

# Letter to First Years

Dear PLC 2020,

The PLC community is very excited to welcome you to CU Boulder and the PLC program. We believe you demonstrate the potential to develop into a great leader who can and will tackle some of the world's most wicked problems. We will do our best to support your undergraduate and alumni journeys.

This first-year experience will be different than in previous years due to pandemic changes to campus. While your experience in PLC will be very full and significant, it will “really” start just a touch later than usual. As a program, we acknowledge that you will be **challenged with a lot as you transition to campus** and your life in college. We will be there for you, but we don't want to be an added obligation for you to negotiate in your first semester when restrictions are in place.

Therefore, while you are definitely in PLC and will be introduced to the program with your first course **PRLC 1810**, your **PLC first-year peers**, your **Course Advisors (CAs)**, the **PLC Now weekly newsletter**, and other small efforts, your time in PLC will truly be **celebrated at First-Year Orientation in January**.

Therefore, while reading this handbook, please keep in mind that certain PLC perks like the Welcome Dinner, **Orientation**, **Community Dinners**, and **PLC<sup>2</sup> mentoring** will shift into the spring semester. However, be assured, you will not miss out on anything that PLC offers in the next four years.

We, too, will be navigating the new fall semester alongside you. If you need help with anything, please email us. Please use this handbook to work on and develop your **resilience**, as you will need quite a bit as CU gets back to school. Remember to **communicate** with us, one another, your CAs, your professors, your advisors, etc. with any issues.

Sincerely,  
PLC staff, faculty, student staff

# Representing PLC

Being a member of the Presidents Leadership Class is an honor and a privilege. While you were selected to join the ranks of PLC based on your pronounced performance to-date, **continued participation and investment is required on your part.**

In order to successfully complete the PLC program and join the distinguished ranks of PLC alumni, you must take your responsibilities to the program seriously. Not only does this mean that you will complete all PLC requirements set forth, but you will complete them with academic excellence, professionalism in and out of the classroom, and unwavering integrity in your conduct. **PLCers are honest in word and deed.**

By accepting admission into the Presidents Leadership Class, **you are accepting the responsibility to represent the program with distinction.**

*Welcome!*



# *Good to Know*

My **CU SID #**: \_\_\_\_\_

My **advisor's name**: \_\_\_\_\_

My **advisor's email**: \_\_\_\_\_

My **PLC Board Parent's name/email**: \_\_\_\_\_

My **PLC<sup>2</sup> Mentor's name/email**: \_\_\_\_\_

The **First-Year Class Coordinator's name/email**: \_\_\_\_\_

## **PLC Professional Staff/Faculty**

Director of PLC - Aaron Roof: aaro2126@colorado.edu

Program Manager - Jessie Kasynski: jessie.kasynski@colorado.edu

Academic Director - Dr. JulieMarie Shepherd Macklin: shepherdj@colorado.edu

Program Coordinator - Emily Allen Walsh: emily.allen-1@colorado.edu

## **Campus Police**

Emergency: 911

Non-Emergency: 303-492-6666

# PLC Policies

As a member of the Presidents Leadership Class, you are agreeing to follow the stated policies upheld by the program and the University of Colorado Boulder. If you are visiting other institutions, you are expected to follow all policies pertaining to that institution. You should always hold yourself to your own set of morals and high expectations.

## *Email and Communication*

In accordance to the University email communication policy, the Presidents Leadership Class utilizes your **colorado.edu** email as our primary means of communicating with you individually, in groups, and via listserv. This policy ensures that you have **access to critical program information in a timely fashion**.

You are expected to **check your email daily and respond within 24 hours if a response or action is requested**. Emails from professional staff, student staff, faculty, and peers should all be treated with the utmost respect and your **timely communication is expected at all times. Failure to communicate in a timely and professional manner** will result in a meeting with professional staff, and repeated offenses will result in program dismissal.

## *Attendance and Cancellation*

Attending and participation in lectures, recitations, and other PLC events is expected from all scholars. Each professor will enforce attendance and participation policies in their respective courses.

You will frequently be asked to **RSVP and/or commit to attend PLC events and important programming**.

You are responsible for fulfilling this commitment. You are only excused in emergencies or other non-negotiable, extenuating circumstances.

In the case of a needed cancellation, **you must contact the appropriate student staff member** and a member of the professional staff/faculty, **at least 24 hours in advance**, who will then determine if the circumstance is a legitimate excuse for the cancellation. If the cancellation is not an emergency, **you must find a replacement PLC attendee/volunteer** to fulfill your obligation.

## *Good Standing*

To be considered in **good standing**, students must meet the requirements both in program participation and academics. **Program Participation:** To remain in PLC and eligible for scholarship funding you must **actively participate** in the program during each of the four years of your undergraduate experience. Program participation is reflected through PRLC course enrollment, serving as PLC student staff, participating in experiential weekends, completing your Applied Leadership Experience, attending PLC community events, etc. You also must meet or exceed semester service requirements.

