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Dean Greet PSLA Interns

By BEN STROLE
2006 PSLA Intern

Dr. Michael D. Mullen, Associate Dean for Academic Programs at the University of Kentucky's College of Agriculture, graciously welcomed the Pioneer Student Leadership Academy (PSLA) to the University of Kentucky on Tuesday evening, May 30th. He also gave the Academy a very special gift: He offered his services as a mentor to the PSLA interns.

Dr. Mullen noted that the university has 16 academic and professional colleges, offering students a choice of more than 200 majors and degree programs. UK is one of the few universities in the country that offers such a diverse curriculum on the graduate and undergraduate levels.

About mentoring, Dr. Mullen explained that, at UK, students are assigned a faculty advisor who can guide them to appropriate internships, help with coursework decisions, and suggest extracurricular activities. "These faculty advisors provide a 'personal touch' similar to that of a mentor," he said. "As a mentor of PSLA interns, I can serve as a person to bounce ideas off, make contacts, and provide a forum for learning from life experiences."



The Art of Marketing Yourself

By BRITTANY THORNTON
2006 PSLA Intern

"Oh, the places you'll go," said Deb Brewer, relating the classic Dr. Seuss book to the many experiences and places the PSLA interns may encounter once they step out of their comfort zones. Ms. Brewer, Diversity Manager of Global Employment & Workforce Planning for Pioneer Human Resources, advised the interns to strive for what they want, even if they think it may be out of reach. There's nothing wrong with being afraid, she says, but if you don't take risks you'll miss out on different opportunities to learn or do something new.

"You can't fall farther than home," she said, calling on the words her father said to her when she was in college. What he meant, she explained, is that no matter what hardship or failure she might encounter, her family was there to support and comfort her.

In marketing yourself, Ms. Brewer recommends making sure that something sets you apart from your peers. "Learn from the many places you see and the experiences you have," she encouraged the interns, "and be able to apply that learning."



Brain Exercise Tips For Interns

By CHRISTOPHER ACKLEY
2006 PSLA Intern

Do you ever have trouble staying awake while sitting at your desk? Do you find your eyes closing in a class or meeting if the speaker is boring? Do you fear speaking in front of large groups? If so, Brain Gym[®] may be for you.



"Once you experience how Brain Gym helps, you want to do it all the time!" says Susan Gaeta, an educator, life coach, and certified Brain Gym instructor. Susan has presented Brain Gym to a variety of audiences—children, college students, and business professionals—in schools, colleges, and the workplace. And on Saturday, June 3rd, she captivated the PSLA students with a presentation that got them up and out of their seats, and showed them how to find out whether they're left- or right-brain dominant and what that means.

Brain Gym is part of an innovative approach to learning known as Education Kinesiology—meaning "learning through movement." It incorporates 26 activities designed to improve motivation, concentration, memory, reading, writing, organizing, listening, and more. Each exercise is specific to integrating body and mind—waking up the left and right sides of the brain and making the hemispheres work together.

Doing a few of the activities for just five minutes a day can result in a dramatic difference over time in almost any work or school situation, says Gaeta. For example, the simple act of rubbing the sides of your face near your ears can increase your concentration and listening skills. A quick stretch of the arms can calm you before giving a speech or interviewing for a job.

To learn more about Brain Gym and how you can benefit from it, check out www.braingym.org.

2005 Academy Graduates Host Etiquette Dinner

By ASHLEY STOCKAMP
2006 PSLA Intern

Interviewing for a job can be stressful and leave your nerves on end. But what if that interview takes place during a formal dinner? Then, it's not just what you say that matters, it's what you say, what you do, and how you eat. The PSLA 2006 interns had the opportunity to test their etiquette skills at a formal dinner on Saturday, June 3rd at the Atrium in downtown Lexington.

The highlight of the evening was the etiquette presentation by four Academy graduates—Ashley Wells, Brittany Willis, Loy Webb, and Bryan Thomas—led by Ms. Jewel L. Moore from the United States Department of Agriculture (USDA) and President of Minorities in Agriculture, Natural Resources and Related Sciences (MANRRS). The presenters took time from their busy schedules to give back to the organization that had helped them.

The evening began with etiquette basics as Loy shared how to identify the courses of a meal by the silverware on the table. Bryan followed with some dining do's and don'ts. Ashley covered how to handle certain food and drink situations, and Brittany closed with a Q&A session. Ms. Moore elaborated on some of the more challenging questions.

As some of the Pioneer interns may find themselves on the hiring end of a formal dinner, this was an experience that should them obtain their dream jobs. It gave them an opportunity to dress their best and show off their professional sides.

The stage set for dining elegance, with white linens, silver, and china.



Lessons in Entrepreneurship From Two Who Live It

By WENDI SHEPPARD
2006 PSLA Intern

Antwayne Ford and Andre Rogers, President and CFO, respectively, of Enlightened, Inc., a Washington, DC-based Information Technology (IT) consulting firm, presented “Leadership Requirements in the Workforce” and “Entrepreneurship” to the interns on Friday, June 2nd.

Together, Ford and Rogers led the Pioneer interns through the basics of entrepreneurship, from deciding to start a business and identifying opportunities to obtaining financing, and marketing and managing a business. The pair outlined the key characteristics an entrepreneur needs in order to succeed: confidence, the ability to quickly comprehend complex circumstances, and a strong sense of realism.

They also shared the pros and cons of owning a business. Prospective entrepreneurs should know that such a career path takes hard work, said Rogers. He gave as examples long nights of demanding work, tough decision-making when dealing with limited information, and unwanted and unexpected surprises.

The two businessmen also announced the PSLA Entrepreneurship Competition. Enlightened will award a \$2000 scholarship to the 2006 intern who submits the best idea and plan for a new business.

