



Summer 2024 Arise Student Leadership Retreat Survey Results

The AANAPISI grant at MT. SAC aims to provide a networked link of services and activities to improve the academic achievement and personal development of its students. Developing communication and leadership skills of Asian and Pacific Islander students is among the main objectives. During the Summer 2024 term a retreat was held at the University of California, Riverside (UCR) for Arise program students who demonstrated interest in improving both their leadership and communication skills. During the three day retreat the students were asked to complete evaluations of the day's events. This report summarizes the findings of those evaluations.



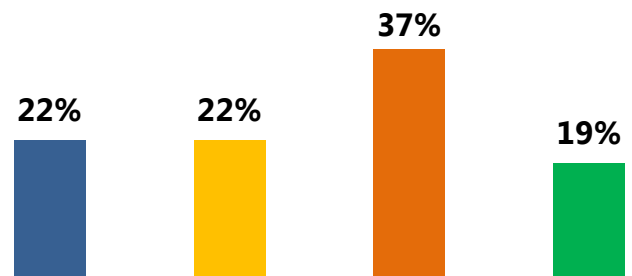
This report is only possible because of the insight and assistance provided by IT, Aida Cuenza-Uvas and the Arise staff. When you are referring to the data from this report, please remember to acknowledge that it was done through the Research and Institutional Effectiveness office in collaboration with the aforementioned persons. Completed on 8/29/2024 by Lisa DiDonato (RIE).

Day 1: Arise Leadership Conference 2024 Survey Results



What was your color from the True Colors Workshop?

| Response | Count | Percent |
|--------------|-----------|-------------|
| Blue | 6 | 22% |
| Gold | 6 | 22% |
| Orange | 10 | 37% |
| Green | 5 | 19% |
| Total | 27 | 100% |

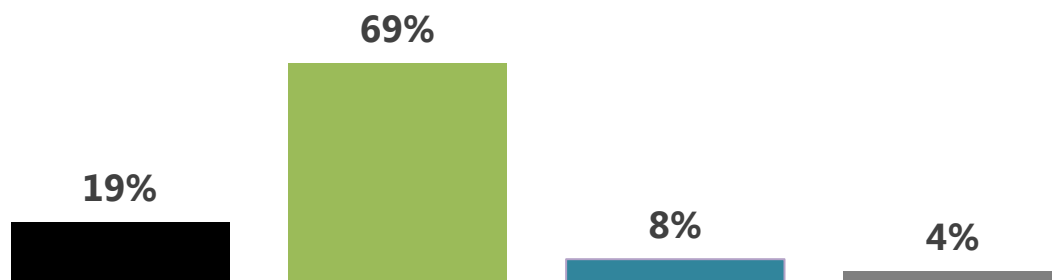


37% of the students reported that their responses to the the "True Colors Workshop" quiz placed them in the "Orange" category. The group with the least number of students was the "Green" group with only 19% reporting this color. "Blue" and "Gold" each had six students who reported these were their colors.

Which of the following describes how you feel about Workshop #1: "Looking Inside to Discover Your True Colors"

| Response | Count | Percent |
|---|-----------|-------------|
| I can use what I learned to better understand | 5 | 19% |
| I can use what I learned to better understand | 18 | 69% |
| I would like to do the True Colors Workshop | 2 | 8% |
| I would like to know more about this topic. | 1 | 4% |
| Total | 26 | 100% |

Nearly 70% of the students selected, "I can use what I learned to better understand why I do the things I do." when ask about how they felt about the Discover Your True Colors" workshop.



■ Understand Myself ■ Understand Others ■ Learn the Colors of Others ■ Know More About The Topic

Orange Students

Based on Workshop #1: "Looking Inside to Discover Your True Colors", how can the characteristics of your color help you be a better leader?



Active and motivated leader in a productive workplace based on my true color. I know myself more and more how become the way I am. I learned what are my grows and glows too. Based on those colors, I realized that what things I should improve in the future

always have a positive working environment and always being open to new ideas and opinions and to encourage team members

I pursue flexibility and creativity as a leader, I think I'll be bringing in the energy and knowledge about how to get things done skillfully.

I was able to learn about my strengths and weaknesses

It can help me be a better leader by understanding my strengths and things I need to improve in.

It helped me better understand my strengths and weaknesses.

It helps me achieve Peace of Mind

It helps us understand our strengthe

It shows me the characteristics that are underdeveloped and how I can work on those characteristics. My color showed me ways I can be a great leader by highlighting the traits that resonate most with me.

My color was orange, and My color showed more of being adventurous and freedom and going above limits.

Blue Students

Based on Workshop #1: "Looking Inside to Discover Your True Colors", how can the characteristics of your color help you be a better leader?



From learn from your mistakes and become a better person for it

i can use it to learn more about myself so that I can have better and more meaningful interactions with others

The characteristics of my color can help me be a better leader by helping me understand people through communication and patient, which will help me form better relationships with those around me or new people i meet.

The characteristics of my color can help me be a better leader by showing I am compassionate when it comes to others and I value communication as a means for strengthening my relationships with others.