**If any of these requirements are unattainable, please meet with the professional staff** immediately for a resolution. **Academic:** To remain eligible for PLC scholarship assistance you must achieve and maintain the SAP of a **3.0 cumulative GPA**. If your GPA drops considerably, the Director will review your case and may choose to dismiss you from PLC.

## *Social Media*

As a program, we request that you **use discretion and professionalism when posting** on social media. Many professional organizations, and employers, use social media to determine the character, demeanor, and caliber of any given applicant. You are expected to **represent yourself** to the highest degree of professionalism **both in-person and online**. Additionally, attempts to slander or attack the character of a fellow PLC student via social media will result in mediation and possible program dismissal.

## *Drug & Alcohol*

Underage drinking, legal/illegal drug use and public intoxication by underage/legal age students are never condoned by the program. All students must abide by state, federal, and campus laws and are subject to program dismissal and legal consequences if laws and/or policies are broken.

## *Amorous Relationship*

PLC maintains strict policies governing relationships between its faculty, staff, student staff members and PLC students under their supervision. Faculty and staff are not permitted to engage in amorous relationships with PLC students while that student remains an undergraduate at the University of Colorado Boulder. PLC student staff members may not engage in amorous relationships with students concurrently under their advisor-ship. If an amorous relationship of this sort exists, the **involved students must notify the professional staff of the conflict of interest** as it applies to this policy, without exception.

## *Leaving PLC*

Gross or repeated violations of the expectations of a Presidents Leadership Class scholar may result in dismissal from the program. Once dismissed, at the discretion of the Director, you will no longer be eligible for PLC affiliated scholarships or staff/faculty support. If you **choose to voluntarily withdraw from PLC**, you are free to leave the program at any time for any reason. You are **required to submit a letter of voluntary withdrawal** to the Director.



# Resilience and Resources

To be resilient means to be “able to ‘spring back’ into shape after being deformed.”

*MentalHelp.net - Defining Resilience*

Resilience is, “**the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors.**”

*American Psychological Association - Road to Resilience*

Resilience is “**advancing despite adversity.**”

*Hello Driven - online resilience coach (hellodriven.com)*

In the Presidents Leadership Class, we encourage the continuous development of your **RESILIENCE** over the course of your time on campus and for the rest of your life. You will experience multiple sources of stress (good and bad), difficulties, toughness, and adversity as you adjust to college and finding your path in life.

**It is normal and ok to not know** how to “bounce back” from these things or how to let them “roll off your back.” **You are not alone.** Though your peers may appear to have all the answers, all the right friends, be in right sections of the right classes, live in the best place, have the best roommates, know exactly what they are doing after college... Chances are, most of them are experiencing their own stressors, and they actually don’t have all the answers.

PLC and the University of Colorado Boulder has many resources and outlets for you to share, express, get help with, and manage your stress and life’s difficulties. We encourage you to use these resources to their fullest potential. This section will combine the wisdom of the experts at HelloDriven.com and provide PLC and university resources you can/should use in your resilience development.

The following “Six Domains of Resilience” have been distilled from extensive research done by HelloDriven.com:



# Your Health

Your health is the **absolute foundation** from which your resilience can thrive or falter. Maintaining **your health (mind, body, sleep, nutrition)** as you make your way through your college years is of the utmost importance. There are many excuses for skimping on sleep, or skipping meals, and we have heard every attempt to rationalize why you can't sleep more, make time to eat, or find time to exercise.

The truth is - you have to make and manage your time so you can **SLEEP, EXERCISE, and EAT**. Your health, the baseline from which you operate, is what allows you to focus on other, more important, goals - **your brain and body need fuel** and rest to achieve your aspirations.

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**Sleep** - If you find you cannot get quality sleep in your dorm room or apartment, etc. there are resources on campus to help you get rest. Below are suggestions to help you get the sleep you need so you can perform to your highest potential.

- Sleep Workshops run by Health and Wellness
- Napping Pods - Wardenburg Health Center
- Walgreen's - silicone ear plugs; Target - black out curtains (must be explicitly approved by hall director)
- Talk to your roommate and establish rules for sleep/rest/nap time in your room
- Take a nap in the PLC office (couch in the office)
- Talk to a PLC staff member or fellow PLC peer about something bothering you

If you find you are **sleeping too much** and/or have a hard time getting motivated to get out of bed, this might be a sign you are dealing with a lot of stress and not coping well. **Sleeplessness** and sleeping too much are signs of temporary and/or serious depression. Reach out to **CAPS** if you are experiencing either of these sleep irregularities.

**Exercise** - You do not need to be an athlete or on any kind of team to get enough exercise to keep your body and brain functioning at top levels. Simply getting outside, or to the gym, or taking a walk is a great way to relieve stress, have time to think, shake off anxiety/negativity, and keep perspective on what is important to you.

**Regular exercise** will increase/maintain your mental performance - an absolute must for PLCers.

If you haven't been to the **CU Rec Center**, you must go and see the beautiful facilities available to you on campus. The **Outdoor Program** that runs out of the Rec Center provides many opportunities and professional guides to get you into the wild. And as CU students, you now have hiking trails, miles of bike terrain and running paths, climbing routes, etc. at your doorstep - literally.

