



# United Future Leaders

VOLUME I, ISSUE 3 2014

CIVILITY \* ETHICS \* LEADERSHIP

## Transitioning Healthy, Positive Leaders

### SPECIAL POINTS OF INTEREST

- UFL Around the World
- What students are saying!
- COHS Cottage Dedication
- UFL Ambassadors

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The transition to middle school can be both challenging and exciting. Each year United Future Leaders sets out to be a part of your TEAM. The TEAM that helps pave the way for a successful entrance into middle school. The last two years with your child have been filled with lessons and activities designed to challenge and empower self-leadership and support each phase of their development.

It is our belief that a fun learning environment filled with caring adults and peers provide your child an optimal opportunity to practice and plan responses to difficult situations.

The structure of our program delivery is formatted in such a way that students not only learn and internalize concepts, but also apply them into their

daily life. It is always exciting for our staff to weekly reflect on the comments and parallels students make to the daily challenges they encounter.



UFL works to build a foundation of leadership and service with your child by first helping them realize their individual gifts. Exploring what makes up their identity, realizing their individual competencies and learning to place value on the contributions they make to the

groups they belong to are just a few examples of how this is done.

Taking leaders to the next level of leading and serving with civility and ethics requires an understanding of mission and purpose. We believe that the UFL Ambassador program helps them to carry out this theme in a variety of ways. It is our hope that your child continue to "take it out to the world" by taking advantage of this wonderful opportunity.

We are dedicated to enriching the lives of youth encouraging them to lead and serve as they integrate into their new academic and social environment. We are grateful for your trust and support as we partner with hundreds of UFL families to make our world a better place. —Gloria Gonzales, Director

## UFL Around the World

The UFL staff not only serve youth and families in the Lubbock community, but also work to take leadership and service out to the world through mission trips in their personal time. In 2013, Gloria Gonzales traveled to Tabacundo, Ecuador with the Broadway Church of Christ Youth Group. The group volunteered at Camp Bellevue, an after school tutoring and vacation bible school program and provided educational services for students at Escuela Fiscal, an impoverished government-run school.

Jenny Adams, Graduate Assistant for UFL, also traveled to the Czech Republic in July 2014 with Church on the Rock. The group volunteered with X-Large City Camp, where they implemented a variety of programs for youth, including fashion, cooking, photography and sports activities. The goal of the mission trip was to build relationships with students and encourage growth in various competencies related to healthy youth development.



# Grad SPEAK!

## UFL Program Delivery

### "True North"



Clear and specific goals matched with a deeply felt sense of purpose leads to excellence. UFL defines *Mission & Purpose* as "having direction and purpose." With students, we further define Mission as the 'what' of goal, and Purpose as the 'why.' As students transition from childhood to adolescence, they begin to develop a greater sense of independence. However,

students may not yet realize the impact their decisions and actions can have on their future. Further, adolescence marks a time when students begin exploring and establishing their personal values. In this transition from elementary to middle school, students are often faced with a variety of distractions that can divert them from achieving their goals.

Through my favorite theme activity, "True North," students are given an overview of mission & purpose through the setting, planning, and achievement of goals, including both short-term and long-term goals. During this activity, students trace their hand on a sheet of paper and write one of their goals in the middle of their hand. After, students are asked to write five steps that would help them achieve this goal on their five fingers. Students are then blindfolded and individually lead by a facilitator, who represents their "true north voice," or conscience, through an obstacle course, where there is an additional facilitator who acts as a 'distractor.' As the student is lead through the obstacle course, their 'true north' leads them in the right direction toward their goal while the 'distractor' tries to divert their attention from their 'true north.' When students reach the end of the obstacle course, their 'true north' congratulates them for reaching their goal and instructs them to take off their blindfold to see what they have overcome.

It is a joy to watch students' eyes light up after they achieve their goal in the blind obstacle course as they begin to grasp the truth that they have an ability to achieve any dream they desire when their mission is matched with a sense of purpose, setting goals, and staying true to their values. — Jenny Adams, Graduate Assistant

