

## Paradise Valley Community College ~ PEAK Leadership Institute Enrichment Options 2009-2010

= Key PEAK Session  
 = Honors Lecture Series

= Lifelong Learning Seminar  
 = Career Development Opportunity

= Wellness Breakout Session

Workshop / Lecture	Eligibility/Application Process	Dates/Time/Location Requirement	Cost	Points Earned	Contact
Myers Briggs: Personality and Leadership Style Assessment	Available to all students for fee. Available to PEAK students for free.	Call (602) 787-6540 for appointment with Marianne Auten or Marianne Roccaforte	Free	3	Counseling Dep't. (602) 787-6540
Lifelong Learning Seminar Series: "Forget It Not! Memory Techniques for Students." Richard Morales	Open to Public	Thur., September 3, 10:30-11:45am KSC208	Free	3	Counseling Dep't. (602) 787-6540
Wellness Breakout Series: "Lifestyle Insights" Dana Wagner	Open to Public	Sat., September 5, 9-10am F131	Free	3	Fitness Center (602) 787-7270
Wellness Breakout Series: "OPT- Setting Up Your Exercise Program." Fred Vergnetti	Open to Public	Fri., September 11, 3:30-5pm F130	Free	3	Fitness Center (602) 787-7270
Honors Lecture Series: "Deadly Persuasion: Advertising Addiction." Dr. Jean Kilbourne	Open to Public	Wed., September 16, 7pm Phoenix College Bullpitt Auditorium	Free	3	Chris Hunt (602) 787-7245
Lifelong Learning Seminar Series: "Time Management" Diane Chapman	Open to Public	Thur., September 17, 10:45am-12pm KSC208	Free	3	Counseling Dep't. (602) 787-6540
Wellness Breakout Series: "Nutrition"	Open to Public	Wed., September 23, 1:10-2pm F130	Free	3	Fitness Center (602) 787-7270
Lifelong Learning Seminar Series: "Easing Away Test Anxiety." Rick Sheets	Open to Public	Tues., September 29, 10:30-11:45am KSC208	Free	3	Counseling Dep't. (602) 787-6540
Lifelong Learning Seminar Series: "Mindset: The New Psychology of Success." Marianne Auten	Open to Public	Wed., October 7, 10:30-11:45am KSC208	Free	3	Counseling Dep't. (602) 787-6540
Lifelong Learning Seminar Series: "Depression: It's an Illness Not a Weakness." Cathy Rosick	Open to Public	Wed., October 14, 9-10:15am KSC208	Free	3	Counseling Dep't. (602) 787-6540
Honors Lecture Series: "Finding Balance with the Challenge of Affluence." Dr. Peter Whybrow	Open to Public	Wed., October 21, 7pm Glendale Community College Student Union	Free	3	Chris Hunt (602) 787-7245

Lifelong Learning Seminar Series: "The Benefits & Secrets of Sound Sleep." Lise Flores-Reed	Open to Public	Tues., October 27, 9-10:15am KSC208	Free	3	Counseling Dep't. (602) 787-6540
Lifelong Learning Seminar Series: "Sexually Transmitted Diseases 101." Deidre Wilson	Open to Public	Tues., November 17, 9-10:45am	Free	3	Counseling Dep't. (602) 787-6540
Lifelong Learning Seminar Series: "Building Leadership Skills" Jim Rubin	Open to Public	Thurs., November 19, 12:30-1:45pm	Free	3	Counseling Dep't. (602) 787-6540
World View Series: TBA	Open to Public	TBD	Free	3	Michelle Marion (602) 787-7296
Wellness Breakout Series: "Stress Management"	Open to Public	Wed., November 25, 8:30am- 12:30pm KSC208	Free	3	Fitness Center (602) 787-7270
Career Seminar Series:	Open to Public	TBD	Free	3	Norma Chandler (602) 787-7073
Honors Lecture Series: "Searching for Wellbeing in America." Dr. Paul Elsner	Open to Public	Wed., December 2, 7pm Mesa Community College Navajo Room	Free	3	Chris Hunt (602) 787-7245
Honors Lecture Series: "From Tijuana to Harvard and Beyond: One Writer's Journey." Luis Alberto Urrea	Open to Public	Wed., February 17, 7pm Phoenix College Bullpitt Auditorium	Free	3	Chris Hunt (602) 787-7245
Honors Lecture Series: "A History of Women at Work in America: Poverty, Affluence and the Paradoxes of Social Change." Dr. Mary Rothschild	Open to Public	Wed., March 10, 7pm Mesa Community College Navajo Room	Free	3	Chris Hunt (602) 787-7245
Honors Lecture Series: "The Value of Giving Back to the Community." Panel Discussion; Will Gonzalez, Moderator	Open to Public	Wed., April 14, 7pm Glendale Community College Student Union	Free	3	Chris Hunt (602) 787-7245

