



## Empowering student development in leadership, professional growth, and self-discovery

### About The Leadership Academy

The Leadership Academy at Farmingdale State College enables students to own their lives by developing leadership principles and life skills such as character building, communication, self-awareness, emotional intelligence, problem solving, and conflict management.

### Topics to be covered:

- Creative problem solving
- Defining what leadership is and why it is important
- Effective communication skills: group dynamics
- Team building and vulnerability: adventure ropes course (field trip)
- Discussing social conformity and how it impacts us personally as well as societally
- Personality self-assessment: questioning and exploring self-identity
- Emotional intelligence
- Embracing and discovering who you are and what makes you unique while embracing authenticity
- Conflict resolution/management
- Creative problem solving/seeing aspects from different perspectives
- Gaining confidence through public speaking and group discussion and debates about controversial issues in society

### Weekly meetings

The Leadership Academy meets every Monday, from 7-9 p.m. in Conklin Hall, Room 100. All Leadership Academy members are required to attend weekly meetings. Meetings will be held from September 16 through December 2, 2019.

### How to apply

The Leadership Academy requires all participants to submit an application in order to be considered for the program. The online application can be found at [farmingdale.edu/leadership-academy/application](http://farmingdale.edu/leadership-academy/application). Application deadline for the 2019 Academy: **September 13, 2019**.

### The Leadership Academy development team:

**Kristy Nix**

*Head Volleyball Coach/  
Life Skills Coordinator*  
Athletics  
631-794-6219  
[kristy.nix@farmingdale.edu](mailto:kristy.nix@farmingdale.edu)

**Bryan Garcia**

*Director of TRIO Student  
Support Services*  
Laffin Hall, Room 112  
631-794-6153  
[garciaabl@farmingdale.edu](mailto:garciaabl@farmingdale.edu)

**Dylan Gafarian, MEd**

*Academic Counselor  
Research Aligned  
Mentorship Program*  
631-794-6404  
[dylan.gafarian@farmingdale.edu](mailto:dylan.gafarian@farmingdale.edu)

**Kelsey Russell, LMHC**

*College Prevention Coordinator  
Health and Wellness*  
631-794-6499 ext 6499  
[russelk@farmingdale.edu](mailto:russelk@farmingdale.edu)

**For more information, visit**  
**[farmingdale.edu/leadership-academy](http://farmingdale.edu/leadership-academy)**



The State University  
of New York

**Farmingdale  
State College**  
State University of New York