



WARRIOR LEADERSHIP PROGRAM

STUDENT LEADERSHIP & DEVELOPMENT

OCTOBER '21 WORKSHOPS



Warrior
Spirit



Leadership
Development



Career
Development



Civic
Engagement



Diversity &
Inclusion



Wellness

EMERGING

ADVANCED

FRIDAY, OCTOBER 1ST

Let's Talk Financial Aid Fridays

1:00pm-2:00pm

The financial aid office is offering a weekly opportunity to talk with a Stanislaus State Financial Aid Advisor to get your general financial aid questions answered. Feel free to stop by! It's open to all Stanislaus State students. These workshops are intended to provide general information in a group setting. If you have specific questions and need to speak one-on-one with a financial aid advisor, please set up a Virtual FA Advisor meeting by going to <https://www.csustan.edu/financial-aid-scholarship> or emailing to Financial_Aid@csustan.edu.

Registration is required for this event

Hosted By: Financial Aid & Scholarship

Register [NOW](#)

EMERGING

Men's Soccer Game

4:30pm

Men's soccer is hosting their first conference game, Friday at 4:30 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

Women's Soccer Game

7:00pm

Women's soccer is hosting their first conference game, Friday at 7 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

SUNDAY, OCTOBER 3RD

Men's Soccer vs CSUDH

11:30am

Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

Women's Soccer vs CSUDH

2:00pm

Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

MONDAY, OCTOBER 4TH

Managing Everyday Stressors

9:00am-10:00am

This workshop focuses on how to identify causes of stress, common stressors for college students, understanding the impact that stress can have on a person, and ways to effectively cope with and manage those stressors. Log on and join us in learning about stress management.

Hosted By: Health Education & Promotion

Register [NOW](#)

EMERGING

Mock Interview Monday

11:00am-12:00pm

Whether you have an interview coming up or not, it is always important to practice your communication skills. How you share your story makes the difference between getting a job offer or not. Join us to learn a few tips about interviewing and spend some time practicing.

Registration is required for this event? THIS ONE

Hosted By: Career & Professional Development

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TUESDAY, OCTOBER 5TH

Diversity Crash Course: Inclusive Language



11:00am-11:45am

Diversity 101 is an introduction to the meaning of Diversity in the 21st century and how it is reflected at the CSU and campus level. This session will provide an overview of inclusive language guidelines and best practices to promote inclusive language as well as shared understanding of why the use of pronouns matter.

Registration is required for this event.

Hosted By: Warrior Cross Cultural Center

Register [NOW](#)

EMERGING

WEDNESDAY, OCTOBER 6TH

Self-Care Workshop



12:00pm-12:30pm

Log on and learn about self-care tips.

Hosted By: Health Education & Promotion

Instagram Live [@StanState HealthED](#)

EMERGING

Step-UP Bystander Intervention Training



2:00pm-3:30pm

Step-UP! is a bystander intervention training that focuses on raising awareness of helping behaviors, increases motivation to help, and developing skills and confidence when responding to problems or concerns.

Hosted By: Health Education & Promotion

Register [NOW](#)

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THURSDAY, OCTOBER 7TH

Interviewing 101



1:00pm-2:00pm

Preparation is key to interview success. Learn how to prepare for difficult interview questions and present yourself with confidence.

Registration is required for this event

Hosted By: Career & Professional Development

Register [NOW](#)

ADVANCED

Brother to Brother: Black Men's Support Group



12:00pm-1:00pm

This event is an opportunity for men around campus to have critical and empowering conversation regarding issues that affect men. The purpose of these events is to create dialogue and provide resources and opportunities to think differently and be advocates for social change.

Registration is required for this event

Hosted By: Male Success Initiative

Register [NOW](#)

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FRIDAY, OCTOBER 8TH

Let's Talk Financial Aid Fridays



1:00pm-2:00pm

The financial aid office is offering a weekly opportunity to talk with a Stanislaus State Financial Aid Advisor to get your general financial aid questions answered. Feel free to stop by! It's open to all Stanislaus State students. These workshops are intended to provide general information in a group setting. If you have specific questions and need to speak one-on-one with a financial aid advisor, please set up a Virtual FA Advisor meeting by going to <https://www.csustan.edu/financial-aid-scholarship> or emailing to Financial_Aid@csustan.edu.

