Your PLC Student Handbook is a resource for you to use throughout your time in PLC. However, as a program, we are trying to improve the student experience each and every year. Therefore, things that are in this version of the handbook may change during your four-six years here at CU Boulder. There is a ton of information to digest in this small book. Please take due time to read and understand your new role as a PLC student and the opportunities that are in store for you. Enjoy!

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**Important Dates**

17 Aug - **PLC Welcome Reception**

19-20 - Senior Retreat

20-21 Aug - **First Year Orientation**
(required)

23 August - Second Third Year Town Hall

7 Sep - Final Add/Drop Date

14-16 Oct - PLC 50th Anniversary

22 - Jan - **Spring Huddle**
(required)
Being a member of the Presidents Leadership Class is an honor and an opportunity. 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 esteemed ranks of PLC alumni, you must take your commitment to the program seriously. Not only does this mean that you will complete all PLC requirements set forth, but you will complete them with acumen in and out of the classroom, and unwavering integrity in your conduct.

By accepting admission into PLC, you are communicating your willingness to live our program values and principles including, “To interact and communicate with integrity, honesty, transparency, and compassion on and off campus, and throughout all aspects of your life.”

Welcome!
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 in PLC

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 Deep Dive trips, completing your Applied Leadership Experience, attending PLC community events, etc. You also must meet or exceed semester service requirements.

Academic: To remain eligible for PLC scholarship assistance you must achieve and maintain the Standard Academic Performance 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.

**If any of these requirements are unattainable, please meet with the professional staff immediately for a resolution.
Social Media

As a program, we request that you use discretion and decorum 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 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.

Drugs & 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 Relationships with Authority Figures

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 the Program

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.
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 have 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 is the foundation from which your resilience can thrive or falter. Maintaining your health (mental, physical, 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.

**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
- 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 (303-492-2277)** if you are experiencing either of these sleep irregularities - https://www.colorado.edu/counseling/hours-and-contact.
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 Sanitas/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
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.
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, and what inspires you. 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 PLC² peer mentor about what they have experienced
• Reach out to a PLC alumni mentor to learn about their path
• Reach out to your PLC Board Booster 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 - alignment with values
• Remember that your vision is not permanent. If things change, you can always change your path as well.
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
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.
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 into 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 your 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
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 their 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 Service** 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
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
Values, Principles, Pillars

PLC has a set of values and principles by which all students, faculty, and staff follow as representatives of the program. Please read, learn, and practice living these values and principles as part of your leadership character development. These values are posted on the front page of our website as we believe our stance on leadership starts with the communication of our values to the world around us. All of our programming, academics, experiential education, and community events are planned by following our values, our principles, and our program pillars of academics, experience, service and community.

PLC Values

Respectful Communication - integrity, honesty, transparency, humility, compassion

Diversity, Equity, and Inclusion - in physical representation, recruitment of new students, resources used in courses, empathy shown in the community, and recognition of our own privilege

Resilience - perseverance in the face of adversity, tenacity, welcoming challenge and discomfort, challenging peers with support

Development Orientation - growth mindset, lifelong learning, creativity, innovation, curiosity, reflection, self-awareness, critical analysis, bias towards action

Service for Change - servant leadership for societal change, not for personal aggrandizement or acknowledgement
PLC Principles - Values in Practice

We interact and communicate with integrity, honesty, transparency, and compassion on and off campus, and throughout all aspects of our lives.

We strive to increase and amplify diversity, inclusivity, and equity for all members and employees of the program, as well as represent diversity, inclusivity, and equity in the resources we use, and the opportunities we offer.

We embrace our own strengths with the humility and recognition of others’ strengths - we strive to know when it is best to lead, and when it is best to follow.

We engage in life-long learning and inquiry, with a growth mindset grounded in critical analysis, with the intention of growing intellectually, culturally and personally.

We embrace service for societal change as a fundamental characteristic of great leadership and work to emulate great leaders by serving our communities.

