

00:02 - All right, hi everyone.
00:04 I want to start by congratulating you all
00:06 on your acceptance to Suffolk.
00:08 We are so excited to have you join us today
00:10 as you continue your journey
00:12 but through the college search process
00:15 my name is Deandrea Berthume
00:16 and I'm the assistant director here at Suffolk,
00:19 and I primarily work with first year students coming
00:21 from Colorado, Maine, Vermont, and New Hampshire
00:25 so if you were tuning in from one of those areas
00:27 I had the pleasure of reading your application.
00:29 Joining me today, we have Dave DeAngelis
00:32 who is the assistant dean of leadership
00:34 as well as Dan Hurley, who is an alumni who graduated
00:37 in 2019 and then Jordan Mills, who is a current student
00:40 here at Suffolk.
00:42 Throughout this session,
00:43 we definitely encourage you to utilize
00:45 the question and answer box at the bottom of your screen.
00:49 Definitely use this function to ask questions
00:51 that you may have through this presentation
00:53 and without further ado,
00:55 I'm going to let Dave take it from here.
00:57 - Great, thank you very much.
00:59 Good morning, everyone.
01:00 Great to kinda talk to you all
01:02 about leadership programs at Suffolk on a Saturday morning.
01:05 just to dive a little deeper in some introductions,
01:07 Dave DeAngelis, I get to work
01:10 with our journey leadership program
01:12 which is one of the many different leadership opportunities
01:15 that we have at Suffolk.
01:17 I've been at Suffolk for 14 years
01:18 and I just love our students and love working there,
01:20 and speaking of students at alumnns
01:22 and so I'm joined by Dan Hurley, a former student,
01:26 Dan do I do a little more of a deeper dive
01:27 on the introduction?
01:28 - Yeah, absolutely.
01:29 Hi everyone, like Dave said my name's Dan Hurley,
01:32 I use he, him, his pronouns.
01:34 I am originally from Tewksbury, Massachusetts
01:36 and I went to Suffolk from 2015 to 2019,
01:40 and afterwards I graduated and I am now currently working
01:43 at a college down in New Haven, Connecticut
01:46 so I'm working in higher education
01:47 and now I got to work with Dave for a few years
01:50 in the student leadership and involvement office
01:52 and through what he taught me
01:53 and a lot of my other connections
01:54 I now get to do similar work

01:56 to what he and I got to do in the office at Suffolk
01:58 so he helped me open a lot of doors
02:01 and kinda helped me find my passion
02:02 and that's why I'm excited to be here
02:04 to be able to talk to you all about all the different
02:05 opportunities that you have at Suffolk.
02:08 - Thanks Dave, yeah it's great to see
02:09 all the amazing things our students do
02:11 once they graduate and especially they could tap
02:13 into those leadership opportunities they had
02:17 and then Jordan is a current student
02:18 a senior at Suffolk, Jordan you wanna do
02:20 a little deeper dive into your introduction?
02:23 - Sure, thank you, Dave
02:25 and also thank you guys so much for joining us today.
02:27 It's so nice to see you all.
02:30 I am a senior,
02:31 my major is biology with a concentration in health careers
02:35 and I have a minor in psych as well.
02:37 I know it's kind of like all over the place that I really
02:41 love doing what I do
02:42 and Suffolk definitely gave me the opportunity
02:44 to find my interests and I think that getting involved
02:49 around campus being a part of journey
02:50 has definitely helped me build my relationships
02:54 within the community as well
02:55 and being in the SBI office ever
02:57 actually feels like it gets a fantastic
03:00 opportunity to have, and I get to run events
03:03 and have students come to them
03:05 and Dave also run the events,
03:08 so it's always fun.
03:09 I'm very collaborative
03:11 and highly recommend getting involved on campus.
03:15 - Thanks Jordan, yeah, it's been amazing
03:17 even with the craziness of this pandemic
03:19 we're in the middle of (indistinct)
03:20 towards the end of it now,
03:22 we still have been able to do lots of leadership programs,
03:24 we had an emerging leaders program last Friday,
03:27 It was really great, some engaging first year students.
03:30 So I'm gonna share my screen and then we're gonna just
03:34 go and get started on this a little bit of a program.
03:37 Gimme one second.
03:39 All right, can you see the screen everyone? Has it shown?
03:44 Yep, we good?
03:47 Okay, Jordan, can you see the Journey PowerPoint?
03:49 I can't see anyone anymore.
03:50 - Yeah we can see it.
03:51 - Okay, thanks (indistinct) computer.
03:56 So one thing I think it's important to note about Suffolk
03:59 is that we look at leadership as an institution
04:04 and it's not just even though leadership is in,
04:06 you know, my office's name, we look at it as it's happening