Hosted By: Financial Aid & Scholarship

Location: [81721985457](tel:81721985457)

EMERGING

Volleyball Game:



5:00pm

Volleyball is hosting their first game that everyone is invited to attend! The Warriors take on Cal State Dominguez Hills at 5 p.m. in Fitzpatrick Arena. Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Location: Fitzpatrick Arena

MONDAY, OCTOBER 11TH

Mock Interview Monday



11:00am-12:00pm

Whether you have an interview coming up or not, it is always important to practice your communication skills. How you share your story makes the difference between getting a job offer or not. Join us to learn a few tips about interviewing and spend some time practicing.

Registration is required for this event

Hosted By: Career & Professional Development

Register [NOW](#)

ADVANCED

National Coming Out Day



9:00am-5:00pm

Come learn more about the LGBTQ+ community, pick up a list of resources at our WCCC table, spin our Rainbow Wheel for a chance to win some fun prizes, take a picture or selfie in front of our Rainbow Balloon Arch and so much more!

Hosted By: Warrior Cross Cultural Center

Location: Quad

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TUESDAY, OCTOBER 12TH

Marketing Your Student Engagement



11:00am-12:00pm

Student Engagement is a part of the Warrior Life here at Stan State. Marketing your student engagement for employment reasons is something not easily translated through a traditional resume. This workshop will teach you how to market your student engagement to help boost your employment chances and how it applies to a professional working environment.

Hosted By: Student Leadership & Development

Zoom: [853 9834 7051](#)

ADVANCED

Physical Activity for Stress Management



2:30pm-3:30pm

Log on and learn about incorporating physical activity to manage stress.

Hosted By: Health Education & Promotion

Register [NOW](#)

EMERGING

Indigenous People's Day Celebration



5:00pm-7:00pm

Indigenous Peoples Day is a holiday that commemorates Indigenous Peoples of the U.S. and beyond. Indigenous Peoples Day is a growing social movement that brings to light Indigenous issues such as cultural preservation and revitalization. The holiday is observed in various cities and states throughout the country. At Stanislaus State, we celebrate the 5th Annual Indigenous Peoples Day holiday with an event that include speakers and communities who will come together to learn, share, and appreciate historical and contemporary cultures of Indigenous peoples.

Registration is required for this event

Hosted By: Indigenous Students in Activism

Register [NOW](#)

EMERGING

WEDNESDAY, OCTOBER 13TH

Let's Talk Dealing With The Pandemic



11:00am-12:00pm

With so many losses and challenges due to the pandemic, the process of establishing a "new normal" is a challenge in itself. This series of workshops aims to provide the opportunity to acknowledge feelings, reconnect socially, and assist with the development of effective strategies for emerging and thriving in a world that is irrevocably changed.

Registration is required for this event

Hosted By: Psychological Counseling Services

Register [NOW](#)

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Self-Compassion **W**

2:00pm-3:00pm

Self-compassion involves treating ourselves kindly, like we would a good friend we care about. You will learn ways to stop being so hard on yourself and gain practical skills to help bring self-compassion into your daily life. This group will be experiential and full of discussion so be prepared to participate!

Registration Is required for this event.

Hosted By: Psychological Counseling Services

Register [NOW](#)

ADVANCED

From Wishing to Reality: Recruitment for Student Organizations **L**

4:00pm-5:00pm

Does your organization wish they had bigger intake/New Member class? Does your organization wish that there was standing room only for your Interest Meetings or Informationals? Is your group intentionally cultivating membership, or just hoping that people will come begging to join your organization, fraternity, or sorority? Stop thinking old school and learn about the new school ways of building your potential membership pool, connecting with your market, and getting the quality membership you have always wanted!

Registration Is required for this event.

Hosted By: Student Leadership & Development

Register [NOW](#)

ADVANCED

Volleyball Game **S**

5:00pm

Warrior Volleyball takes on Chico State at 5 p.m. in Fitzpatrick Arena! Don't miss out on this epic matchup. Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Fitzpatrick Arena

Hosted By: Warrior Athletics

Location: Ed & Bertha Fitzpatrick Arena

THURSDAY, OCTOBER 14TH

Managing Emotions **W**

2:00pm-3:00pm

Are you feeling stressed, overwhelmed, do you have the COVID blues? If you need a safe space to talk about stressors, come join our group. Managing Emotions is an open Process group for current CSU Stan Students to address these ongoing stressors.