We encourage the combination of creativity, inquiry, reflection, and the natural instinct to take action in order to provide solutions to complex problems - working towards challenging the status quo.

We develop our resilient approach to adversity, and acknowledge that personal and/or professional growth comes through discomfort and challenge.

We recognize our place in the world through self-awareness in relation to others, cultures, and environments.
PLC Pillars: Academics

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 (limited seating for engineering/PLC students)
- PRLC 4010R: Science Policy - CU in DC Maymester (in-state tuition and travel costs)
- ORGN 4210: Systems Thinking (As part of Business Leadership Certificate)

**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)

**PLC ALE Course** (2 credits - taken after applied leadership experience)
- PRLC 2930-801: PLC ALE Course: Experiential Internship (fall only)

**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 to the Leadership Studies Minor

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

**PLC ALE Course**  
PRLC 2930 - 801  
(Fall only)

**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)

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

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

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## Just a few of the Possibilities

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<th>PRLC 1810</th>
<th>PRLC 1820</th>
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Alternative Course Approval

Currently, the only approved alternative courses for required PRLC courses are ENLP 3100 and PRLC 4010R (CU in DC). 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
- 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 when you take LEAD 4000. If you choose not to pursue the LSM, you must email the department at edadvise@colorado.edu and officially drop the minor.
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), Deep Dives, 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 Community Events**
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** (*Camp Santa Maria weekend before classes start*)
- **Second Year** (*Town Hall with Professional Staff*)
- **Third Year** (*Town Hall with Professional Staff*)
- **Senior Retreat** (*Senior retreat at Camp Santa Maria*)

**Deep Dives (2 trips total)**
Five to six “dives” are available each year. 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 in the Center for Leadership. You can choose any trips on the website schedule for each semester.

- PLC planned & led trips (Fri & Sat)
- Center for Leadership Led Wilderness Trip (Fri & Sat or Sat & Sun)

**Applied Leadership Experience Process (ALE) - (your experience + PRLC 2930 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 only in the fall semester and is a multi-cohort, community experience.
PLC Pillars: 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.

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

The Service 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 at a PLC Service Event (example: Buffalo Bicycle Classic)
- Volunteer with one of PLC’s service partners
- Do a long-term service placement (at least one semester) with another organization
- Help with planning and implementing the PLC Service Grant Project

PLC Service 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 Opportunities
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 Coordinator for tracking, and hours must be signed by a supervisor.

Examples include:
• Best Buddies
• TGTHR
• GlobeMed
• I Have a Dream Foundation
• PB n’ Luvin
• Alternative Breaks

PLC Service Grant Project
The academic year 2022-23 will see the inaugural service grant project funded by the program. PLC students will submit service project proposals and the community will vote for the winning proposal. The winning team will receive up to $2K to implement, begin, and possibly complete a sustainable and meaningful service initiative. PLCers who work to put the project into place and do the service required by the proposal can count their hours towards the service requirement.
PLC Pillars: 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.

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.

PLC Welcome Reception
This reception 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)*

Community Events
These events are **both optional and required (depending on the event)** for all other PLC students. These will range in activities, both physically and mentally challenging, that promote cohort bonding, engagement, and program commitment.

Town Halls
The Bridge Team (student staff) will organize and hold a couple of PLC Town Halls each academic year that will focus on important information and the voice of the students. We want to hear your input and feedback on PLC.
PLC Peer Leadership Connection - PLC$^2$
The peer mentoring program for PLC is called PLC$^2$ (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$^2$ 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 jr/sr, soph as need)*

Spring Huddle
The first week of spring semester classes, PLC holds the Spring Huddle for the entire PLC community of students. This meeting is a chance for all cohorts to connect. *(required)*

PLC Prom
PLC Prom is not a new tradition but newly loved and reinvigorated by the Community Team. PLC Prom will be held in late spring semester and everyone is invited.