To take more risk and give credit to myself, also try to put myself above others since I tend to put others before me.

Gold Students

Based on Workshop #1: "Looking Inside to Discover Your True Colors", how can the characteristics of your color help you be a better leader?



Applying the words I found most helpful as a leader will help me understand and help those that are apart of my team and motivate me !

I better understand my own characteristics that make me who I am. Using this knowledge helps me define my own advantages and disadvantages

I can better structure my projects and presentations and plan ahead accordingly. My organizational skills will help me better categorize things and prioritize what's important, and that will come in handy especially when I work with others.

It can be a simpler way to understand the people in our groups and so that we can work well together. As we work together for longer periods of time, we can use the basic understanding of the true colors to better understand our team and work together.

It can help me improve on my mentality of being open minded to differences and mistakes. I struggle with trying to perfect things I do but being humble and understanding with let me be a better leader.

It can help me to step out of my comfort zone

Green Students

Based on Workshop #1: "Looking Inside to Discover Your True Colors", how can the characteristics of your color help you be a better leader?



Because it made me realize what my strengths and weaknesses are and I can improve on that

I can use these traits I learned to know myself and help others know themselves

I need to learn to not make unilateral decisions and to seek more ideas before acting.

It can help me notice what my strengths and weaknesses, especially the weaknesses I myself do not realize

These colors helped me realize my strengths and weaknesses. Because of this, I know what I could work on.

Please tell us at least one thing you learned about "Getting Out of Your Comfort Zone".

A common goal helps remove the awkwardness between peers, and takes us out of our comfort zone.

Being able to have the courage to speak in public settings

Getting out of your comfort zone means you are willing to feel discomfort to set growth mindset

I learned about everyone's different goals and how a lot of people want to better their public speaking abilities.

I learned more about my peers

I learned that fear and anxiety comes with getting out of my comfort zone but that doesn't mean it'll stop me from becoming a better leader

I learned that fear is a part of the process of leaving your comfort zone and if you can get past it you can see good rewards for your efforts

I learned that in order to work well with others, we have to communicate with others, even if we are uncomfortable or scared.

I learned that working on tasks together helps establish a better level of team bonding and understanding of each other.

Is to talk to other people because the the more people you talk to the more comfortable your talk with

It is when you challenge yourself when you make progress the fastest.

It takes time. But you get there.

It's a lot easier to get out of the comfort zone when everyone else is also in your same position. Stacking cups as a team is much harder than I thought.

It's easier to get out of your comfort zone if there's laughter involved.

One thing I learned about getting out of my comfort zone is that in order to truly feel comfortable doing something, you have to overcome the feelings of nervousness and fear that you may feel towards a certain task.

One thing is that, I was a big nervous at first but then having my team work together during the cup workshop. It really made me feel comfortable and confident to step out of that zone

Staying at our comfort zone is the same as being stagnant, and being stagnant means falling behind.

Taking risk is always worth it

Team work makes the dream work

The accomplishment of overcoming what we have always been afraid of outweighs the stability of not risking it

To take more risks and not just stay in our own bubble just for the sake of comfort. To grow as a person by doing what might seem impossible to do.

When getting out of my comfort zone I was able to connect with others I have never met before or even seen at mt sac!

You find growth where you step outside of you comfort zone

You have to actively put yourself in spaces that make you uncomfortable to get you more comfortable with the situation.

you have to get used to being uncomfortable and face through your fears

You only start growing when you leave your comfort zone.

Name one thing new you will do or have already done as a result of the workshop, "Getting Out of Your Comfort Zone".

By finding more opportunities and reaching out to improve one's quality

I got to know each other more.

I learned to go for your goals by going through many emotions

I volunteered to participate first to openly talk about my goal for this leadership retreat with the whole group.

I will be more confident in talking to people that I do not know, since I have overcome it.

I will continue starting conversations with strangers.

I will continue to understand other people better through getting to know their thoughts and actions and why they do the things they do.

I will put my guard down and be more open towards other people.

I will start to be more vocal and confident. I'm aware that my lack of confidence is what results in me not participating as much, so as I get more out of my comfort zone, I will increase my confidence

I will start to trust myself more when it comes to making decisions and not always overthink things.

I will try to approach more people since I am bad at sudden social interaction. This im will force me out of my comfort zone.

I will try to reach out to more students during this retreat

I'll approach more people

I'll get to know my teammates better.

I've been making connections through other students who have similar interests and experiences as me and shares things we've experienced!

Is to help out other people to get out of there comfort zone so then can talk to other people in way it's fun

I've been trying to get used to speaking in public.

Listen carefully.

make new friends and participate in workshops

One new thing that I will do as a result of the workshop is making sure that when I am in a situation where I am not completely comfortable due to anxiety, I will over come that feeling by going through it instead of avoiding it.

Same situation but different perspectives

Tackling my weakness heads on and not just reading about it. Like signing up for public speaking events

Try new things and be adventurous

Using your voice to speak your mind and intentions.