Below are a few suggestions for regular exercise:

- Take a **walk** before/after breakfast/dinner
- Take a short **run** in the morning when you wake up or before it gets dark in the evening
- Go to the **climbing** gym at the CU Rec Center
- Join an **intramural team** with other PLCers
- Tryout/join for one of **CU's club teams** (swimming, ultimate, triathlon team)
- Start a running/walking/biking/hiking club with PLC friends
- Join the **CU Hiking Club** (100 years old this year!)
- Go to open gym at **CU Rec**
- Take a hike in **Chautauqua/Mount Sinitas/Flatirons**
- Run/bike/walk/rollerblade along the **Boulder Creek Path**
- Swim **a few laps** during long breaks between classes
- Jog **between classes** that are in buildings far apart (Hale to Koelbel)

**Nutrition/Eating** - Both **under-eating and overeating** can be detrimental to your well-being and your ability to overcome the challenges you will face as a college student and working adult. Maintaining a healthy, **balanced diet is hard, but doable, while you are a college student**. Most people know, logically, that your **BODY needs fuel** from food to perform even on a basic level. However, most people don't realize that your **BRAIN also needs fuel** from food to perform. Too little fuel, or fuel that is not nutritious, will impede your ability to be your best self.

If you find you are having a hard time figuring out a healthy diet, eating too much, or not eating enough, please see professionals on campus that can help.

**University of Colorado Nutrition Services** offers help in the following areas:

- Nutrition consultation/counseling/assessments/resources
- Disordered eating
- Body composition testing
- <https://www.colorado.edu/healthcenter/nutrition>

**CAPS** (Counseling and Psychiatric Services on campus) offers professional and confidential sessions that can help you uncover the reasons you are having a hard time with your nutrition.

### **Eating Recovery Center of Colorado**

[www.eatingrecoverycenter.com/recovery-centers/denver](http://www.eatingrecoverycenter.com/recovery-centers/denver)

1-877-711-1690 to speak to a clinician

The other domains of resilience are not as life threatening/altering as your health. Your health and how well you maintain your foundation will determine how **resilient and successful you are as a PLC student, as a CU Buffalo, and as a strong individual in our community**.



# Your Vision

This is the most important domain to keep in focus but do not let it be the one to stress you out. This is your **sense of purpose**, your goals, “what you want to be when you grow up.” This can be very stressful for college students. **You do not need to have the answer** to this now (*even though everyone keeps asking you*). You can have parts of your answer and keep the other parts as work in progress. Sometimes developing your vision takes a lifetime.

When/if you do develop a true sense of purpose and find what you are meant to do (*at least for now*), it can help you make hard decisions and will help keep your **focus on what is most important when things get challenging**.

If you are struggling with your path forward, here are a few ideas and resources to help you clarify your thoughts:

- Talk to your **roommate** about his/her path/major/goals/fears
- Talk to your **PLC cohort peers** about their paths
- Talk to your **PLC<sup>2</sup> mentor** about what they have experienced
- Reach out to a **PLC Alumni Mentor** to learn about their path
- Reach out to your **PLC Board Parent** for more wisdom
- Go to **Career Services** and explore your options (majors/careers)
- Talk to the professor of the class you love most
- Talk to professors in other departments that seem interesting
- Go to **CAPS** and talk to a trained counselor
- Work through a module on **SilverCloud**
- Evaluate and ensure that your **path is in line with your purpose**
- Remember that your **vision is not permanent**. If things change, you can always change your path as well.

# Your Composure

This domain is about emotion/self-regulation. Being able to maintain or return to a state of controlled emotion is a sign of your resilience. However, this does not mean stifling your emotions. Emotions of all kinds are normal, natural and healthy - please express your emotions and do not bottle them up inside. Composure, in terms of resilience, means being able to control your emotional response to challenges, difficult conversations, bad news, receiving a bad grade, debating with your peers, etc.

**Increased composure** and self-regulation allows you to:

- Continue to **think critically and clearly** in emotional situations
- Predict how you will react to upcoming stressors
- Helps you answer emails and attend meetings that may be difficult
- Debate during PLC lecture without feeling attacked or attacking
- Tell your parents that you want to change your major
- Be ok when your boyfriend/girlfriend breaks up with you
- Accept a bad grade and learn what to do better
- Attend office hours with a professor that is hard to talk to
- Make hard decisions about your major/life/career choice/relationship
- Confront a friend about an issue
- Ask a friend if they are having a hard time and need help
- Admit you need help and **talk to someone at CAPS**
- Keep a level head when things seem to be out of your control



# Your Reasoning

Ethical reasoning is one of PLC's leadership development competencies and is a solid component of your resilience as a student and as a leader. You must employ both creative problem solving and innovative thought to have strong reasoning skills. As a PLC student, you also must employ your own ethics and integrity as you create solutions to problems. Being able to reason effectively allows you to anticipate challenges, adapt well to change and utilize resources when you need them.