Senior Send Off
PLC students come 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.
What Exactly is the...?

This section of the handbook answers some of the most frequently asked questions we get about some of our programming. We know you will have additional questions and we will communicate answers to you many times via email, the PLC Now newsletter, through the PLC Slack channel, the PLC website, etc. Please be alert to all of our forms of communication so you are well informed about our expectations, programming, offerings, and special opportunities.

This section will describe in slightly more detail the following things:
- PLC Now
- Board Booster
- Applied Leadership Experience (ALE)
- Applied Leadership Wilderness Course (ALWC)
- PLC Student Staff
**PLC Now**

The PLC Now is the **weekly electronic newsletter** that is designed and written by the Social Media Coordinator on the PLC Student Staff.

The PLC Now contains important events, both required and optional, reminders about due dates, opportunities for jobs and internships, special acknowledgement of achievement of PLCers, program teasers and information session information, etc.

The PLC Now is one of the **best sources of information** for you as a PLC student. It is in your very best interest to open and read the PLC Now each week.

Additionally, the PLC Now is a **place where you can post** your asks for volunteers for projects or events, notifications of events for other groups you participate with, jobs and internships you are trying to fill, news about unique opportunities for PLCers, etc.

To submit a posting for the PLC Now each week, you can enter your information on the **PLC website > PLC Now, Calendars > PLC Now Submission**. Please have your entries done by Tuesday of each week for the next PLC Now.

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**Board Booster**

Board Boosters (formerly Board Parents) are members of the PLC Board of Advocates that are matched with multiple PLC students and connect with them over the duration of the undergrad experience.

Your Board Booster will be matched early in your first year and you will have the opportunity to meet, connect, learn about them and vice versa. If your match is not a great fit, you can request a different match and the Sophomore Board Seat on student staff will help make it happen.

The Board Boosters will work hard to **connect in meaningful ways** with students. And as students, you must reciprocate the effort and work to connect with them. This is not meant to be a formal mentor or supervisory relationship, nor do the Board Boosters have detailed information about program requirements, etc. The Board Boosters have excitement for you and the program and are full of life wisdom. They want to help you navigate and enjoy your PLC and CU experience.

Your Board Booster is there to be a resource, a support system, someone to help with decision-making, someone to share PLC experiences with, someone to take you to free dinner or coffee, etc. Make the most of this special match!
The Applied Leadership Experience is referred to as your ALE. The **ALE is a program requirement** and involves a few different specifics to make it such. Rest assured that you will participate in many experiences during your undergraduate career that could be your ALE. However, making sure to 1) get credit for the ALE, and 2) to learn from the experience are important caveats in PLC.

The ALE requires you to **participate in experiential education**, use the **ALE Handbook** and do the assignments therein, and finally, **take the ALE course** the following fall semester to cap off the learning endeavor.

You can start your ALE the summer following your first year in PLC. Experiential education that counts towards an ALE run the gamut from studying abroad to serving on student staff. You do not have to be ‘leading’ anything or have a supervisory role, but you have to be in an experience where you can observe and learn from your own leadership styles/methods and those of others. This can be on an athletic team, the marching band, CUSG, Best Buddies, a research lab, an internship, as a camp counselor, as a lifeguard, etc.

Make sure to use the ALE Handbook, do the assignments and request enrollment into the ALE course when applicable.

The ALWC is the acronym for the **Applied Leadership Wilderness Course**. This unique PLC offering allows you to learn, sharpen, and test both your leadership and followership skills in the backcountry of Colorado.

**Each summer** (excluding ‘22), a small group of PLCers are led by professional guides through **team building exercises** leading up to a **4-day trek in the Colorado wilderness**. Locations vary depending on permitting, weather, fires, and accessibility. Treks include summitting a Colorado peak as well as navigation and trail breaking.

