

# 2nd Annual Student Leadership Summit provides students with confidence, real-world advice

By Katie Peters  
LAYOUT EDITOR

"It's a misconception that you need to be super involved before you can be considered a leader. No one can validate you as a leader but you." These are the first few words I heard from Maria Pascucci, founder of Campus Calm, the keynote speaker at this week's Second Annual Student Leadership Summit on Saturday. These words are appropriate especially for this event, because students tend to think that only leaders of student organizations can attend, which is not the case at all. Alex Garrett, Coordinator in the Office of Campus Life and the driving force behind the Leadership Summit, encourages all students to RSVP for the event. Leadership is more than just involvement; it is the desire to be a change in the world, or even just in the school. This year's Leadership Summit will feature workshops such as Representing Leadership on Your Resume and in Interviews, From Disney to Dunder Mifflin: Leadership Lessons from Pop Culture, and Ditch Your Inner Perfectionist and Lead. Pascucci will be the featured speaker at the event, and I was given the chance to interview her in advance. She has years of experience working with college students, and gave the following advice on balance and making a difference:

**Katie Peters: Do you believe that you need to be super involved before you can be considered a leader?**

**Maria Pascucci:** It's a misconception that you need to be super involved before you can be considered a leader. No one can validate you as a leader but you. If you lead by example to affect positive change in yourself and others, then you are a leader.

It is a practice in personal leadership development to recognize that you're human and begin to take steps to prioritize, knowing that you will serve better when you're not overextended. I advise students to show yourself some kindness by saying "no" more to life's responsibilities that you feel you "should" partake in to free up some time to give more fully of yourself to the people and projects you really believe in. Your leadership integrity will grow because you're able to keep your promises by serving others at your full capacity.

If you'd like to build your leadership



Image courtesy of www.campuscalm.com

platform on campus, consider the following small steps to build confidence:

- Commit to speaking up more in your favorite class. Take a chance on your voice!
- Consider writing an article for your campus newspaper.
- If you aren't involved in campus, what is one organization that sounds exciting to you that you could join?
- If you are already involved in a campus

organization, what is one thing you can do to help out more?

- If there's an issue on campus that you feel needs to be addressed but no one is taking steps to address it, can you lead the way?

**KP: What piece of advice do you wish you had in college?**

**MP:** If you view your college experience as a way to build your unique skills and find

out what makes you feel a sense of purpose in life, and not just as a way to build your success portfolio, a grade becomes exactly what it's supposed to be: a measure of your knowledge in a particular subject –not a way to gauge your self-worth.

**KP: What would you consider your most vital message for college students?**

**MP:** You are more than the measure of your GPA or GRE scores, amount in your bank account, title on your business card, or the size of your jeans. You are enough. Try your best in college and be proud of every accomplishment along the way.

**KP: What inspired your passion to speak to young leaders?**

**MP:** Did you know that stress, sleep difficulties and anxiety are the top life issues that American college students say affects their studies?

I should know! Eleven years ago, I graduated summa cum laude from Canisius College in Buffalo, NY with a 3.92 GPA – the first woman in my family to earn a degree. I completed a double major in English and history, a writing minor, a concentration in women's studies while working two part-time jobs on the side. My resume was perfect but I was a wreck. I graduated with stress and anxiety induced health problems. I survived.

As a recovering college perfectionist turned author, speaker, leader, and change-maker before my 30th birthday, I'm now on a mission: to spread a dose of "campus calm" to student leaders nationwide so they won't have to suffer needlessly as I did. I want to help students let go of perfectionism so they can lead with resilience.

In the past eleven years since I graduated, I learned that if I wanted to step into greatness and lead the world toward positive change, I had to start by learning how to be the leader of my own life first.

The Student Leadership Summit is on Saturday in Hermann Hall from 10 a.m. to 4 p.m. and lunch will be provided. If you are interested in still signing up, the link is open until Friday at [tinyurl.com/leader2012](http://tinyurl.com/leader2012).

## iitAIAS volunteers in Edgar Martinez project

By Ryan Gann & Tran Nguyen  
TECHNEWS WRITERS

One step at a time...