As a college student, you will be met by many things that will challenge your ability to reason. These things range from the social pressures of alcohol and drug use, to having professors who use an unfair (*in your opinion*) grading policy. Your ability to reason is severely impacted by ignoring your health and pushing yourself beyond your own limits. Below is a list of **things that are very common** that can **ruin your ability to reason through challenges**. If you feel unable to think reasonably, or if a friend is not thinking reasonably - get help on campus.

- Lack of sleep
- Drug and alcohol use
- Peer pressure/parental pressures
- Improper nutrition
- Emotional imbalance
- Relationship issues/roommate issues
- Poor academic performance
- Injury/disability
- Financial instability
- Assault/rape
- Physical/verbal/emotional abuse

The **Office of Health and Wellness, Student Support and Case Management, CAPS, and OVA** are invaluable resources that employ professionals to help you navigate any/all of the stressors listed to the left, and many others. **Do not be afraid to ask** a PLC staff member how to contact these offices if you are not sure. Your PLC CA, RA or Residence Hall Director will also connect you to these offices.

# Your Tenacity

In and of itself, **your membership in PLC will help develop your tenacity** - your ability to stick with a challenge, your persistence. Like other big challenges in life, PLC is a marathon, not a sprint. **You must put in the effort** in each requirement, attend community events, reach out to alumni mentors and board parents, and fully participate in the program, to gain the most benefit from what PLC offers. PLC will also help you develop your tenacity by encouraging your **design thinking & problem solving skills**, ensuring you that **failures are normal** and frequent, and advising you to **keep your expectations high yet attainable**.

This domain might be **tough to tolerate**, as it demands that you **learn from your mistakes**, asks you to be pragmatic about your expectations, and hardest of all - delays gratification/achievement/progress/answers. This delay can be very frustrating to a digital generation that is accustomed to an instant return on almost every demand. However, being able to flex your tenacity will result in a greater ability to exhibit **patience, adjust to changing variables, modify expectations** when needed, and **tackle wicked problems** that require long-term problem solving.

To help you build your tenacity you can:

- Find a **pressure release for yourself** for frustrating times (running, boxing, movies, ping pong, singing, art)
- Talk/**listen to professors and professionals** that have more experience than you - **ask for advice**
- Start to **journal** - write down your feelings about having to adjust to change, waiting for success, etc.
- Learn how to/practice **giving yourself a break** - allow yourself to make mistakes; be ok with imperfection
- Ask a good friend to tell you what you are good at when you feel discouraged - it's hard to do that for yourself
- Talk to a **CAPS counselor about your anxieties/stress** that make it hard to "tough it out"
- Learn how to/practice **meditation**

# Your Collaboration with Others

This domain - **Collaboration** - is essential to PLC. Successful collaboration demands individuals to be **empathetic**, participate and **contribute to their community, support and challenge** others while asking for the same from peers, and to work on relationships with the people peers and coworkers. These actions are also **required in great leadership**. Building your resilience by working on your collaboration skills will in turn, enhance your engagement and enjoyment in your community and increase your efficacy as a leader.

As a PLCer, you are used to taking the lead when it comes to working in groups. However, collaboration requires more than just leaders - it requires followers as well. To be truly resilient, **you must also learn how to follow** well and **support those in the leadership position**. Part of your resilience is your ability to identify when it is appropriate for you to lead, or when someone else is better suited to *lead you* to a successful outcome. Additionally, though you are likely correct about many things, you will never be right about everything. True collaboration is dependent on your **ability to actively listen and understand opinions of others**. Solutions often come from unexpected places.

Your time at the University of Colorado Boulder will be full of opportunities to collaborate with others. If, however, you are finding it hard to find opportunities, see the list below for some suggestions.

- Come to **PLC community events** (dinners, coffee hours, guest lectures)
- Participate in **PLC Volunteering** with other PLC students
- Join a **CU intramural sports** team (athletic skill not required)
- Join a **CU Student Group** for one of your interests (Center of Student Involvement)
- Rush a **sorority/fraternity** - Greek, academic, school/major specific
- Explore/journal your feelings about why you having a hard time finding collaboration opportunities



# Resource Reminder

**CAPS - Counseling and Psychiatric Services** - 303-492-2277 (24/7 support)

Location: **Center for Community (C4C) N352**

- Walk-in appointments available
- Confidential conversations and assistance
- Individual Therapy
- Informal Consultations
- Workshops
- Group Sessions (therapy and skill building)
- SilverCloud

## **OVA - Office of Victims Assistance**

Free and confidential information, consultation, support, advocacy and short term counseling services to University of Colorado Boulder students, graduate students, faculty and staff who have experienced a traumatic, disturbing or life disruptive event.

303-492-8855

assist@colorado.edu

## **SSCM - Student Support and Case Management**

If you notice a concerning change in the behavior of a friend and you think professional assistance is needed, please refer your friend to SSCM.