The cost of the 8-10 day experience is measurably less than programs like NOLS, yet the learning outcomes and experiences are similar and profound. Meals, lodging, and activity costs are covered but students are asked to bring their own backpacking supplies. Certain items can be resourced through the Outdoor Ed program at CU for a low rental fee.

Students love this experiential education opportunity and some repeat it multiple times. Testimonials on our webpage best describe personal transformation through challenge and discomfort. **You can use this as an ALE** after your first year in the program or as a stand alone transformative experience in your leadership journey.
**Student Staff**

PLC is a program that empowers students to make decisions and take action regarding their own leadership education. In return, our students help the professional staff implement decisions and programming throughout the academic year to enrich the experience of their peers in the program.

The PLC Student Staff is a long-held tradition and remains a popular option for program involvement among PLCers. The staff is typically 35-45 students whom assume many different positions depending on their interests, strengths, areas in which they wish to improve, and program needs.

The staff is one large team that is divided into smaller teams depending on their task concentration. Teams and tasks range from academic and curriculum focused to mental health advocacy and service projects. Most, if not all, of the programming you experience as a PLCer is planned and implemented by members of the PLC student staff.

Student staff members are ‘paid’ through scholarship. The program acknowledges the hard work and hours put into the efforts and allocates scholarship funding to each member of the staff. Amounts depend on the position as some positions are more time and energy consuming than others.

You can apply for the student staff after your first year in the program. Class Advisor and the Director of Student Staff positions are reserved for upperclassmen, however, most positions are open to students sophomore through super senior. If you are interested in being on student staff, the best way to learn about it is to talk to any member of the staff, especially the person in the position you are most likely to apply.

Student staff members report that staff is the best way to feel totally connected to the program. As staff members you are privy to high level decision-making and important discussions. Additionally, you get professional development opportunities and other offerings not offered to the program at large.

Student staff members are enrolled into a course that meets once a week (Tues 8-9:15) as a weekly meeting. Meetings are designed by the Director of Student Staff and the Chief of Staff. Because Student Staff is a course, there is a grade attached to your performance on staff. Most PLCers excel on staff as they do in their other courses. However, in rare cases, a grade reflects poor effort, absenteeism, etc. In all cases, professional staff supervisors will mediate situations before poor grades are issued as we prioritize student growth and learning above other outcomes.
Student Staff

Student staff position descriptions are published on the PLC website. Applications for student staff open February 15 and close March 15. The application is accessed via the PLC website. All PLC student staff members are supervised by PLC professional staff and faculty as well as by other peer/team members.

Current student staff teams and positions are listed below:

**Catalyst Team**
- Director of Student Staff
- Chief of Staff
- Fundraising

**Community Team**
- Senior Class Coordinator
- Junior Class Coordinator
- Sophomore Class Coordinator
- First-Year Class Coordinators
- Mentor Program Coordinators
- TLC for PLC

**Communication Team**
- Alumni Network & Data
- Social Media/PLC Now
- PLC Historian
- PLC Website, Data, MyPLC App

**Class Advisors Team (CAs)**
- First Year Class Advisors
- Multi-Level Class Advisors
- Global Issues Class Advisor
- ENLP 3100 Class Advisor
- Writing Coach

**Change Team**
- Lead CO Mentors
- Service Coordinators
- Deep Dive Coordinators
- PLC Board Seats

**Connections Team**
- CORPS Team
- Bridge Team

**Special Projects**
- As needed
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
- ORGN 4210 - Systems Thinking

Global Leadership Course (3 credits - check one)
- PRLC 3810 - Global Issues in Leadership
- PRLC 3800 - Global Inquiry for 21st Century Leaders

PLC ALE Course (2 credits - required for ALE credit)
- PRLC 2930 - 801 - ALE Course

Leadership Studies Minor Capstone (only required for LSM)
- LEAD 4000 - LSM Capstone (4 credits)

Experiential Education Requirements

PLC Community Events
- First Year Orientation
- Second Year Town Hall
- Third Year Town Hall
- Senior Social Retreat

Deep Dives (2 trips total)
- Deep Dive #1
- Deep Dive #2

Applied Leadership Experience (ALE) - choose one
- Applied Experience (done before ALE course)
- ALWC (must be specified with instructor)
- Student Staff (must be specified with supervisor)

PLC Peer Leadership Connection - PLC
- 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...

