

## Response Summary:

### Q1. Applicant Information

<b>Name (first and last)</b>	Lyndsey Ruiz
<b>Email address</b>	Ldruiz@ucdavis.edu
<b>Phone number (xxx) xxx-xxxx</b>	5307522671
<b>Name of Department/ Unit/ Student Organization</b>	Career Center
<b>What is your role or position within the Department/ Unit/ Student Organization?</b>	Lead Career Advisor

### Q2. Event/ Program Information

<b>Name of the Event/ Program</b>	Know Your Strengths for Graduate Students
<b>Date(s) of Event (include the year)</b>	2x per quarter
<b>Location</b>	South Hall
<b>TOTAL event/ program budget (\$x,xxx)</b>	\$5,250; staff time and facility provided by the Career Center
<b>Funding request amount from COSAF (Student Programming Fund) (\$x,xxx)</b>	\$5,250

### Q3. Please provide a detailed description and purpose of the event/ program.

Each workshop, scheduled twice per quarter, will allow 25 graduate students (150 in total) to identify their top five CliftonStrengths and how to effectively apply them with facilitated activities by a CliftonStrengths certified coach. Understanding and utilizing strengths can have the following benefits:

Self-Awareness: Understanding your strengths helps you gain deeper insights into your natural talents and how you can leverage them in various aspects of your life.

Career Development: By identifying your strengths, you can align your career path with roles that play to your strengths, leading to greater job satisfaction and success.

Improved Relationships: Knowing your strengths and those of others can enhance teamwork and communication, as you can better appreciate and utilize each other's talents.

Personal Growth: Focusing on your strengths allows you to develop them further, leading to continuous personal and professional growth.

Increased Confidence: Recognizing and embracing your strengths can boost your confidence and help you approach challenges with a positive mindset.

### Q4. How will the requested funds be utilized to support this event/ program?

The funds will be utilized to purchase access codes to the CliftonStrengths assessment (\$25 each for 150 participants) and to provide light refreshments at each workshop (approximately \$10 per student).

### Q5. Please enter estimated attendance for the following groups.

<b>UC Davis Students</b>	150 advanced degree students over the 2025-2026 academic year
<b>UC Davis Staff</b>	N/A
<b>Faculty</b>	N/A
<b>Other (please specify and include number)</b>	N/A

**Q31. If this event does not receive funding or receives only partial funding, how will the event be impacted?**

These workshops are not currently offered through the Career Center or Graduate Studies and there is currently no dedicated funding to support them. Without COSAF funding, these workshops will not be provided.

**Q6. Who is the target audience of the event/ program? (e.g. students, program participants, users of a specific service)**

All graduate students

**Q7. What program, activity, or service will be provided? (e.g. six-week training program, instructional class or activity, structured community program that exposes students to new ideas and experiences)**

Top 5 CliftonStrengths and facilitated learning of how to apply strengths with a certified CliftonStrengths coach

**Q10. How does the event/ program provide services that are of growing interest to students? (if applicable)**

Strengths are a valuable tool for exploring career options and other aspects of personal and professional development. CliftonStrengths is likely a new tool for most graduate students. Advanced degree students who have taken the Career Center course that features CliftonStrengths consistently rate it as the most informative and useful content. These proposed workshops will allow graduate students who cannot take the Career Center career course to have an opportunity to learn and apply their CliftonStrengths.

**Q11. How does the event/ program foster diversity, equity, and inclusion? (if applicable)**

Currently, CliftonStrengths assessments and activities are not regularly offered. Graduate students are a particularly unique and underserved population regarding career exploration and development opportunities. These resources are especially imperative given the shrinking academic job market and more individuals pursuing nontraditional careers. Additionally, a large proportion of our graduate student population are first-generation and do not have other avenues for gaining career insight. These workshops will allow graduate students who otherwise would not have the opportunity to learn and apply their strengths, particularly to career exploration. Additionally, given the funding is provided by COSAF, students will be able to receive this valuable professional development at no cost to them.

**Q12. How does the event/ program provide crucial services to students? (if applicable)**

CliftonStrengths assessments and activities are not currently available to graduate students, who are also often underserved in terms of career exploration and development opportunities. These resources are crucial, especially with the current job climate and scarcity of traditional job opportunities for advanced degrees. These workshops will enable graduate students, who might not otherwise have the chance, to discover and utilize their strengths, particularly in career exploration.

**Q32. How does the event/program benefit a large range of student population?**

These workshops will be open to all graduate students from all majors and allow 150 students to learn how to utilize their strengths effectively.

**Q13. Has your Department/ Unit/ Student Organization put on this event in the past?**

- No

**Q33. If this is an annual event, is there a change to funding from previous years?**

- This is not a regular annual event

**Q34. If Yes, what is the change?**

N/A

**Q35. If this is an annual event, is there a substantive change to the program agenda from previous years?**

- This is not a regular annual event

**Q36. If Yes, what is the change?**

N/A

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**Embedded Data:**

## FUNDING AMOUNT REQUESTED FROM COSAF | 2025-26

Name of Event/Program:

**Know Your Strengths Workshops**

Name of Department/Unit/Student Organization:

**Career Center**

Program Date(s) in 2025-26:

**2x per quarter TBD**

ITEM	ESTIMATED COST	SUB-TOTAL
<b>FACILITY:</b> Room Rental, Room Set-Up, Equipment Rental, Audio/Video		
1.	\$ _____	
2.	\$ _____	
3.	\$ _____	
4.	\$ _____	
5.	\$ _____	
6.	\$ _____	<b>\$ 0.00</b>
<b>FOOD:</b> Refreshments, Breakfast, Lunch, Dinner (include estimated cost per person)		
7. Light refreshments (approx. \$10 per person)	\$ 1,500.00	
8.	\$ _____	
9.	\$ _____	
10.	\$ _____	
11.	\$ _____	
12.	\$ _____	<b>\$ 1,500.00</b>
<b>PERFORMERS, GUEST SPEAKERS, HONORARIA</b>		
13.	\$ _____	
14.	\$ _____	
15.	\$ _____	
16.	\$ _____	
17.	\$ _____	
18.	\$ _____	<b>\$ 0.00</b>
<b>PUBLICITY/MARKETING:</b> Flyers, Posters, Advertising, Mailing, Printing		
19.	\$ _____	
20.	\$ _____	
21.	\$ _____	
22.	\$ _____	
23.	\$ _____	
24.	\$ _____	<b>\$ 0.00</b>
<b>SUPPLIES:</b> Decorations, Online Tools, Software, Licenses		
25. CliftonStrengths codes (150 total)	\$ 3,750.00	
26.	\$ _____	
27.	\$ _____	
28.	\$ _____	
29.	\$ _____	
30.	\$ _____	<b>\$ 3,750.00</b>
<b>TRAVEL:</b> Transportation, Parking, Lodging		
31.	\$ _____	
32.	\$ _____	
33.	\$ _____	
34.	\$ _____	
35.	\$ _____	
36.	\$ _____	<b>\$ 0.00</b>

<b>Total Amount Requested from COSAF:</b>	<b>\$ 5,250.00</b>
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