What do I want to work on at SOAR?
Choose presentations that fall in the categories you want to focus on today

- **Build my leadership skills**
- **Learn about new ways to apply my skills**
- **Develop my personal leadership philosophy**
- **Reflect on my past and plan for my future as a leader**

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**Serve Through Skill**
Focusing on personal growth and practical skill development

**Opportunity Exploration**
Discovering new opportunities, challenging yourself, & reaching your potential as a leader

**Authentic Leadership**
Exploring how to be an authentic leader & developing a personal philosophy of leadership

**Reflect & Re-Energize**
Reflecting on past leadership experiences, and becoming re-energized as a leader in the Carleton Community

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How do I learn best?
Attending sessions that are facilitated the way you learn best is a great way to make sure you get the most out of the sessions you choose to participate in

- I learn best by listening & some participation
- I learn best by talking with my peers & reflecting on the material
- I learn best through hands-on learning & practice

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**Theory to Practice**
Sessions include mini-lectures, applying & reflecting on material provided, and developing a foundational knowledge

**Collaborative Conversations**
Sessions include learning through conversation, peer to peer learning, facilitated discussions, and activities

**Experiential Learning**
Sessions include learning by doing, activity-based learning, are creative in nature and based around activities

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Look for the symbols in the Education Session Handbook and throughout the day when you are deciding which sessions to attend! The handbook can be found at [www.carleton.ca/soar](http://www.carleton.ca/soar)
My SOAR Takeaways

New skills I learned
Ways I challenged myself
My personal leadership philosophy
How I'm re-energized as a leader

My Best Ideas & Notes from Education Sessions

Session:
Session:
Session:
Session:

Fill out this page, snap a photo, and post it on social media with #CUSOAR for your chance to win a SOAR Prize Pack including VIP Seats to the evening event with our keynote speaker.