



UCF

Ginsburg Center for Inclusion
and Community Engagement

UNIVERSITY OF CENTRAL FLORIDA

12TH ANNUAL STUDENT SUCCESS CONFERENCE

CONNECTING YOUR JOURNEYS TO YOUR PURPOSE





Connecting your Journeys to your Purpose

12th Annual Student Success Conference Goals:

PROMOTE academic achievement that creates a culture of excellence and resilience by providing students with innovative learning strategies, academic resources, and support systems.

FOSTER personal growth that supports students to establish balance within their academic and personal lives and be equipped with mental health, wellness, and stress management practices that will extend beyond their college experience .

INSPIRE students to engage in high impact practices set achievable goals, and develop networking and career readiness strategies for a successful UCF journey, academic success and beyond.

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“The function of education is to teach one
to think intensively and to think critically.
Intelligence plus character — that is the goal of
true education.”

- Dr. Martin Luther King, Jr.

A Message from the Vice President

Dear Knights,

Welcome to the 12th Annual Student Success Conference! This year’s theme, “Connecting your Journeys to Your Purpose”, reflects our commitment to helping students align their educational pursuits with their broader life aspirations. Our goals are to Promote, Foster, and Inspire meaningful connections and student success.

From the moment you enter the venue, you’ll find yourself surrounded by a community of fellow Knights who are equally eager to learn, grow, and succeed. We believe that networking and building meaningful relationships play a pivotal role in student success, and this conference provides the perfect platform for just that.

Over the course of three days, you’ll learn from distinguished speakers and experts and will have the opportunity to engage with a diverse range of workshops and discussions. It is our hope that you will leave the conference:

- Equipped with innovative learning strategies, academic resources, and support systems that promote academic excellence
- With a sense of balance between academic and personal lives, equipped with mental health, wellness, and stress management practices to foster personal growth
- Inspired to step beyond comfort zones, to set achievable goals for a successful journey at UCF and beyond

Remember to ask questions, participate actively, keep an open mind, and be willing to engage. Take full advantage of the resources available and the people around you. This event is all about you and your journeys.

To my staff, student leaders, presenters, and volunteers: Thank you for your commitment and hard work. You not only created a unique learning opportunity that promotes, fosters, and inspires our students, but you brought it to life.

Warm regards,

Dr. Andrea I. Guzmán
Vice President for Access and Community Engagement



PROGRAM SCHEDULE

FRIDAY

4:00PM - 5:00PM	Registration
5:30PM - 6:30PM	Opening Session with Noble Sheep
6:45PM	Dinner

SATURDAY

8:00AM - 8:30AM	Breakfast
8:45AM - 9:45AM	Opening Keynote with Carlos Navarro
10:00AM - 11:00AM	Breakout Session 1
11:10AM - 12:10PM	Breakout Session 2
12:20PM - 12:50PM	Lunch
12:50PM - 1:50PM	Student Leadership Panel
2:00PM - 3:00PM	Breakout Session 3

SATURDAY

3:10PM - 4:10PM	Breakout Session 4
4:10PM - 4:30PM	Break
4:30PM - 5:30PM	Closing Keynote with Carlos Navarro
6:00PM	Dinner

SUNDAY

8:00AM - 8:30AM	Breakfast
9:00AM - 9:30AM	Opening Keynote with Dr. Frame
10:00AM - 11:00AM	Breakout Session 5
11:10AM - 12:10PM	Breakout Session 6
12:20PM - 12:45PM	Lunch
12:50PM - 1:45PM	Closing Keynote with Noble Sheep
1:50PM - 2:00PM	Closing Remarks and Conference Evaluation
2:00PM - 3:50PM	Load Buses and Depature

BREAKOUT SESSIONS

SATURDAY

SESSIONS 1 and 2

You and Your Academic Success Coach: Partnering for Your Success - E1

Pitch Perfect Mastering Networking and Elevator Speeches - E2

Stress Management Through Mindfulness - E3

Waddle into a HIP! How to get hands-on, real-life experience in and out of the classroom through Undergraduate Research, Internships and Study Abroad - E4

HumanKind: Be Both - E5

SESSIONS 3 and 4

Catch the Energy: Creating a Positive and Engaged Campus Culture - E1

Preparing for What is Next Graduate or Professional School - E2

Financial Life Skills - E3

Balancing Work and School Life - E4

Unlocking Potential: A Toolkit to Finding the Right Mentor - E5

SUNDAY

SESSIONS 5 and 6

Stand for Something: Keys to Success in Building a Strong Brand - St. Johns 24/25

