



Mission >>> Familiarize staff and employees with Leadership opportunities at UNK and opportunities in the Kearney area... - - unk.edu/leadership-unk

Community Service

During the month of November, Leadership UNK collected donations for the Loper Pantry. Board members manned a table at football and volleyball games to collect donations, as well as challenging departments across campus to donate. The department collecting the largest number of items would walk away with the coveted trophy, The Golden Noodle. The drive was a great success, collecting 3,259 items to help stock the shelves of the Loper Pantry. The beautiful traveling trophy will find it's home this year in West Center. However, the real winners are the students who will be able to benefit from all of the donated items. Thank you to all who donated and to our Leadership UNK Board of Graduates for organizing the food drive.



The need to keep the Loper Pantry shelves stocked does not go away. If you would be interested in donating, please contact Luis Olivas at olivasherrlr@unk.edu to learn more about how you can help.

Leadership UNK Alumni Spotlight >>> Trelana Daniel

Hometown:
Pinckneyville, Illinois

Department:
Residence Life

Job Title:
Director

Job Responsibilities:
My responsibilities include overseeing day to day operations. I supervise the residence hall staff and help with training student staff and providing professional development for professional staff. Additionally, I work with marketing, resident education, as well as summer conferences.

Hobbies:
I'm part of the flute choir here at UNK. I also enjoy being part of vocal choirs. I like doing puzzles, as well as creative writing. Recently, I've started pheasant hunting.

In 3 words, describe what true leadership looks like to you:
Authenticity. Dependability. Motivation & Learning. (Okay, that's four words, but motivation and learning really go hand in hand.)

If you could do another job for just one day, what would it be and why:
I think I would be Dr. Sharon Campbell, vocal instructor, for a day. I'd love to learn more about what she does, what she teaches. It would also be interesting just to learn more about the faculty side of the house.

Tell us something that might surprise us about you:
I was born in Italy. My dad was in the military, so we actually moved a few places before settling in Illinois. I have 6 siblings who live all over the world.



final thoughts...

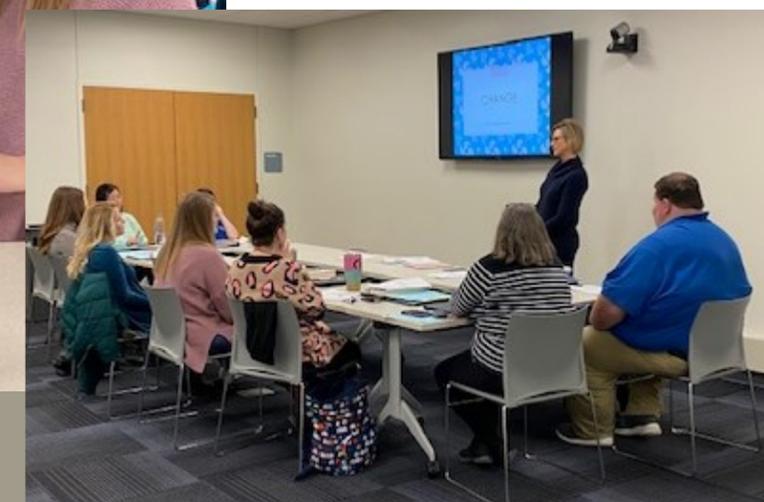
"Leadership and learning are indispensable to each other."
—John F. Kennedy

December session >>>

Diversity and Inclusion

Led by Dawn Cromer and Ashley Olivas

For the December LUNK Class Session, our class topic was “Diversity and Inclusion”. Brandon Drozd from the Board of Graduates gave the class members tips about public speaking and discussed with them the class the requirement for the speeches the class will give in February. We had a presentation from Luis Olivas from the Office of Diversity and Student Inclusion about Intersectionality. Tracy Falconer from the Office of International Education talked about issues international students may face while they are here at UNK. They each also talked about their individual offices and the services they provide to students on campus.



January session >>>

Mental Health & Nutrition

Led by Rachelle Warner & Lynelle Fritzen

The first session for 2022 offered a good segue from the holidays into January when people typically make resolutions.

Kaiti George gave a food demonstration that required interaction with all the participants. Each person was paired with a partner and made one of the breakfast recipes. Class members were able to sample each recipe and talk about each ingredient and why it was chosen. This was very educational, and Kaiti was willing to answer all questions regarding a healthy diet and what to look for in quality ingredients.

Rachelle and Lynelle gave a short presentation on Mindset and watched a video clip from Jillian Michaels. A book “*The Shift*” was also referenced many times. The focus was about being kind to yourself and also using positive affirmations regarding any goal you are wanting to obtain.

<https://fb.watch/9DGFmZuS31>

Kiphany Hoff was the last presenter. She talked about being in a leadership role and how to enact change. She had some hands-on worksheets for the participants and did some exercises to practice utilizing them. She then went through the cycle of change and educated the class on what that looks like. It offered insight into what other people are experiencing during change instead of just thinking about why a person isn’t a team player.