04:12 across the institution
04:14 and so no matter what office or academic department
04:17 there's opportunities for students to develop
04:19 their leadership skills, as well as, you know
04:24 leadership opportunities.
04:25 One more question, Jordan, are you seeing
04:26 the main PowerPoint or the display piece?
04:31 - We're seeing PowerPoint and the beginning slide
04:34 with in the PowerPoint thing so not in presentation mode.
04:37 - Okay, that's what I got to check
04:38 I was afraid that was happening, give me one second.
04:45 - Alright. Now we should be good.
04:51 Okay, we seeing just the PowerPoint now?
04:55 - Yes.
04:56 - Okay, great, here we go.
04:57 So one thing that's unique to Suffolk
05:01 as well as, we have what we call ram academies
05:04 and ram academies are extended orientations,
05:08 they last, you know, three or four days,
05:10 right before school opens and there's certain themes.
05:13 There's a performing arts of community service,
05:15 a social justice and a leadership theme
05:18 so it's a great opportunity to get together
05:20 with 50 other students and spend some time learning
05:24 about your leadership skills and abilities
05:26 as well as something that's of interest to you
05:28 whether it be just young leadership or maybe
05:30 it's the community service, or maybe it's a performing arts
05:33 and it's a great way to make 50 new friends
05:36 before school opens.
05:38 Dan, you wanna mention a little bit
05:40 about your experiences working with ram academy.
05:42 - Yeah, absolutely.
05:44 So I heard about ram academy when I was at my orientation
05:49 and I actually met one of my close friends
05:51 who I'm now still very close with Jenna Luck.
05:53 We met at orientation and we decided to sign up
05:56 for ram academy together, and we got to go out
05:59 into the woods and do a lot of leadership and team building
06:01 with the group of about 20 to 30 other students
06:03 and a few other staff members
06:05 and that's where I got to meet Dave
06:07 and I got to meet a few other grad students there
06:09 who really helped us focus on leadership
06:11 and that transition into life from high school into college
06:15 so it really helped me with my transition
06:17 once I moved onto campus
06:19 because not only was I connected a few other
06:21 their faculty and staff members already,
06:23 but I also knew already about 20 or 30 students outside
06:25 of the other students who I met at orientation.
06:28 - Yeah, thanks Dan
06:29 and Dan went from being ram academy student
06:31 to a ram academy leader, which was great.

06:33 and Jordan, I think you experienced
06:35 a ram academy as well, didn't you?
06:37 - Yes, so I went to ram academy (indistinct)
06:40 fantastic opportunity to get to know new students
06:43 and we're all kind of in the same boat of being all new
06:47 to the university and kind of shy and timid
06:51 so that really helped us break out of our shells a bit
06:54 and really interact and make new friends,
06:57 everyone moved in early into the dorms
07:00 so you actually got to meet a lot of your roommates
07:02 before actually starting classes as well
07:05 so that kinda took a lot of the pressure off
07:07 of like starting classes, moving in all of that
07:10 like newness was definitely like the pressure
07:13 was taken off in that sense
07:14 so ram academy was super great
07:16 and I highly recommend going
07:19 I did the emerging leader path, which SLI runs
07:23 and that's actually how I also met Dave
07:26 and got my first introduction into SLI, which has mainly
07:30 been involvement and journey and all that
07:33 so that's how I ended up where I am today,
07:36 again, I highly recommend getting involved.
07:40 - and, you know, in the ram academy, thank you both,
07:42 ram academy is, you know, one way
07:44 that you can start your journey with leadership at Suffolk
07:49 and you know, it doesn't mean you have to do ram academy.
07:51 Other students don't do and still get highly involved
07:53 in different activities.
07:55 The other thing we look at
07:56 at Suffolk is using different instruments and tools
07:59 to help students could understand their leadership style.
08:02 There's a lot of different, you know, assessments out there
08:05 that well actually they're self assessments,
08:07 around like you know, there's strikes quest
08:09 and there's the NBTI and just a variety of different things
08:13 but the one that we really like is called true colors.
08:16 so I want the other participants to take a second
08:19 and we're gonna give you a taste
08:21 of what it's like with true colors.
08:22 It's usually a good, you know, two hour program
08:23 but we don't have that much time
08:25 so we're gonna do it really quick.
08:27 The first thing I want you to do is look at these cards
08:29 and just by pictures alone, which card sort of draws you in?
08:32 Which card can you relate with the most?
08:35 So take a couple of seconds and do that.
08:37 Look at the pictures and say, my gosh
08:39 that green card really makes sense or the gold one
08:40 or the orange or the blue, take a second to kind of look
08:45 at the cards and kind of feel free to put in the chat.
08:49 If the card that you think kind of, you know,
08:51 the pictures represent, you think your personality
08:54 and your style.

08:56 So now I'm gonna go down
08:57 I'mma have you read the cards and then
08:59 kinda choose which color you think makes most sense.
09:01 So take a second to read the blue and the orange
09:04 and then I'm gonna show you the gold and the green next.
09:30 Okay, I'm gonna go on to the next two cards.
09:54 So how this works is with true colors
09:56 it looks at your temperament and your personality
10:00 and how that relates to your leadership style.
10:02 It's actually comes from the NBTI, the Myers Briggs
10:07 which is another personality temperament assessment.
10:11 So I'm curious now that you can maybe
10:12 put in the chat and know
10:14 what colors you think are your brightest.
10:17 For me, I'm an orange blue,
10:19 orange is my, my brightest color
10:20 and then blue is my secondary color.
10:23 They call it the power combo.
10:25 So Dan is a blue, correct Dan?
10:29 - Yes. That is correct, blue through and through.
10:32 - Yeah I actually use Dan a lot in examples
10:34 'cause if he's probably the brightest blue I know
10:37 and Jordan are you a green, gold or gold green?
10:40 - I'm pretty, I would say green and then gold.
10:44 (laughing)
10:44 - Okay, yeah.
10:45 - But it honestly depends on the day.
10:47 - On the day.
10:48 Well, it's true, right?
10:49 I mean, it depends on when you take it
10:51 how you sort of, are you taking it
10:54 as like a friend picking as a leader?
10:57 So let's go into what these actually mean
10:59 so if you're blue, like Dan Hurley,
11:02 it just means that your relationships
11:05 are very important to you
11:07 and that's what it comes to what you're good at
11:09 when it comes a leader is developing those relationships
11:11 you know, in harmony amongst your friends and group.
11:15 You're very good about, you know, motivating,
11:18 inspiring others, imaginative
11:21 and you make people feel really good
11:25 when a group that's important.
11:27 The story I always use about blues is, you know,
11:30 a true blue will be so walking down Tremont Street to class
11:33 in Boston and they see you and they go, what's wrong,
11:35 you look like you're having a bad day
11:36 and you're like, oh, I got this crazy exam today,
11:38 I'm stressing out about it
11:39 and they're like, well, good luck,
11:41 you know, they give you a pre COVID hug
11:43 and then all of a sudden you leave class
11:46 and you get a text and they're like
11:47 just checking in on you, how'd you do on that exam?