Financial Success 101: Your Guide to Thriving - E2

Persistence Pays: Overcoming Obstacles to Achievement - E3

Empowering Students Journey: Harnessing AI Responsibly - E4

Story of My Name - E5



SESSION DESCRIPTIONS

You and Your Academic Success Coach: Partnering for Your Success

Presenter(s): Dr. Jennifer Sumner, Assistant Vice President, Academic Advising, UCF Academic Success Coaching

Sessions: Saturday, Sessions 1 and 2 - E1

This session will introduce you to UCF's Academic Success Coaching (ASC) model, and the support that your ASC provides to you, to include establishing goals, co-designing academic plans and strategies, and monitoring your success to graduation.

Pitch Perfect Mastering Networking and Elevator Speeches

Presenter(s): Cameron Smith, Career Counselor, and Erin Grainger, Assistant Director, Career Development, UCF Career Services

Sessions: Saturday, Sessions 1 and 2 - E2

"Aca-Excuse me, you don't know how to network?" Don't worry—this session will give you all the tools you need to master professional connections. We'll tackle common fears, identify key networking opportunities, and teach you how to communicate with confidence to deliver an unforgettable elevator pitch. Plus, you'll learn how to set up informational interviews that open doors to new possibilities. Get ready to pitch yourself perfectly and network like a pro!.

Stress Management Through Mindfulness

Presenter(s): Ashley Allette, M.S., UCF Counseling and Psychological Services (CAPS)

Sessions: Saturday, Sessions 1 and 2 - E3

This session is presented by a mental health professional from UCF's Counseling and Psychological Services (CAPS), and offers undergraduate students practical strategies to manage stress and enhance well-being. This session introduces the principles of mindfulness, guiding participants through exercises that promote relaxation, focus, and emotional resilience. Students will learn how to incorporate mindfulness practices into their daily routines, enabling them to better cope with academic pressures and personal challenges. By the end of the session, attendees will have gained valuable tools to manage stress more effectively, fostering a healthier and more balanced college experience.

Waddle into a HIP! How to get hands-on, real-life experience in and out of the classroom through Undergraduate Research, Internships and Study Abroad

Presenter(s): Dr. Natalia Toro, Director, Undergraduate Research and Darya Farsinejad, Program Manager, High-Impact Practices

Sessions: Saturday, Sessions 1 and 2 - E4

Whether planning for graduate school or a career, High Impact Practices (HIPs) are experiences offering you a competitive edge, by helping you blend what you're learning in the classroom with real-world experiences. UCF offers an array of HIPs including Undergraduate Research, Internships, Study Abroad, Graduate School Prep and more! Join us in learning how to get started on your HIP journey today and start preparing for what's next.

HumanKind: Be Both

Presenter(s): Dr. Haley Winston, Director Civil Discourse and Engagement

Sessions: Saturday, Session 1 and 2 - E5

Civil discourse and engagement among college students are vital for fostering a sense of community and understanding in a diverse environment. By encouraging respectful dialogue, students can explore differing perspectives, build empathy, and contribute to a more inclusive campus culture. Emphasizing our shared humanity, these interactions not only enhance academic growth but also prepare students to navigate and positively impact an increasingly interconnected world.

Catch the Energy: Creating a Positive and Engaged Campus Culture

Presenter(s): Dr. Stacey Malaret, Director LEAD Scholars Academy

Sessions: Saturday, Sessions 3 and 4 - E1

"Catch the Energy" introduces undergraduate students to a dynamic approach for fostering positivity and engagement both on campus and in their personal lives. Based on the principles of the Fish Philosophy, this session will explore how adopting a playful, present, and positive mindset can transform daily interactions and build a stronger community. Participants will discover how to choose their attitude, engage meaningfully with others, and find joy in the little things, creating a ripple effect of enthusiasm and collaboration. By the end of the session, students will be equipped with practical strategies to energize their campus experience and contribute to a vibrant, supportive environment.

Preparing for What's Next! Graduate or Professional School

Presenter(s): Raquel Aurora Toro-Espinal, MA, CCC, PSC, Assistant Director | UCF McNair Scholars Program

Sessions: Saturday, Sessions 3 and 4 - E2

Are you considering the possibility of pursuing an advanced degree after graduation? The Academic Advancement Programs (AAP) provide valuable preparation for students interested in pursuing master's and professional degrees. In this session, we will outline the various offerings of AAP, including structured programs, information sessions, resources for researching and applying to graduate programs, and additional support. Attendees will gain insight into how AAP can assist them in their academic endeavors beyond their undergraduate studies.

