

#### **2025 Evaluation Results**

**Healing Centered Connection** 

Coordinated by: Student Life Sponsored by: Associated Students

Data Analysis: Adriana Zambrano & Julia Walker

The Fall Leadership Conference, a three day conference at the UCLA Lake Arrowhead Lodge, aimed to provide student leaders the opportunity to learn more about leadership skills through workshops and activities.

**172** Students applied to attend the conference.

**39** Students attended the conference.

24 Associated Student Officers + 15 Students-at-large



Students were asked to rate the following on a Likert Scale

Strongly Disagree

**2** Disagree

3 Neutral

4. Agree

5 Strongly Agree



The conference facility met my expectations.

94.9%

Agreed or Strongly Agreed

"The facility was perfect because of the environment and places to go during freetime. The rooms were comfortable and gave enough privacy. Additionally, the food and drinks were great and always available"

The Conference met my expectations.

100%

Agreed or Strongly Agreed

"Every activity was so captivating and made time pass quickly. I had the opportunity to form new connections with others and learn more about myself and leadership."



The conference food met my expectations.

64.1%

Agreed or Strongly Agreed

"Good variety and dinner had good portions. I like how breakfast and lunch were buffets and allow us to choose our own portions."

# STUDENTS SHARED HOW THE INFORMATION THAT THEY RECEIVED WILL ASSIST THEM AS A STUDENT LEADER

"This workshop has made me less afraid of speaking up within the groups I belong to. I was also able to identify my core values, and hope to apply them to my future aspirations."

"I learned many different lessons from the student leaders, as well as the advisors, and I will create my own leadership identity through the experiences of those around me."

"The most important takeaways for me were 1) understanding myself, who I am, my values and things I hold close 2) the importance of being mindful and understanding of my feelings and the importance of taking breaks. Both of these things will help me become a better person so I can then become a better leader."

#### Workshops that were MOST helpful:

- Night Hike & Meditation Under the Stars
- Exploring Our Identities & Developing Cultural Connections

### Workshops that were LEAST helpful:

- Ethical Leadership
- Dracula Teambuilding

## Workshops they would like to see offered during the school year:

- Mindfulness / Meditation Workshops
- Leadership Workshops
- Finding Your Voice
- Turning Ideas into Plans

As a result of the workshops and activities, I believe that I learned more about diversity and advocacy.

**97.4%** Agreed or Strongly Agreed

"Yes definitely the workshops helped us recognize that everyone has their own internal challenges and struggles that we don't see when we engage on the day-to-day. Even helping us recognize some of the our own internal challenges that make us unique. These then help us be more aware and open-minded towards everyone's unique needs and experiences when trying to make change or be a leader."



As a result of the workshops and activities, I believe that I enhanced my leadership skills.

100% Agreed or Strongly Agreed

"The workshops helped me realize the importance of diverse perspectives and recognize my own strengths and weaknesses."



As a result of the workshops and activities, I believe that I will be more effective in working with others.

100% Agreed or Strongly Agreed

"I learned how to communicate and collaborate more effectively through the activities. They helped me understand the importance of listening, supporting my teammates, and adapting to different working styles. I feel more confident now when working in a group and know how to make teamwork smoother and more eniovable."







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