303-492-7348

sscm@colorado.edu

<https://www.colorado.edu/studentaffairs/students-concern>

# *PLC Pillar: Scholarship*

The courses offered in PLC are designed and instructed with the intention of developing your leadership abilities and perspective throughout your undergraduate career. Each course will draw upon lessons you have learned in previous PLC courses and will challenge you to apply your leadership skills in new and increasingly creative ways. The sequence of the PLC curriculum is not meant as a beginning and end to your leadership education, but rather as a broad foundation from which you will continue your leadership growth beyond graduation.



# Required Courses for PLC

PLC students must fulfill stated credit requirements in the following areas:

## **Leadership Foundations & Applications** (6 credits - both required)

- *PRLC 1810: Leadership Foundations & Applications I (fall only)*
- *PRLC 1820: Leadership Foundations & Applications II (spring only)*

## **Multi-Level Leadership** (3 credits - choose one course)

- *PRLC 2820: Multi-Level Issues in Leadership (fall only)*
- *ENLP 3100: Complex Leadership Challenges (preferred seating for engineering/PLC students)*
- *PRLC 4010R: Science Policy - CU in DC Maymester (instate tuition and travel costs)*

## **Global Leadership** (3 credits - choose one course)

- *PRLC 3810: Global Issues in Leadership (fall only)*
- *PRLC 3800: Global Inquiry for 21st Century Leaders (spring only - includes international travel and associated costs)*
- *PSCI 4995: International Development in East Africa (CU Denver Maymester - includes international travel and costs)*

## **PLC ALE Course** (2 credits - taken concurrently or after ALE)

- *PRLC 2930/4010: PLC ALE Course: Experiential Internship (fall or spring most academic years)*

## **Leadership Capstone** (4 credits - one course, taken to earn LSM)

*If students wish to obtain the Leadership Studies Minor, students must complete LEAD 4000*

- *LEAD 4000: Emerging Challenges (fall and spring semesters, many sections)*

# PLC Pathway

**PRLC 1810: Leadership Foundations & Applications I** (fall only)

**PRLC 1820: Leadership Foundations & Applications II** (spring only)

*You take the first two courses in your first year as a cohort.*

## PLC ALE Course

PRLC 2930/4010  
(fall or spring)

## Multi-Level Leadership Course

PRLC 2820 (fall only)  
ENLP 3100 (fall or spring)  
CU in DC May (Maymester)

## Global Leadership Course

PRLC 3810 (fall only)  
PRLC 3800 (spring only)  
PSCI 4995 - GLI (Maymester)

*Then you can take the other PRLC required credits anytime they fit into your schedule.*

## Just a few of the Possibilities

<b>Year 1</b>	PRLC 1810 PRLC 1820	PRLC 1810 PRLC 1820	PRLC 1810 PRLC 1820	PRLC 1810 PRLC 1820	PRLC 1810 PRLC 1820	PRLC 1810 PRLC 1820
<b>Year 2</b>	PRLC 2820 PRLC 3800	No PRLC course ENLP 3100	No PRLC course No PRLC course CU in DC Maymester	PRLC 3810 No PRLC course	ENLP 3100 No PRLC course	No PRLC course PRLC 3800
<b>Year 3</b>	No PRLC course Study Abroad	PRLC 3810 PRLC 2930/4010	No PRLC course No PRLC course PSCI 4495 Maymester	PRLC 2820 PRLC 2930/4010	Study Abroad Study Abroad	PRLC 2930/4010 ENLP 3100
<b>Year 4</b>	PRLC 2930/4010 LEAD 4000	LEAD 4000 No PRLC course	PRLC 2930/4010 LEAD 4000	LEAD 4000 No PRLC course	PRLC 3810 LEAD 4000	LEAD 4000 No PRLC course
	Graduation	Graduation	Graduation	Graduation	Graduation	Graduation

**... and many more combinations**

## *Alternative Course Approval*

Currently, the only approved alternative courses for required PRLC courses are ENLP 3100, PRLC 4010R (CU in DC), and PSCI 4995 (UCD/GLI). If you desire to take an alternative course to those already approved you must follow the steps below.

Please remember, these steps need to be taken before you take the proposed course. You will not get retroactive approval for a course taken previously.

- Contact PLC's **Academic Director, Dr. JulieMarie Shepherd Macklin** - [shepherj@colorado.edu](mailto:shepherj@colorado.edu)
- Provide a **current syllabus, reading list**, professor name, and professor email for the proposed course
- Meet with Dr. Shepherd Macklin to **discuss course approval**
- Only courses that meet **PLC learning objectives** and leadership competency development will be approved
- If course is approved, email Program Manager, Jessie Kasynski to relay approval information

\*Courses approved for **LSM electives may or may not be approved for PLC credit**. Do not make the mistake of taking a course approved for the LSM, without discussing the course with the Academic Director.

## *Leadership Studies Minor*

The Leadership Studies Minor (LSM) requires 13 credit hours of course work and an ePortfolio. **Your PLC courses cover all the LSM academic requirements except LEAD 4000** and the ePortfolio. You will construct the ePortfolio as you progress through the PLC courses and finish it as you take LEAD 4000. If you choose **not to pursue the LSM**, you must email the department at [edadvice@colorado.edu](mailto:edadvice@colorado.edu) and officially drop the minor.