Ford concluded their presentation with a quote from Henry Ford: “Failure is the chance to begin again more intelligently.” Make mistakes, he advised, and make sure you learn from them, so you may achieve your highest potential as an entrepreneur in the future.

Good Writing is Key Skill in 21st Century Workplace

By MICHEAL BARRON
2006 PSLA Intern

Writing is a critical skill, one that crosses all professions and all levels of employment in today's workplace. In the Thursday morning “Written Communications Workshop,” Nancy McKeithen, a professional writer, editor, and designer and member of the PSLA staff, shared tips and tricks for better writing with the Pioneer interns.

The workshop began with a review of common grammar mistakes and continued with a segment on how to edit your own writing and eliminate redundancy. Ms. McKeithen divided the interns into groups and asked them to compose thank-you notes to Dr. Mullen, who spoke to the group on Tuesday evening. It was a good rehearsal for the thank-you's the interns will be writing after their future job interviews.

She also assigned students to write a personal statement to use in marketing themselves effectively to potential employers. Said PSLA intern Christopher Ackley, “This assignment was very beneficial in helping me to make my first impression.”

Extending her services to the Academy beyond the workshop, Ms. McKeithen offered to be a mentor to the interns. She also gave the interns the opportunity to publish articles in *The Pioneer Pages* newsletter.

On Campus at UK

By JORDAN DAVIS-POWELL
2006 PSLA Intern



The Pioneers in Education Alliance launched its third Pioneer Student Leadership Academy on May 30th on the beautiful 670-acre campus of the University of Kentucky, located just south of downtown Lexington. UK is recognized worldwide for excellence in teaching, research, and service, and is a catalyst for intellectual, social, cultural, and economic development. In 1865, John Bowman's dream became reality when the state's Agricultural and Mechanical College opened with support from the federal Morrill Land-Grant College Act and private donations.

While the college is known for academic excellence, its school spirit and tradition make the university distinctive. Lore has it that "Wildcats" are bred from birth.

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Transitioning From College to the Workplace

By EDGARDO PONCE
2006 PSLA Intern

The school-to-work transition can make a difference in whether or not someone is successful. That's where Erica Holloway, Business Development Services Manager for MTS Technologies Inc., entered the PSLA picture. Her session was clearly one of the interns' favorites, and one of the most beneficial for those close to graduating.

For the interns, Ms. Holloway's presentation was a transition "roadmap," covering everything from business etiquette basics and a 12-step program for first-year success, to strategies for advancement and career-limiting mistakes to avoid. She also gave tips on entering the workforce, noting the importance of maintaining high self-esteem and planning your career moves carefully. She noted that making your boss "look good" is a key advancement strategy. And she took us through some errors people make in their transitions, such as showing up late, dressing inappropriately, and calling in sick too often. Her list of career-limiting mistakes also includes having a bad attitude and failing to be a team player.

Erica has achieved success in the corporate environment, in no small part because she knew how to make the transition there from college.



12 Steps to First-Year Success

1. *Have a positive attitude.* Smile, be open-minded, and demonstrate a good work ethic.
2. *Adjust your expectations.* Don't expect too much too soon.
3. *Become an insider.* Prove yourself by doing, not talking.
4. *Demonstrate professional maturity.* Don't show off.
5. *Build relationships.* Learn to work on a team, network, and find a mentor in your organization.
6. *Demonstrate that you can FOLLOW.* Be an easy-to-manage employee.
7. *Understand the corporate culture.* Try to fit in and embrace the culture.
8. *Learn the ins and outs.* Follow the unwritten rules and master your job.
9. *Understand your role.* Pay your dues, see the "big picture," and find your niche.
10. *Develop professional skills.* Manage your time, set priorities, and meet deadlines.
11. *Master each task of your job.* Take advantage of training and openly communicate with your boss.
12. *Grow, learn, and do.* Gain all the knowledge you can, learn something about everything, and develop a plan and follow it.



Pioneer Student Leadership Academy Class of 2006

Chris Ackley

Triton College
Biology/Pre-Pharmacy

David Augustine

Louisiana State University
Business/Marketing

Orlando Avery

Oglala Lakota College
Elementary Education

Micheal Barron

Clemson University
Elementary Education

Darius Bell

Hampton University
English

Kenny Brown

Western Michigan University
Engineering Graphics

William B. Bullock

University of Virginia
History

Kyle Carter

University of Notre Dame
Industrial Design

Daviaann Connywerdy

Comanche Nation College
Psychology

Jordan Davis-Powell

Tuskegee University
Animal Science

Bridgette Florestal

Fisk University
Biology

Robin Franklin

Maryville College
Biology

Emilio Garcia

Michigan State University
Parks, Recreation & Tourism

Andie Gonzalez

Michigan State University
Dietetics

Angie Gonzalez

Michigan State University
Apparel Textile Design

Jenise Harrell

George Washington University
Psychology & Criminal Justice

Norrel Hemphill

Michigan State University
Food Industry Management

Jeremy Hill

Tuskegee University
Animal Science

Marshall Latimore

Tennessee State University
Mathematics & English

Michelle Mathis

University of North Carolina
Pembroke
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Management

Kelley Mitchell

Institute of American Indian Arts
Museum Studies

Chiedu Odita

Louisiana State University
Biological Sciences

Joe Jesse Owens, III

Tuskegee University
Animal Science

Edgardo Ponce

Michigan State University
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Michael Quarles

Virginia State University
Computer Information
Systems

Wendi Sheppard

Tuskegee University
Animal Science

Ashley Stockamp

Southern Illinois University
Carbondale
Agriculture Education

Amanda Strickland

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Secondary Education-English