Financial Life Skills

Presenter(s): Xiomara De Leon and Marisol Roman Will

Sessions: Saturday, Sessions 3 and 4 - E3

Navigating your personal finances as a college student can be difficult. Understanding your credit score (how it works), how to manage your finances, and ways to save small for your future are essential tools to building a strong financial future. This session will empower you right now by teaching you common pitfalls to avoid, how to build and maintain credit, and how to make financial decisions with confidence.

Balancing Work and School Life

Presenter(s): Emrys Murphy (They/Them)

Sessions: Saturday, Sessions 3 and 4 - E4

Self-care is essential for maintaining a healthy school-life balance because it allows you to recharge, reduce stress, and prevent burnout. By prioritizing self-care, you ensure that you have the energy and mental clarity needed to be effective in both your personal and professional life. Balancing work and life through self-care practices helps sustain long-term well-being and enhances overall productivity and happiness. Em will be covering these topics with the students, providing them with valuable strategies to manage their time and well-being effectively.

Unlocking Potential: A Toolkit to Finding the Right Mentor

Presenter(s): Access Mentors & GA

Sessions: Saturday, Session 3 and 4 - E5

This engaging presentation from our current peer mentors discusses key considerations for identifying the right mentor and offers guidance on how to effectively seek one. The Mentor Toolkit serves as a roadmap to help you clarify your mentoring goals and cultivate a productive relationship. Within this toolkit, you will find a variety of resources, tips, and tools to support you throughout your mentoring journey.

Stand for Something: Keys to Success in Building a Strong Brand

Presenter(s): D'Bria Bradshaw, Esq. Florida State Coordinator, Campus Vote Project

Sessions: Sunday, Session 5 and 6 - St. Johns 24/25

A well-executed personal branding campaign creates a strong, consistent, and specific association between the individual and the perceived value they offer. Personal branding is the process by which individuals differentiate themselves and stand out from a crowd by identifying and articulating their unique value, whether professional or personal. Through branding, individuals can enhance their recognition as experts in their field, establish a reputation and credibility, advance their careers, and build self-confidence

Financial Success 101: Your Guide to Thriving

Presenter(s): Dr. Karemah Manselle Interim Director UCF Financial Aid

Sessions: Sunday, Sessions 5 and 6 - E2

Join us for an engaging chat on unleashing your financial potential as a Knight at UCF. Learn practical strategies for saving, even when your resources are limited. Discover the secrets to creating and sticking to a budget, avoiding the pitfalls of debt, and laying the foundation for a secure financial future. Get ready to unlock the keys to thriving academically and financially while unleashing your true potential in this empowering discussion!

Persistence Pays: Overcoming Obstacles to Achievement

Presenter(s): Edgar C. Acosta and Esteban Sola Baez

Sessions: Sunday, Session 5 and 6 - E3

This workshop empowers college students to develop the resilience and perseverance needed to overcome academic challenges. Through engaging activities and discussions, participants will explore strategies for staying focused, managing setbacks, and maintaining motivation in pursuit of their educational goals. Students will also learn how to tap into available resources and support systems to help them stay on track and achieve long-term success. Designed to promote persistence and academic retention, this workshop will equip students with practical tools to navigate obstacles and excel in their studies.

Empowering Students Journey: Harnessing AI Responsibly

Presenter(s): Dr. Quynh Dang, Director Experiential Learning and Dr. Kevin Yee, Director Faculty Center for Teaching and Learning

Sessions: Sunday, Session 5 and 6 - E4

This session is designed to equip participants with the knowledge and skills to harness digital tools for enhanced productivity and efficiency. Attendees will explore the responsible use of AI, learning how to integrate these technologies into their daily workflows while maintaining ethical considerations. This session will cover best practices for utilizing AI-driven solutions, time-management apps, and collaborative platforms, empowering participants to streamline tasks, improve decision-making processes, and foster a more efficient work environment. By the end of the session, participants will be equipped to navigate the digital landscape confidently and responsibly, maximizing their professional potential.

