



## Fall 2021 “The Need to Lead” Virtual Student Conference Evaluation Results

October 1, 2021

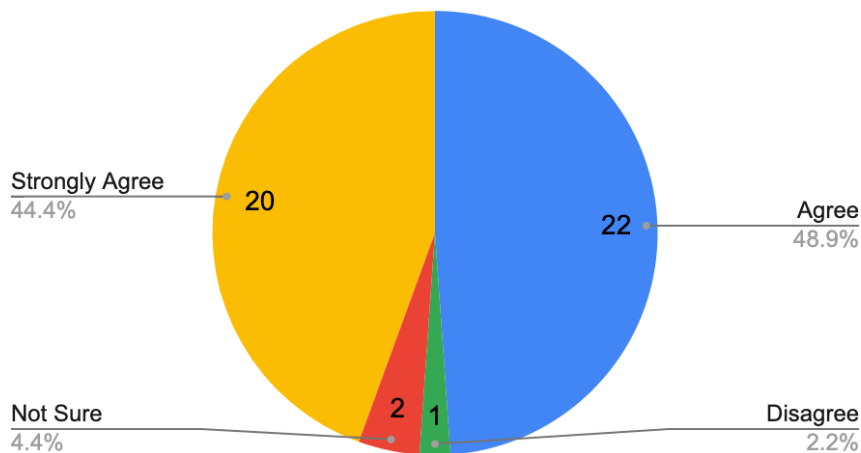
Total Number of Student Attendees: 67

Total Number of Responses: 45

Based on each SkillsShop, I have gained knowledge and skills that will help me with my personal, educational and career goals.

<i>Personal Discovery and Career Exploration</i>	COUNT	Percent
Agree	22	48.89%
Disagree	1	2.22%
Not Sure	2	4.44%
Strongly Agree	20	44.44%
<b>Grand Total</b>	<b>45</b>	<b>100.00%</b>

### Personal Discovery and Career Exploration

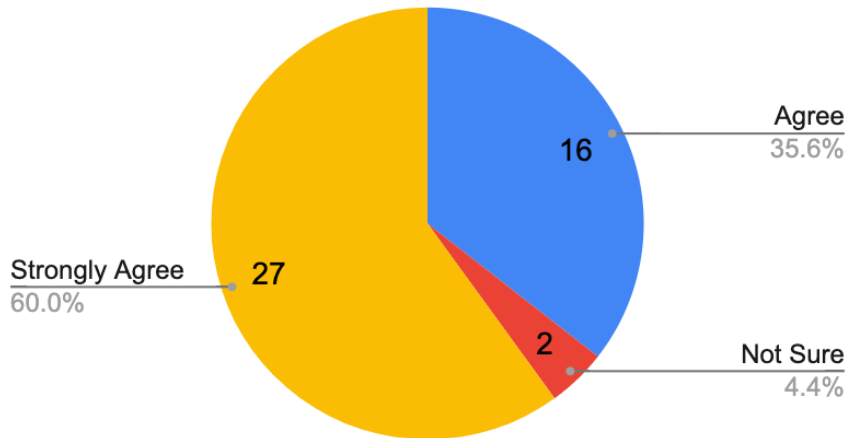


**Personal Discovery and Career Exploration: 93.3% Agreed or Strongly Agreed**

Based on each SkillsShop, I have gained knowledge and skills that will help me with my personal, educational and career goals.

<i>Time Flies but You're the Pilot</i>	COUNT	Percent
Agree	16	35.56%
Not Sure	2	4.44%
Strongly Agree	27	60.00%
<b>Grand Total</b>	<b>45</b>	<b>100.00%</b>

