



# LEADMN

## October General Assembly

Saturday, October 5th | LeadMN Office



## SATURDAY, OCTOBER 5TH

### 9:00 AM - 9:30 AM

Registration and breakfast + Sign up for headshots to build your resume!

### 9:30 AM - 10:00 AM

Breakout session I

### 10:05 AM - 10:50 AM

Breakout session II

### 11:00 AM - 11:50 AM

Keynote Speaker

### 12:00 PM - 12:45 PM

Lunch break taco bar + Presentations by LeadMN Cabinet Members

### 12:55 PM - 1:35 PM

Breakout session III

### 1:35 PM - 1:50 PM

Open Q/A, stretch session, voting period

### 1:55 PM - 2:45 PM

Breakout session IV

### 2:55 PM - 4:00 PM

Closing remarks and Networking Hour + Sign up for headshots to build your resume!

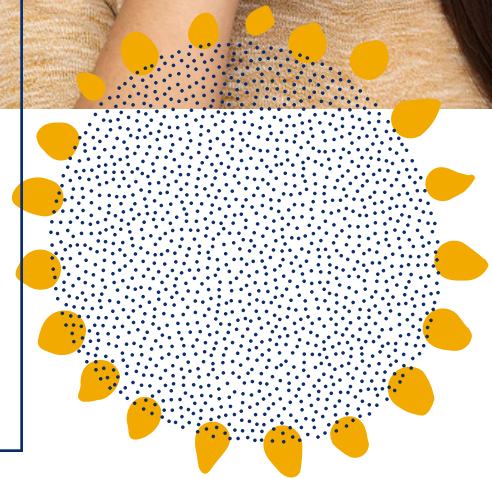




## KEYNOTE SPEAKER

*Dr. Carla Chugani*

Dr. Carla Chugani is a clinical and translational scientist and researcher whose work is focused on increasing equitable access to high quality mental health care for college students. She is currently Vice President of Clinical Programs for Mantra Health, where she oversees the clinical design and strategy of digital mental health products and services designed to support access to high quality care for college students. Prior to joining Mantra Health, she was an assistant professor of pediatrics, psychiatry, and clinical and translational science at the University of Pittsburgh School of Medicine, Division of Adolescent and Young Adult Health, where she still remains as an affiliated faculty member. Her research lies broadly at the intersection of mental health and higher education, and she has published more than 40 peer reviewed articles in this area. Dr. Chugani is also a clinical expert in the practice of dialectical behavior therapy (DBT), a Linehan Board Certified DBT Clinician, board member, and co-chair of the conference for the International Society for the Improvement and Teaching of Dialectical Behavior Therapy (ISITDBT).



**In this session,** you will make a connection with a clinical leader directing components of the new Mantra Whole Campus Care partnership available at every college and university in Minnesota State. You will gain some practical **knowledge and skills for reducing stress, avoiding burnout, and being proactive about your mental health.** You will also learn how to interact with the Mantra Whole Campus Care, and how to help your peers using this comprehensive resource that complements the services available on your campus. Please join us in welcoming Dr. Carla Chugani (she/they) to Minnesota State!

**9:30 AM - 10:00 AM**

## *Breakout Session I*

### **President's Gathering**

**Open Work Space:** Are you your Senate President? Join this conversation to connect about successes, struggles and best practices.

*Facilitated by Christian Catano, LeadMN Cabinet Vice President and Karina Wallenta, LeadMN Regional Rep / Ridgewater College - Willmar*

### **Senator's Gathering**

**Community Kitchen:** Are you a member of your college Senate? Join this conversation to connect about successes, struggles and best practices.

*Facilitated by Sufy Harbi, LeadMN President / Ridgewater College - Willmar and Ken Orzo, LeadMN Regional Representative / Normandale College*

### **Resume Building + Creating a LinkedIn Profile**

**Conference Room:** Learn how to craft a standout resume that effectively showcases your skills, experience, and achievements to capture the attention of potential employers; and get tips for creating an effective LinkedIn profile.

*Facilitated by Andrea Tritschler, LeadMN Communications Manager and Grace Horn, LeadMN Cabinet Treasurer*

### **Student Leadership 101**

**Hearth Room:** Dive into a conversation about what makes a good leader, different forms of leadership and how you can build your leadership skills.

