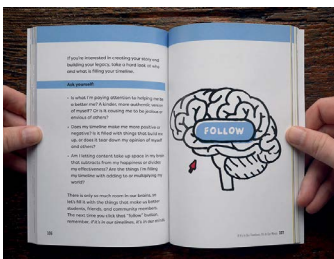
Mike points out that today's society is beginning to place greater importance on one's virtual persona than on our real human interactions. He challenges readers to question how they are feeding their minds and makes them think about what they are doing with their time. Do they really pursue their passions, or do they spend more time worrying about their social media presence? Do they interact on a superficial level with their friends -- worrying more about their online persona? He points out that there are three types of people in the world: leaders, influencers, and followers, and goes on to explain the differences between the three. He encourages readers to analyze whether or not they are willing to do something about what they stand for, and to think about how far they are willing to go -- to move from discussion to action.

Mike's writing style makes this the perfect book for teens to digest and

internalize. The chapters are short and easy to read, and graphics and quotes from well known speakers and pop culture icons are sprinkled throughout. He speaks to students on their level and lovingly pushes them to think critically about how they spend their time and where they place their priorities. In addition, he ends each chapter with insightful questions and personal challenges. He inspires students to pursue their passions and leave a legacy that doesn't include superficial "stuff" (like clothes, shoes, and electronic gadgets). He also gives practical suggestions on how to achieve this.

I look forward to reading this book with both of my leadership classes as I anticipate rich discussion and honest soul searching. Mike's final challenge to his readers is to find something that makes them excited and enthusiastic and to go out and do something about it. I truly cannot wait to hear my students discuss their action plans and to witness the good that each of them will bring to the world!

If you'd like to purchase multiple copies of Mike's book to read with your class, here is a link to bulk rate purchasing information:  
[www.jostensrenaissance.com/legacyvslikes-bulk](http://www.jostensrenaissance.com/legacyvslikes-bulk)



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# FLIPGRID

BY LINDSEY CHARRON

CADA PUBLIC INFORMATION COORDINATOR  
HORACE ENSIGN INTERMEDIATE SCHOOL  
pic@cada1.org

Generation Z communicates in ways that are different from previous generations. Seemingly gone are the days in which a simple note might be passed from one student to another. Instead, you are much more likely to find a student record a video that can be sent through any number of social media platforms such as Instagram or Snapchat. A new website called Flipgrid allows students to record video responses to prompts, videos, or links that teachers post. It is used to promote classroom discussion and give every student a voice in the classroom. This is great for

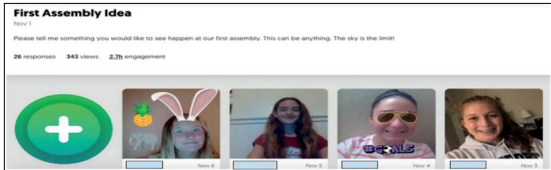
those introverted leadership students who may not always feel comfortable sharing out in your leadership class. By allowing students to respond to posts and share ideas on their own terms, students may feel more comfortable about participating and voicing their own ideas.

With a free account, a teacher is able to create their own grid, which is like creating your own personal community. From there, you are able to post any number of topics, which serve as the discussion topic or questions. The teacher can just post a question, or they can record a video message to students as well. In order to have students respond, the teacher shares the link to the discussion topic with students. Students do not need to create their own personal accounts to respond; however, you can require email addresses to be collected to address anonymity issues. Flipgrid also enables you to decide whether or not students can comment on each other's videos or see the number of likes their video has received. In

addition, the teacher can choose to moderate the discussion topic; this allows the teacher to view the video that the student has recorded before it is posted to the grid page for everyone to see. Flipgrid pages are private by default, only those who have the link to the topic will be able to find the videos that are posted there.