# *PLC Pillar: Experience*



The most important leadership lessons you will learn in your time with PLC will be through your experiential education endeavors. You will have the opportunity to experience practical leadership through your Applied Leadership Experience (ALE), Community Dinners, Experiential Weekends, and through your other involvements both on and off campus. At PLC, we recognize that the best way for you to learn how to lead and how to follow is by experiencing both inside and outside of the classroom.

PLC students must **participate in and complete** the following experiences during their PLC career:

### **PLC Orientations**

You will have to attend orientation at the beginning of every year. Each orientation serves as a launch pad for the upcoming year in PLC.

- First Year Orientation (*Cal-Wood weekend before classes*)
- Second Year Hike (*week before classes*)
- Third Year Retreat (*overnight camping - early Sept.*)
- Senior Social (*first month classes*)

### **Experiential Weekends (2 trips total)**

Six to eight “trips” are available every semester. Some are a day and a half and some are one-day only. Additionally, some are arranged and led by PLC students while others are arranged and led by our partners at the Colorado Leadership Alliance and Leadership Denver. You can choose any trips on the website schedule for each semester.

- PLC planned & led trips (Fri & Sat)
- Leadership Denver trips (Fridays)
- CLA Experiential Wkend (Fri & Sat)

### **Applied Leadership Experience Process (ALE) - (experience + course)**

For PLC, we ask you to use one of your many experiential learning opportunities for the ALE process which includes the actual applied experience, pre-course assignments, and the PLC ALE course. You can start your ALE as soon as the summer **after your freshmen year**. The PLC ALE course is offered both fall and spring semesters and is a multi-cohort, community experience.

# PLC Pillar: Service

PLC believes that each individual must serve to meet the needs of your entire community to enable growth and progress. By embracing humility and taking the steps necessary to elevate a larger purpose above your own achievement, you position yourself to develop into an empathetic and effective leader in the future.

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PLC students will serve in the capacity of their choosing, **at least 10 hours each year** they are in PLC.

The **Service Initiative Coordinator(s)** on the student staff will arrange partnerships and opportunities, assign positions if necessary, and help you track volunteer hours for the academic year. PLC students are required to **complete a minimum of 40 hours of service** while at CU Boulder. Students can fulfill their service hours for PLC in three ways:

- Volunteer with one of PLC's Service Initiative Partners
- Do long-term (at least one semester) with another organization
- Volunteer at a PLC event

## **PLC Service Initiative Partners**

PLC students will have the opportunity to volunteer with PLC service partners that we arrange as a way to ease your scheduling burdens. We will have 2-3 partners each year and ask students to sustain a relationship with the partnering organization to ensure consistency, reliability, accountability and impact. The Service Coordinator(s) will establish the partnerships each academic year, using at least 1-2 of the past partnerships to build continuity and sustainable relationships in the community.

## Individual Service Commitments

Students also have the option of choosing their own service commitment over the course of one, two, three or all four years. This service must be communicated to the Service Initiative Coordinator for tracking, and hours must be signed by a supervisor. Examples include:

- SWAP
- Humane Society
- GlobeMed

## PLC Events

Lastly, PLC students always have the opportunity to volunteer for PLC. We have a few events per year that only work if we have volunteer PLCers to make them run smoothly. There are limited opportunities and hours available with PLC, so these hours should be partnered with other service.

- PLC Interview Days
- Orientation Leaders at First-Year Orientation
- PLC Day of Service
- PLC<sup>2</sup> Events and Activities
- Senior Send Off Crew
- Summer Service Suggestions



# PLC Pillar: Community

At PLC, you are part of a small family of highly driven peers with a dedicated staff that offers you individualized support throughout your undergraduate experience. The challenge and support you get from the program and your PLC peers is immediate and lasting; providing guidance and reinforcement with everything from your academics to your social life, and from balancing your busy schedule to managing your new life on campus. Your community will extend to our Board of Advocates, the PLC Alumni Club, and many other friends & supporters of the program.

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As a PLC student, you will capitalize on the best part of the program without even trying - the PLC community. It is our hope that you find a person or group of people that you find connection and support during your first year, and that it lasts the duration of your PLC experience (and life!). You will have some required community events, some highly encouraged events, and some simply optional events in which to find and strengthen your community bond.