*Facilitated by Casey Snaza and Fritz Bimberg, LeadMN Campus Organizing Directors*

### **Advisor's Gathering**

**Atrium:** Time to check in with LeadMN updates and campus updates.

*Facilitated by Rachel Boeke, LeadMN Executive Director*

**10:05 AM - 10:50 AM**  
*Breakout Session II*

**Policy Platform Building Part 1**

01

**Atrium Area 1 :** Everyone from Regions 1, 4 and 5

*Facilitated by Casey Snaza, LeadMN Campus Organizing Director*

02

**Hearth Room :** Everyone from Regions 2 and 8

*Facilitated by Christian Catano, LeadMN Vice President / Inver Hills Community College and Kailen Roeder, LeadMN PRC / South Central College at North Mankato*

03

**Conference Room :** Everyone from Regions 3 and 7

*Facilitated by Grace Horn, LeadMN Treasurer / MN State College SE at Red Wing*

04

**Atrium Area 2 :** Everyone from Regions 6 and 9

*Facilitated by Sufy Harbi, LeadMN President / Ridgewater College - Willmar and Karina Wallenta, LeadMN Regional Rep / Ridgewater College - Willmar*

**NOTES AREA:**

**11:00 AM - 11:50 AM**

*Keynote Speaker*

Dr. Carla Chugani + Stress Management and Being Proactive about your Mental Health

**NOTES AREA:**



## 12:00 PM - 12:15 PM LUNCH GRAB

Grab your lunch and take a seat anywhere in the Atrium

## 12:15 PM - 12:30 PM ACTION ITEM PRESENTATIONS

After the presentations you will receive a ballot to place your votes. Any student member of LeadMN is allowed to vote at the General Assembly.

### OPEN GOVERNING COUNCIL SEATS

*Sufy Harbi, LeadMN President / Ridgewater College - Willmar*

### UPDATED BYLAWS

*Sufy Harbi, LeadMN President / Ridgewater College - Willmar*

### UPDATED REGIONAL BREAKDOWN

*Kailen Roeder, LeadMN PRC / South Central College at North Mankato*

### UPDATED ELECTION POLICY

*Christian Catano, LeadMN Vice President / Inver Hills Community College*

### FY25 BUDGET PRESENTATION

*Grace Horn, Treasurer / MN State College SE at Red Wing*

### TOP 10 POLICY SELECTIONS

*Molly Leutz, LeadMN Policy Director*

## 12:30 PM - 12:45 PM QUESTION & ANSWER PERIOD

If time runs out before your question is answered, submit it to the registration table. Answers to these questions will be sent out to all in attendance the week after the event. The voting period will run until October 12th at 11:59pm.

**12:55 PM - 1:35**

## *Breakout Session III*

### **Policy Platform Building Part 2**

01

#### **Atrium Area 1 : Group assignments in your registration packet**

*Facilitated by Fritz Bimberg, LeadMN Campus Organizing Director*

02

#### **Hearth Room : Group assignments in your registration packet**

*Facilitated by Andrea Tritschler, LeadMN Communications Manager*

03

#### **Conference Room : Group assignments in your registration packet**

*Facilitated by Molly Leutz, LeadMN Policy Director*

04

#### **Atrium Area 2 : Group assignments in your registration packet**

*Facilitated by Casey Snaza, LeadMN Campus Organizing Director*

### **NOTES AREA:**

**1:35 PM - 1:50 PM**

**Have voting questions?** Come meet with Cabinet members and staff in the Atrium.

**No questions:** You can complete your ballot, take a stretch break, grab a snack, etc.



**1:55 PM - 2:45 PM**

## *Breakout Session IV*

### **Student Leadership 101**

**Hearth Room:** Dive into a conversation about what makes a good leader, different forms of leadership and how you can build your leadership skills.

*Facilitated by Casey Snaza and Fritz Bimberg, LeadMN Campus Organizing Directors*

### **Student Advocacy 101**

**Hearth Room:** Join us to learn the what, why and how of advocacy and explore how you can use your voice to influence change on your campus and beyond.

*Facilitated by Molly Leutz, LeadMN Policy Director*

### **Resume Building + Creating a LinkedIn Profile**

**Conference Room:** Learn how to craft a standout resume that effectively showcases your skills, experience, and achievements to capture the attention of potential employers; and get tips for creating an effective LinkedIn profile.

*Facilitated by Andrea Tritschler, LeadMN Communications Manager and Grace Horn, LeadMN Cabinet Treasurer*

### **Advisor's Gathering**

**Community Kitchen:** Let's dive into 2024/2025 events, training opportunities, campus action plans and how LeadMN and campus advisors can best work together!

*Facilitated by Rachel Boeke, LeadMN Executive Director*



**2:55 PM - 4:00 PM**

## *Closing Remarks and Networking Hour Bingo*

# B I N G O

Is in a  
band

Is a  
vegetarian

Has been  
in a play

Drives a  
motorcycle

Is an only  
child

Would call  
themselves  
an extrovert

Loves to  
garden

Can roller  
skate

Member of  
a sports  
team

Has traveled  
to another  
country

Person  
who is left  
handed

Likes the  
same music  
as you



Traveled  
the furthest  
to get here

Would call  
themselves  
an introvert

Has  
tattoos

Knows two  
or more  
languages

Plays a  
musical  
instrument

Has lived  
on a farm

Sends  
letter in  
the mail

Has more  
than 3  
siblings

Scared of  
snakes

Born in a  
different  
country

Cannot  
swim

Can solve  
a Rubik's  
cube

Get a BINGO and win a prize!