The Story of My Name

Presenter(s): Kavita Sawh, M.S. Access and Community Engagement

Sessions: Sunday, Session 5 and 6 - E5

"Names" are a fundamental part of our personal identity and is oftentimes the first thing people learn about us. Names help us identify and distinguish each other – reflecting cultural, historical, and familial contexts. They also hold emotional and psychological significance and influence how we perceive ourselves and others. Unleash your creative side, as you create a visual depiction to share the story of your name, or a name that is important to you. Participants will also reflect on the connection between names, identity, cultural backgrounds, social implications, and how these influence our everyday interactions.

KEYNOTE SPEAKERS

Carlos Navarro

Carlos Alberto Navarro's entertainment career spans nearly 25 years. He is a multi-talented actor known for his roles in some of entertainment's biggest cultural phenomena, including AMC's "The Walking Dead" and Marvel's "Hawkeye" on Disney+. For 17 years, he was a personality on the #1-rated Central Florida talk show "Monsters in the Morning" on iHeartRadio's Real Radio 104.1.

A first-generation American, Carlos was born in Flushing, New York to a Peruvian father and Cuban mother. He is one of few Hispanic actors to have been part of both "The Walking Dead" and the Marvel Cinematic Universe, two juggernaut comic book movie franchises.

Carlos's passions are entertainment and personal development, and he merges the two with "The Passion Project Experience" — his passion is helping others find theirs. Based on his experiences navigating the ups and downs of an intensely competitive industry, he helps others ignite the fire within and use that passion to power their success.

Carlos's mantra is "To The Top, Never Stop!" and his journey to becoming a successful entertainer and media personality is an inspiring story of personal and professional transformation filled with lessons and strategies that anyone can use to create the change they want to see in their life. More details about Carlos at tothetopneverstop.com.

The Passion Project Experience

In this energizing motivational talk, Carlos Navarro, actor (Marvel's "Hawkeye," AMC's "The Walking Dead"), media personality, voice artist, comedian, and mindset coach, shares his success stories and insights from world of entertainment to help you use your passion to fuel your dreams and goals, no matter what profession or industry you want to work in or want to break into.



Dr. Adrienne Frame

Dr. Adrienne Frame serves as the Vice President for Student Success and Well-Being at the University of Central Florida. In this role, Dr. Frame has oversight and supervision for Student Life, Community Support, Student Rights and Responsibilities, Wellness, Housing and Residence Life, and First Year Transition.

As a dedicated, passionate, and inclusive student-centered educator, Dr. Frame has a distinguished record of more than 29 years of service to the field of Student Affairs. She has been active in regional and national organizations including service as President of the Southeastern Association of Housing Officers (SEAHO) and as a faculty member for the Jim Grimm National Housing Training Institute (NHTI) and for SEAHO's Regional Entry Level Institute (RELI). She has authored a book chapter on lessons learned from crisis response, has presented at conferences at the regional and national level, and has delivered several invited keynote addresses.

Dr. Frame is energized by opportunities to work with students toward the achievement of their goals and in building coalitions of faculty, staff, and student leaders at all levels of the academy to imagine and realize collective objectives and favorable outcomes.



Noble Sheep - Asley & Jose

Asley and Jose are best friends, leadership speakers, and entrepreneurs. They created Noble Sheep in 2019 - their dynamic presentations have inspired thousands of college students across the nation to become GREAT LEADERS. They earned the Leadership & Service Award from the University of Florida, and have been recognized as unsung heroes & featured in a nationwide project with the Florida Department of Education that aims to inspire K-12 students and community youth programs, helping them realize their dreams, become resilient and identify career goals. Leadership is more than a theory to them. It is personal.

PowerUp! Experience at UCF Student Success Conference

The pilot stories are a powerful introduction to creating a culture of excellence and resilience. In this section of the presentation, Jose and Asley share their unique and impactful college journeys. Jose expresses the challenges and triumphs of being a first generation college student. Asley shares critical lessons from failing out his first semester of college, to finding a support system (advisors) and utilizing academic resources (librar, tutors, study groups) to graduate with Honors. Their journeys relate to students who are high achievers, as well as students who desire to do and be better.

To get through the TSA check in line at the airport, you need a real ID. There are no fake ids allowed. On this journey to success, the “Passport” section of the presentation showcases the power of self-awareness and personal wellness. Asley elaborates about how his academic and personal transformation was rooted in establishing values, going



to the college gym regularly, eating better, and finding peers who were driven to succeed in all areas of life. The commitment to personal wellness helped him boost his mental health and solidify his strengths. The habits established are still anchors for him today. When tragedies occurred such as his mother battling breast cancer and a benign brain tumor during his sophomore and junior year, Asley’s honest relationships with campus mentors helped him cope with stress tremendously.