### Healthy Leaders



Each week we brought a healthy "easy-to-make" snack for our participants to enjoy at the beginning of program delivery. During UFL, we taught the students the importance of eating a healthy balanced meal, portion control, eating adequate amounts of the essential food groups (protein, grains, fruits, vegetables, fats and oils), being conscious of content, and how to properly interpret a nutrition label. One popular nutrition lesson was our "Go, Slow, Whoa" exercise. In this activity we presented the students with different "Go foods" which are packed with nutrients and energy, "Slow foods" which also have nutrients, but may have a higher fat content, and "Whoa foods", which are higher in fat, sugar and sodium. We then allowed the students to make skewers with an ample amount of "go foods", a handful of "slow foods", and just a few "whoa foods". Encouraging students to make healthier choices was the priority of the lesson, however we also addressed the concept moderation, where students can still eat their favorite whoa food on special occasions. Moderation! Moderation! Moderation! This word became an unofficial theme during our nutrition lessons this year. Although food intake plays a significant role in nutrition, we also teach overall wellness. We identified the more abstract components of nutrition such as, getting enough sleep, hidden sugars, and the potential dangers of energy drinks. Overall, students leave UFL with great snack ideas, the knowledge to make healthy food choices and the ability to teach others about nutrition. —Natasha Hemeng, Graduate Assistant

### UFL Baseball

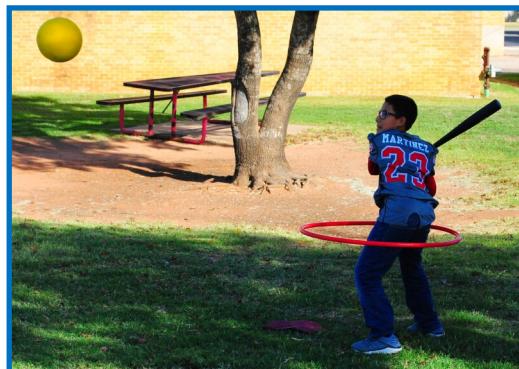
I believe UFL Baseball was unique because it helped our UFL students to appreciate each person's unique talent when completing this physical challenge.

As we facilitated this activity across our campuses I noticed how competitive our UFLers were, but they were always respectful towards their peers – which made me wonder if as a competitor I am respectful regardless of the outcome. I had time through the week to think about it and I realized I had forgotten the reason behind why I played my sport. Watching how engaged the UFLers were in the activity, I saw it wasn't just about wanting to win but they wanted to have fun while they did it.

Regardless of the challenges they were confronted with, each team member encouraged the other – I even remember at one of our campuses the opposing team was encouraging their opponents because the person at bat had a difficult task (the student had to put on crazy goggles and attempt to kick a ball).

Another important UFL theme is that of emotional security, which means – I know my feelings and I honor them – was evident in this activity as the students were always encouraging regardless of the circumstances. No student was discouraged for not being able to complete a task but they were always encouraged by their peers, which helped them feel confident and want to try their best for their team.

As a leader I have to constantly remember that all individuals are different and regardless of the differences in abilities each member of any team may possess, I must follow the example of our UFL students and continue to encourage others and remain positive as best as I can.—Dwayne Extol, Student Assistant



**Full Time Staff****Graduate Assistants****Research & Student Assistants****Meet the UFL Team****Gloria Gonzales**

Gloria has served as the director of UFL since its inception in 2007 and has seen the program grow and flourish over the years. "It brings joy to my life to challenge youth to take leadership to a new level. It brings growth to *MY* life in doing so. I am inspired by each and every child to be my best ME!"

**Natasha Hemeng****Kayla Sherman**

Kayla has worked with UFL since 2012. She is currently pursuing her Masters at TTU in Family and Consumer Sciences Education. "UFL has allowed me to put my passion for working with youth into practice! Seeing the students' love of learning and leadership each week brings me such joy and fulfillment!"

**Jenny Adams**

Jenny has worked with UFL since 2011 and is currently pursuing her Masters here at Texas Tech in Youth Development & Educational Leadership. "I find deep joy in loving and leading students well as I watch them each flourish in areas of leader-

**Natasha Hemeng**

Natasha is currently pursing her Masters of Business Administration in Science, Technology, Engineering and Mathematics. "I am grateful for the opportunity to enrich tomorrow's leaders and will cherish the impact that the students have made in my life ."

**Dwayne Extol**

Dwayne is a senior Electronic Media and Communication major at Texas Tech. He has been with UFL since July 2013. "The joy I get working with UFL is unmatched, I enjoy the time spent at all my campuses - I learn something new from all the kids."

**Kortney Homer**

Kortney is graduate student, pursuing her degree in healthcare administration. "I love learning and interacting with the UFLers! We challenge each other to develop our skills and grow in all aspects of our lives."