Writing down glows and grows about myself I love and some things I can work on



Do you have any additional reflections you would like to share about today's experiences?

Constantly showing up to my fear and what triggers my anxiety will help me conquer them. As Bruce Lee said, courage isn't the absence of fear but the ability to keep going despite feeling fear.

Everything is great

I do not; I enjoyed all the activities we did today.

I don't think so

I enjoyed it. I hope I would be able to improve myself and make more friends soon.

I learned about different people from different backgrounds but with similar purpose.

I really enjoyed today's meals and the people I was surrounded with

I'm impressed with the opposite people from my personality and learned a lot from them.

I'm excited to learn more

I realized to not judge a book by a cover. The people that I thought were mean-looking were actually friendly.

It was a really informative and fun day today. Thank you so much for this experience! :)

It was very fun and I am happy to meet new people :)

It's been a really fun day. I enjoyed getting to know new people and doing the little tasks as groups

n/a

No 🙅

None. Everything was perfect.

Nope

Overall it was a really good experience and I enjoyed every moment

The group activities made me feel comfortable and confident in making connections with my peers!

The number intuition game was much more fun than I expected.



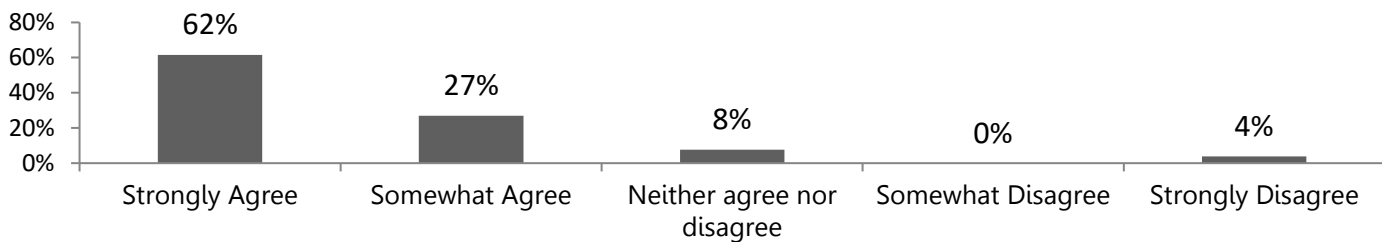
Day 1: Arise Leadership Conference 2024 Survey Results



Did the "Getting to Know You Activities" help you get to know other students?

| | Count | Percent |
|----------------------------|-----------|-------------|
| Strongly Agree | 16 | 62% |
| Somewhat Agree | 7 | 27% |
| Neither agree nor disagree | 2 | 8% |
| Somewhat Disagree | 0 | 0% |
| Strongly Disagree | 1 | 4% |
| Total | 26 | 100% |

87% of the students agreed that the "Getting to Know you Activities" helped them to get to know other students.



Any other comments about your experiences today?

- Great experience 🙌
- I liked today's activities. I think they were very fun and allowed us to get to know others
- I love it
- Is that I would love to learn more about since it has a lot to do with me
- It was a lot better than I expected
- It was a nice night and I loveee the ice cream from the cafeteria
- It's really fun and a great experience
- My phone is about to die
- N/A
- No
- None
- None.
- Not at the moment
- Overall great experience that explored the traits of different students who also may have the same characteristics as me !
- The most fun program for my summer year
- The speakers where really engaging and the activities were a good opportunity for me to learn other students' names.

Day 2: Arise Leadership Conference 2024 Survey Results

In what ways do you think the ropes course connects with leadership?

Helping and supporting others through obstacles

The small group activities we did together allowed us to build connections when faced with difficult challenges it also allowed us to feel more connected and comfortable talking to each other on the course!

Stepping out of comfort zone

stepping out of comfort zone is actually satisfying?

Encouragement from others is great. Also life is too short to be stagnant you need to be able to take 1 second of bravery to make the jump.

Teamwork and communication

The rope course required a lot of encouragement and support, which is what a leader should be able to recognize and instill in others but also know how to accept for themselves

To have fun and make friends in Yeb group

I feel that leadership is connected to embracing fear and discomfort in so many ways, including the challenge of leading a group and being in charge. The rope course involves overcoming your fear to become a better version of yourself.

it gave people courage and to try new things/ take risks. it's a very fulfilling and exciting experience.

The ropes course was able to build self esteem, trust and reflection on our sense of self

I think that the ropes course connects to leadership because you are going around cheering on everyone and making sure that they are comfortable. We were also asked to be the anchors for the people going on the course, which shows that we have to work together.

Helped me overcome my fears and take a leap of faith.

Overcoming my fear of heights. And being courage despite experiencing a lot of fear.

Being

- confident

-open-minded and willing to try new things

-supportive

-passionate

Sometimes you think you can't do it is possible for you to win. Don't be afraid to try it.

I think it showed me that all it takes is for someone to start before others follow. Once someone went on a course, others were more willing to go on it as well.

It shows the willingness to take risks and jumps (literally). In life, leaders often have to make the hardest decisions.