Before passengers officially board the aircraft, they must scan their boarding pass. The boarding pass section of the presentation highlights two distinct destinations: success and significance. Jose shares how he built a strong network through his involvement in several student organizations, and being the ambassador for a notable scholarship program. Jose expresses how he was selected to deliver the commencement speech at graduation in front of 10,000 people. As a freshman, Jose committed early on to seek opportunities that would push him out of his comfort zone, and it had paid off. Those achievements were a testament of success, but were only half of the equation. The person Jose became through mentoring a boy by the name of Jayden at the Boys and Girls Club was the most significant part of his college journey. That practicum experience truly prepared and propelled him for his career in youth advocacy, both in character and knowledge.

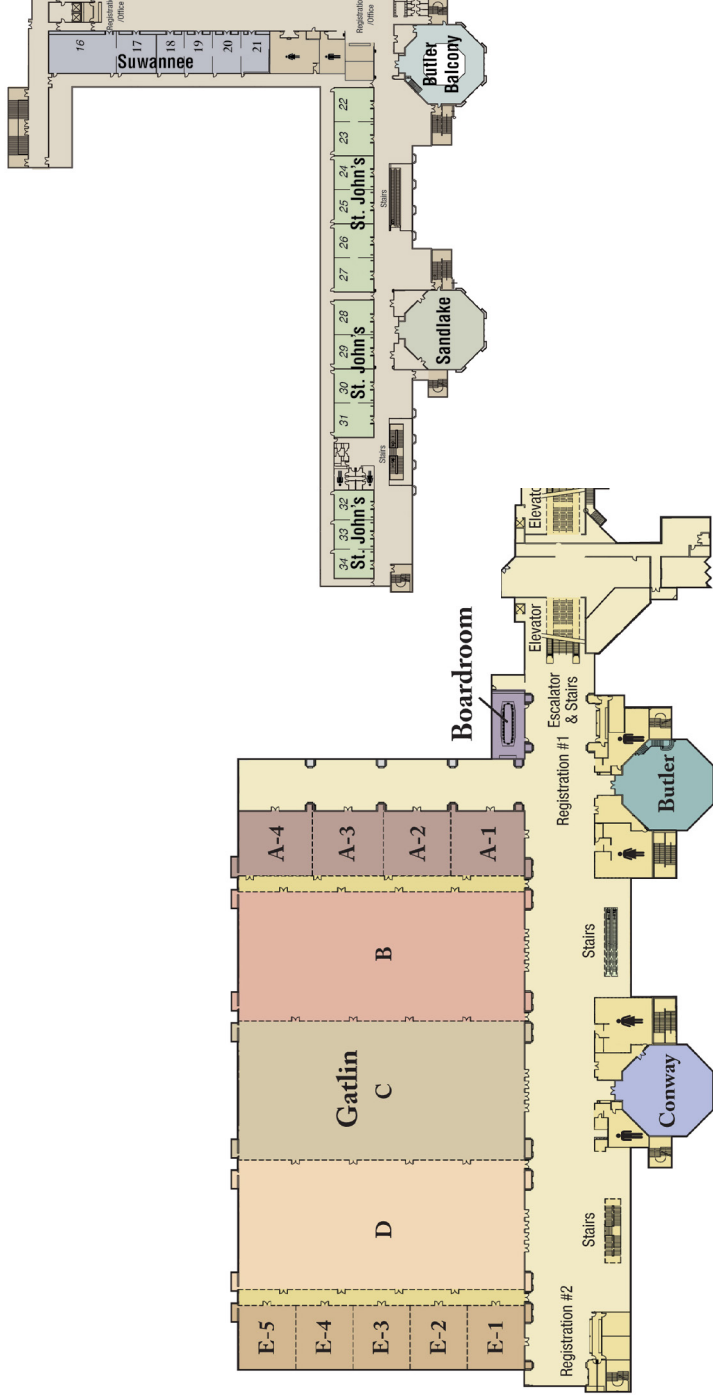
Through this presentation, the audience will be inspired to:

- Commit to the actions required to achieve their goals.
- Create their own definitions of success and significance.
- Use 4 powerful questions for greater self-awareness and accountability.

