

Student Leadership Conference

1964



2024



Bridging the past, Building the future
SIU Carbondale

June 28th — June 30th
Hosted by
Southern Illinois University Carbondale

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History of TRiO

TRiO
UPWARD BOUND

The history of TRiO is progressive. It began with Upward Bound, which emerged out of the Economic Opportunity Act of 1964 in response to the administration's War on Poverty. In 1965, Talent Search, the second outreach program, was created as part of the Higher Education Act. In 1968, Student Support Services, which was originally known as Special Services for disadvantaged students, was authorized by the Higher Education Amendments and became the third in a series of educational opportunity programs. By the late 1960s, the term "TRiO" was coined to describe these federal programs.

TRiO
STUDENT SUPPORT SERVICES

Over the years, the TRiO Programs have been expanded and improved to provide a wider range of services and to reach more students who need assistance.

TRiO
TALENT SEARCH

- In 1972, the Higher Education Amendments added to the TRiO group authorizing the Training Program for Federal TRiO Programs, initially known as the Training Program for Special Programs Staff and Leadership Personnel.

TRiO
MCNAIR SCHOLARS

- In 1986, the Ronald E. McNair Post-Baccalaureate Achievement program was added.
- In 1990, the administration created the Upward Bound Math/Science Program to address the need for specific instruction in the fields of math and science.

Conference Agenda

Friday, June 28, 2024

Registration		Student Center, Corker Lounge
Check-In	4p-7p	Neely Residence Hall
Bowling & Billiards	5p-7p	Student Center, 1st Floor
Dinner	7p-8p	Student Center, Ballroom D
Welcome & Kick-off	8p-9:30p	Student Center, Ballroom D

Saturday, June 29, 2024

Breakfast	9a-10:15a	Student Center, Ballroom D
Workshop Sessions 1	10:30a-11:20a	Student Center, River Rooms
Workshop Sessions 2	11:30a-12:20p	Student Center, River Rooms
Lunch & Keynote	12:30p-2:30p	Student Center, Ballroom D
Panel Sessions 3	2:45p-3:30p	Student Center, River Rooms
Group Activities	3:45p-4:45p	Student Center
Break	4:45p-6:15p	Neely Hall
Banquet	6:30p-8:30p	Student Center, Ballroom D
Dance/Karaoke	9p-11p	Upper Level Grinnell Hall

Sunday, June 30, 2024

Breakfast/Surveys	9a-10a	Upper Level Grinnell Hall
Checkout/Departure	10a-11a	Neely Hall

Luncheon Speaker



Hello, I'm

**Robyn
Boone**

Keynote Speaker

Robyn is an Author, Facilitator, Trainer, Speaker, Sales Development Specialist, Behavior Health Case Manager II and CEO and Founder of GetAmazinglyFit LLC. With over 20 years of experience, Robyn has intensified her passion to help individuals become the best version of themselves.



Keynote Speaker



Dr. Lisa Childs Thomas is from Cairo, Illinois. She is a former Upward Bound student, principal, assistant principal, dean of students, curriculum specialist, and track and basketball coach. Currently, she is a 5th grade teacher at Meridian Elementary School in Mounds, Illinois. She is also the mother of Aleigha, the author of I AM SOMEBODY, the founder of I AM SOMEBODY FOUNDATION, and the owner of Cairo Getaway Oasis, LLC. Too add, Dr. Thomas is a licensed administrator and minister. She has earned degrees in the following: Bachelor's in Elementary Education and Master's in Educational Leadership from Southern Illinois University Carbondale and a Specialist in Educational Leadership and Doctorate in Educational Leadership from St. Louis University in St. Louis, Missouri. She believes that everybody is somebody. She enjoys helping others and spending time with family, especially her daughter, Aleigha.

