



**WARRIOR  
STRONG:**  
*Maximizing  
Your  
Potential  
as a  
Student  
Leader*

# LEARNING WHILE LEADING 2021

## Conference Program

FRIDAY, FEBRUARY 26  
10:00AM - 3:00PM



**WAYNE STATE  
UNIVERSITY**

# Schedule at a Glance

**10:00AM - WELCOME BY MICHELLE BRUNER**

**10:15AM - BREAKOUT SESSIONS I**

**11:00AM - BREAK**

**11:30AM - BREAKOUT SESSIONS II**

**12:15PM - LUNCH**

**1:00PM - BREAKOUT SESSIONS III**

**1:45PM - BREAK**

**2:00PM - MAXIMIZING YOUR CAREER POTENTIAL**

**3:00PM - CLOSING REMARKS**

Click on the Turquoise, Underlined Headings throughout the program to join your sessions of choice!

	<u>Room A</u>	<u>Room B</u>	<u>Room C</u>	<u>Room D</u>
10:00 – 10:15am	<b>Welcome to Learning While Leading 2021 - <u>Main Room</u></b>			
10:15 – 11:00am	Growth in Undergraduate and Graduate Student Participation Through the Revamping of an Organization	The Role of Self-Reflection and Empathy in Leadership	Self-Care isn't Selfish	Finding a Sense of Purpose in Communities and Leadership as a STEM Major
11:00 – 11:30am	<b>Break &amp; Conversation - <u>Main Room</u></b>			
11:30am – 12:15pm	The Secret Formula for Student Success - WSU EduPartners	Low-key Faking It, High-Key Not Making It	Peer Mentors and Connections	POV: You're a Student Planning to Take a Grad School Admissions Exam
12:15 – 1:00pm	<b>Lunch Break &amp; "Who Am I?" Activity - <u>Main Room</u></b>			
1:00 – 1:45pm	Adapting Socially and Academically to Our Panoramic (Pandemic)	Neuroplasticity and Mindset	The Importance of Creating and Maintaining Relationships as a Leader	Incorporating Mental Health, Fitness, and Nutrition to Improve Academic Performance
1:45 – 2:00pm	<b>Break &amp; Mindfulness Space - <u>Main Room</u></b>			
2:00 – 3:00pm	<b>Maximizing Your Career Potential - <u>Main Room</u></b>			

# **Breakout Sessions I - 10:15 to 11:00am**

## **Growth in Undergraduate and Graduate Student Participation Through the Revamping of an Organization (Room A)**

**Presenters: Victoria Samantha Lebryk & Naseem Abou-Ghaida**

This presentation discusses the revamping of an organization resulting in more student participation and an increase in student professionalism.

## **The Role of Self-Reflection and Empathy in Leadership (Room B)**

**Presenters: Nabila Ahmed & Zarin Farook**

This presentation will empower current and prospective leaders in the Wayne State community to learn and undertake leadership techniques that are best suited for working in a diverse, collaborative space. Peers will be engaged in metaskill-building scenarios focusing on self-awareness, self-reflection, and self-regulation in addition to developing inclusive cultural empathy. From the presentation, peers will learn to evaluate their own leadership styles, practice active listening, and adapt their leadership skills to accommodate accordingly. Peers will be aided in their efforts to create a culturally competent working environment for their peers, such that the welfare of all members and the promotion of their best ideas are fostered.

## **Self-Care isn't Selfish (Room C)**

**Presenters: Mary-Ann Essak & Zaria Coleman**

In this presentation, we will be going over the definition of self care and what are some benefits that self care entails. We will then follow with a survey where the audience will fill out which scenarios fit them best. After filling out the survey we will release the category results and go over what it means if one scored high in a specific category. We will then go into a self care commitment plan. This allows the audience to devote certain time to a self care act that they themselves have not done but would like to do. During the presentation we will be including some self care practices such as a brain dump and breathing exercise.