Even though I hurt my leg. I just wanted to walk it through.

It taught me to take a risk or leap of faith even if I was scared which I can also relate this to teaching people to take more risks

It brought me out of my comfort zone, as what happens when being a leader.

It was really fun

it really help built up your courage and confidence. it also help you connect with other people, cheering them on while completing the challenge.

It made me discover that I was afraid of heights and forced me to trust my teammates.

The ropes course connects through leadership by taking action, and believing in yourself despite feelings of fear and anxiety. It's a physical example of coming out of one's comfort zone and taking risks to achieve a goal

It connects with us because we have to take a leap a faith sometimes and do things that we don't want to do because that is the only way to go.

Communication and working with others you normally don't talk to and stepping out of your comfort zone and being a team player

Day 2: Arise Leadership Conference 2024 Survey Results

Move the correct term to the box that defines the term.

| | Open Self | | Blind Self | | Hidden Self | | Unknown Self | | Total |
|--|-----------|------|------------|-----|-------------|-----|--------------|-----|-------|
| | Count | % | Count | % | Count | % | Count | % | |
| No one knows this about you (including you) | 0 | 0% | 0 | 0% | 1 | 4% | 26 | 96% | 27 |
| Others know this about you but you do not | 0 | 0 | 25 | 93% | 2 | 7% | 0 | | 27 |
| You know this about yourself but others do not | 0 | 0 | 2 | 7% | 24 | 89% | 1 | 4% | 27 |
| Everyone knows this about you, including you | 27 | 100% | 0 | | 0 | | 0 | | 27 |

Post workshop, most students were able to match the correct definition of terms introduced in the workshop. Open Self was identified correctly by all respondents. Hidden Self, Blind Self and Unknown Self had less than 100% identification.



Day 2: Arise Leadership Conference 2024 Survey Results

What is one thing you learned or felt as a result of Workshop #4: "From Inner Self to Outer World: Part 1"?

There are reasons of true colors and some of them might be a mask of our past experience

That a lot of my blind self hears a lot of the same things that people say about me.

confront yourself even if your too scared to

Everything is considered a mask from the way we dress and act.

I learned that there is a lot of characteristics in my blind self that I have to learn to accept

To open to your self and others

I learned that our unknown self has a lot to do with our trauma or childhood experiences hidden deep within our memory.

That we are more than one color from true colors

I like how detailed they were that was able to reflect with myself

One thing I learned in workshop 4 is that there are different parts of myself that people know about me that I am not aware of (blind self) so I should be open to others input on me and reflect on how I can use that input to become a better me.

Helped me discover parts of myself I didn't know existed

I learned a lot more about my subconscious personality.

I learned that its important on how I approach people and open myself up to them.

Everything is possible, just change your mindset.

I learned about the Johari window. I didn't know there were 4 groups. I just thought it was either people knew this about you or they didn't.

One thing I learned in today's workshop is that some versions of you that you show can be masks, but you may not even know it. For example, the "I am who I am" mask.

That there is room for improvement and get better at being a leader

I learned more of myself that I have 4 selves and I should explore more on my unknown self

I felt more aware of the inner depths of my being.

Showing your true colors

everyone has a mask that they put up and the 4 windows all work together

My inner self is a lot more unstable than my putter appearance.

I learned that the four different selves correlate to one another, which can help us better understand our thoughts and behaviors

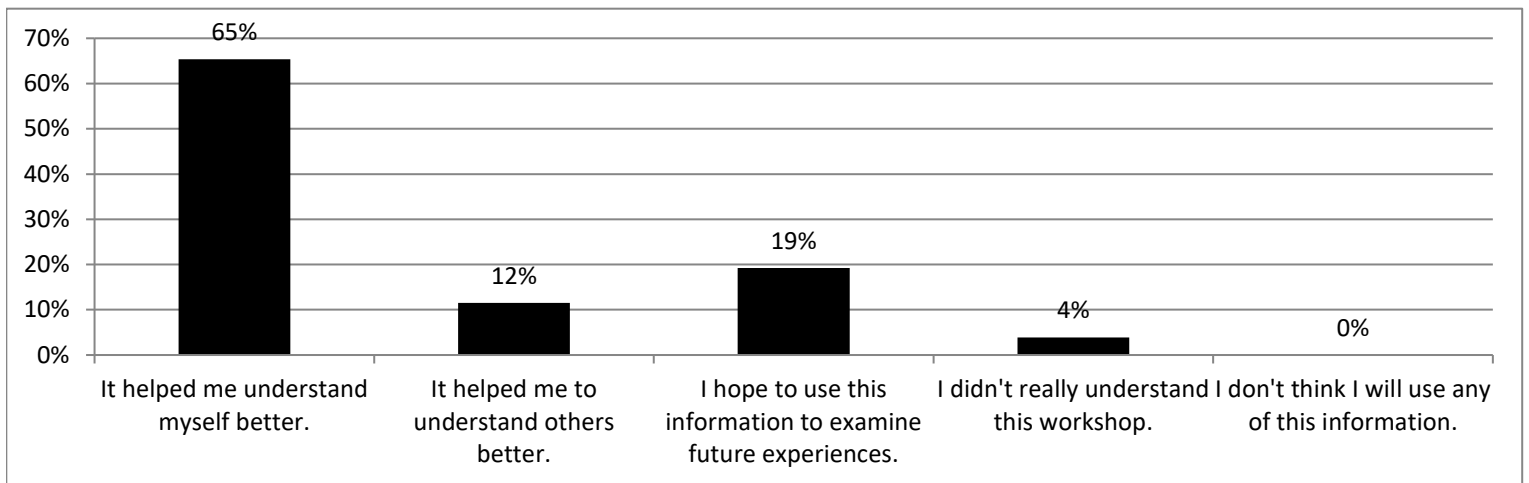
I learned that there is such thing as a blind self and that I do not know everything about myself.