Presentation Schedule

Title	Session	Location
Leadership Catalyst	1, 2	Mississippi Room
Success Blueprint for High Schoolers	1, 2	Illinois Room
21st Century Skills	1, 2	Mackinaw Room
Success Blueprint for College Students	1, 2	Kaskaskia Room
A Complete Guide to Understanding Credit	1	Ohio Room
A.I. Tools for Research and Writing	1	Old Main Room
Unlocking Your Potential: Empowering Student Success Through Mental Wellness	2	Ohio Room
You Deserve It: Practicing Self-Care	2	Old Main Room
Entrepreneurship 101: Your Framework for a Successful Startup	3	Kaskaskia Room
Understanding and Exploring Collegiate Athletics	3	Illinois Room
The Path to Medicine: Becoming a Doctor	3	Mississippi Room
I Want to Be a Lawyer: The Best Course to Law School and Beyond	3	Old Main Room

Session 1 10:30a-11:20a

Session 2 11:30a-12:20p

Session 3 2:45p-3:30p



Presentation Summaries

Leadership Catalyst

Paradigm Shift

Description: Students will learn to practice leadership fundamentals, take actions to help others, and discover personal leadership styles through an engaging and interactive presentation.

Success Blueprint for High Schoolers

Paradigm Shift

Description: This workshop will provide strategies for participants to learn to form meaningful habits, set goals, and write a blueprint for successful growth. High Schoolers will discuss creating a blueprint that will assist in achieving post-secondary success.

21st Century Skills

Paradigm Shift

Description: Do you want to learn how to adapt in an ever-changing world, seize opportunities with entrepreneurship, and enact decisions by considering a broader worldview? If yes, then take part in this workshop and discover ways to broaden your horizons in the 21st Century.

Success Blueprint for College Students

Paradigm Shift

Description: This workshop will provide strategies for participants to learn to form meaningful habits, set goals, and write a blueprint for successful growth. College students will learn strategies to create a blueprint that will assist in achieving success.

A Complete Guide to Understanding Credit

Kim Babington — SIU Credit Union

Description: Your credit health plays a big role in your financial future. Strong credit health can help you qualify for low interest rates, and saving hundreds or even thousands of dollars in the long run. On the flip side, poor credit health could turn into a hurdle and hassle. Join this financial expert as she reviews a complete guide to understanding credit, credit scores, and the importance of creating and securing a healthy credit lifestyle.

A.I. Tools for Research and Writing

Najila Alam Porno — Southern Illinois University

Description: Come and enjoy a discussion about how Artificial Intelligence (A.I.) tools can be beneficial in research. Participants will view a video demonstration of how to use A.I. tools. Also discuss the disadvantages of fully depending on A.I. This workshop will help participants to perform systematic research, and understand how to successfully combine their original ideas and A.I.

Unlocking Your Potential: Empowering Student Success Through Mental Wellness

Caprisha Neal — Joliet Junior College

Description: This workshop will emphasize the importance of self-care practices such as mindfulness, time management, and effective communication in fostering a healthy balance between academic responsibilities and personal well-being. Participants will learn to identify signs of stress and burnout, and build a support network for mental health advocacy.

You Deserve It: Practicing Self-Care

Haley Jensen — Southern Illinois University

Description: Workshop goers will engage in discussion on healthy coping mechanisms that allow for the practice of self-care. Although a popular phenomenon, self-care is essential to stress reduction and maintaining a healthy lifestyle.

Entrepreneurship 101: Your Framework for a Successful Startup

Sarah Harris, Phillip Johnson, Chastity Mays, Ryan Reed —
Carbondale, IL

Description: Are you interested in starting or improving your small business? This panel of college students and community entrepreneurs will share stories of how they started their businesses as well as what it takes to own and operate a lucrative business in today's society.

Understanding & Exploring the Path to Becoming a College-Athlete

Chester Nichols, Jeneva Stevens — Southern Illinois University

Description: Are you a student-athlete or thinking about becoming one? Do you hope to gain a college sports scholarship? If yes, search no further this panel is for you. Join these two collegiate coaches as they share personal and professional insight on the best strategy for being a successful and well-rounded college athlete.

The Path to Medicine: Becoming a Medical Doctor

Dr. Randy Burnside, Dr. Tayler Hill, Dr. Latasha Redmond — Southern Illinois University School of Medicine