2019
Chloe Applegate
Zoe Aymond
Sharon Battula
Julia Baum
Abigail Brown
Dylan Carpenter
Alex Choi
Wil Craig
Luxien Davis
Cliff Dinwiddie
Abby Foster
Nick Galambos
Chase Gordanier
Sam Hahn
Lauren Hanley
Krystal Horton
Tristan Ikeda
Etash Kalra
Anushka Kathait
Johanna Landmark
Jordan Lee
Matthew McCoy
Henry McKinney
Caitlyn Mendik
Thomas Miller
Paola Ortiz Venzor
Savannah Perry
John Ramsdale
Mimi Riley
Josie Robbins
Katie Schutt
Makayla Sileo
Alden Soto
Akhil Tadiparthi
Solana Teitler
June Yuan

2020
Taylor Alton
Pax Armon
Jacob Baca
Shane Ball
Peyton Biggers
Ariana Brecl
Paige Burns
Jasey Chandlers
Cecily Coors
Andersen Dodge
John Douthit
Zoe Drigot
Riley Dudley
Jessica Emmons
Alexander Fix
Keala Gapin
Dylan Gowins
Jackson Klein
Jackie Martensen
Kate McCarthy
Holly McColough
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

2021
Simone Adhikari
Sloan Alber
Sarah Bian
Sophia Books
Alyssa Bullock
Camden Opfer
Luke Coffman
Carson Conley
Elizabeth Craig
Camden Dempsey
Mitali Desai
Natallia Eid
Luc Filion
Carter Galbardt
Charles Girard
Jesse Hettleman
Riley Jones
Griffin Kiesecker
Thomas Landmark
Lauren Jingles
Delaney McNally
Cesar Morales
Helena Neufeld
Naga Margalit
Aaditya Pore
Eli Poulisout
Jack Reuter
Rodrigo Rios-Soto
Sarah Smith
Sena Uctuk
Clark Windmuller
Weston Wolfov
Atlas Zaina

2022
Owen Barton
Evelyn Batatega
Oscar Bender-Stone
Brendan Church
Elizabeth Coleman
Sante Crutcher
Sebastian Dibdilox
Anushay Farooqi
Sophia Fegahli
Brigite French
Josie Furst
Lucas Gautier
Lauren Gillespie
Matthew Gorbold McCardle
Dylan Gruszynski
Kellie Ha
Bianca Hernandez-Vasquez
Anoushka Jani
Aidan Janney
Eve Jones
Tyler Kivelson
Herman Klein-Hessling Barrientos
Joseph Martensen
Tate McDonald
Ian McLeod
Connor McMullen
Sebastian Melancon
Nandini Nema
Raya Patel
Llyl Patrick
Brennan Pieper
Ari Caro Quezada
Evelyn Romine
Kailey Seija
Eddie Stefan
Hunter Stricker
Piper Tocco
Tyler Van Hare
Haley Virdi
Abby Voorhis
Sophie Whitehead
Cooper Zeman
My CU SID #: ________________________________

My Academic Advisor’s name and email: ________________________________

My CA’s name and email: ________________________________

My PLC Board Booster’s name/email: ________________________________

My PLC² Mentor’s name/email: ________________________________

The First-Year Class Coordinators’ names/emails: ________________________________

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: shepherj@colorado.edu
Program Coordinator - Jessi Follett: jessica.follett@colorado.edu

Campus Police
Emergency: 911
Non-Emergency: 303-492-6666
notes & questions I need to ask