Registration is required for this event

Hosted By: Psychological Counseling Services

Register [NOW](#)

EMERGING

Building Resilience **W**

11:00am-11:45am

This workshop will focus on how to build coping skills to help you bounce back from stress and adversity.

Hosted By: Health Education & Promotion

Zoom ID: [889 858 118 65](#)

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FRIDAY, OCTOBER 15TH

Let's Talk Dealing With The Pandemic



1:00pm-2:00pm

With so many losses and challenges due to the pandemic, the process of establishing a "new normal" is a challenge in itself. This series of workshops aims to provide the opportunity to acknowledge feelings, reconnect socially, and assist with the development of effective strategies for emerging and thriving in a world that is irrevocably changed.

Hosted By: Psychological Counseling Services

Register [NOW](#)

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MONDAY, OCTOBER 18TH

Mock Interview Monday



11:00am-12:00pm

Whether you have an interview coming up or not, it is always important to practice your communication skills. How you share your story makes the difference between getting a job offer or not. Join us to learn a few tips about interviewing and spend some time practicing.

Registration is required for this event

Hosted By: Career & Professional Development

Register [NOW](#)

ADVANCED

You've got a friend in me



1:00pm-2:00pm

All students, faculty, staff, administration, and campus community are welcome to submit a positive message and/or picture in support of undocumented students and their families. These messages and/or picture will be shared on our social media to showcase our campus support. Help us show our students how important they are to us! One message can go a long way.

Registration is required for this event

Hosted By: Undocumented Student Services

Register [NOW](#)

EMERGING

TUESDAY, OCTOBER 19TH

Resume 101 Workshop



11:00am-12:00pm

Learn how to build a strong resume to get your foot in the door for your next job or internship.

Registration is required for this event.

Hosted By: Career and Professional Development Center

Register [NOW](#)

EMERGING

Step-UP Bystander Intervention Training



2:00pm-3:30pm

Step-UP! is a bystander intervention training that focuses on raising awareness of helping behaviors, increases motivation to help, and developing skills and confidence when responding to problems or concerns.

Hosted By: Health Education & Promotion

Zoom ID: [85-290-459-185](#)

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Ways to Improve Communication **D**

3:00pm-4:00pm

This workshop will provide information on how to improve communication skills in order to ensure success in various aspects.

Hosted By: Student Leadership & Development

Zoom ID: [86-360-302-810](#)

EMERGING

The Infiltrators-Undocumentary and Film Discussion **I**

5:00pm-6:30pm

THE INFILTRATORS is a docu-thriller that tells the true story of young immigrants who get arrested by Border Patrol, and put in a shadowy for-profit detention center – on purpose. Marco and Viri are members of the National Immigrant Youth Alliance, a group of radical Dreamers who are on a mission to stop deportations. And the best place to stop deportations, they believe, is in detention. However, when Marco and Viri try to pull off their heist – a kind of ‘prison break’ in reverse – things don’t go according to plan.

Registration is required for this event

Hosted By: Undocumented Student Services

Register [NOW](#)

ADVANCED

WEDNESDAY, OCTOBER 20TH

Better Together: Student Organization Fair **L**

10:00am-1:00pm

Getting involved is so important when it comes to making the best of your college experience and leaving your legacy on campus! Join us to meet student organizations on campus and find your niche.

Hosted By: Student Leadership & Development & Associated Students Incorporated

Location: Quad

EMERGING

Undocumented Student Resource Fair **I**

12:00pm-1:00pm

The Undocumented Student Services in collaborations with our community and campus resource providers, will host an educational afternoon for undocumented students and their families to learn about the different services available including basic needs. This event will be hosted via zoom

Registration is required for this event

Hosted By: Undocumented Student Services

Register [NOW](#)

ADVANCED

THURSDAY, OCTOBER 21ST

The Power of Networking **D**

11:00am-12:00pm

Learn about the power of networking and ways you can begin developing the network around you. Discover tools that will assist with securing that job you have always wanted, closing that business deal, or developing partnerships that will last long into the future.