**Alberto Garcia**

Alberto is an undergraduate student, pursuing a degree in Nutritional Sciences. "UFL has given me the opportunity to give back to the community through development of our young population. UFL has assisted in discovering a new passion of working with children."

**Jonathon Montanez**

Jonathon is an undergraduate student at TTU, and is currently studying biology. "It feels great to impact youth and be a positive influence for the UFL students!"



## United Future Leaders

247 likes  
50 people are talking about this

### Photos (6)

#### United Future Leaders September 8

It's Amazing Race week at UFL! Let's learn about physical safety and emotional security! Remember to PROTECT YOUR BUDDY!! (6 photos)



#### Status

#### Photo

#### Life Event

#### Places

What's on your mind?

### Hey UFLers! What do you think about the UFL program?

like . share . comment

Gloria Gonzales, Kayla Thomas and 54 others like this.

**John Henry Davis** I love UFL because the skills I learned are going to last me a lifetime!

**Stephen May** Believe in yourself and others!

**Malia Montes** My favorite lesson was "super foods"! I learned about antioxidants.

**Chris Johnson** I like having the opportunity to be a part of something and knowing that I will always belong!

**Ariel Yarbrough** Reach for the stars! If you don't make it the first time...try again!!

**Cole Sumner** A leader is someone who leads someone in a positive way.

**Ella Booé** UFL has had a great impact on my life! I've enjoyed the experience a lot!

**Hope Plasencio** In UFL there are a lot of games and fun. I enjoy UFL because you get to be with friends and the people in UFL are like a family. I like being in UFL because they care about me!

**Jerris Ridge** The physical activities taught me to never give up!

**Breken Ramos** UFL has taught me great leadership and ethics!

**Tara Churchwell** I learned a lot of good life lessons. My favorite was the *Promoting Our Positive* lesson on physical safety and emotional security.

**Lexie Najjar** UFL made me a better person by teaching me to belong and help others.

**Jordan Rodriguez** I think being a good example and standing up for others defines being a good leader.

**Shawntavia Rollison** All I know is that I really had fun and UFL was GREAT!!

**Caleb Batson** I learned to always treat others the way you want to be treated!



@unitedfutureleaders



## unitedfutureleaders

United Future Leaders Lubbock UFL is an after school leadership program, which focuses on civility, ethics, and leadership. Check out what some of our UFLers say about the program and leadership!!

167  
posts

349  
followers

374  
following



**alee roberts** My time in UFL has taught me how to guide others and myself. I know more about myself than I ever did! #identity #lifechanging #leadership



**maia salazar** My favorite part of UFL is how the counselors are fully devoted to you and who you can become! #mentors



**johny julios** I liked the physical activities which taught me team work and to be competitive.  
#balloonpop #friendlycompetition



**colin lain** UFL has a life changing effect to me, others and the world! #takeittotheworld



**jaden martinez** I really liked the nutrition lesson Go, Slow, Whoa! UFL has taught me to be a leader. #healthyleaders



**jerris ridge** I learned to never give up! #mission



**scotty going** Leadership is helping yourself and others do the right thing!  
#positivechoices



**taylor moravcik** I have grown stronger relationships with my UFL facilitators and classmates. I will take these lessons with me for the rest of my life! #funwithleaders



**cassidy summer** I define being a leader as leading someone and standing up for others! #littleleaders #bringingoutthebestinothers



**ariah jimenez** UFL has helped build my confidence! They made me strong & powerful!



**clarissa villa** I loved UFL because it was fun, educational and taught me so much about being a leader!  
#learningisfun



**jabreil wallace** The best thing I like about UFL is the fun activities! #UFLisfun

# RESEARCH

## CAR, moving forward with dedication



Dear UFL Families and Friends,

This time last year, our staff at the Center for Adolescent Resiliency (CAR) staff were busy packing up our offices for the move to our new space in the Human Sciences Cottage on the Texas Tech University campus. We have been in our new home for nearly 12 months, and we are very proud of the lovely space in which we have to work and welcome the students and families we serve.

As one of the oldest buildings on campus, the newly restored Cottage was formally dedicated by the university's President, Dr. Duane Nellis, on October 16, 2014. It was a gorgeous fall afternoon for the

dedication, and it was wonderful to see some of our UFL stakeholders present to celebrate with us. Perhaps the best part of the event was all of the 'tidying up' we had to do in order to properly welcome our guests. Why? Not because we are messy people (okay, maybe one or two of us are) but because when there is a need to tidy up, it means our offices and meeting spaces are bustling with the activity, energy, and materials that inform the Center's quality programs and research. It is the best kind of "busy" I can think of, and it is a privilege to share our passion for working with youth when we encourage your UFL'er to take it (their leadership) out to what is, after all, a beautifully busy and untidy world. Thank you for sharing your child with us! —Dr. Sara Dodd, Director, Center for Adolescent Resiliency



President Nellis spoke of the building's historic significance at the Cottage Dedication.