Day 2: Arise Leadership Conference 2024 Survey Results

Select the statements that you agree with about the workshop, "From Inner Self to Outer World: Part 2".

| | Count | Percent |
|---|-----------|-------------|
| It helped me understand myself better. | 17 | 65% |
| It helped me to understand others better. | 3 | 12% |
| I hope to use this information to examine future experiences. | 5 | 19% |
| I didn't really understand this workshop. | 1 | 4% |
| I don't think I will use any of this information. | 0 | 0% |
| Total | 26 | 100% |

65% of the students felt the workshop helped them understand themselves better.



Day 2: Arise Leadership Conference 2024 Survey Results

My favorite part of day 2 was...

The ropes course was a first experience for me and I was able to overcome my fear of heights with the support of my friends

The ropes course

The Ropes Course

The ropes course

The ropes course

the ropes course

The ropes

the rope course because it really made me go out of my comfort zone and try to do all the challenges even though im scared of heights

The rope course and both workshops!

The rope course

The rope climbing activities. There's always a fear of activities like those, but being really to go ahead and still do those things shows me the courage I have in me.

The games, the ropes course, and dinner

The activities before the ropes course.

Ropes course.

Ropes course and free food

Rope course! Really fun

Rope course

Rope course

My favorite was the ice breakers I feel like it really woke me up and prepared me for the remaking workshops

My favorite part was learning about the Jaharis Window

My favorite part of day two was jumping from the ledge at the ropes course and leaving all my problems on the ledge.

Icebreakers and learning about my Unknown Self

Helping the ucr staff naty pull everyone down, I feel useful

Everything. I loved the rope course, the presentation was very informative, and the food plating thing was very interesting.



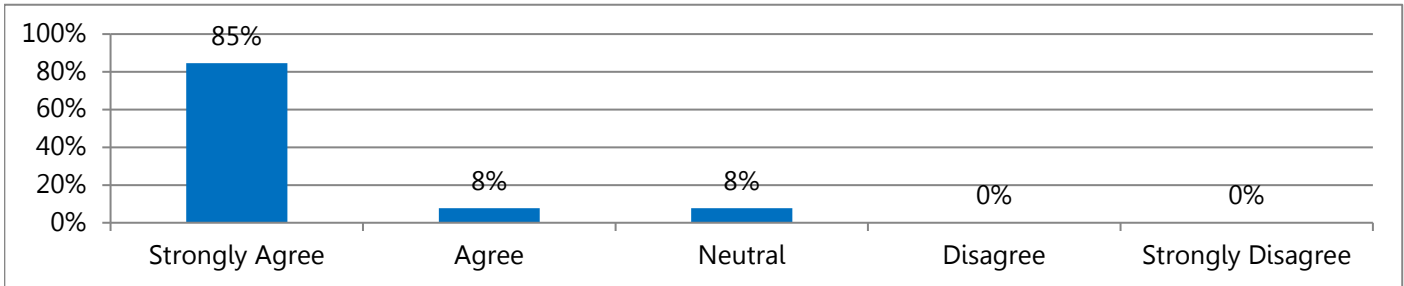
Day 3: Arise Leadership Conference 2024 Survey Results

Please mark your level of agreement with the following statements.

Attending the leadership retreat was valuable.

| | Count | Percent |
|-------------------|-----------|-------------|
| Strongly Agree | 22 | 85% |
| Agree | 2 | 8% |
| Neutral | 2 | 8% |
| Disagree | 0 | 0% |
| Strongly Disagree | 0 | 0% |
| Total | 26 | 100% |