11:49 and you're like, Oh, thank you so much
11:50 for checking in on me.
11:51 It went better than I thought.
11:53 and then when they see you again
11:54 they sort of give you a high five.
11:55 It's just, they really care about you as a person
11:58 and when that goes into a team
11:59 it's really important because they really make sure
12:00 that people will feel that they're being valued
12:03 and they're being involved
12:03 and that the sort of it's important to be those friendships
12:07 within those student groups.
12:10 So our oranges are the spontaneous
12:13 don't love schedules, creative, innovative
12:17 very impulsive to do things
12:19 and can kind of go with the flow and, you know
12:22 they can pivot on that, you know,
12:25 if there's something going on
12:25 that's a new opportunity, they don't love rules,
12:29 they don't love schedules.
12:31 Don't always, you know
12:32 just kinda wanna do things, make it happen
12:34 and so within a group they're the ones that bring
12:38 sort of this creative side,
12:39 the side to sort of make sure that everyone's having fun
12:43 and that the team is sort of really enjoying
12:47 what they're doing
12:48 that's what the oranges bring in.
12:51 And then your golds, all your super organized, dependable,
12:55 very punctual people who can keep things organized,
12:59 right? I try to surround myself with golds
13:02 because you know, the oranges aren't always
13:05 the most organized where golds are very much are.
13:08 If you're a gold, you probably have everything scheduled
13:12 in your phone or on a calendar for your classes
13:14 It's color coded,
13:15 you love a good to-do list.
13:17 Most of your spaces that you live
13:19 in are neat and organized, and you know
13:22 and the thing is, you know, you're very punctual
13:26 and you get things done
13:27 you do 'em while you're a very good planner.
13:31 So that's a little bit about,
13:32 (indistinct) the golds and then
13:33 greens are the ones that are the imaginative, visionary,
13:36 philosophical love sort of information
13:40 when making decisions, you know
13:42 sometimes greens get picked on
13:43 because people think they ask a lot of questions
13:46 but they do because they truly want to have knowledge.
13:51 If they're gonna ask why,
13:52 why is a very popular word in their vocabulary
13:55 because they really wanna know a little bit more
13:56 about what's happening in what decisions

13:58 and more information when they make decisions.
14:01 But if you want someone to create some sort of policy
14:03 or process greens are your people,
14:05 'cause they'll get it done,
14:07 they pay attention to detail and, you know,
14:11 they're so good about, you know,
14:13 having that future vision and being able to interpret that
14:16 how that plays out into what the reality is of the mission.
14:20 So that's a little bit about sort of the different colors
14:24 of the journey, I'm sorry of true colors
14:27 and when you, we use that in our programs
14:30 and it's interesting that students
14:31 around campus will sort of a lot of times identify
14:34 with the color and they'll say, well, you know,
14:36 I'm doing that because I'm a blue or, you know,
14:39 sorry, that's the orange and me that I'm not as like
14:42 on top of things or I seem to be a little disorganized
14:45 or the golds are like you know,
14:47 if I have a student who's a gold, I need to be
14:49 on time for meetings because that's important to them.
14:50 They're very very punctual.
14:52 So that's a little bit of a taste
14:53 into sort of the true colors piece
14:56 and now we're gonna talk a little bit more
14:57 about one particular program, which is the journey
14:59 which we've kind of been talking throughout the webinar.
15:03 It's really grounded in four cornerstones
15:06 and it's leadership, global thinking,
15:07 involvement and service
15:09 and we look at opportunities across the campus
15:13 so when you look at this sort of, you know, chart
15:16 or you know, what this is really is the MBTA line
15:22 but we use it as an example to show
15:24 how many, the MBTA can get you all over the city and beyond.
15:28 and the journey can sort of really explore your
15:30 different leadership opportunities
15:31 and you can see whether it's the involvement line
15:34 whether it's joining a student group
15:35 or performing arts office or being a peer mentor
15:39 or a tutor or an athletic team.
15:41 There's so, so many ways to get involved at Suffolk
15:44 and that's sort of one of the pieces
15:46 and then there's the piece of the service learning
15:49 whether you wanna help out with, you know
15:51 an ongoing community service project
15:54 or you want to go on alternative spring break to
15:56 you know, Texas or Mississippi
16:01 those are all opportunities really to help others,
16:04 and so open your heart up to some bigger issues
16:08 and then global thinking, you know, we really strive
16:11 at Suffolk to have people that are thinking globally
16:15 whether it be learning about other cultures or, you know
16:17 studying abroad, which a lot of our students do.
16:20 Those are great opportunities to learn and grow,

