St Lawrence’s NYSARC: The Leadership Journey

Anabel E.
Elizabeth L.
Moustafa B.
Nicole R.

CBL 101: Leadership Development Skills
St. Lawrence- NYSARC’s Community Arts programs offer creative, social, and recreational opportunities for individuals with intellectual and developmental disabilities.
Our Purpose

To create a fun and welcoming environment where we can communicate and engage with each other.
NYSARC Client’s Leadership

The leadership seen in the participants cannot be overseen. These individuals show qualities that one recognizes in great leaders.

The NYSARC staff takes part in games just like us, students.

The individuals with mental and physical disabilities are exceptional when it comes to exemplifying leadership.
NYSARC Client’s Leadership cont.

- They communicate with the student participants.
- They do not hesitate to engage in games.
- Take initiative in game roles.
Personal Anecdotes from Student Participants:
“NYSARC has helped us experience the benefits of making friends across difference. My experience has been great and it has taught me the difference between empathy and apathy. This experience has allowed me to put myself in their shoes and improve my teamwork and communication skills. These skills have improved our ability to follow as well as lead which is an important attribute of any leader. This has been learned thanks to our CBL placement.”

--Nicole Romero
“This program has given me the opportunity to communicate with the beautiful individuals part of the NYSARC community. I have learned that leadership is not exclusively seen in just known leaders but in them too. Leadership does not reside in those aiming to change the world, but in the little people trying to better themselves. The mental and physical disabilities are prominent, but not as much as the courage and enthusiasm they hold. The NYSARC community taught me that leadership does not look any specific way; that it does not appeal to senses, but once you cross from it, it’s unavoidable. I witnessed the leadership qualities they hold since the open their arms to welcome me into their community. That is leadership, that is St. Lawrence’s NYSARC!”

-Anabel Encamacion
“Moose”

“The NYSARC Fitness CBL has helped me to come out of my comfort zone and learn how to communicate with all sorts of different people.”

Moustafa Bayoumy
The NYSARC volunteer program mission emphasizes quality learning experiences and building relationships among the Saint Lawrence students and the community program of NYSARC that involves adults with disabilities. Leadership qualities that the mentors provide includes teamwork, flexibility, creating a positive atmosphere that requires encouragement and optimism. It is also important to keep in mind that self awareness of oneself as well as the group. This includes having perception of the groups needs as a whole yet also being attentive to individual differences and needs while having a fun interactive experience. Playing kickball is a fun, light-heated way of breaking the ice with these individuals and while slowly getting to know individuals and develop small relationships with them whether it's joking around with a competitive player like Todd, or dancing and cheering on teammates with Beverly and Susie Q, or even getting to know small yet important information about what is going on in their lives like the fact that there was a dance over the weekend or a fellow peer just got a new job. I truly value this experience with NYSARC and I hope to do more work like this in the future, especially working with mentally challenged individuals."

--Elizabeth Levering
“Annie”

“One of the most important leadership qualities that I have learned from NYSARC is the power of positivity. Every person who comes to Fitness always has a smile on their face and it quickly becomes infectious. It’s hands down the best part of my week!”

--Susannah Gibbons
“Being a mentor it has been really great to watch the students I am working with really start to establish themselves as leaders rather than just participants. Watching them gradually gain confidence, speak up more, and really become involved has helped to make this whole experience very enriching for everyone.”

--Katelyn Kraunelis:
NYSARC Student Mentor
WE ARE NYSARC!