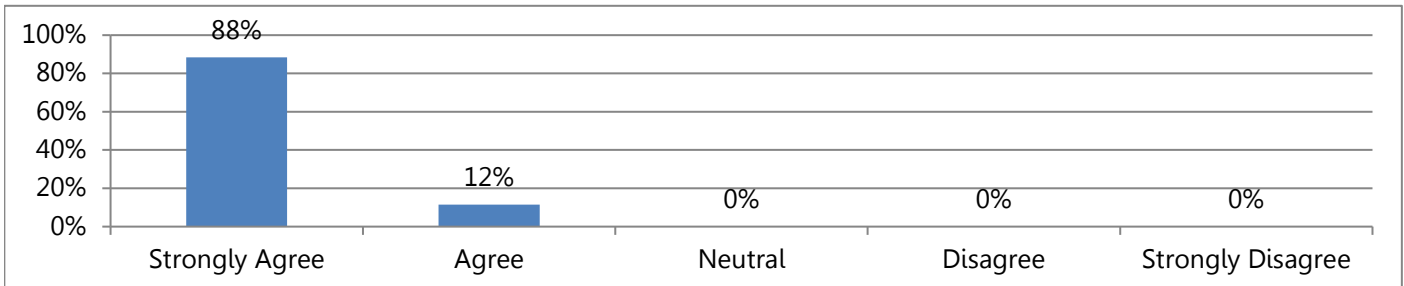
93% of the respondents reported that they either strongly agree or agree with the statement, "Attending the leadership retreat was valuable".



I made at least one new friend at the retreat.

| | Count | Percent |
|-------------------|-----------|-------------|
| Strongly Agree | 23 | 88% |
| Agree | 3 | 12% |
| Neutral | 0 | 0% |
| Disagree | 0 | 0% |
| Strongly Disagree | 0 | 0% |
| Total | 26 | 100% |

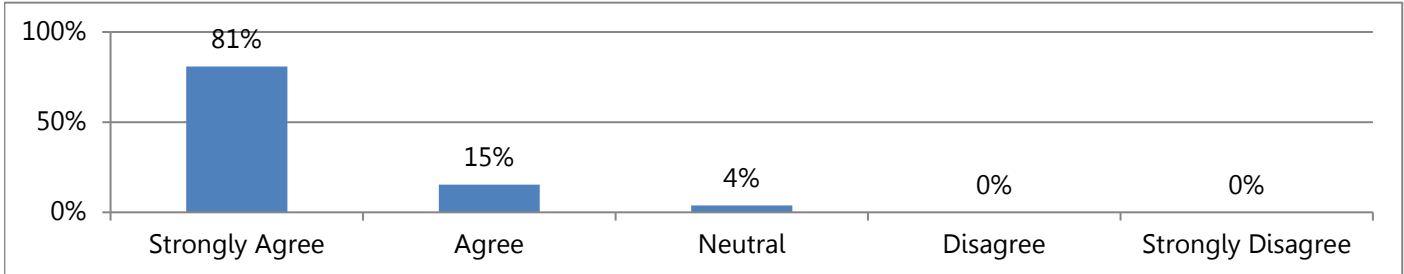
All of the survey respondents agreed that they made at least one new friend at the retreat.



I feel the retreat has improved my ability to be a leader.

| | Count | Percent |
|-------------------|-----------|-------------|
| Strongly Agree | 21 | 81% |
| Agree | 4 | 15% |
| Neutral | 1 | 4% |
| Disagree | 0 | 0% |
| Strongly Disagree | 0 | 0% |
| Total | 26 | 100% |

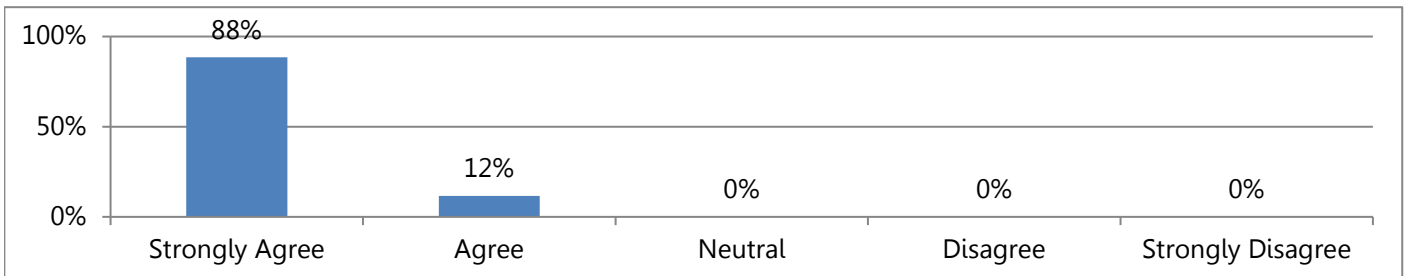
96% of the respondents reported that the retreat improved their ability to be a leader.



I would recommend the retreat to a friend.

| | Count | Percent |
|-------------------|-----------|-------------|
| Strongly Agree | 23 | 88% |
| Agree | 3 | 12% |
| Neutral | 0 | 0% |
| Disagree | 0 | 0% |
| Strongly Disagree | 0 | 0% |
| Total | 26 | 100% |

