



# Speak to Lead

A Public Speaking and Leadership Program

“Speak to Lead” is a Public Speaking and Leadership Program that provides experiential workshops and practical opportunities for students to radiate confidence in their own communication and leadership skills for personal growth and social intelligence in a variety of speaking situations.

## Summer 2021

Program Sessions	Speakers
The role of communication in leadership	Jeannie wong Senior associate vice president for university communications
Strategies to reduce nervousness and gain confidence	Jim tabuchi Executive advisor, sacramento mandarins
Techniques to stay focused and keep your audience listening	Jacob gonzalez Admissions advisor/program liaison
Preparing and delivering an effective power point presentation	Bao johri Associate vice president of planning and digital transformation & deputy chief information officer
Making connection in one-on-one social interaction and group settings	Jason chan Director of external affairs at at&t
Understanding the role of culture in communication	Dr. Carlos flores Assistant professor of rhetoric department of communication studies

[Partnerships to Advance the Value of Education \(PAVE\)](https://www.csus.edu/student-affairs/centers-programs/pave/program-information.html) <https://www.csus.edu/student-affairs/centers-programs/pave/program-information.html>

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*“I enjoyed the sessions and overall program since it provided an opportunity during the summer for us students to stay engaged because there wasn’t much offered to us. The speakers did a great job relating their topics and made it a point about how important it is for us to think about developing and applying our own public speaking and communication skills to our school and careers. All the presenters who asked for audience participation mattered to me because it didn’t feel like I was in class.”*

### Overview

“Speak to Lead” is a Public Speaking and Leadership Program in the Division of Student Affairs in the Unit, Student Academic Success and Educational Equity Programs at Sacramento State. Devoted to provide experiential workshops and practical opportunities for students to radiate confidence in their own communication and leadership skills for personal growth and social intelligence in a variety of speaking

situations, the curriculum offered will utilize a network of intra and inter institutional connections between our community partners in a lecture format, group and one -to-one discussion and interaction, including case-studies and mock sessions.

To that end, the goal of Speak to Lead is to provide the practical opportunity for each student at their own pace to develop their own communication and leadership skills through a positive experience.



## Key Highlights

- Ninety-seven percent of the students reported that after participating in one or more workshops, the topics were practical and something they could do on their own to improve.
- Ninety- five percent of the students reported that after participating in one or more workshops, they want to try harder in school and graduate school. 92% of tutors agreed that by being involved in this program, they obtained a positive experience both as a student and as a tutor.
- Eighty-eight percent of students reported that after participating in one or more workshops, they were provided with skills and knowledge needed to prepare to be more successful in school.

<u>At a Glance Summer 2021</u>	
<b><u>Number of Participants</u></b>	<b><u>Gender</u></b>
<b>187</b>	<b>48</b> Male Students <b>138</b> Female Students <b>1</b> Prefer to self-describe
<b><u>Classification</u></b>	<b><u>Ethnicity</u></b>
<b>24</b> First Year <b>14</b> Sophomore <b>66</b> Junior <b>60</b> Senior <b>23</b> Credential/Graduate	<b>15</b> African American/Black <b>64</b> Asian/Pacific Islander/Hawaiian <b>35</b> Caucasian/White <b>57</b> Hispanic/Latinx <b>6</b> Multiracial <b>4</b> Native American <b>6</b> Prefer to self-describe
<b><u>Academic Colleges</u></b>	
<b>37</b> Arts & Letters <b>33</b> Business <b>21</b> Engineering & Computer Science	<b>12</b> Natural Sciences & Mathematics <b>48</b> Social Sciences & Interdisciplinary Studies <b>36</b> Health & Human Services
<b><u>First Enrolled as</u></b>	
<b>74</b> First-time freshman <b>15</b> New graduate (Masters or higher)	<b>8</b> Undergraduate transfer from another University <b>90</b> Undergraduate transfer from Community College

### At a Glance Summer 2021

Number of Participants: 187

Gender:

Male Students: 48

Female Students: 138

Prefer to self-describe: 1

Classification:

First Year: 24

Sophomore: 14

Junior: 66

Senior: 60

Credential/Graduate: 23

Ethnicity:

