

## Workshop Descriptions

*Navigating and creating a career path that feels good to you!*

*Presented by Jen Kanter from barrio.la*

*In a casual & two-way conversational way, I would love to share my experiences from the start of my "working" career in high school, to my entry level job in sports, from a long time career in corporate strategy in television, to starting my own company- creating my own brand and career path.*

### *Overcoming Procrastination*

*Presented by Dr. Abram Milton from CSUN*

*Within this workshop, students will explore skills which will assist them to identify different types of procrastination and to learn healthy skills to mitigate procrastination. During the training, the students will explore how they can use the skills learned to promote a positive experience as they transition from high school.*

### *The 4 College and University Systems*

*Presented by Omar Sanchez from Youth Policy Institute*

*Facilitator will explain the different college systems (Community College, CSU, UC, and Private). Students would gain information about what college system best fits their academic goals.*

### *Plan, Create, and Sustain your City*

*Presented by Iris Chi and Patricia Hachiya from LA County Department of Regional Planning*

*Learn how you can help shape your city or community by becoming an Urban Planner. Urban Planners work together with community members, government officials, and environmentalists to plan and create a vision for a city that sustains both the people and environment.*

## Workshop Descriptions

### *You are In Charge!*

*Presented by Alvaro Rodriguez*

*My journey as a first generation college graduate. How I went from not knowing if I wanted to go to college to earning a bachelors degree! Story is flexible depending on your questions and curiosity.*

### *Intro to Fitness*

*Learn basic foundational knowledge of what "fitness" means; come up with your own fitness plan!*

### *Yoga and Dance*

*Presented by Karen Resulto*

*All levels are welcome! Connect basic yoga poses with the beat of the music! This class is designed to tap into your inner confidence.*

### *Car Basics 101*

*Presented by Drag Racing Against Gangs and Graffiti  
Students will learn about vehicle maintenance.*

### *Non-Profit Life: Helping Veterans for a Living*

*Presented by Jamie Rimphanli from Hire Heroes USA  
Have you ever been interested in helping veterans and/or military spouses? Learn about a national nonprofit called Hire Heroes USA through Jamie Rimphanli, Employer Relations Specialist and how she got there as a nonveteran. Understand the Ins and Outs, how nonprofits get funded, and what it looks like to be a social do-gooder for our veterans. Learn how to make a living at something you're passionate about!*

### *Teen Safety Summit*

*Presented by Carol Malveaux  
from LA County Sheriff's Department  
Discussion of issues young people face and ways to keep safe.*

# Student Empowerment Conference

## Sylmar Charter High School

Friday,

April 26, 2019



## *Student Empowerment Conference*

*This event is meant to empower students to learn new skills, develop their leadership potential, and engage in civic engagement.*

### *Itinerary*

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**8:15 am: Special Discussion with Assemblymember Luz Rivas**

**9:00 am- Special Discussion with Councilwoman Monica Rodriguez**

### **Workshops**

Session 1: 9:14 am-10:09 am

Session 2: 10:16 am-11:11 am

Session 3: 11:18 am-12:13 pm

Session 4: 12:50 pm-1:45 pm

Session 5: 1:52 pm-2:47 pm

**College and Career Fair**

**Location: Small Gym**

**9:14 am-12:43 pm**



**Assemblymember Luz Rivas**

Luz M. Rivas was born in Los Angeles to an immigrant family and grew up in the Northeast San Fernando Valley. Luz has built her career at the intersection of engineering, education and public service. Assemblymember Luz Rivas proudly represents the 39th District - East San Fernando Valley.



**Councilwoman  
Monica Rodriguez**

Councilwoman Monica Rodriguez is the first Latina elected to serve the Seventh District and the third Latina to serve on the LA City Council. Councilwoman Rodriguez is committed to prioritizing public safety, improving neighborhood infrastructure, and building a stronger local economy for the Northeast San Fernando Valley.

## **Workshop Descriptions**

### **Law Enforcement**

**Presented by Courtney Ferrell from LA County Sheriff's Department**

A definition of law enforcement and what it entails. An explanation on how to enter into a career in law enforcement.

### **Educate Yourself About Your First Home**

**Presented by Joanne Castaneda and Ed Banuelos from SFV Realty Professional and American Funding**  
The Power of your Credit and how important it is for your life; The path to Home Ownership; The Benefits of homeownership; Rent Vs Buying.

### **The Creators World**

**Presented by Temitayo Ola from BuzzFeed**  
The insight on what it's like to be a video producer and a photographer in the media and advertising world.

### **Coping Skills to Improve Your Mental Health**

**Presented by Brianne Mancini from LAUSD**  
Brief introduction to mental health and bringing awareness to mental health issues in our personal and social lives. Various mindfulness and grounding exercises will be facilitated to promote the use of healthy coping skills.

### **STEM at the University Level**

**Presented by Ricardo Tavarez from Grand Canyon University**  
GCU live campus tour, classes, dorms, majors programs. Cyber security class (live, interactive).