## **Finding a Sense of Purpose in Communities and Leadership as a STEM Major (Room D)**

**Presenters: William Voker, Geetika Guha, & Sydni Alexis Elebra**

As STEM students and mentors we are often questioned with how we do it all. How do we stay balanced and come back to our purpose? The goal of this presentation is to highlight how community and leadership play a role in being a STEM student. We feel it is important to define what those areas mean to us and how it applies to the spaces we are apart of. We will be sharing strategies to stay engaged in communities we already identify with, while also finding comfort in being leaders within our own lives and others. We also have the goal of engaging our audience in fruitful dialogue in hopes of broadening our network and gaining perspective about community and leadership.

# **Breakout Sessions II - 11:30am to 12:15pm**

## **The Secret Formula for Student Success- WSU EduPartners (Room A)**

### **Presenters: Namera Ramesha & Loveleen Banga**

"Yeah! We should study together!" How many times have you said that or heard your students say that but never follow through? Without a doubt, study buddies/groups have multiple benefits, but research shows that a common reason for failure is logistics. For this reason, we present to you WSUEduPartners, a new study partner program that not only overcomes these logistical shortcomings, but also empowers students to make the most of their studying. It's nothing short of a secret but simple formula for student success!

## **Low-key Faking It, High-Key Not Making It: The Impact of Community & Mentorship on Students Who Are Impacted by Imposter Syndrome (Room B)**

### **Presenters: Jack Spurlock, Austin Gambrell, Samantha Johnson, Miles Reuben**

In this presentation, we will discuss Imposter Syndrome and how it impacts all of us in a variety of ways during our college journey, however, we will also, discuss how finding your proper community and receiving mentorship from those who've traveled down similar paths helps alleviate Imposter Syndrome and helps push you further to your destiny.

## **Peer Mentors and Connections (Room C)**

### **Presenters: Jessie Tomazic, Shyama Bhatt, & Chantell Phillips**

In our presentation we plan to cover what a peer mentor is, how relationships with peer mentors help students, what these benefits are, and what kind of relationships one can and should build during university life. These include relationships within the workplace, the classroom, and beyond that, which can positively benefit oneself.

## **POV: You're a Student Planning to Take a Grad School Admissions Exam (Room D)**

### **Presenters: Ranya Krayem & Shirley Elfishawy**

Taking a grad school admissions exam is a daunting yet necessary task when it comes to seeking a higher education. Approaching these exams with the right mindset is arguably as important as doing content review and practice problems. As two students who have taken the MCAT while being full-time students and working part-time as peer mentors, Shirley and Ranya will walk you through their experiences. They will focus on how to approach these exams with the right mindset and time management tips to ensure success while balancing other responsibilities as a student.

# **Breakout Sessions III - 1:00 to 1:45pm**

## **Adapting Socially and Academically to Our Panoramic (Pandemic) (Room A)**

**Presenters: Maya Mohammed, Kimberlyn Tyson, & Sophie Habashy**

With the impact that this pandemic has made on our academic success and mental well-being, it is time we learn how to effectively make our new learning environment work for us. Join us as we examine how to learn more about our learning preferences, as well as how to adapt our schedules to be more academically and socially engaging in this sedentary period of our lives. Change is inevitable and unavoidable, but knowing how to make the best of any situation is absolutely priceless.

## **Neuroplasticity and Mindset (Room B)**

**Presenters: Ramsha Rizvi & Elena Tsantis**

What is neuroplasticity and how does it relate to student mindset? This presentation will aim to answer this question and go into depth to explain the science behind the power of thought. We will better equip our audience to learn strategies to implement on themselves and their students to maximize growth and academic improvement!

