

2024 Leadership University

July 12-14 | Bethel University

**Special
Olympics**
Minnesota



In partnership with:

mn DEPARTMENT OF
ADMINISTRATION
GOVERNOR'S COUNCIL ON
DEVELOPMENTAL DISABILITIES

Event Details

Get ready to go back to school! Leadership University is a weekend-long learning retreat hosted by Special Olympics Minnesota. This fun-filled weekend features multiple majors, unique elective courses, and opportunities for athlete leaders to connect, build friendships and network.

When and Where

- 3 PM Friday, July 12 to 3 PM Sunday, July 14, 2024
(Registered students will receive a more detailed schedule before the event)
- **Bethel University** (all meals, overnight lodging and learning sessions)
3900 Bethel Drive, St. Paul, MN 55112
- Free parking will be available at Bethel University.

Requirements

- All Special Olympics Minnesota athletes and Unified partners are eligible to register.
- Athlete leaders must attend Leadership University with a mentor/Unified partner
- Need help finding a mentor/Unified partner? Email us at leadership@somn.org.

Cost

- \$30 per person, which includes all learning sessions, lodging and meals.
- Students can pay the registration fee directly to Special Olympics Minnesota when they register, or delegations may cover students' registration fees (students should speak with their Head of Delegation)
- Need help with the registration fee? Scholarships are available! Email us at leadership@somn.org.

Event Details

Lodging

- Students and Unified partners who register to stay on campus will be notified of rooming assignments no later than July 1, 2024.
- Special Olympics Minnesota will NOT be providing overnight chaperones. Students and their Unified partners must be responsible for themselves.
- All students have the option of registering as a commuter student. Commuter students can drive themselves to school Friday, Saturday, and Sunday for all classes, meals, and other activities throughout the weekend while staying at home Friday and Saturday nights.



Required Course Load

- Students have the option of registering for one of four majors, each of which will offer three two-hour classes.
- All students may also register for one of four hour-long elective classes.
- All students will be required to attend two hour-long general sessions.

Student Life

- Stay overnight Friday and Saturday in dorm rooms at Bethel University.
- Friday dinner, Saturday breakfast, lunch and dinner, Sunday breakfast and lunch provided.
- Saturday night free time for studying (and partying 🎉)

Course Catalog

Learn more about the courses offered at Leadership University! All course offerings are subject to change. Majors and/or classes may not run if not enough students register. SOMN will confirm course selections with all students prior to July 1, 2024.

General Sessions

There will be two General Sessions throughout the weekend where all students will gather to connect and learn about a new topic. General Sessions are required for all participants.

Disability Hub

Disability Hub is a free statewide resource network. Students will learn more from a disability expert on topics like health insurance, finding care, transportation and more!



Comedian Training

Hosted by Julie Bane, students will laugh and learn about the basics of comedy and how to incorporate it into everyday life.

Julie Bane is a great joke writer who gets you to the funny fast. Her Midwestern, girl-next-door likeability will have you seeing the funny and ridiculous side of any situation, from cross country road trips to getting accepted into a college she didn't apply to.

Julie draws her humor from everyday experiences: marrying her high school sweetheart, her love of volunteering and daily trips to the dog park. Julie's charm and wit make her a favorite at clubs, colleges, casinos, fundraisers and corporate events. She has performed at the Women in Comedy Festival, LaughFest and the Green Gravel Festival.



Course Catalog

Majors

You can pick your own major! Each major will include three two-hour classroom sessions. Some majors may also include hands-on learning experiences outside of the classroom. All students must select one major when they register for Leadership University.

101 – Health Messenger

A Health Messenger is a Special Olympics athlete who has been trained to serve as a health and wellness leader, educator, advocate and role model within their community and beyond. The aim of Health Messenger training includes providing athletes with a technical skill set that enhances their ability to be leaders and advocates for themselves and others in all aspects of health (e.g., health, fitness, with healthcare providers). The training empowers athletes to advocate for the health needs of people with intellectual disabilities and promotes athletes' knowledge of health and change in health behaviors.

102 – LETR Ambassador

The purpose of LETR Ambassadors 1.0 is to introduce Special Olympics Minnesota athletes to the Law Enforcement Torch Run program, develop personal safety and community skills, and establish and bolster interpersonal relationships, both as Ambassadors and community members.

This three-session, in-person program will achieve this goal through a series of learning/discussion segments, interactive conversations, and supporting materials found in the LETR Ambassador packet. All participants will be asked to develop an elevator speech, a template for introduction and engagement for them to use in future LETR Ambassador interactions.

The remainder of each session will include opportunities for Ambassadors to meet and interact with various law enforcement and public safety officials from across Minnesota. During this time, questions will be asked by our moderators to begin a conversation of learning, understanding, and relationships.

Course Catalog

Majors

You can pick your own major! Each major will include three two-hour classroom sessions. Some majors may also include hands-on learning experiences outside of the classroom. All students must select one major when they register for Leadership University.

103 – Career Development

Unlock opportunities for meaningful, successful work with training from Minnesota Diversified Industries (MDI). Students will participate in interactive courses and explore topics such as personal mission statements, professional greetings, first impressions and appearance, developing an elevator speech, goal setting, communication, teamwork, problem solving, punctuality, attendance, and much more!

104 – Inclusive Mindsets & Behaviors

This seminar is a learning opportunity designed to help participants develop a deeper understanding of diversity, equity, and inclusion. During the seminar, participants will be guided through discussions, activities, and reflections to examine their own attitudes, biases, and behaviors towards people from different backgrounds.

The seminar aims to create awareness about the importance of inclusivity and how it can positively impact relationships, communities, and organizations. Participants learn about unconscious biases, privilege, cultural competence, and the barriers to inclusivity. They also explore strategies for fostering inclusive environments and promoting equity.

Overall, the Inclusive Mindsets & Behaviors seminar encourages individuals to challenge their assumptions, expand their perspectives, and take meaningful actions to create a more inclusive society where everyone feels respected and valued.

Course Catalog

Electives

You can pick your own elective! Each elective course is a one-hour classroom session. Some electives may also include hands-on learning experiences outside of the classroom. All students must select one elective class when they register for Leadership University.

105 – Healthy Minds

Healthy Minds helps Special Olympics athletes strengthen their coping skills. Competition provides a natural opportunity to develop positive and active strategies for maintaining emotional wellness under stress, such as: thinking positive thoughts, releasing stress and connecting with others.

106 – Keeping Up with Public Transportation

Let's talk transit! Meet representatives from the Minnesota Valley Transit Authority to talk about options for getting around.

107 – Artistic Expression

It's easy to get caught up in the noise these days and let the beauty of everyday life pass by. Professional photographer Mick Schulte wants to help you "push pause" and seek the present moment by capturing beauty in the seemingly mundane and sometimes chaotic world around you.

Mick will guide you through some foundational photographic skills and encourage you to think of moments in your life to freeze and reflect on with your camera. Any skill level is encouraged to join. The workshop is more about inspiring each other to create art and see the world from new perspectives than focusing on technical abilities. All types of cameras are welcome, including smartphones and nondigital cameras.

108 – Ready, Set, Grow! Intro to Gardening

Whether you're a beginner or a budding enthusiast, this class will empower you with the knowledge and skills to successfully raise your own flowers, herbs or vegetables. We'll talk about what kind of soil to use, why sunlight is important, how much water plants need, the difference between annuals and perennials, and lots more. We'll also have all the materials you need to plant seeds during class, so you'll be able to bring a little nature home with you!

To learn more and register, visit:

sogn.org/leadership

You must register by June 14, 2024

We can't wait to see you there!

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