16:22 and then leadership trading, we offer a variety of things
16:24 out of our office, we're gonna go into now in a second
16:28 and that could involve things
16:30 like swimming with the manatees and going to Barbados
16:32 and it's just a lot of really fun
16:35 we do what's called experiential learning.
16:38 It's hands-on, we don't put you
16:39 in a classroom and say, let's talk about leadership.
16:42 That's boring and your generation wants to be hands-on
16:46 and involved so we make sure we do
16:47 that with things like sailing and that.
16:50 So Jordan, tell us a little about, you know
16:53 some of the programs that you've done
16:54 through your time with the journey.
16:58 - So I've actually done, like you mentioned before
17:01 ram academy, and we spoke a little about
17:03 that one was fantastic.
17:05 I went on a leadership exchange to Peak
17:08 in South Carolina as well
17:09 and that was a fantastic experience.
17:12 I learned a lot about myself and my leadership style
17:14 and wonder really just take a step back
17:17 because as a green I am very much so like the leader
17:21 of the group and like, why are we doing this?
17:23 And that's just who I am and realizing
17:27 when to step back is also a very important quality
17:30 in a leader so I definitely learned that
17:33 about myself and I learned a lot more
17:36 so I think that these trips, like you said
17:38 are very experiential and you're in a position
17:41 where you have an opportunity to grow
17:42 but you also have the safety net of Dave and someone else
17:46 from the SLI office to kind of be your like, okay
17:49 cheerleaders on the sideline you got this.
17:52 But I think that's a fantastic opportunity
17:54 to go on these trips and I made a lot of friends
17:59 that I still have today and talk to,
18:01 and even around like campus
18:03 I wave to them and I'm like, hey, it's so nice seeing you
18:06 and that's just what journey is all about
18:10 is making friends, learning about yourself
18:13 and your leadership style
18:14 and I would not trade it for the world.
18:18 - Very cool, yeah, and so the program that the judge
18:21 talking about, the leadership exchange
18:22 is we work with the university of South Carolina Aiken
18:25 and it's in a very small rural area
18:28 in South Carolina, probably an hour from Columbia
18:31 and we look at different social issues
18:34 so we can look at like education
18:35 or environmental justice or other things
18:37 and it's interesting to sort of see those
18:39 from the lens of you know,
18:41 being in a big city or being in a rural area

18:44 and what's really fun is that when we go there,
18:46 they're students that'll host our students,
18:48 show 'em their little town,
18:50 if you've never been, it's a really nice little town
18:53 and then when they come to Boston
18:54 students get to show them our awesome city.
18:57 So it really is a fun program,
18:58 It's one of our longest standing ones that we do
19:00 and I think one of the biggest takeaways
19:03 as I see that when students meet these other students
19:05 from another school, they become lifelong friends
19:07 and just always keep connected
19:09 because of spending those two immersion weekends together
19:13 and just kind of getting to know one another
19:15 so it's a really great program.
19:17 And then, Jordan, you (indistinct) been sailing too, right?
19:24 - I haven't had an opportunity - You haven't okay.
19:26 - Because of COVID sadly, but yeah, I've definitely
19:30 had an opportunity to run some events like emerging leaders
19:33 and those are also really fun to get to know new students
19:37 and get true colors and all that fun stuff.
19:41 - Great, yeah, the sailing in the fall
19:44 we send students out on a sailboat,
19:47 and a big sailboat every Friday
19:50 and it's great because they get to learn,
19:51 well they get to sail on Boston Harbor
19:53 and see the city from the water which is gorgeous,
19:56 but as well as working on a team
19:57 and it's another great platform
19:59 where you have to communicate and delegate
20:03 and work together and learning to sail the boat
20:06 and it's just another just really fun program
20:08 when students sort of do that sailing program,
20:11 they are hooked on the journey
20:12 because of how much fun they have,
20:14 and they understand our style of teaching leadership.
20:17 Dan, what's your highlight
20:18 from your time with the journey programs?
20:22 - That is a hard question to ask Dave.
20:25 I think I would have to say,
20:28 we were able to go on a trip to Barbados
20:31 and go for the week there
20:32 and it was so interesting to not only learn
20:34 about the culture of Barbados and the Asian culture itself
20:38 but also to go and learn about their education system
20:40 and see their different colleges
20:42 both a private one and a communal one
20:44 so it was really interesting to see the difference
20:46 and really get to know a lot
20:47 of the people and see how friendly they are
20:49 and really like have an entire week to dive
20:51 into their culture and have that full experience
20:55 and not only that, but we got to meet
20:56 with other students as well and do it as a group