## Time Flies but You're the Pilot

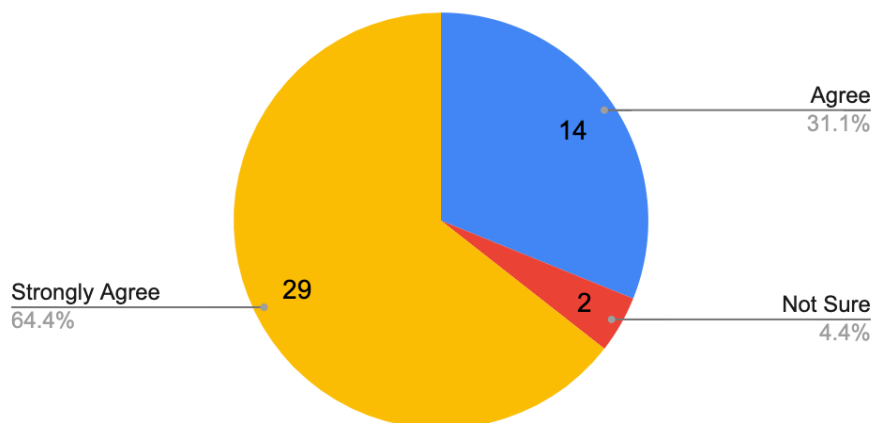


**Time Flies but You're the Pilot: 95.6% Agreed or Strongly Agreed**

Based on each SkillsShop, I have gained knowledge and skills that will help me with my personal, educational and career goals.

<i>Tohge yan Sangan: Stand and Deliver Powerful Presentations</i>	COUNT	Percent
Agree	14	31.11%
Not Sure	2	4.44%
Strongly Agree	29	64.44%
<b>Grand Total</b>	<b>45</b>	<b>100.00%</b>

## Tohge yan Sangan: Stand and Deliver Powerful Presentations

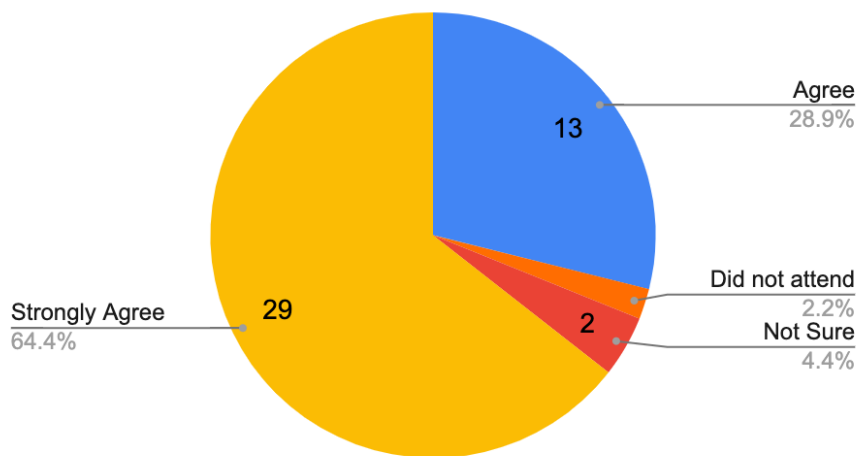


**Tohge yan Sangan: Stand and Deliver Powerful Presentations: 95.6% Agreed or Strongly Agreed**

Based on each SkillsShop, I have gained knowledge and skills that will help me with my personal, educational and career goals.

<i>Managing Stress: Self-care Strategies</i>	COUNT	Percent
Agree	13	28.89%
Did not attend this SkillsShop	1	2.22%
Not Sure	2	4.44%
Strongly Agree	29	64.44%
<b>Grand Total</b>	<b>45</b>	<b>100.00%</b>

### Managing Stress: Self-care Strategies



**Managing Stress: Self-care Strategies: 93.3% Agreed or Strongly Agreed**

**Give an example of how you will use the information from the SkillsShops in the classroom, your personal life, your workplace today, or when you enter the workforce in the future.**

Practice more with time management

Multitasking (Time Flies)

Everything learned today was very helpful especially because the stress I have been dealing with. Each presentation allowed for some tricks and tips that make life easier. Managing doing my assignments as well focusing on self care will be used to have less stressful days.

I will use the KPOP method when presenting in class.

creating a study schedule for future exams while managing my stress

I plan to start and create to do lists. Creating them can be a bigger part to help you complete your tasks that are needed to be completed within the day.

Use a Breathing technique to stress relief

I will use the 6 steps habits to be more organized and time efficient as I can.

Time management and stress management

the 6 habits of being organized will greatly help me as a student trying to keep up with classes

I will use the stress management techniques for all my future stress.

The concept of the empty pickle jar will definitely help me reframe my perspective and view on my everyday life to remain grateful and at peace. The reminder to get to know yourself and the constant self reflections will also be helpful in how I can optimize my productivity and in dealing with stressful situations.

I will use the skills from the workshop in my work and classroom life by remembering to not give up, get sleep, and relax.