The possibilities are limitless with the number of ways that Flipgrid could be utilized in a leadership class. From reflecting on how to address an issue on your school's campus to rehearsing lines for an upcoming rally, this platform provides a space for all students to engage in discussion in the leadership class. The only downside is that those introverted students who do not share out in your leadership class may also not feel comfortable recording a video that will be made public for the other students in your class. However, public speaking is a skill that all students need to practice and learn. The students can re-record their video responses, which can last from thirty seconds to up to three minutes,

any number of times until they are comfortable. The website and app are a great resource activity advisors can utilize to promote student voice and provide all students in their class with an opportunity to share their ideas.



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# Milken Award - Congratulations Alexis King!

## CADA MEMBER WINS PRESTIGIOUS MILKEN EDUCATOR AWARD

**O**n October 10, 2017, CADA Member **Alexis King** found herself overseeing a sensitivity training assembly at Ayala High School while her school's activity director and leadership class were attending the Area E Student Leadership Conference. Alexis had wanted to attend the conference but was asked to stay on campus to assist with the assembly which Tom Torlakson, superintendent of the California Department of Education, was slated to attend. Much to Alexis' surprise, the assembly was to honor her as one of the 2017-2018 Milken Educator Award recipients.

The Milken Educator Awards, hailed by Teacher magazine as the "Oscars of Teaching," has been opening minds and shaping

futures for 30 years. Research shows teacher quality is the driving in-school factor behind student growth and achievement. The initiative not only aims to reward great teachers, but to celebrate, elevate and activate those innovators in the classroom who are guiding America's next generation of leaders. Milken Educators believe, "The future belongs to the educated."

Alexis is among up to 45 honorees who will receive the national recognition and unrestricted \$25,000 cash prize this year. She is the first recipient from Chino Valley Unified to receive the Milken Educator Award. She believes in student activities and how they enrich the lives of students. Alexis is an English teacher at Ayala, Class Advisor for the past 8 years,



FBLA Advisor and was in the ASB class while a student at Rancho Cucamonga High School.

More information about Alexis, plus links to photos and

a video from the assembly, can be found on the Milken Educator Awards website at <http://www.milkeneducatorawards.org/educators/view/Alexis-King>.



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# GET YOUR STUDENTS TALKING

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How should we make that happen?

What can you do to help?

Raising Student Voice and Participation (R.S.V.P.) is a student engagement program for getting your school's students—all of them, not just the leadership class—talking about what they want to see happen at school and how they can partner with community stakeholders like the city council and public safety departments to make that happen. Contact Sandra Kurland with the California Association of Student Leaders, at 619-957-9107 or Leadership@cada1.org to get your school RSVP ready!



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# CASL 2018 NEWS

## SPRING LEADERSHIP CONFERENCE FOR STUDENTS

### YOU DON'T WANT TO MISS THE CASL STATE CONFERENCE IN ONTARIO, CALIFORNIA!

Join us at the 2018 State Conference and discover new ways to reimagine your student programs at the "Do Good Better... CASL Startup".

Why should you attend? Here are Ten Good Reasons:

1. General Sessions led by award-winning motivational speakers who inspire students to make a lasting impact on campus.
2. Intrastate networking sessions where students from across the state meet to collaboratively develop solutions to the challenges they face on campus every day.
3. Twenty-five workshops led by professionally trained students who train their peers in topics such as integrating high-tech resources in student programs, connecting students with community mental health resources, and ending bullying.
4. Region Meetings where students offer shared resources and connections which meet needs specific to their communities.
5. Each student visits three of our 60 Meet the Professionals in which delegates share practical programs that have made a difference on their campuses. Your own students will have the opportunity to apply as presenters.
6. A Service Learning Project with a reputable organization where student leaders are given the opportunity to "walk the talk".
7. Reflections and implementation meetings exclusive to your own school so your students have the chance to plan ways they can use the lessons learned at CASL as soon as they get back to school.
8. Three rotations spotlighting outside speakers and programs available to come to your school throughout the year.
9. Delegates will have the opportunity to elect the 2019 CASL State Board while learning about ways to host fair elections with healthy and supportive competition which engages the entire campus electorate.