20:59 so we were able to travel around the entire island
21:01 of Barbados together and really have that experience
21:04 and debrief it every night so that we can talk
21:06 about it and really learn about each other's experiences
21:09 and really have those deep conversations about it.
21:12 - Yeah, thank you, that's the day I talked about
21:14 our global leadership exchange
21:15 when we go to Barbados every spring break, I mean
21:18 who doesn't wanna go to Barbados on spring break, right?
21:20 It's a beautiful country
21:22 with beautiful people in that country
21:24 and like they talked about,
21:25 we look at the higher education system,
21:27 we look at the government
21:28 and we look at sort of the culture of Barbados
21:31 and took a really deep dive into experiencing that.
21:34 So it's a wonderful trip, it doesn't get old
21:38 because I love every year being able to expose students
21:42 to that country and that culture
21:44 and it's a lot of fun.
21:45 So we talk about these programs and sometimes
21:48 some people that are more visual
21:50 need to sort of see what we're actually talking about
21:51 so I'm gonna show you a three-minute video here
21:54 of our leadership winter break
21:56 where we go to Florida, we go visit, we get trained
21:58 by the Disney trainers and we go swim with the manatees.
22:01 Let me show the video
22:02 and we'll talk a little bit about it, so.
22:06 (upbeat music)
22:08 Hold on, stop, my bad.
22:12 I gotta share my screen, my bad.
22:14 - As (indistinct) say new share Dave.
22:16 - I know I'm learning, I'm learning.
22:19 You think by now I'd have the zoom thing down
22:21 and I'm still at sometimes rusty, okay.
22:24 - It's 2021, it's okay,
22:26 - I know. - We get it.
22:28 - I just gotta find what screen it's on, hold on,
22:31 give me a second here, all right.
22:34 - So now as we're going through it too,
22:35 if anyone has any questions
22:37 for myself or Jordan about our experiences or Dave
22:40 about any of the planning that goes into it
22:42 or any of those deep dive questions about the program
22:45 feel free to throw those in the chat as well.
22:47 - Yeah, it's a great suggestion.
22:49 Let me try this again here.
22:50 - Or even just about being a student in general,
22:53 clubs, anything like that, we are and were students
22:56 so we can definitely let you know if you have
22:57 any like, questions that you might have, like we're here.
23:03 (laughing)
23:05 - Okay. I think I got this down now,

23:07 let me share my screen.
23:09 Can you all see the YouTube now? We good?
23:13 - Yes.
23:14 - Okay let's try this.
23:15 (upbeat music)
23:17 â™ª I got this feeling in my bones â™ª
23:20 â™ª It goes electric wavy â™ª
23:22 â™ª When I turn it on â™ª
23:25 â™ª All through my city â™ª
23:27 â™ª All through my home â™ª
23:29 â™ª We're flying up â™ª
23:30 â™ª No ceiling when we in our zone â™ª
23:33 â™ª I got that sunshine in my pocket â™ª
23:36 â™ª Got that good soul in my feet â™ª
23:38 â™ª I feel that hot blood in my body â™ª
23:40 â™ª When it drops (ooh) â™ª
23:42 â™ª I can't take my eyes up off it â™ª
23:44 â™ª Moving so phenomenally â™ª
23:46 â™ª Room on lock the way we rock it â™ª
23:49 â™ª So don't stop â™ª
23:50 - I'm McDarren again, this is Rudy,
23:53 he's the dive master, instructor
23:54 being in the water with ya
23:56 kinda keeping you from going into sanctuary,
23:58 stay with him.
23:59 â™ª And under the lights â™ª
24:01 â™ª When everything goes â™ª
24:04 â™ª Nowhere to hide â™ª
24:05 â™ª When I'm getting you close â™ª
24:08 â™ª When we move well you already know â™ª
24:13 â™ª So just imagine (just imagine just imagine) â™ª
24:18 â™ª Nothing I can see but you when you dance dance dance â™ª
24:22 â™ª A good good creeping up on you â™ª
24:24 â™ª So just dance dance dance â™ª
24:26 â™ª All those things I shouldn't do â™ª
24:28 â™ª But you dance dance dance â™ª
24:30 â™ª And ain't nobody leaving soon â™ª
24:32 â™ª So keep dancing â™ª
24:34 â™ª I can't stop the feeling â™ª
24:36 â™ª So just dance dance dance â™ª
24:38 â™ª I can't stop the feeling â™ª
24:40 â™ª So just dance dance dance â™ª
24:42 (laughing)
24:43 â™ª Ooh it's something magical â™ª
24:47 â™ª It's in the air â™ª
24:48 â™ª It's in my blood â™ª
24:49 â™ª It's rushing on â™ª
24:51 â™ª I don't need no reason â™ª
24:53 â™ª Don't need control â™ª
24:55 â™ª I fly so high â™ª
24:56 â™ª No ceiling when I'm in my zone â™ª
24:59 â™ª 'Cause I got that sunshine in my pocket â™ª
25:02 â™ª Got that good soul in my feet â™ª
25:04 â™ª I feel that hot blood in my body â™ª

25:06 â™ª When it drops (ooh) â™ª
25:08 â™ª I can't take my eyes up off it â™ª
25:10 â™ª Moving so phenomenally â™ª
25:12 â™ª Room on lock the way we rock it â™ª
25:14 â™ª So don't stop â™ª
25:16 â™ª And under the lights â™ª
25:18 â™ª When everything goes â™ª
25:21 â™ª Nowhere to hide when I'm getting you close â™ª
25:25 â™ª When we move well you already know â™ª
25:29 â™ª So just imagine (just imagine just imagine) â™ª
25:34 â™ª Nothing I can see but you when you dance dance dance â™ª
25:38 â™ª A good good creeping up on you â™ª
25:40 â™ª So just dance dance dance â™ª
25:42 â™ª All those things I shouldn't do â™ª
25:44 â™ª But you dance dance dance â™ª
25:47 â™ª And ain't nobody leaving soon so keep dancing â™ª
25:50 â™ª I can't stop the feeling â™ª
25:53 â™ª So just dance dance dance â™ª
25:54 â™ª I can't stop the feeling â™ª
25:57 â™ª So just dance dance dance â™ª
25:59 â™ª I can't stop the feeling â™ª
26:01 â™ª So just dance dance dance â™ª
26:03 â™ª I can't stop the feeling â™ª
26:05 â™ª So keep dancing â™ª
26:11 â™ª Yeah â™ª
26:16 â™ª I can't stop the â™ª
26:19 â™ª Yeah, I can't stop the â™ª
26:22 â™ª Got the feeling in my body â™ª
26:25 â™ª Break it down â™ª
26:26 â™ª Got this feeling in my body â™ª
26:29 â™ª Can't stop the feeling â™ª
26:30 â™ª Got this feeling in my body â™ª
26:33 â™ª Come on â™ª
26:36 (upbeat music)
26:39 - Then stop and not play it again.
26:42 - So it's just for all of you out there
26:44 that are visual learners I wanted to show you
26:47 so you can understand what you saw happening there
26:49 was again we spend two days with the manatees
26:52 and learning about empathy and believe it or not
26:55 you can really learn empathy
26:56 from those amazing creatures and then going to Disney
26:59 and it's great and you're going there
27:01 and, you know, getting trained
27:03 by the Disney trainers on their leadership style
27:05 and how they manage things and what leadership philosophies
27:09 and theories they use to manage
27:11 Disney and their employees
27:12 so great program and then I see that
27:14 that's the year that we got snowed in Dan
27:16 we get to spend an extra day or two in Disney
27:19 but it was a really bad snow storm here
27:21 and I remember like scrambling, we went there together
27:23 on one plane and came home like on six planes