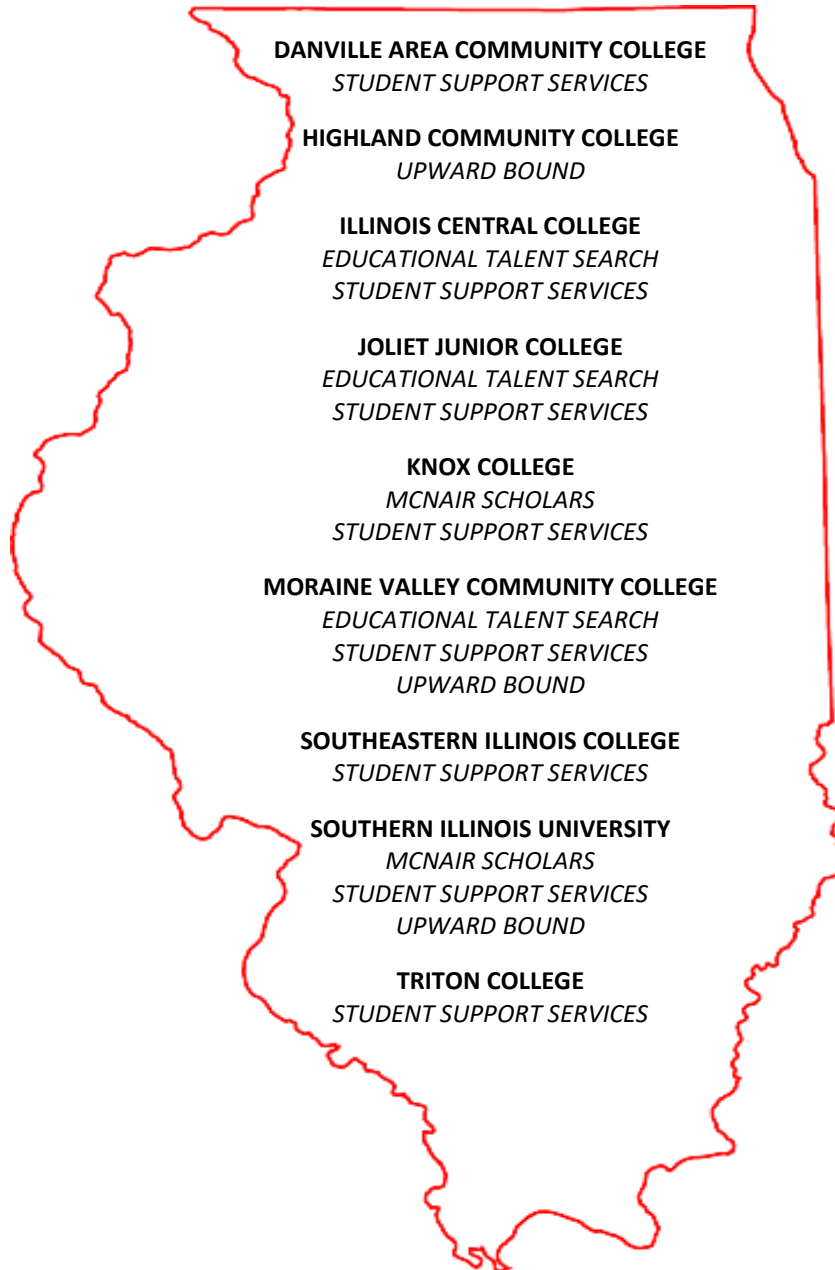
Description: This panel of Southern Illinois University School of Medicine Medical/Dental Education Preparatory Program professionals will explore all avenues of the path to become a medical or dental physician. From what courses to take in high school and college, to MCAT preparation, the amount of schooling, rigor of study, to attending the best medical school, this panel will answer all questions on the path to medicine.

I Want to Be a Lawyer: The Best Course to Law School and Beyond

Amber Alexander, Andrew Cristea, Myla Croft — Southern Illinois University

Description: Do you want to pursue a career in law, but have no idea where to start or what it takes to get through law school? Are you wondering what undergraduate majors pair well in preparation of studying law? Join this panel of second and third year SIU law students as they explore the best course to law school and beyond.

Illinois TRIO SLC 2024



Thank You!

Planning Committee:

Antyne Lester, Markida Roper, Stacye Saunders,
Rhetta Seymour, Victoria Taylor

The Offices of:

Anti-Racism, Diversity, Equity & Inclusion
SIU Graduate School
SIU Student Recreation Department
SIU Student Center Events & Planning
SIU Housing

Special Thanks:

Caprisha Neal—Artwork
Sarah Johnson—IL TRIO Treasurer
Heartland Catering
A Taste of Bev Catering
Conference Volunteers
Silkworm
Proforma
Paradigm Shift