10. Student leaders end each day by creating memories with the new friends they've made at the Dinner Dance hosted by SOS Entertainment and during the off-site pit stop at SpeedZone thanks to USA Student Travel.

If you are a new advisor, or have never attended the CASL State Conference before, and this all sounds Greek to you, please check out our website at [www.casl1.org](http://www.casl1.org) for information on past conferences, check out the recap videos, peruse the brochure for this year and you will begin to feel like a veteran already.

The CASL brochure is also a great document to hand off to your administrator and school board members when requesting to attend the conference.

The CASL State Conference is truly an incredible experience for your student leaders and we thank you for investing in leadership training and providing this generation an opportunity to become the best student leaders possible to continue to move humanity forward.

Join our social media platforms @caslfan for networking and sharing of ideas until we see you in Ontario, California!

Please note some school board districts require board approval for an overnight stay conference. Check-in begins at 10:00AM on the first day and the conference ends at noon on the last day. We have sold out for the past three years prior to the registration deadline, so please register ASAP to ensure your spots!

## SAMPLE CONFERENCE SCHEDULE

DAY 1		DAY 3	
10:00AM - 12:30PM	Check-In, Networking & Activities	7:00 AM - 7:30 AM	Breakfast
1:00PM - 1:45PM	Area Meeting	7:10 AM - 7:30 AM	Rehearsal for Awards
2:00PM - 3:00PM	General Session	7:45 AM - 8:30 AM	General Session
3:15PM - 3:45PM	Workshops as Ticketed	8:40 AM - 9:40 AM	Service Learning Project
4:00PM - 4:30PM	Workshops as Ticketed	9:50 AM - 10:20 AM	Workshops as Ticketed
4:40PM - 5:20PM	State Networking	10:30 AM - 11:00 AM	Area Meeting
5:25PM - 6:00PM	School Meeting	11:15 AM - 12:30 PM	Closing Session
6:00PM - 7:00PM	Drop off Luggage in Room		
7:00PM - 8:00PM	Dinner		
8:00PM - 9:00PM	Performance		
9:00PM - 10:30PM	Welcome Dance		
10:30PM - 10:45PM	School Meeting: Day 1 Debrief		
11:00 PM	Lights Out!		
DAY 2			
7:30AM - 8:15AM	Breakfast / Meet the Pros Set Up		
8:30AM - 9:30AM	Meet the Pros		
8:45AM - 9:15AM	Advisor Meeting		
9:45AM - 10:45AM	General Session		
11:00AM - 11:30AM	Workshops as Ticketed		
11:00AM - 12:00PM	Advisor Networking Suite Open		
11:40AM - 12:10PM	Workshops as Ticketed		
12:15PM - 1:00PM	Lunch		
1:05PM - 1:35PM	Workshops as Ticketed		
1:45PM - 2:15PM	Area Meeting		
2:30 - 3:05 PM	Northern Rally / Southern Meeting		
3:10 PM - 3:40 PM	Southern Rally / Northern Meeting		
5:00 PM - 9:15 PM	Event at SpeedZone		
10:00 PM - 10:20PM	School Meeting: Day 2 Debrief		
11:00 PM	Lights Out!		

**DO GOOD BETTER**

**CASL STARTUP**  
THE CALIFORNIA ASSOCIATION OF STUDENT LEADERS  
2018 STATE CONFERENCE  
ONTARIO, CA

MIDDLE SCHOOL CONFERENCE: APRIL 5-7 | HIGH SCHOOL CONFERENCE: APRIL 7-9



# CASL WORKSHOPS 2017-2018

## **BELLA AVALOS, NORTHERN DIRECTOR** **- PASS ON THE LIGHT**

As student leaders, we come across opportunities left and right. But, have you ever been given an opportunity that drastically changed your life? Join me as we discuss the importance of “passing on the light” while learning how to create and give others life-changing opportunities.

## **EMILY BYLSMA, SOUTHERN FRESHMAN DIRECTOR** **- CONVERSE TO CONNECT**

The “small talk epidemic” is spreading but we can avoid catching it by engaging in deeper and more meaningful conversations on a daily basis. Get ready to converse to connect!