I will use it whenever I have to meet new people, give speeches, and make sure to take time to recover from the stress that life has thrown my way. I will also use it to help others

I would definitely use and practice the skills presented from every topics that were shown. especially self-care strategies when it comes to my future job and what I do in my life right now.

I would apply the skills I have learned to how I do my projects, assignments, as well as presenting in my classes. I would also use these skills to be able to manage my time and to take time to care for myself as well.

Starting your day with a good attitude and motivated to fulfill my career of choice.

managing stress and time

Balancing my schedule between my personal life and school with the 6 Healthy Habits

I thought I was managing my time well. After this participating in this SkillsShops, I realized that I still needed some work on managing my time. I will definitely take what I learned from the SkillsShops and apply it to my everyday life. I will take better care of my overall health, manage my time more effectively, do my very best, and dream big!

On time flies, after knowing the skill shop and how to manage time I will indicate that to my school work, my time in self and along side with necessary things I do at home and out.

It can help me get through most of my work for school and while I am working on the field

I would use the information presented from the SkillsShop in my personal life by maintaining a healthy and well balanced work skill by preparing me to achieve what I want without any distractions that may take part with my academic goals throughout my school years.

Time management

I feel like stress management could be used personally and professionally. Whether it is in school, or work or home. Speech is very important in school and work and I think it will be very useful for presentations.

Preparing myself on time for work, keeping on track of what need to be started first.

Everything that was discussed in the conference were things everyone can relate to. And for me, I

will try to do my best to be just a bit different everyday. Whether I manage my time better by making a plan for the day or finding time for myself to take a step back to get a better grip of things and not be so stressed.

more like strategies building for career purpose

I would use the information I got from the time management skillsshop to manage my trash Time better and put my values first

I can prioritize things that are more important to eliminate the things that aren't, so I can manage my time and productivity. Also taking the time to breathe, so I can refocus, before I move to the next task.

I would use it to apply on time management, relieving stress, and KPOP. This can be good way to use in a everyday life because we all deal with it in our own way.

It will help me manage my time more with my classes and personal life. I can use stress exercise to help manage my stress

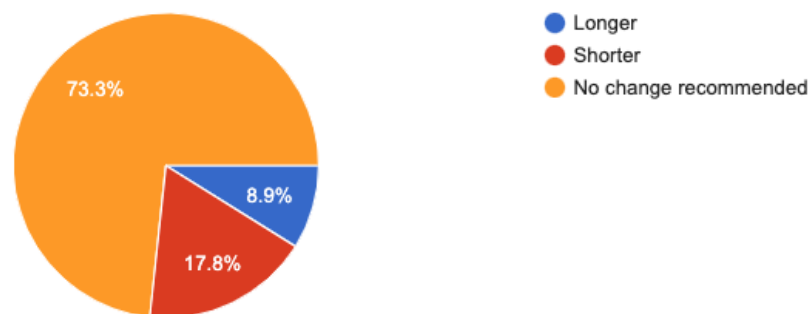
One of the workshops suggested to use a calendar to keep track of events

Manage stress with techniques taught during conference

Good examples and can be apply to my daily life and career.

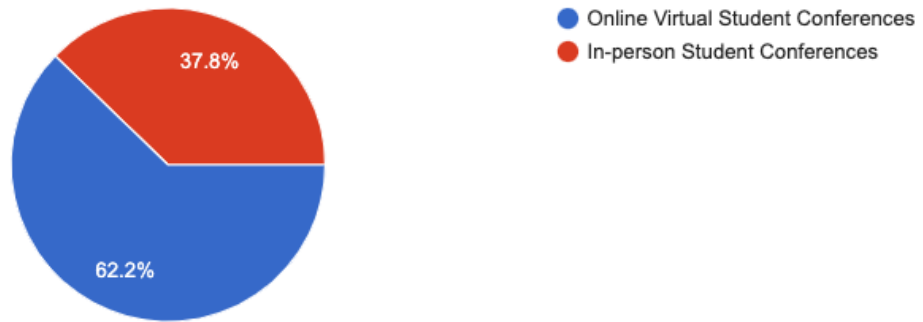
I recommend that the timeline for the SkillsShops be:

45 responses



### Which format do you prefer?

45 responses



---

### Overall, I thought the Need to Lead Virtual Student Conference was:

44 responses