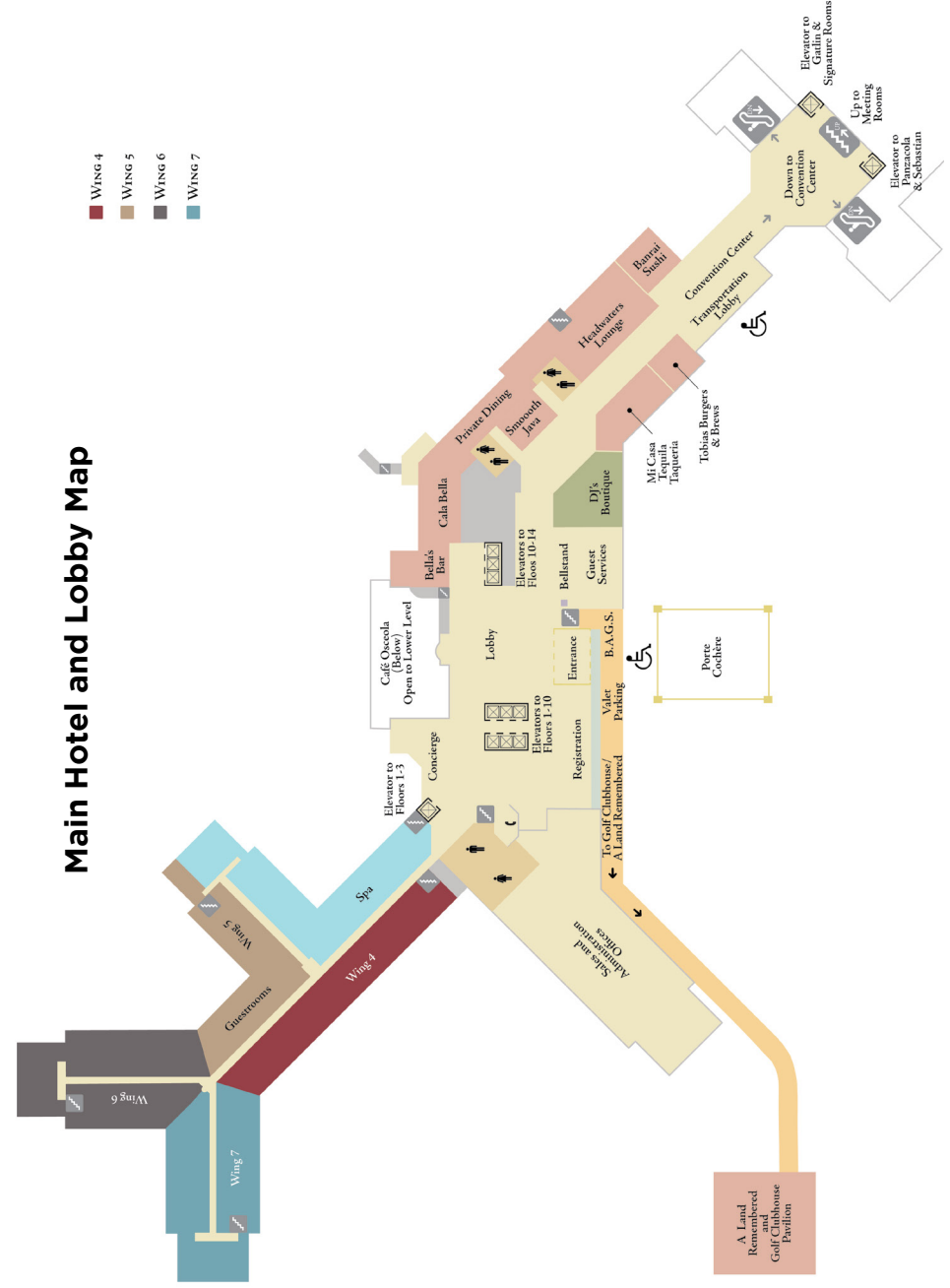


LOCATION MAPS

Conference Hall Map 1st Floor (Left) and 2nd Floor (Right)



Main Hotel and Lobby Map



**Thank you for attending the 12th
Annual Student Success Conference.**

A special thanks to:

the Rosen Shingle Creek Resort;

our presenters, keynote speakers,
and panelist members;

the UCF staff, peer mentors,
student and graduate assistants;

our volunteers, and

the Ginsburg Family Foundation, Inc.



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