What is Thrive?

Thrive is a leadership development program for emerging lesbian, gay, bisexual, trans, queer, intersex, and asexual (LGBTQIA+) student leaders at Iowa State. As part of Thrive, you will be introduced to what it means to lead authentically: learning more about yourself as an LGBTQIA+ leader, locating yourself within the larger scope of diverse LGBTQIA+ communities, and building skills for dialogue and teamwork.

Students who participate in Thrive will learn:

1. Critical self-reflection tools to better understand their own identity, including understanding their identity in the context of broader, diverse LGBTQIA+ communities at Iowa State and beyond.

2. How to successfully attend a national LGBTQIA+ conference, the Midwest Lesbian, Bisexual, Gay, Transgender, Ally, College Conference (MBLGTACC). This includes skills for selecting sessions, networking with students and professionals from across the country, reflection on one’s place in larger LGBTQIA+ community, documenting their experience at the conference, reflecting on prompts about their experience, etc.

3. Skills for group dialogue and teambuilding with their Thrive cohort, consisting of other LGBTQIA+ students and Center staff.

4. Enhancing public speaking skills by presenting at the Iowa State Transforming Gender and Society conference about their experience in Thrive.

What will I do as part of Thrive?

Students who are in the Thrive program will:

1. Attend mandatory pre-departure sessions to prepare for their experience at MBLGTACC. Sessions will focus on critical self-reflection, questions to reflect on during MBLGTACC, and professional development skills and for attending a conference. Sessions will be held on January 10th, January 24th, and February 7th (Wednesdays, 7-9pm).

2. Attend MBLGTACC 2018 in Omaha, NE, February 16-18, 2018. We will depart Ames at 8am on Friday, February 16th and return at 8pm on Sunday, February 18th. All student expenses related to conference registration, hotel, travel, and daily meals will be paid by the Thrive program.

3. Thrive students will participate in conference sessions, attend all keynotes, and participate in daily debriefings with their Thrive cohort.

4. Thrive students will document their experience at MBLGTACC via journal entries, photos, and notes.
5. Attend mandatory post-conference sessions to prepare for presentation at the Transforming Gender and Society conference. Sessions will cover reflecting on MBLGTACC experience, creating a conference presentation, and presentation practice. Sessions will be held on February 28th, March 21st, and April 4th (Wednesdays, 7-9pm).

6. Present at the Transforming Gender and Society at Iowa State on April 7, 2018 about their experience in Thrive and what students have learned in the program.

What are the eligibility requirements for Thrive?

To be considered for Thrive, students must:

1. Be enrolled as a full-time undergraduate student in Spring 2018.
2. Have at least a 2.25 cumulative GPA.
3. Be excited to learn about LGBTQIA+ communities, histories, and experiences.
4. Be invested in doing critical self-reflection and thinking about their own intersecting identities, including, but not limited to, gender, sexual identity, race, ability, etc.
5. Be committed to working as part of a team with other students and staff.
6. Be able to attend mandatory pre-conference meetings on January 10th, January 24th, and February 7th (Wednesdays, 7-9pm)
7. Be able to attend MBLGTACC 2018 in Omaha, NE, February 16-18, 2018 (Friday-Sunday).
8. Be able to attend mandatory post-conference meetings on February 28th, March 21st, and April 4th (Wednesdays, 7-9pm).
9. Present about their experience in Thrive at Transforming Gender and Society at Iowa State April 7, 2018.

How do I apply to Thrive?

To apply to Thrive, a student will need to submit an online application by Sunday, December 3rd 11:59pm CST. The application includes the following:

1. Short Essay Questions

   Please answer the following questions. Your answers should be a minimum of 100 words. We will use your answers to evaluate your strengths related to 3 important components in the Thrive program: Team Work, Curiosity, and Purpose.

   Good answers will focus on one specific example, provide specific details to explain your answer, and show that you have taken time to think about the question.
• **Team Work:** Tell us about a time you've worked as part of a team. What did you learn from the experience?

• **Curiosity:** Tell us about a time when you were interested in an idea or a skill and took initiative to learn about it. What steps did you take to learn this new skill or idea?

Examples of a skill or idea you've learned might include sewing, riding a bike, building a computer, driving, cooking, an artistic method (i.e. ceramics, metal work, painting, etc.), learning a new game, designing a computer program, making a blueprint or a map, animal care, a lab process, fieldwork, learning a new language, learning to play a sport, learning to act or dance, learning how to canvass for a political campaign, etc.

• **Purpose:** What made you want to apply to the Thrive program?

2. A resume highlighting work experience, student leadership, activities and student involvement, volunteer experience, etc. Good resumes will include specific details about duties you performed in each position/experience.

3. Current cumulative GPA (this will be verified during the application review process).

**When will I know if I've been accepted to Thrive?**

Applicants who advance through the first round of consideration may be contacted to schedule a phone interview after the December 3rd deadline. We hope to notify applicants of their acceptance into Thrive by December 15, 2017.

**I am straight, not trans, and not asexual—can allies be part of Thrive?**

Allies who are straight, not trans, and not asexual but who advocate for LGBTQIA+ people in their daily personal and professional lives are welcome in Thrive. Please keep in mind that the focus of Thrive will be the experiences of lesbian, gay, bisexual, trans, queer, intersex, asexual, and other people with marginalized gender, sex, and/or sexual identities.

**If I have questions about Thrive that are not answered on this page, who can I contact?**

All questions about Thrive may be sent to center@iastate.edu.