Edgar Martinez was a teacher working in the Chicago area. After being truthful and reporting a student for dealing drugs, he was targeted by the student and shot several times. Not only was he paralyzed and confined to a wheelchair, but he was left to function in a world not designed for those with disabilities. Even though I barely knew anything about Edgar, there was one thing I was sure of, he needed help and I wanted to be there to help him. This was my motivation.

The Edgar Martinez project was the first volunteer opportunity for our Freedom by Design chapter. Freedom by Design is the AIAS community service program utilizing the talents of architecture students to radically impact the lives of people in their community through modest design and construction solutions.

Build Day: Bring on the Labor!

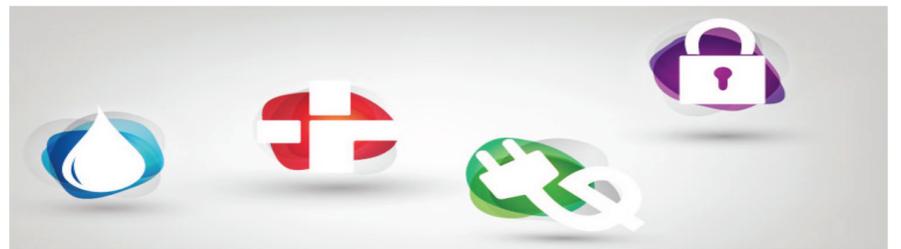
Early Sunday morning on July 15th, thirteen volunteers (from SAIC, UIC, and IIT) eagerly got on the bus headed down Wabash and onto the Dan Ryan Expressway bound for Indiana. The day was going to be sunny and hot, in the upper nineties, but we were well prepared with a cooler full of refreshments. When we arrived at Edgar's, house I was surprised to see

that some contractors and construction workers were busily working on fixing the side of his house. We quickly began work on his ramp, first removing the lattice panels that wrap around on the bottom, then a long session of sanding every wood panel, railings, and benches, then finished up by sweeping away the dust. After that we applied the first coat of sealant, a shade of medium gray.

Thank you... for the hundredth time...

At the end of the day, we were all covered in sweat, wood dust, huge blotches of paint, and some of us even in dirt. When we were packing up and making sure that we weren't leaving a huge mess behind, I saw Edgar slowly approaching us. His face wore a huge smile that was clearly shown in his eyes, as if he was the happiest guy in the world and it didn't matter that he was in a wheelchair. He didn't want sympathy, what was done was done, and there was no turning back time. He shook my hands a few times and kept thanking us. It was at that moment that I told him, "Thank you for giving us this opportunity," but what I really wanted to say was "Thank you for letting us be a small part of your life, for showing us what bravery really means. Thank you for being a teacher and standing up when others wouldn't, for being a voice to those who really need it. Thank you for your honest smile, because it was all worth it."

## Engineering Themes promotes sustainability in curriculum



By Nicole Glick  
TECHNEWS WRITER

The Armour College of Engineering is making vast steps towards educating students about sustainability-related topics both in and out of the classroom. Inside the classroom, there is a multidisciplinary specialization for undergraduate and graduate students, E3, which stands for Energy, Environment, and Economics. Students can choose from a variety of courses which all focus on a different aspect of the ever changing needs of the energy industry. Outside of the classroom, they have developed this innovative undergraduate initiative to be comprised of four main themes: Water, Health, Energy, and Security, which will emphasize the necessity of being involved outside of the classroom.

With the pressure for young adults to be ready for the real world as soon as possible, the IIT Engineering Themes will present students with an online portfolio. This portfolio

is a way for students to interactively track which "Themed" events they have participated in with notes and photos; therefore, when potential employers inquire as to their experience, students can offer this portfolio as evidence of their familiarity. This initiative is all about empowering students to take control of their futures. The Armour College of Engineering wants to ensure that their graduates are not only citizens, but also world citizens who are a driving force in sustainability due to their comprehensive preparation in academics and real world experience.

For further information regarding what is happening at the Armour College of Engineering, please visit the website ([www.iit.edu/engineering](http://www.iit.edu/engineering)) or contact the office ([engineering@iit.edu](mailto:engineering@iit.edu), 312-567-3009)

For further information regarding this article, please contact Nicole Glick at the Office of Campus Energy and Sustainability ([nglick@hawk.iit.edu](mailto:nglick@hawk.iit.edu)).

Image courtesy of Engineering Themes