AGENDA

All times listed are EASTERN TIME ZONE

11:00-11:45 EST Welcome (Room 1)
   • Welcome
   • Keynote: "Bigger Than you think"
   • Morning Stretch

12:00-12:45 EST Chapter Leader Sessions
   • How to Run a Chapter (Room 2)
   • Secrets of Extraordinary Chapters (Room 1)

12:45-1:15 EST Member Mingles
   • Adviser mingle (Room 2)
   • Member mingle (Room 1)

1:15-1:45 EST Break

1:45-2:45 EST Student Research Presentations
   • Room A: Human Development (Room 1)
   • Room B: Nutrition and Fitness (Room 2)
     See poster session topics on page 5-6

2:45-3:00 EST Afternoon Stretch (Room 1)

3:00-3:30 EST Assembly of Delegates Meeting (Room 1)

3:30-4:00 EST Networking Event (kumospace)

*Zoom links distributed via email for Room 1, Room 2, and kumospace
KAREN PICONI KERNS, MA  
Director of Innovation Programs, Iowa State University
Karen earned a BA from the University of California, Irvine, and an MA from Iowa State University, where she taught for over two decades. She holds certificates in Internal Family Systems Therapy and Spiritual Direction. She has 30+ years of experience creating strategies for business development and collaboration among international and domestic, governmental, educational, and corporate entities. In her 12 years as Co-Founder, CEO, and VP of Kerns and Associates, she built a global risk management business that engaged the industry’s leading swine and poultry producers and allied industries. Her career includes six years of fund-raising and management of a large non-profit organization and five years as owner and President of Persuade and Publish International. She has consulted for USDA, USAID, and IFDC to grow entrepreneurial start-ups and create business solutions and strategic infrastructure in developing countries including Serbia, Albania, and Montenegro. For three years, she was an SBA mentor for the state of Iowa, charged with supporting Iowa business owners in developing early-stage innovation. She has published several articles on business succession planning and employee engagement and won Rotary’s “Unsung Hero” award for her contributions to Iowa Communities. kpiconi@iastate.edu

GEVORK ARZUMANYAN  
Omicron Beta Epsilon, Fall 2020  
Physical Therapy Aide and PT School Applicant
Gevork graduated in 2021 with a B.S. in Kinesiology and Exercise Science from California State University. He’s currently pursuing physical therapy school. He spends his time with 3 WINS Fitness, a nationally recognized free exercise program that empowers individuals to improve their quality of life by building healthier minds, bodies, and communities. Gevork has also founded Kinletes, a social media channel to educate the public on physical fitness. Follow him at https://www.instagram.com/kinletes/
CONCLAVE 2021
SESSION DETAILS

OPENING SESSION

KEYNOTE: BIGGER THAN YOU THINK
Karen Picconi Kerns, MA

Cultivating an innovative mindset is critically important. It creates the process to drive meaningful contribution for ourselves, and it is the core of how we as individuals create the communities that we enjoy and value. In this session our speaker Karen Kerns talks about the importance of this mindset, and steps we can all take to build it in our lives.

CHAPTER LEADER SESSIONS

HOW TO RUN A CHAPTER
Patty Hummel, Administrative Assistant, KON National Office
Amber Roth PhD, Chapter Adviser, KON Kappa Betta Xi

Recommended for advisers and presidents of new and struggling advisers. In this session we talk about what forms you fill out, how to recruit members, to how to develop a schedule of events, and more.

SECRETS OF EXTRAORDINARY CHAPTERS
Karen From DCN, Chapter Adviser, Kappa Alpha
Mary Molt, PhD, outgoing Chapter Adviser, Omicron Theta
Karla Giron, former Treasurer, and Melissa Fenton, VP, Nu Alpha Omicron

Recommended for experienced chapter advisers and presidents. In this session a panel of chapter leaders share the details of programs or operations their chapters use that demonstrate excellence. Join us to hear from Karen From for excellence in fundraising, Mary Molt, excellence in recruitment, and Karla Giron and Melissa Fenton, for excellence in diversity, equity, and inclusion. Learn details about how they've achieved what they have, and to take a tip or two home for your chapter.
ADVISER MINGLE
For Chapter Advisors Only. One-on-one break out room time for chapter leaders to talk to one another about what is working, and what isn't.

MEMBER MINGLE
For KON members, current and alumni. Join us to connect with old friends, or make new ones.

ROOM A: HUMAN DEVELOPMENT

LEAH KRAUSKOPF
KON Omicron Alpha Upsilon, Spring 2021, undergraduate student
Exploring the Relationship Between Discrimination and Cognition in Older Adults.

CALISTA WALKER
KON Nu Alpha Omicron, Fall 2020, undergraduate student
Adolescent Experience and Coping Response to Online Racial Discrimination.

TYLER NESBIT, MA, MS
KON Nu Alpha Omicron, Spring 2021, graduate student
MOHAMMAD SHAHIDUL KADER, MS
KON Omicron Alpha Nu, Fall 2017, PhD candidate
Effective Storytelling in Sustainable Clothing Campaigns on Social Media.

ROOM B: FINTESS & NUTRITION

LIA ARTIS
KON Kappa Delta Mu, Spring 2020, undergraduate student
BIA-Measured Extracellular Water and Exercise Capacity in Patients with HFpEF.

ROBERT BENJAMIN LEE
KON Nu Alpha Iota, Spring 2021, undergraduate student
Comparing High Intensity Interval Training (HIIT) to Continuous Aerobic Training in College-Aged Adults.

TRENTON DICKENS
KON Nu Alpha Iota, Spring 2021, undergraduate student
Comparing Countermovement Vertical Jump Height Increase Differences.

BROOKLYNN FLANIGAN
KON Kappa Delta Omicron, Spring 2019, undergraduate student
A Comparison of Acute Effects of Aerobic and Anerobic Exercise on Executive Functioning Using the Stroop Test.
CONCLAVE 2021
SESSION DETAILS

ASSEMBLY OF DELEGATES

Come to our annual business meeting in which we'll review what we've accomplished in the past year, what we are working on for the future. We'll announce the student board member election results, and present an award.

NETWORKING EVENT

KON members: students, alumni, chapter advisers, and honored guests. Please join us for our KON networking event!

- In the DISCO CLUB find Fashion & Textiles, Human Development (child development, gerontology, social work), and FCS.

- In the WELLNESS CENTER find Food & Nutrition, Kinesiology & Fitness, and Human Environment & Interior Design.

- Go to the BEACH for side conversations or overflow.

Join the closest category to your work. Everyone is also welcome to walk around and say hello!

Use the kumospace link provided in your emailed agenda to find out! (You will have to log in with Google, Facebook, or email.) See you there!
Thanks

KON Board of Directors
Conclave Planning Chair: Ashney Williams, MBA, MS
Executive Director: Holly Roseski, MBA