## **LAUREN CALLELLA, SOUTHERN DIRECTOR** **- IMAGINE IF...**

One of the main goals of student leaders is to make sure everyone is involved, and that is often harder said than done. Join me as we break down the basics of a unified, inclusive campus so we no longer have to say “Imagine if...”

## **ASHLEY CHOLLAR, SOUTHERN DIRECTOR** **- ACT LIKE A LEADER, LEAD LIKE AN ACTOR**

Learn how to conduct yourself externally and internally with contagious poise and confidence using a combination of leadership values and acting techniques!

## **ADAM CULLEN, SOUTHERN DIRECTOR** **- KINDNESS 101**

Join me as we learn how to make a positive impact on our campuses by utilizing what we have on hand!

## **KROS DAY, SOUTHERN DIRECTOR** **- GREAT EXPECTATIONS**

As perfectionist leaders, we always expect our plans and

events to be flawless. In this workshop, we will explore how our mistakes and modifications are not only natural, but necessary for success!

## **SIMONE DECKER, MEDIA DIRECTOR** **- ELIMINATING ENTITLEMENT**

Join me on a journey of self-reflection as we re-evaluate what we have and learn how to lead for the greater good!

## **SUMMER FARAGE, NORTHERN FRESHMAN DIRECTOR** **- INTENTIONAL LEADERSHIP**

In this workshop, we will reflect on how we define ourselves as leaders and how our actions shape our lives. Through intentional actions aimed at personal growth, we can create positive change in the lives of others day by day!

## **MAGGIE FONTENOT, NORTHERN DIRECTOR** **- TAKE IT OR LEAVE IT**

When presented with an opportunity, would you take it? We always ask ourselves about whether or not we should snag an opportunity when it is presented to us. In this workshop, we will learn how to shift our mindset from “Should I?” to “I will!”

## **KALANI HARDYWAY, SOUTHERN DIRECTOR** **- BACK IN THE DAY**

“Everything that is past, is either a learning experience to grow on, a beautiful memory to reflect on, or a motivating factor to act upon.” -Denis Waitley  
At this workshop, learn how to use the lessons that life teaches us each and every day for the better!

## **MIKAELA HERSHOCK, MEDIA DIRECTOR** **- BRAND YOURSELF**

When we see certain brands we can immediately identify what they are, what they do, and what

they stand for. In this workshop, we will take a closer look at what a personal brand is and what people think of when they see us as leaders on campus.

## **CASEY KIM, MEDIA DIRECTOR** **- WHEN APPEARANCE ACTUALLY COUNTS**

When it comes to representing our leadership class or promoting school activities and events, effective publicity through the use of various social media platforms is a game changer! Join me as we explore effective media strategies such as utilizing helpful apps and compelling fonts and colors to make our publicity and social media presence soar!

## **LAUREN LUKEHART, SOUTHERN DIRECTOR** **- STACK YOUR WAY TO CONFIDENCE**

Our weaknesses are actually our greatest assets despite society’s status quo to pretend. Come and learn how to be raw, vulnerable, and showcase yourself unapologetically in every aspect of your life from daily conversations with your peers to your last social media post.

## **MATT NICHOLS, SOUTHERN DIRECTOR** **- GETTING DOWN TO THE NITTY GRITTY**

As leaders, we are often faced with many challenges as a result of putting ourselves out there. Join me as we explore the power of passion and perseverance, and how being “gritty” can help us in overcoming any obstacles that may otherwise obstruct us from being successful!

## **JASMINE TONG-SEELY, NORTHERN DIRECTOR** **- INTERACTION**

Building and maintaining healthy relationships is essential for a strong support network—but such practices are often undervalued. Come explore the best practices

for interacting with others in a way that makes connections last!