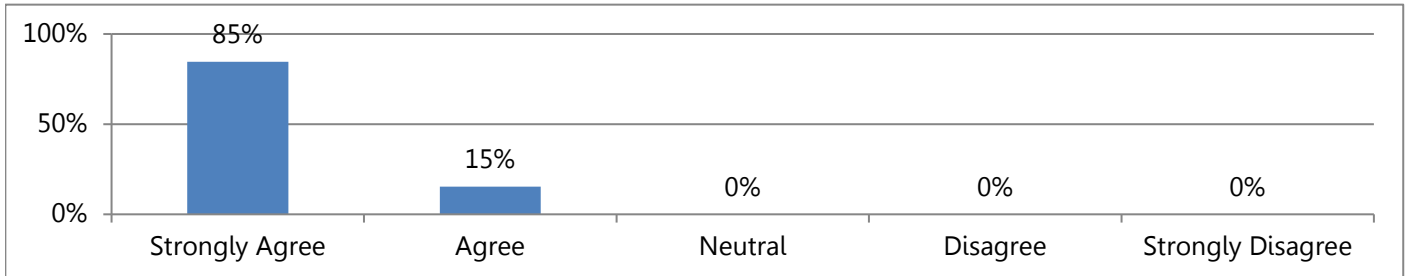
100% of the students agreed that they would recommend the retreat to a friend.



The soap box event was a great end to the retreat.

| | Count | Percent |
|-------------------|-----------|-------------|
| Strongly Agree | 22 | 85% |
| Agree | 4 | 15% |
| Neutral | 0 | 0% |
| Disagree | 0 | 0% |
| Strongly Disagree | 0 | 0% |
| Total | 26 | 100% |

100% of the respondents either agreed or strongly agreed that the soap box event was a great end to the retreat. The percentage who selected strongly agree was the lowest among all the questions asked.



Did you find the Soap Box Workshop to be meaningful for you?

| | Count | Percent |
|--------------|-----------|-------------|
| Yes | 25 | 96% |
| No | 1 | 4% |
| Total | 26 | 100% |

96% of the students found the Soap Box Workshop meaningful.



Day 3: Arise Leadership Conference 2023 Survey Results

Please tell us how the Soap Box Workshop was meaningful for you.

Being able to be valuable and be comfortable to talk about the retreat

I feel like I was related to a lot of the people in this retreat! They all shared things I felt stuck with me and my same thoughts and feelings!

I felt more vulnerable. I let my guard down, and I liked it.

I really loved how everyone gets to share their thoughts in a safe space and that everyone was able to get along with each other.

I think the soap box workshop was meaningful for me because I was able to hear a lot about other people's experiences at retreat while also thinking more about the lessons taught throughout each of the workshops presented to us.

I thought it was a nice opportunity to share our thoughts and growth. I loved hearing everyone's perspective on growth and development.

I thought it was really empowering to share our thoughts out loud. In a way, I feel like this helped us find common ground in how we feel and what we did about our feelings. Because of that, I know we are not all that different from each other and have things in common.

I was able to open up and get out of my comfort zone. It allowed me to show gratitude and share my emotions within the experience of this retreat.

I was able to share what I really found valuable from the retreat that not many people spoke out about.

It allowed me to be vulnerable and express myself to a group of strangers where it would generally be impossible to speak what we think.

It gave me an opportunity to reflect on how this retreat helped me and others around me.

It really helped people get out their comfort zone

It was good insight in other people made me feel pleasant.

It was great to hear everyone since a lot of events didn't give a good opportunity for others to speak

it was meaningful because I got to know what everyone was going through and it made me realize that everyone's in the same boat and I'm not the only one experiencing it. It was very eye-opening

It was very cool and I learned a bit about my self a little and I appreciate it

It was wonderful to see other people talk about their feelings and experiences and was a real eye opener for some of the aspects that I missed during the retreat. Reflecting the past two days also helped me remember some important lessons we learned

It's a good time for me to have time to rethink, conclude and express what I learned about in the retreat.

Just knowing about everybody's feeling before and after the retreat made me realize about how important human connections are

Sometimes we all have same feelings, we are different from what we normally think about ourselves. I learn about compassionate and mindset of helping people to improve our society

The soap box allowed us to express our progress, growth, and vulnerability

The soap box was meaningful because it helped me let out all of what I was feeling and thinking out loud.

The soap box was the most impactful workshop for me. My biggest weakness is public speaking. Talking in front of my peers allowed me to face my biggest fear. What I learned in this workshop is that speaking doesn't have to always be perfect. Try not to overthink

The Soap Box Workshop was meaningful because it gave me a chance to share how grateful I am to all the new friends I've met and made.

How could we improve the Soap Box Workshop? Is there something that would make it more meaningful for you?

You can improve by starting with small groups and slowly getting them to a bigger room

Day 3: Arise Leadership Conference 2023 Survey Results

What parts of the Leadership Retreat did you find most beneficial? Please tell us what they were and why you feel that way.

I felt like a lot of the group activities helped us become stronger in leadership and learning! Dinners and lunches and breakfasts together!!

I find true colors most important since it introduces the concept of behavior traits relating to leadership

I found the ice breakers the most beneficial because it helped me get to know more people

I found the rope course team building to be helpful. People got to cheer each other on but also put teamwork and cooperation into practice

I found the social part to be the most important

I found the workshops and activities that the counselors did were most beneficial because it allowed us to reflect upon ourselves and others as leaders. We were able to share and grown from the experiences and I feel like it was important to take that time to improve in areas that we emotionally and physically tend to avoid.