## **The Importance of Creating and Maintaining Relationships as a Leader (Room C)**

**Presenters: Shivapriya Chandu & Catherine Latham**

This presentation will empower current and prospective leaders in the Wayne State community to learn and undertake leadership techniques that are best suited for working in a diverse, collaborative space. Peers will be engaged in metaskill-building scenarios focusing on self-awareness, self-reflection, and self-regulation in addition to developing inclusive cultural empathy. From the presentation, peers will learn to evaluate their own leadership styles, practice active listening, and adapt their leadership skills to accommodate accordingly. Peers will be aided in their efforts to create a culturally competent working environment for their peers, such that the welfare of all members and the promotion of their best ideas are fostered.

## **Incorporating Mental Health, Fitness, and Nutrition to Improve Academic Performance (Room D)**

**Presenters: Yasir Mehmood, Faisal Jaura, Imran Bitar, & Malik Jawad**

Among college students, the link between mental health, fitness, and nutrition and academic performance is often overlooked and not completely understood. By incorporating a thoughtful activity and discussion, we hope to utilize our platform as peer leaders to articulate the significance of these factors, as well as how to incorporate them into our daily lifestyle. Ideally, we hope to advocate for greater awareness of this subject around the broader Wayne State Community.

# Maximizing Your Career Potential

2:00 to 3:00pm - Main Room

This career panel will feature career services representatives, Wayne State undergraduate and graduate students, as well as various employers. Join us to learn ways that you can Maximize Your Career Potential!



**Ian Hogg**  
WSU Career Services

Ian will be graduating this semester with a degree in Urban Studies. After he graduates, he will be attending the Master of Urban Planning program here at Wayne State. Ian has been a part of the Career Services team since March 2019, where he has had the opportunity to help students maximize their career potential.

Despina was a student-athlete and Supplemental Instruction Leader during her undergraduate studies and majored in biological sciences. She is currently finishing her Master's degree in Evolutionary and Developmental Genetics at Wayne State and also has been a TA for Human Physiology and several other courses. After she finishes her Master's degree, she will be joining the US Army Reserve as a Specialist working as a Combat Medic/Health Care Specialist and continue to serve while in medical school.



**Despina Tsitlakidou**  
WSU Graduate Student



**Daralynn Walker**  
City of Detroit

Whether as an author, Talent Management Specialist or overseeing her summer mentoring program, Daralynn Walker has spent the last 15 years of her life serving the Detroit Metropolitan Area in a variety of ways. A native Detroiter in her own right, Daralynn's passion to move the needle forward in her own community has been a driving force and passion of hers for many years. Currently, she works for the City of Detroit managing the Talent Acquisition strategy for the Mayor's Office, IT and the Health Department.

As a University Relations Manager, DJ works to recruit diverse top talent by building and maintaining relationships with external partners and universities. DJ has worked for the Rock Family of Companies for six years. Originally from Columbus, Ohio, DJ graduated from Denison University in 2014 with a bachelor's degree in economics. During his time at Denison, he was a member of the Men's Basketball team and served as team captain during his senior season.



**DJ BRIDGES**  
Rock Family of Companies

# THANK YOU!

We are so happy you attended the 2021 Learning While Leading Conference! We hope you learned something new and enjoyed the sessions!

In order to make next years conference another success, please take a moment to complete our [Post-Conference Survey](#).

## Huge Thank You to our Conference Planning Committee!!!

Jourdan Johnson  
*Planning Committee Chair*

Abriana White  
Akelah Reese  
Amelia Parnis  
Amy Cooper  
Amy Novotny  
Bianca Stephenoff  
Catherine Latham  
Chrisitne Huang  
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Devon Taylor  
Duaa Ballout  
Dwight McDonald  
Emily Myers  
Heather Sandlin  
Kalyn Griffin  
Maya Calloway Richardson  
Mediha Rovcanin  
Namera Ramesha

Praveen Loganathan  
Ryan Mitchell  
Shawn Pewitt  
Srina Ram  
Stephanie Chastain  
Teresa Wesolowski  
Tiana Bosley  
Zeina Ghoul



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