## **FAYE WANG, NORTHERN DIRECTOR** **- WHY EQUALITY IS NOT ENOUGH**

As student leaders, we are often granted many privileges that other students on our campuses may not have. This workshop will address the “equality versus equity” debate, while teaching how we can utilize our privileges to provide opportunities for others and aid them in being successful!

## **MARSHALL WIESNER, NORTHERN DIRECTOR** **- MAKING THE MOST OF OUR TIME**

Time. Everyone has it, but we seemingly always need more of it. In this workshop we will learn how to make the most of every day. Utilizing the right tools, it is not hard to take control of our 24 hours. As Bruce Lee says, “Time is what life is made up of,” so let’s make the most of it.

## **ALYSSA WILSON, NORTHERN DIRECTOR** **- THE TEMPERATURE’S RISING!**

Climate does not always refer to temperature! This workshop focuses on how to keep a balanced school climate throughout the year and how to increase a low school climate.

## **AASIM YAHYA, NORTHERN DIRECTOR** **- THE MAGIC BEHIND LEADERSHIP**

Why is establishing and practicing good habits so pivotal to developing into a great leader? Learn the answer to this question and more as we explore magic tips and tricks for developing ourselves into effective leaders through good habits.



# STACK METHOD ACTIVITY

## STACK YOUR WAY TO CONFIDENCE ACTIVITY

### Supplies:

- Colored Notecards
- Hat or Bowl
- Handouts Provided
- Paper signs that say the 5 notecard colors on them

**SETUP:** Have each student pick up a handout and notecard & hang signs at various corners of the room.

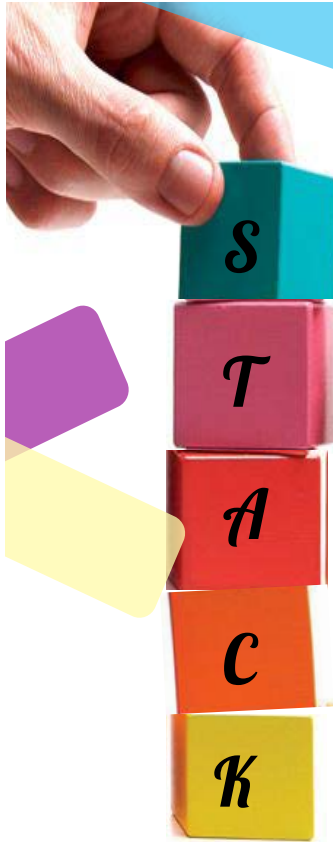
### Introduction Story:

#### READ:

Every single one of us has a story, all with our own tower that makes up who we are with each block uniquely representing our values from friends, family, and special interests. However, often times we don't let the beauty of our true tower shine through and instead put a fake wall up for everyone else to see.

It's really easy in most areas of life to pretend

- In life when we spill something on our shirt, we throw on a jacket and pretend like nothing happened.
- When we have a pimple on our face we cover it with concealer and again pretend like nothing happened.



### The Stack Method:

Block 1 (S): Simple Behavior

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Block 2 (T): Talk

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Block 3 (A): Acceptable

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Block 4 (C): Candid Truth

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Block 5 (K): Key to how you feel

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*Your way to confidence*

## Transform your insecurity into your biggest

1. Accept your insecurity of

---

2. I can relate this to others by

---

3. A concrete idea to relieve this common problem is

---



Lauren Lukehart  
Southern Director

San Marcos High School  
Lauren.Lukehart@caslboard.com



- When we spill a drink on the carpet we move the furniture on top and pretend like nothing happened.
- When we have had a terrible week we post a filtered picture with a thought out caption and pretend like everything is okay

But we can't pretend about our insecurities.

We are all humans, all with things we are not proud of- but if we accept, embrace, and learn from our insecurities they can actually be our roadmap to success.

### *Handout:*

**READ:** On the handout in front of you there is an acronym that spells STACK that we are going to work through together to open up about our insecurities.

**Here is my example:** (Create a personal story using the acronym yourself and read that as you explain it to your students. Have them follow along each step with you having them plug in their own story along the way.)