I found the workshops and rope course to be the most beneficial, because the workshops allowed me to explore more into myself, while the rope course challenged me to overcome my fears through physical means.

I found the workshops most beneficial because I learned things that I didnt know before

I know this is not helpful but I found literally everything beneficial. If I have to name one thing it will be the soap box, it was the most open and responsive event to me.

I like the team building activities because it made a common goal for everyone and accomplishing that goal builds a closer bond.

I really found the whole retreat beneficial. It helped push me outside of my box and heat over my nervousness to try new things. I was nervous for the rope course, but I pushed through. I was also nervous to make friends for the first time, but I don't feel as bad now and think making friends have become a lot easier.

I think all of the events in the retreat was beneficial but I do think that the free time was the most valuable because I got to made friends outside of the mandatory events that we did

i think the whole thing overall was beneficial. i really got to know myself and other people. i usually keep to myself and it helped me let loose a bit.

I thought everything was a great way for us to develop leadership and social skills. From the random roommate assignments to the switching groups and seats to the workshops, I think everything was very beneficial towards both personal and social development.

I thought the opportunity to switch the seats up and talk to different people was most beneficial for me, since I found myself stepping out of my comfort zone constantly. I liked it.

I'd say the whole retreat itself. I feel this way because it gave me a confidence within myself to participate and take a leap of faith to step forward and step out of my comfort zone and getting use to be uncomfortable

One of the parts of leadership retreat I found most beneficial was definitely the ropes course because we were able to encourage each other to truly step out of our comfort zones because they did not have to feel like they were on their own doing something scary.

Probably the most beneficial is to least make friends and it was achieve by it.

Sharing opinions and thoughts. We are valuable just we are. I feel welcomed and like a family in Arise.

Soap Box

The Colors was a good insight in myself.

The rope course

The ropes course was most beneficial because it allowed everyone to accomplish a goal and overcome a challenge or fear that they struggled with

The soap box was the most beneficial. This workshop was impactful because as I mentioned public speaking was my biggest weakness and it feels great facing my fears

True colors, and other theories we've learned. We can then use them in future and introduce them to friends and family.

Day 3: Arise Leadership Conference 2023 Survey Results

Are there other topics or activities you think should be a part of the retreat?

More touring of the campus

more team-building activities

I think we should extend on the icebreakers. I felt it made everyone more comfortable.

Water balloon fights for the next retreat

Identities and learning about eachothers background! Maybe opening up discussions about everyone's roots?

I think we should have done a tour of the whole campus.

N/A

A topic I think should be part of the retreat would be discovering who I am in terms of my culture and how that can influence my leadership.

The fundamentals of independence and dependence.

An open forum for everyone to share there thoughts about each other

I think the topics were broad and I think it covered all aspects needed for improving leadership skills

Not at the moment

Should give us more freedom about what's happening and give us more people to talk to

I think we could do more interactive icebreakers.

Exploring the campus more and using other rooms to make use of the whole campus experience. Maybe more team bonding because guess the lyrics was fun however it didn't get a lot of people involved it felt like 1/5 were good and 4/5 just didn't participate

I think the activities and topics were great. If there were more activities that were similar and allowed us to learn new interesting concepts and socialize with others, I think it would be amazing

More thrilling outdoor activities that might include mud and water

I can not honk of anything since I had the most enjoyable time here. I wouldn't be able to name one thing that will make it better.

All are great and perfect, beyond my expectations too

n/a

I'm happy to all those funny courses and theories. Please bring more useful information to use in the future.

I thought it was perfect, though I wanted more free time to get to know my peers even more. I also want deeper questions to help get to know people more.

N/A

More activities like the rope course



Day 3: Arise Leadership Conference 2023 Survey Results

Any additional comments or suggestions about the retreat?

We should try and move around more :)

It was so funn

So much fun! I hope that others get the opportunity like this at another school and learn the same that I do!

No 👍

I love you guys

No

i love you all

It was very nice and worth it

2 nights is not enough I want to spend more time with these people

I don't think so

Thank you for the investment and the love that was put into this retreat.

More time to relax please. 2 hours isn't enough! 🎧 🎧

I loved everything about the retreat. Thank you for providing all of us with this great opportunity. I'm so grateful for the ARISE program for being a great space for like-minded people to share and grow together.

Nice retreat maybe having more night activities could add more fun experience to the retreat

Thank you to everyone from my peers to the councilors to the researchers. It's been an eventful two and a half days.

Thank you so so *1000 much Arise Community including staff members, peer mentors and participants. I love you all .

keep doing it because i loved the experience and im sure other people can benefit from the retreat.

Thank you all the workers, it is such a good choice for me to be here, and I've learned a lot from this retreat!

Please keep doing it. I hope I could join next year, and hopefully be a peer mentor.

Thank you so much for this wonderful opportunity, I really appreciate all of the work and effort put into making this possible. :)

Surreal amount of positive energy