Peak Program Sessions	Eligibility/Application Process	Dates/Time Requirement	Cost	Points Earned	Contact
PEAK Leadership Institute Social/Networking	Open to ALL PEAK students	Tuesday, October 13, 5-7pm	Free	3	Harriet Betts (602) 787-6562
Intro to EPortfolio	Open to Public	Wednesday, October 28, 2-3pm Computer Commons, E136	Free	3	Helice Agria (602) 787-7273
EPortfolio Tune-up	Open to Public	February TBD	Free	3	Helice Agria (602) 787-7273
PEAK Eportfolio Showcase	Open to all PEAK students, committee, and advisory council members.	April TBD	Free	3 (for non-presenters)	Helice Agria (602) 787-7273

Community Service	Eligibility/Application Process	Dates/Time Requirement	Cost	Points Earned	Contact
Teacher Connection AZ Saves Training	RSVP to Harriet Betts (602) 787-6562	August/January	Free	3	Harriet Betts (602) 787-6562
PVCC Adopt –A-Street (Pizza for volunteers!)	RSVP to Ryan Martin. Call (602) 787-7242	Friday, November 13, 9am-12pm	Free	3	Ryan Martin (602) 787-7242
Relay for Life Committee Member	Open to Public	October 2009– April 2010	Free	8	
Relay for Life Volunteer	Open to Public	April TBD	Free	5 (volunteer)	Chris Hunt (602) 787-7245
EL II Dumpster Dive or Earth Week Volunteers ( <i>non-EL II participants only</i> )	Open to Public	April TBD	Free	3	

PVCC / MCCD Program Special Event	Eligibility/Application Process	Dates/Time Requirement	Cost	Points Earned	Contact
Involvement Fair (Volunteer at PEAK table)	Open to PEAK Students	Fall 2009 and Spring 2010 2 <sup>nd</sup> Week of Semester	Free	1 point / hour (3 hrs max.)	Helice Agria (602) 787-7273
Volunteer Fair Attendance / Volunteer	Open to Public	September 21, 10am Volunteers 11am-2pm Event	Free	3 (attend) 5 (volunteer)	Chris Hunt (602) 787-7245
Native American Recognition Week	Open to Public	November 2009 Specific Events TBD	Free	3	Lola Quiroz (602) 787-7245
Black History Month Events	Open to Public	February 2010 Specific Events TBD	Free	3	Ryan Martin (602) 787-7242
Wellness Fair Attendance / Volunteer	Open to Public	April 7, 2010, 9am – 1pm Outside South of KSC Building	Free	3 (attend) 5 (volunteer)	Helice Agria (602) 787-7273
AZ Human Trafficking Workshop	Must register on-line	TBD	Free	3	

Conference/Retreat	Eligibility/Application Process	Dates/Time Requirement	Cost	Points Earned	Contact
PVCC Honors Retreat	Contact Honors Office for more information	August TBD	free	8	Chris Hunt (602) 787-7245
National Collegiate Leadership Conference (NCLC)	Must apply with Ryan Martin in Student Life	February TBD	tbd	8	Ryan Martin (602) 787-7242
Global Leadership Retreat	Must apply in Student Life	October 30-November 1	Free	8	Student Life (602) 787-7240
MCCD One-Day Retreat	Must apply with Ryan Martin in Student Life	January TBD	Free	6	Ryan Martin (602) 787-7242

- **Peak students will be notified in advance via email of additional options scheduled mid year.**