**\*This year, many PLC Community Events that take place during fall semester will either be revised or postponed until spring semester due to campus regulations and limitations on large group gatherings.**

## **PLC Welcome Dinner**

This dinner takes place the Wednesday evening before classes start in August. The entire PLC community comes together to welcome the incoming cohort and their parents. *(required)*

## **PLC Community Dinners**

These dinners are **required for second-year PLCers** and optional for all other PLC students. Dinners are held on Wednesday evenings, once a month. There is a topic of discussion, guest speaker, professional development workshop, or another activity worthy of being with friends and eating free food. *(optional)*



### **PLC Peer Leadership Connection - PLC<sup>2</sup>**

The peer mentoring program for PLC is called **PLC<sup>2</sup>** (*PLC squared*). The most valuable mentor you can have to provide advice and testimonials about PLC is an upperclassmen peer. You will be matched with a PLC<sup>2</sup> mentor in the first couple months of classes. You will attend a training to learn how to be a contributing member of the match. (*required for First-Year students, optional for junior/seniors, sophomores as need*)

### **Fall Fest**

Fall Fest is a celebration of the PLC student community in the fall semester. (*highly encouraged*)

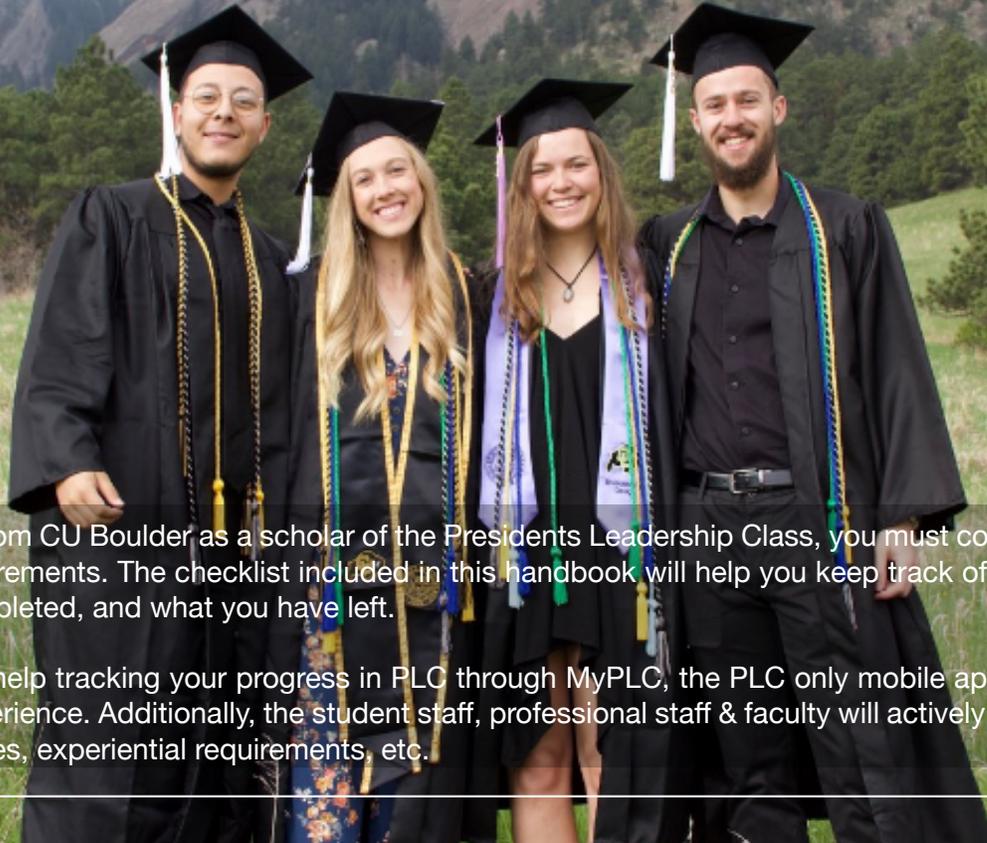
### **Spring Huddle**

The evening before spring semester classes start, PLC holds the Spring Huddle for the entire PLC community of students. (*required*)

### **End of the Year Party - Senior Send Off**

Every PLC student comes together to celebrate the graduating seniors and send them off with PLC love and support. This party takes place on the reading day between classes and finals week during spring semester. (*required*)

# *Graduating PLC*



To graduate from CU Boulder as a scholar of the Presidents Leadership Class, you must complete all of the stated program requirements. The checklist included in this handbook will help you keep track of what is required, what you have completed, and what you have left.

You will have help tracking your progress in PLC through MyPLC, the PLC only mobile app that connects you to your PLC experience. Additionally, the student staff, professional staff & faculty will actively track your attendance, grades, courses, experiential requirements, etc.

# Check-List

## Academic Requirements

First Year Courses (required 6 credits - check both)

- PRLC 1810 - Leadership Foundations and Applications I
- PRLC 1820 - Foundations and Applications II

Multi-Level Leadership Course (3 credits - check one)

- PRLC 2820 - Multi Level Issues
- ENLP 3100 - Complex Leadership Challenges
- PRLC 4010R - Science Policy CU in DC

Global Leadership Course (3 credits - check one)

- PRLC 3810 - Global Issues in Leadership
- PRLC 3800 - Global Inquiry for 21st Cent Leaders
- PSCI 4995 - GLI Maymester (Uganda)

PLC ALE Course (2 credits - required for ALE credit)

- PRLC 2930/4010 - Experiential Internship

Leadership Studies Minor Capstone (only req. for LSM)