27:25 but we certainly made it happen
27:27 and that's no problem
27:28 so that's a little bit about the journey
27:31 and then some of the other programs that we talked about
27:34 you know, the programs around, you know
27:36 Barbados and Florida, and it's just a variety
27:39 of opportunities that we offer to students
27:41 and you're probably saying,
27:43 well what does these things cost?
27:45 And they cost really nothing.
27:46 You sell calendars like you may have done it
27:49 for high school fundraisers
27:51 and then you get to go for free
27:52 and that includes everything
27:53 from your hotel to your airfare to your meals
27:56 so I guess if you wanna buy some souvenirs,
27:57 that's kind of on your own,
27:58 but other than that, it's all inclusive
28:00 so we wanna make it affordable
28:03 for our students to be able to take those opportunities in.
28:06 And we hope that, you know, it's really a journey
28:10 the process takes place over a number of years.
28:13 That's why we call it a month year program
28:14 and then when you graduate,
28:16 you have these set of skills
28:17 you can bring into the workforce
28:18 so Dan, tell us sort of like what you learned
28:22 and how's that sort of helped you
28:23 as a professional in the field of higher education.
28:27 - Yeah, absolutely.
28:28 So I guess like the overall message
28:29 that I wanna make sure people know
28:31 is that trying things will open so many doors for you
28:34 especially at Suffolk.
28:36 I know for me, when I went to orientation
28:38 and that like coming out of high school
28:39 I told myself I really just wanted to focus
28:41 on classes and my education
28:43 and it wasn't gonna get too, too involved,
28:45 but then I heard about the this ram academy program
28:48 and one of my friends convinced me to go,
28:50 so that's when I started to get involved
28:51 and just with me trying that one experience
28:54 it really did open a gateway of other opportunities
28:57 because like I said, from there
28:58 I got to meet Dave and some other staff members
29:01 and I got to go on the leadership
29:03 through sailing program on my first week of school there,
29:06 so not only was I able to reconnect
29:07 with some folks from my ram academy
29:09 but I was also able to get a firsthand experience
29:12 of what the student leadership
29:13 and involvement office was like within my first week there
29:16 so it gave me some comfortability

29:17 and some normalcy of what I was used to
29:19 through the ram academy programs and through orientation
29:22 and it started to become a space
29:23 where I could feel comfortable to go to
29:26 and they really helped me understand what I wanted to do
29:28 and my passions, they helped me
29:30 kind of become more confident
29:32 and apply for some different opportunities
29:34 and jobs on campus.
29:35 I was able to become a conference assistant
29:37 and stay in Boston, all three summers
29:40 that in between my education
29:42 so I got to live in the city
29:44 and have that full experience as well
29:46 and I also got to do things
29:47 like I became a trustee ambassador
29:49 and got to give tours on campus.
29:51 I worked with our programming board, the program council
29:55 and I got to work with large scale programs,
29:57 small scale programs, different kinds of budgets.
30:00 I got to become a resident assistant
30:01 and I got to take on
30:02 some larger leadership responsibilities there
30:05 making sure that all rules and regulations are followed
30:07 inside the residence halls and helping build community
30:09 for the folks that are living there as well
30:12 so, because I got the confidence and the comfortability
30:15 from the student leadership and involvement office
30:18 they gave me that next step that I was missing on my own
30:21 but I don't know if I would have taken,
30:22 if I didn't have all of their support,
30:25 not only do they give you that support
30:27 and give you those opportunities,
30:29 they also provide you
30:30 with so many different networking opportunities as well.
30:32 I can't tell you the amount of times I got to travel
30:34 not only on trips like these through the journey program
30:38 but I got to go to so many different conferences
30:40 at my time at Suffolk, I got to go to Arizona,
30:43 I went to Baltimore, I went to Washington, DC.
30:46 I really got to travel and network
30:48 and meet not only students from other colleges
30:50 and sometimes from other countries,
30:52 but I also got to meet
30:53 a lot of other professional staff members
30:55 and through one of the conferences
30:57 that I went to as a student
30:59 I actually met my current boss at my current job right now
31:02 so I was able to have that connection
31:04 and when I came into that interview
31:05 that was one more person that I knew
31:07 because of a conference that I was able to go to
31:09 because of Suffolk, so it's not just
31:11 all of these leadership experiences that you get,