Hosted By: Student Leadership & Development

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Exemplary Leadership



2:00pm-3:00pm

Leadership is not about personality; it's about behavior—an observable set of skills and abilities. Discover the five core practices common to great leaders. Learn how you can become an outstanding leader.

Hosted By: Student Leadership & Development

Register [NOW](#)

ADVANCED

Immigration Updates with Immigrant Legal Defense (ILD)



5:00pm-6:00pm

Join the Undocumented Student Services and attorneys from the Immigrant Legal Defense (ILD) as they provide immigration updates, common immigration reliefs, and resources available on our campus.

Registration is required for this event

Hosted By: Undocumented Student Services

Register [NOW](#)

ADVANCED

FRIDAY, OCTOBER 22ND

2021 Virtual California Forum for Diversity in Graduate Education



2 days of over 20 live virtual sessions. 3 months of recruiters especially wanting to meet YOU! Register now for early access to recruitment events starting as early as September 20!

Registration is required for this event

Hosted By: California Forum for Diversity in Graduate Education

Register [NOW](#)

ADVANCED

El Comalito Collective Art Workshop



2:30pm-5:00pm

El Comalito Collective is an art community space that showcases underrepresented experiences through the art of painting and personal narratives. The mission of this guided painting session is to offer participants the opportunity to explore self-care, social justice, and mental and emotional wellness tools.

Registration is required for this event

Hosted By: Undocumented Student Services

Register [NOW](#)

ADVANCED

Women's Soccer Game



4:30pm

Women's soccer takes on Cal State San Marcos Friday night at 4:30 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

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Men's Soccer Game

7:00pm

Men's soccer takes on Cal State San Marcos Friday night at 7 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium!

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

SATURDAY, OCTOBER 23RD

2021 Virtual California Forum for Diversity in Graduate Education

2 days of over 20 live virtual sessions. 3 months of recruiters especially wanting to meet YOU! Register now for early access to recruitment events starting as early as September 20!

Registration is required for this event

Hosted By: California Forum for Diversity in Graduate Education

Register [NOW](#)

ADVANCED

SUNDAY, OCTOBER 24TH

Women's Soccer Game

11:30am

Women's soccer celebrates their senior day at their final game of the season on Sunday at 11:30 a.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Fitzpatrick Arena!

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

Men's Soccer Game

2:00pm

Men's soccer celebrates their senior day at their final game of the season on Sunday at 2 p.m.! Students get in FREE with their Warrior ID card. Don't forget to wear RED! We ask that you follow campus health guidelines by wearing a mask, social distancing and filling out the daily screening form before entering Warrior Stadium

Hosted By: Athletics

Location: Al Brenda Track (Warrior Soccer Field)

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WEDNESDAY, OCTOBER 28TH

Success as 1st Generation Professional

1:00pm-2:00pm

Getting a job is one thing. Navigating a new work environment is another. Join us to learn about common issues in the workplace and how you can navigate them successfully.

Registration is required for this event

Hosted By: Career & Professional Development

ADVANCED

Register [NOW](#)

THROUGHOUT OCTOBER

Sustainability Month Eco-Challenge

Ecochallenge is a digital social change platform that gamifies behavior change. Participants choose daily and one-time actions from 11 categories. Each day, they log in and complete one or more actions from learning about food apartheid to voter suppression to reducing waste to social justice.

Hosted By: Sustainability

Website: [Visit Website](#)

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Group Exercise Classes:

Group X is a recreational fitness program that includes multiple classes targeted at involving and encouraging members to strengthen and nourish their physical fitness. Classes are taught by dedicated fitness instructors and range from weight-training to everyday cardio activity.

Hosted By: Student Recreation Center

Website: [See Schedule](#)

EMERGING

Intramural Sports Schedule

In response to the situation regarding COVID-19, we have put together an off-campus program where we will host online tournaments, leagues, and events with various games such as Madden, Fifa, NBA 2K, Smash Bros, and MLB the Show.

To register, you can email, Victor Lucatero at vlucatero@csustan.edu with the following information attached. Include the name of the tournament, league, or event you wish to register for (Please specify which gaming console), your full name, and your XBOX Gamertag, PSN account name, or Nintendo ID.

Hosted By: Student Recreation Center

Website: [See Schedule](#)