Dean Linda C. Hoover welcomes the crowd at the COHS Cottage Dedication on October 16, 2014.

## Data driven and driving data!



How do we know what we know? How do we know if something works? As a researcher I am arguably biased but one of my answers is data! What is data? Data consists of all the bits and pieces of information we collect pertaining to the UFL and Ambassadors programs. It serves (a) as a thermometer, of sorts, allowing for us to evaluate how the programs are doing and if there are ways we can make them better and (b)

provides a way for us to gain greater insight into a phenomenon.

We are data driven. Programs are based on research reflecting data anchored in Positive Youth Development and the 40 developmental assets. The programming data we collect has resulted in an ever improving curriculum which is refined with program delivery.

Did you know that UFL has been collecting data since 2012? Staff has had the opportunity to present findings at several professional conferences in the past but this year marks a new start to our research agenda where we take UFL programming out to the world! In October, UFL presented at the International Leadership Association's global conference in California. We will keep you updated of our other

state, national and international presentations.

In addition to adding to the body of research knowledge through conference presentations we will also be pursuing research publication opportunities. Conferences and publications allow for us at the Center for Adolescent Resiliency to help enrich and add to the field of adolescent research. This is an exciting time. In the past UFL programming has been data driven but now we are driving data! —Erin Kostina-Ritchey, Doctoral Candidate, Center for Adolescent Resiliency

***"In the past UFL has been data driven, but now we are driving data!"***

# 6th Grade Celebration

## Honored Leaders

Kate Adair  
 Kristen Alexander  
 Isaac Alonzo  
 Darian Alvarado  
 Abigail Arguellez  
 Caleb Batson  
 Sariah Battle  
 Bryanna Bazan  
 Reese Benton  
 Jimmy Bolanos  
 Tyler Boling  
 Ella Boo  
 A'Taysia Brown  
 Philip Byerly  
 Zaybria Castro  
 Macy Chambers  
 Tara Churchwell  
 Ross Cohen  
 Brett Comiskey  
 Jenea Compean  
 Alex Craft  
 Cameron Davis  
 John Henry Davis  
 Robert Diaz  
 Jordan Duarte  
 Dominique Ellis  
 Skki Freeman  
 Elizabeth Garcia  
 Jeremiah Garcia  
 Nevaeh Garcia  
 Ethan Garza  
 Elic Goicoechea  
 Scotty Going  
 Kayston Gonzalez

Piper Granato  
 Tynli Harris  
 Alexana Heinrich  
 Julia Hernandez  
 Kinsey Hines  
 Ben Hogan  
 Ganiya Homer  
 Carson Hulse  
 Noah Jimenez  
 Ariah Jimenez  
 Chris Johnson  
 Nakia Johnson  
 Johnny Julios  
 Amber Kelly  
 Katy Kiker  
 Yubin Kim  
 Zane Kink  
 Colin Lain  
 Jessica Lewis  
 Alex Llanas  
 Jaden Martinez  
 Stephen Martinez  
 Audrey Massengale  
 Gabriela Maul  
 Stephen May  
 Clayton Medley  
 Malia Montes  
 Taylor Moravcik  
 Breck Moyers  
 Lexie Najjar  
 Dominic Nerialos  
 Courtlynn Phillips  
 Hope Plasencio  
 Emma Ragsdale

Breken Ramos  
 Jerris Ridge  
 Aaron Rios  
 Alea Roberts  
 Alexis Rodriguez  
 Damaris Rodriguez  
 Shawntavia Rollison  
 Jade Romero  
 Zane Rubio  
 Levi Salas  
 Maia Salazar-Miralles  
 Colby Sandoval  
 Jada Sherman  
 Mateo Solis  
 Allie Speyrer  
 Zoey Stucker  
 Cassidy Sumner  
 Cole Sumner  
 Ricky Tercero  
 Guthrie Tongate  
 Chyler Townsend  
 Hadleigh VanderRoest  
 Daniella Vasquez  
 Kyah Vasquez  
 Clarissa Villa  
 Yasmine Villalobos  
 Jabreil Wallace  
 Riley Weaver  
 Iza' Wilson  
 Ariel Yarbrough