31:14 you get these true networking opportunities as well
31:16 and these outside of the classroom, learning opportunities,
31:19 these experiential learning opportunities
31:21 that Dave is talking about, you get them all over the place
31:25 and I know that you always hear that
31:26 like it takes a village to really get you
31:28 to that next step, then like, to really raise you.
31:31 and it, yes, it does take a village
31:32 but Suffolk really does give you a city
31:34 and the city is your campus and you get
31:36 to take advantage of so much of it
31:38 and they give you so much great support
31:40 and such great avenues of success that you can go down
31:43 that like we've been saying
31:44 you don't need to be doing these things
31:46 but they're great opportunities
31:47 that you can pop into and try
31:49 and if you don't like them, that's okay
31:51 but if you do, they open some doors for you
31:53 and if you don't like them
31:54 there's a lot of other opportunities as well.
31:56 Student leadership and involvement
31:57 is really connected across campus
31:59 so if you aren't finding something
32:01 that's clicking with you, they're a great place to go to
32:04 and start to really find your community
32:05 and your connection on campus.
32:08 - Yeah, well said Dave.
32:09 Yeah, I think leadership is all about
32:11 experience and opportunities
32:13 and Suffolk does a wonderful job
32:15 in creating those experiences and opportunities
32:18 and whether it's, you know, like Dan said
32:19 our students are well-traveled, you know, we're on the go
32:23 and as far as with doing alternative spring breaks
32:27 and leadership programs
32:28 they're sending students to conferences
32:30 and, you know, you name it
32:31 we're creating those opportunities
32:33 for them to go to the places and learn from others
32:35 and network and meet others and, you know,
32:38 opening their eyes and opportunities to those experiences
32:41 and then the leadership roles is a ton
32:43 and Dan did a great job talking about some of those
32:46 around resident assistants, orientation leaders, you know
32:49 you can work with a faculty member
32:51 in a lab doing some research.
32:52 There's just so many opportunities
32:54 and you know, some of those pay your money, which is good
32:57 and it'll give you free housing
32:59 but they also are really great things
33:01 that you wanna to have on your resume
33:04 so you can say, you know, look at these great things I did
33:06 and, you know whether you're a fan or not

33:10 Jeff Bezos from Amazon just put an article out there
33:12 and he said, there's three things he looks
33:14 for in new employees and one of 'em he talked
33:16 about was people that have involvement
33:17 on their resume, students or people
33:20 that have been involved either in organizations
33:22 or outside of their workplace
33:25 so it shows that they have those different, you know,
33:28 they call them soft skills
33:29 but they're really just leadership skills.
33:31 Jordan you're about to graduate
33:33 what are some things, you know
33:34 you're walking away with as some leadership skills.
33:38 - So I think like Dan mentioned confidence is a huge thing
33:43 that I think SOI and journey gave me.
33:47 If coming in I was definitely very timid
33:50 I'm actually a triplet
33:52 so it was like very difficult
33:54 for me to like move away from home
33:55 for the first time away from my two sisters
33:59 who I've been with literally my whole life
34:02 and not having that immediate
34:04 like I will come home and see you
34:06 at the end of the day
34:07 so kind of moving away from everyone
34:11 and that's like a really difficult transition for me,
34:15 but because I did ram academy
34:17 and because I chose to get involved around campus
34:20 and really put myself out there
34:23 and made a lot of friends, it was pretty seamless.
34:27 I did go home and visit family
34:30 but it was like, okay, it's fine,
34:32 we're going back it's great, we have friends
34:35 and the curriculum at Suffolk is really set up to
34:38 how you make friends, your CAS 101
34:43 which is the the college of arts and sciences,
34:48 basically the intro to the college
34:50 and SPS I'm assuming as well
34:53 they set up literally this curriculum
34:55 for you to make friends, there's like one group project
34:59 where you just go with like two other people around the city
35:02 and like take pictures of you
35:03 in front of like the ducks
35:05 and like all sorts of stuff and it's just like fun
35:09 and you get to hang out with those few people
35:11 and meet them and be like, yes,
35:13 I love that we can be friends
35:16 and that's just what Suffolk all about
35:18 and I'm also an honors ambassador
35:20 which is also a really awesome opportunity
35:23 and I think that all of these things
35:26 like they said on my resume helped me get into grad school
35:29 I don't think I would've gotten in,
35:33 had I not had all of this good stuff

35:36 on my resume with getting involved,
35:38 being a journey scholar, being an honors ambassador
35:41 and I don't think that I would have been as confident
35:43 and outgoing and willing to put myself out there
35:47 for these things if I didn't participate in journey
35:50 and SLI and getting involved there on campuses
35:53 because I also did a lot of sports
35:55 and involvement in high school
35:56 and you can't just go
35:58 from like doing everything in high school to doing nothing
36:01 It could separate homework
36:02 'cause you won't feel like fulfilled
36:04 and you won't feel like you're accomplishing stuff
36:07 and you won't feel socially like you're doing well
36:11 and that will kind of show in your academics as well
36:15 so just be aware of that get involved highly recommend.
36:20 - Great, thank you.
36:22 I'm looking at the clock we have
36:22 about five minutes left together this morning.
36:24 What questions do any of you have
36:26 about things that you heard or about Suffolk?
36:29 Anything that we, I just wanna pause for a second
36:32 that to take some time to put questions
36:34 in the chat or however we can help you.
36:38 Any questions? Well feel free to put them in there
36:41 if you have any questions at all
36:45 or you could always reach out to Deandrea
36:46 and anyone at admissions can help you with those.
36:50 So some closing thoughts, you know
36:51 we think about leadership
36:52 and then the journey and, you know,
36:55 what's some advice to these potential Suffolk students
36:59 and you know, Dan, you can go first
37:02 what advice would you give them
37:04 about how they are about to approach their journey
37:06 of college and continue to develop their leadership?
37:10 - Yeah, absolutely.
37:11 My biggest advice that I had to learn the hard way
37:13 is don't be afraid to ask for help at all
37:15 make sure that you ask for help when you need it
37:17 and whether that's from your friends or your supervisors
37:20 or just if you need some support
37:22 from your academic advisors as well,
37:24 or just you have questions, don't be afraid to ask
37:27 but also take that step out
37:29 of your comfort zone and challenge yourself and try
37:32 and do some things that you aren't expecting yourself to do
37:35 or just really just do something that you wouldn't expect
37:37 that you normally would
37:39 because once you put yourself in that position
37:41 you might learn that you'll actually enjoy it.
37:43 Or even if you don't
37:44 it might give you a new perspective on some things
37:46 so definitely be open