- LEAD 4000 - LSM Capstone (4 credits)

## Experiential Education Requirements

PLC Orientations

- First Year Orientation
- Second Year Hike
- Third Year Adventure Retreat
- Senior Social with Director

Experiential Weekends (2 trips total)

- Experiential Weekend #1
- Experiential Weekend #2

Applied Leadership Experience (ALE) - both required

- Applied Experience
- PLC ALE course

PLC Peer Leadership Connection - PLC<sup>2</sup>

- First Year match required (mentee)
- Third/Fourth Year *optional* (mentor)

Service Requirements (40 total hrs)

- First Year (10 hours)
- Second Year (10 hours)
- Third Year (10 hours)
- Fourth Year (10 hours)

# PLC Class of...

## 2017

Zahra Abdulameer  
JC Abrahamson  
Victoria Acuña  
Ally Arenson  
Bruce Barnstable  
Jake Bennett  
Jenna Brethauer  
Davis Burckhardt  
Emma Cohen  
Isabelle Dean  
Geordi Emnett  
Jeff Erickson  
Jake Fuhrman  
Maddie Gile  
Luke Giusto  
Jacob Hahn  
Lindsey Hamblin  
Julia Jacobson  
Kate Kelly  
Austin Kim  
Dakota Kisling  
Hannah Rose Ledezma  
Jordana Levine  
Evan Lombardo  
Jack Lommen  
Jake McGrath  
Brian Phan  
Jace Pivonka  
Harper Powel  
Emma Scheetz

Julia Schmidt  
Anna Sernka  
Sydney Sessions  
Tayler Shaw  
Dom Snyder  
Nadyah Spahn  
Kate Vesper  
Maryfher Villareal  
Chase Willie  
Cam Woodworth  
Katreena Yeneza

## 2018

Joris Alawoe  
Mariah Alsubhi  
Evan Benke  
Morgan Brantmeyer  
Colton Buckingham  
Michael Classey  
Ellie Creasey  
Lily DeMuth  
Taylor Dutton  
Sam Freed  
Kimberly Fung  
Madeline Garrett  
Tom Heckmaster  
Bella Horton  
Kylie Hunter  
Sama Kareem  
Danny Knowles  
Grace Kroeger

Elizabeth LaJoie  
Molly Jordan Little  
Grayson Lombardo  
Alex Martin  
Anna McTigue  
Hannah Moser  
Maria Novova  
Joe Ning  
Kevin Olivas  
Matthew Parone  
Clementine Perkins  
Will Plantz  
Will Pryor  
Kasim Rana  
Parker Randolph  
Allie Reuter  
Tess Richey  
Nicole Schroeter  
Kendal Sego  
Pournna Sengupta  
Austin Spafford  
Jasmine Szabo  
Kolondja Thillot  
Travis Torline  
Kaleb Verrone  
Connor Vogel  
Caroline Wiygul

## 2019

Roykaya Abdulameer  
Chloe Applegate

Zoe Aymond  
Conor Bates-Janigo  
Sharon Battula  
Julia Baum  
Abigail Brown  
Max Carere  
Emily Carmody  
Dylan Carpenter  
Alex Choi  
Eddy Connors  
Wil Craig  
Gavyn Davis  
Cliff Dinwiddie  
Abby Foster  
Nick Galambos  
Jamal Giornazi  
Chase Gordanier  
Sam Hahn  
Lauren Hanley  
Krystal Horton  
Tristan Ikeda  
Etash Kalra  
Anushka Kathait  
Johanna Landmark  
Jordan Lee  
Yifan Liu  
Matthew McCoy  
Henry McKinney  
Caitlyn Mendik  
Thomas Miller  
Paola Ortiz Venzor

Savannah Perry  
John Ramsdale  
Mimi Riley  
Josie Robbins  
Katie Schutt  
Shay Segal  
Makayla Sileo  
Alden Soto  
Sydney Stegeman  
Akhil Tadiparthi  
Solana Teitler  
Elena Trujillo  
Ben Van Diest  
Kaitlyn Waynick  
June Yuan

## 2020

Taylor Alton  
Pax Armon  
Jacob Baca  
Shane Ball  
Peyton Biggers  
Ariana Brecl  
Paige Burns  
Simar Chadha  
Jasey Chandlers  
John Daly  
Andersen Dodge  
John Douthit  
Zoe Drigot  
Riley Dudley

Jessica Emmons  
Alexander Fix  
Keala Gapin  
Dylan Gowins  
Jesse Hettleman  
Taylor Johnson  
Jackson Klein  
Jackie Martensen  
Kate McCarthy  
Holly McCollough  
Joelle McDonald  
Brigid McNamara  
Ethan Meyer  
Joe Moser  
Ornella Musinguzi  
Sara Oza  
Angela Peña de Niz  
Benjamin Peterson  
Hannah Pritchard  
Simon Schroeder Bermudez  
Andrew Schwartz  
Shreya Shresta  
Ryan Slocum  
Cassie Stearns  
Natalia Storz



*My Notes*