# Congratulations



You are now a  
 UFL Ambassador

## Special Thanks To...

### Corporate Sponsor



### Supporters



TEXAS TECH UNIVERSITY  
 College of Human Sciences

# UFL Ambassadors:

## *Growing Young Leaders, Increasing Our Impact*

The UFL Ambassadors program has experienced amazing growth and momentum over the past year. With the development of consistent service events and projects, Online Service Log system, UFL S.M.I.L.E. Service Partners, and the 10-Session Replication Curriculum for Adolescents, UFL is expanding its footprint far beyond the Lubbock community. Our UFL Ambassadors (grades 6-12) are having a significant impact on the Lubbock community by serving organizations such as the Children's Home of Lubbock, Lubbock Dream Center, Ronald McDonald House Charities of the Southwest, and Texas Special Olympics. These activities not only have an external impact, but also impact each Ambassador personally by allowing them to continue their leadership development and professional growth by putting their learning into action. We are excited about the continued expansion of the Ambassador program and continuing to build relationships with students, families and community organizations in Lubbock and beyond! Take it out to the world young leaders!! —Kayla Sherman, Assistant Director



### ONLINE SERVICE LOG PROGRESS

The UFL staff recognizes and appreciates the hard work and dedication of the UFL Ambassadors to serving at home, school and in the community. We have created an online system that allows all UFL participants to log their many hours spent "taking it out to the world". **From May 2013—April 2014 the UFL Ambassadors logged a total of 1,633 volunteer hours!!** According to the 2013 monetary value estimate of volunteer time, each hour of service is worth \$22.55. The Volunteer Center of Lubbock estimates the service hours accumulated by UFL Ambassadors in 2013-2014 would be equivalent to **\$36,824.15.** **WOW!!** *Imagine how many hours we could accumulate in 2014-2015 if all UFL Ambassadors continue to log their service work!!*

**\*\*Check out the Online Service Log at  
<http://www.depts.ttu.edu/hs/ufl/ambassadors.php>\*\***

## 2014 Senior

## Pinning Ceremony

On April 13, 2014, the UFL Staff honored the senior class of UFL Ambassadors in a very special ceremony. These students have been exemplary examples of young leaders in their schools and communities, as well as active participants in the UFL program since its inception in 2007. UFL was honored to present each student with a UFL Ambassador lapel pin to wear at their respective high school graduation ceremonies. We are looking forward to honoring another group of young, dedicated leaders at the 2015 Pinning Ceremony and for many years to come!



# Where...Who...How... do you lead?

**"We, as ambassadors of United Future Leaders, commit to execute and fulfill our mission by using our abilities and knowledge with a positive attitude to impact others."**

*"I lead anywhere and everywhere!"*

*"I lead people who need someone to look up to—my peers!"*

*"I lead by setting a good example with courage, confidence, kindness and honesty!"*

*"I lead on my team, church, in my family, and in my circle of friends!"*

*"I lead with compassion and an open mind!"*

*"I lead by making others feel like they belong!"*

*"I lead by comforting and encouraging others."*

*"I lead amongst my siblings!"*

*"I lead even when I follow!"*

*"I lead when I stay true to myself."*

*"I lead by helping my community and being a leader."*

*"I lead by loving and respecting others."*

*"I lead when I help others become their best!"*

*"I lead people younger than me to show them a good role model!"*

*"I lead by helping people be the best version of themselves."*

*"I lead from the front with compassion for all those around me."*

*"I lead with understanding and motivation!"*

*"I lead when I am humble!"*

*"I lead with respect and competence!"*

*I lead myself and everyone around me! #whatwouldwedowithoutUFL*

*"I lead when I achieve my mission and purpose."*

*"I lead by setting an example for others through my actions and what I say."*

*"I lead when I am representing my school in sports and extracurricular activities!"*

*"I lead when I set a good example in class."*

*"I lead by making good decisions when no one is watching! #ethics"*

**"UFL has taught me to work with others, and eat right. I hope these skills will stay with me for the rest of my life." —**

**Hadleigh  
VanderRoest**

**UNITED  
FUTURE  
LEADERS**

**"UFL is what made me a person of pride, honor and RESPECT...and I thank you for that!"**  
—Kyah Vasquez



Check us out on the web:

<http://www.depts.ttu.edu/hs/ufl/>



**U  
F  
L**

**Take it OUT to  
the world!**