37:48 and be open to trying new things, meeting new people
37:51 and really just engaging with as many folks as you can
37:54 'cause college is a great time to really get connected
37:56 and make new friends and really just engaging
37:58 with the community that the college is giving you
38:01 so really make sure to just be open.
38:04 - Thank you and Jordan
38:06 what are some of your reflective thought.
38:09 - Dan's been hard to follow up all day
38:11 (laughing)
38:13 I think that I will leave you with basically two things,
38:17 keep an open mind and be open to new opportunities.
38:22 I know that sounds very vague,
38:24 but as long as you have an open mind and you go into
38:26 it's kind of thinking, okay, this could be awesome,
38:30 It could be something I'm really interested in.
38:32 Even if you're like, I signed up for 15 clubs today, great.
38:37 You don't wanna do 15 clubs necessarily,
38:39 'cause that's a lot of time commitment
38:41 and you will realize that, but at least you signed.
38:44 That's the first step congratulations, love it.
38:47 But at the same time being open to new opportunities
38:51 like joining those clubs and going to those events
38:55 'cause half the battle is getting there.
38:57 I am telling you, half the battle
38:58 is getting to class half the battle
39:00 is getting to those events
39:01 like being there and being present is half the battle
39:05 so just be open to having an open mind
39:09 and being open to new opportunities.
39:12 Those are the biggest things I can leave you with
39:15 and my biggest recommendation going to college
39:18 because it will open a lot of doors for you
39:20 and just be enthusiastic about being there.
39:22 It's a great place to be.
39:23 I can walk into anyone's office and be like
39:25 I'm having the best day or the worst day of my life
39:29 and they will be like
39:30 either hand me a tissue or be like celebrating with me
39:34 (laughing)
39:35 and I had that happen yesterday.
39:37 I went into Kelsey's office
39:38 I was like Kelsey
39:39 and she was like, yes!
39:41 So definitely just build those connections
39:44 have an open mind and you will have
39:46 a fantastic time at Suffolk.
39:49 - That's a good followup to Dan
39:51 and that was very well said.
39:52 Yeah, you know, it's about this idea
39:54 of starting by just going to programs
39:57 and you know what happens is
39:58 you'll end up joining some things
40:00 and then by the time you're a sophomore or junior,

40:02 you end up taking on a leadership role
40:03 and I find that with college
40:07 you can't predict what you're gonna wanna get involved in
40:09 and you know, you may be like, well, high school
40:10 I really love doing year book
40:12 but then you go to college and you'd find this
40:14 like I'm mixing out your brain
40:15 like conscious of campus or you're planning
40:18 these huge culturable shows
40:20 so it's really amazing sort of the twist and turns
40:24 it will take you when you'll find something
40:26 that you're really passionate about
40:28 and you're committed to,
40:29 and that you'll find an affinity group
40:31 that you connect with
40:32 and those will become, trust me
40:33 your lifelong friends that will be with you
40:37 the rest of your lives
40:38 so, and that also goes back the dots
40:41 connect to leadership in the end
40:43 and that's the important piece
40:45 but so we're happy that we had you here today to talk
40:49 about the leadership opportunities at Suffolk
40:51 and we're excited 'cause next year we're going
40:53 back to normal as far as the campus goes
40:56 so we're gonna be on planes
40:58 flying the places and back out sailing
41:00 and our president is so committed to us opening, you know,
41:03 as long as it's saved by the CDC and everything else
41:06 we're gonna be back to normal
41:08 and I just cannot wait to have us amazing
41:11 programs again for our students
41:12 so anything else, any questions at all?
41:18 Okay.
41:19 - One more thing to add, sorry.
41:22 Feel free to email me and set up a meeting with journey.
41:26 If you have questions about SLI
41:27 or anything like that too
41:29 we're always willing to have meetings with you
41:31 talk about campus life and all good stuff
41:33 so please feel free to reach out
41:35 I promise they don't bite.
41:38 - If you want we can do the full true colors
41:40 and we can do a little coaching on that
41:42 so we're happy to, that was just a little experience
41:45 but it's usually a little more involved, so.
41:47 But thank you.
41:49 - Awesome, thank you all, to all of our presenters
41:51 for a wonderful session today.
41:53 You can also email admisson@suffolk.edu
41:56 if you do have any questions after today
41:58 we are happy to answer those questions.
42:00 We also do encourage you to join
42:02 our admitted Facebook community.

42:04 It's a great way to kinda get to
42:06 know your future classmates
42:09 and aside from that, thank you
42:12 to all of our attendees for joining us today
42:15 and we hope to see you on campus soon.
42:19 Bye now.
42:20 - Thank you.