**My example:**  
For my tower, the first Block (S) stands for simple behavior. I write: I don't care about this scar on my face.

Block 2: (T) stands for talk or What I tell other people. I write: I say that it's what is on the inside that matters, not about appearances. So I don't care.

Block 3: (A) stands for acceptable meaning or What I accept as the truth myself. I write: It's okay to not be confident about my scar and just pretend.

Block 4: (C) stands for the candid truth. I write: I am supposed to be the strong face of ASB at my school, and that is why I don't tell most people about my accident.

Finally, block 5: (K) stands for the key to how I feel. I write: Even though I like to think of myself as non superficial and strong, it is hard for me to live with this.

### *Activity:*

Have students write the insecurity they just described for C on their acronyms on their notecard. Collect all the notecards in the bowl. Then randomly pass out a note card from the bowl to each student.

Have students write a kind response to the insecurity written on the card they received.

Have students place the card under its correct color sign.

Then announce to go retrieve their own card and read the message they were given from their peers.

### *Debrief:*

Ask for volunteers who want to share their insecurity and the kind response received.

Ask for volunteers about how they felt when reading the response.

Explain the significance of us being open and vulnerable enough to let others in and the importance of being there to give a kind word when someone does open up.

Thank everyone for participating and stacking their way to confidence.

**DO GOOD BETTER**

the **CASHL** **STARTUP**

THE CALIFORNIA ASSOCIATION OF STUDENT LEADERS  
2018 STATE CONFERENCE  
ONTARIO, CA

MIDDLE SCHOOL CONFERENCE | HIGH SCHOOL CONFERENCE  
**APRIL 5-7** | **APRIL 7-9**



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**2017-2018  
 CALENDAR  
 OF EVENTS**

**2018**

<b>JAN 20</b>	<b>CADA SOCAL TECHNOLOGY CONFERENCE</b>	<b>DAVE AND BUSTER'S - HOLLYWOOD &amp; HIGHLAND</b>
<b>FEB 6</b>	<b>AREA E S.T.A.R.S. CONFERENCE</b>	<b>KELLOGG WEST - CAL POLY POMONA</b>
<b>FEB 28 - MAR 3</b>	<b>CADA STATE CONVENTION</b>	<b>GRAND SIERRA RESORT - RENO</b>
<b>APRIL 5 - 7</b>	<b>CASL STATE CONFERENCE - MIDDLE SCHOOL</b>	<b>DOUBLETREE - ONTARIO, CA</b>
<b>APRIL 7 - 9</b>	<b>CASL STATE CONFERENCE - HIGH SCHOOL</b>	<b>DOUBLETREE - ONTARIO, CA</b>
<b>MAY 1</b>	<b>AREA A - MS &amp; HS STUDENT CONFERENCE</b>	<b>MODESTO CENTRE PLAZA</b>
<b>MAY 2</b>	<b>AREA F - HIGH SCHOOL CONFERENCE</b>	<b>COTO VALLEY COUNTRY CLUB</b>
<b>JUNE 25-28</b>	<b>NOR CAL LEADERSHIP CAMP (MS &amp; HS)</b>	<b>SANTA CLARA UNIVERSITY</b>
<b>JULY 7-9</b>	<b>MIDDLE SCHOOL LEADERSHIP CAMP</b>	<b>UC SANTA BARBARA</b>
<b>JULY 7-10</b>	<b>HIGH SCHOOL LEADERSHIP CAMP 1</b>	<b>UC SANTA BARBARA</b>
<b>JULY 12-15</b>	<b>HIGH SCHOOL LEADERSHIP CAMP 2</b>	<b>UC SANTA BARBARA</b>
<b>JULY 17-20</b>	<b>HIGH SCHOOL LEADERSHIP CAMP 3</b>	<b>UC SANTA BARBARA</b>
<b>JULY 22-25</b>	<b>HIGH SCHOOL LEADERSHIP CAMP 4</b>	<b>UC SANTA BARBARA</b>

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