African American/Black: 15

Asian/Pacific Islander/Hawaiian: 64

Caucasian/White: 35

Hispanic/Latinx: 57

Multiracial: 6

Native American: 4

Prefer to self-describe: 6

Academic Collages:

Arts & Letters: 37

Business: 33

Engineering & Computer Science: 21

Natural Sciences & Mathematics: 12

Social Sciences & Interdisciplinary Studies: 48

Health & Human Services: 36

First Enrolled as:

First-time freshman: 74

New graduate (Masters or higher): 15

Undergraduate transfer from another University: 8

Undergraduate transfer from Community College: 90

## Evaluation

- Ninety- seven percent of the students agreed that the presenters were engaging and informative.
- Ninety- seven percent of the students agreed that the presenters were organized and prepared for their presentations.
- Ninety- eight percent of the students would rate the presenters' coverage of their topics for their presentations.
- Eighty- four percent of the students thought that the topics were useful, valuable and relevant.
- Ninety-five percent of the students rated the overall quality of these presentations as "good."
- Ninety-one percent of the students found the importance of public speaking and communication after participating in one or more workshops.
- Eighty percent of the students gained a sense of confidence in their public speaking and communication skills after participating in one or more workshops.
- Ninety- five percent of the students reported that after participating in one or more workshops, they want to try harder in school and graduate school.
- Eighty- six percent of the students reported that after participating in one or more workshops, they are more encouraged to connect with people 1-1 or in group settings.
- Eighty percent of students reported that after participating in one or more workshops, it is easier for them to approach someone for support/ help.
- Ninety-seven percent of the students reported that after participating in one or more workshops, the topics were practical and something they could do on their own to improve.
- Eighty-eight percent of students reported that after participating in one or more workshops, they were provided with skills and knowledge needed to prepare to be more successful in school.
- Eighty-eight percent of students reported that after participating in one or more workshops, they were provided the skills and knowledge to be more prepare for the workforce.
- Ninety- three percent of the students reported that after participating on one or more workshops, they realized they have a lot to be proud of.

## Student Voices

### Which session(s) did you like best and why?

- I loved all of them but the one that stood out to me the most was the one about making connections. I learned valuable strategies on making connections with others and what are some important points to improve as a communicator.
- I really enjoyed Jacob Gonzalez's presentation on staying focused and keeping the audience listening. He really kept my attention throughout the entire presentation by speaking eloquently and keeping us engaged. He was also very prepared and included relevant and motivational videos for context.
- Understanding the role of culture in communication and techniques to stay focused and keep your audience listening are the 2 sessions that stood out to me because I like how everyone was engaged made the presentation more enjoyable.
- I liked the first three sessions because the stories were inspirational and it was enjoyable to hear their personal anecdotes and tips to be a better public speaker.
- The first session, The Role of Communication in Leadership. It felt like an open dialog, the short time frame kept me engaged and I felt like the speaker was really good at relating to the audience.
- The session I enjoyed the most was the "Strategies to reduce nervousness and gain confidence" session because I found it to have very helpful information that would help me improve my own skills with public speaking and having conversations with other people.
- Techniques to stay focused & Understanding the role of culture in communication- Both of these presenters were passionate about their message and gave exceptional messages
- I loved the session "Strategies to Reduce Nervousness and Gain Confidence" by Jim Tabuchi! He taught me skills to be more confident in myself. I also enjoyed the session "Techniques to Stay Focused and Keep Your Audience Listening" presented by Jacob Gonzalez. I learned about how to communicate better and more effectively!

### What information will be the most useful to you as a student?

- A key takeaway I took from the workshop is that communication is more than just words. Communication is a broad term comprised of various elements that keep individuals engaged. I also learned to build rapport with my peers, coworkers, and mentors that are a part of my journey.
- It is okay to be vulnerable and real during presentations and that it is more important to be genuine and engage people on a deep level than it is to appear like an expert at all times. The relationships and human connection are a big part of being a good leader and establishing communication.
- The most important thing I learned is that knowing your audience, using personal experiences, and knowing your presentation from inside out (e.g., preparation) is most important for a successful presentation and an effective tool for leadership.
- The most important thing I learned was how to improve on being less nervous as well as delivering a better PPT presentation. As a student, every note I took per presenter such as culture in communication to preparation in the world outside of school is most useful to me.

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