2015 EXPERIENCE LEADERSHIP PROJECT
REGISTRATION FORM

Registration Deadline: July 31, 2015

When: September 15-17, 2015
Where: Camp Ghormley, Rimrock, WA
Cost: Paid by 7/31/2015 - $75 (fee includes transportation, food & lodging) + outdoor activity fee
      Paid after 7/31/2015 - $100 (fee includes transportation, food & lodging) + outdoor activity fee

Complete form and send with payment to:

Experience Leadership Project
Center for Leadership and Community Engagement
400 East University Way
Ellensburg, WA  98926-7448
Fax: 509-963-1521

For more information or make a payment with a credit card, please call Joanne Perez at 509-963-2187 or e-mail
perezjo@cwu.edu

Please print clearly:

Student ID Number_________________________________
First Name__________________________  Last Name_________________________________
Address______________________________________________________________
City_______________________________  State___________  Zip Code _________________
Phone (____) ____________________  CWU Email_______________________________
(Note: All communication regarding ELP will be sent to your CWU email address)
Cell (____) ____________________

Residence Hall (if known), or your choice of Residence Hall:_________________________

For office staff only:

Date paid_________________  Pmt form_________________  total pmt $______________
Student Charge:______________________  rec’d by ________________
                  S     M     L     XL     2     3     L’ship CR   SD   EL  TSM  Activity  H   CC   WWR   BYD
**Leadership training choices (please choose ONE):**

- **Conflict Resolution and Interpersonal Communication**  
  Leaders are the ones who keep their cool when everyone around them is losing their heads. They help resolve conflicts and help people see eye to eye. They are good listeners, speakers and follow through on their word. In this highly interactive workshop, you will practice identifying conflict, communicating effectively and resolving conflict in real-world situations.

- **Effective Listening Skills**  
  Good listening skills have benefits in our personal lives including: a greater number of friends and social networks, improved self-esteem and confidence, higher grades at school and in academic work and even better health and general well-being. Studies have shown that, whereas speaking raises blood pressure, listening brings it down! On average, most college students spend roughly 53% of their waking hours listening; so let’s figure out how to do it better than the rest!

- **Time/Stress Management**  
  Are you ready to get the most out of your college experience? There is so much you can do and so much free time to do it! However, new students often struggle to balance their free time with their numerous commitments. Learn how to master your effectiveness in all that you do as a student. In this interactive and reflective session, you will explore strategies to implement this fall in order to successfully manage your time and stress.

**Wednesday afternoon outdoor activity choices (please choose ONE):**

- **Hiking** $10  
  Enjoy some of the greatest hiking in the Northwest. We have chosen two trails for this excursion – one will be easy to moderate in difficulty, the other will be strenuous, but the rewards of both experiences will be extraordinary! With great views in one of the most beautiful parts of the state, this is going to be a great adventure.
  - **Easy to Moderate**
  - **Strenuous** (For those who want a serious work out!)

- **Challenge Course** $25  
  Looking to challenge your mental, physical, and leadership skills? The challenge course is the activity for you. Outdoor Pursuits and Rental’s (OPR’s) Challenge Course Staff will lead the group in a team building high and low ropes experience. Said to be “the foundation” for any adventure activity, this is a great opportunity to become introduced to what challenge course programming is all about. Challenge yourself; join us at the challenge course!

- **White Water Rafting** $80  
  For all of you thrill seekers out there, let’s raft in some great white water! We have a unique opportunity to raft on one of the only fall flowing white water rivers in the state. The Tieton River only flows at high levels (Class III white water) during the month of September. Outdoor Pursuits and Rentals will take this opportunity to offer you an exciting way to kick off your college experience. No experience needed. If you love water and adventure, white water rafting is the activity for you.

- **Experience Leadership Project – Beyond (ELP-Beyond)** $100  
  Experience the great outdoors as we explore team dynamics, learn survival techniques, and develop sound leadership skills as we go on a backpacking trip. Specifically, your adventure will include hiking and camping in the beautiful Cascade Mountains. This 3-day trip will include social activities designed to improve academic success, enhance environmental awareness, embrace Wildcat pride, and create lasting friendships. Separate from the main ELP group, but still a part of ELP, you will start and end your adventure with the entire group of ELPers!
Please initial after reading each statement:

_______ I understand that I will be expected to eat all of my meals with the group, and will sleep each night in my designated sleeping area. I will also remain on the camp grounds at all times.

_______ I understand that as a member of ELP, I am expected to abide by policies that govern the proper behavior at Camp Ghormley, as well as Central Washington University.

_______ I understand that in order to be eligible for participation, I must submit a completed ELP Registration, my non-refundable registration fee of $75, outdoor activity payment, and the release forms to CLCE by July 31, 2015. Registration fee paid after July 31, 2015 will be $100.

_______ I will do my best to participate in all activities at ELP and bring a positive and open attitude with me.

Participant’s signature:____________________________________ Date:__________________

Optional:

_______ I give my permission for CLCE to add my email address to their listserv to notify me of future CLCE leadership development programs.

_______ I would like to be included as a friend of CLCE’s facebook account. Here is my Facebook email address:___________________________________

_______ I am interested in joining the Leadership LLC in Kamola Hall this academic year. Please send me the information needed to transfer to Kamola Hall.

Shirt size (please check one):

Small______     Medium______     Large______     XL______     2X______     3X______
Please answer the following questions to the best of your ability.

Why would you be a good fit for ELP?

How do you see ELP as a benefit to you?

Why should we choose you as a participant for ELP?