Ryutaro Ichihara

<TEDxCSUF Bio>

Ryutaro Ichihara is a Japanese international student who is currently on his 5th year as a Kinesiology major at California State University, Fullerton (CSUF) with a minor in Philosophy. He was a collegiate athlete who played for the Fullerton Hornets and CSUF’s soccer team and was awarded 2018 All-American Scholar Athlete. His dream was to become a pro soccer player. However, after living and studying in the United States as well as experiencing its culture for the past 5 years, he realized his desire to pass on his knowledge of English to the Japanese community. Now, he is currently working as an online English educator under the very organization that he founded: BeACE.

<Summary of Speech>

As I had struggled to learn English as my second language, I had the opportunity to understand the learning process behind it along with the relationship between the language and its culture. Language provides a different lens on how we view the world and thus, we can acquire different personalities through them. Language design is a theory where we can create new perspectives and identities through language.

Gwendolyn Alexis

**Bio:**

**Gwen Alexis** began her teaching career as dance and drama teacher for the children at St. Rita’s School in East New York, Brooklyn in 1995. She earned her undergraduate degree from SUNY- Empire State College with a Bachelor of Science, in Performing Arts.  She earned her Master of Arts, in History with a specialization in United States history from CUNY- City College.   She now teaches online for John Jay College of Criminal Justice in the History Department. She is extremely honored to teach for 9 years in the African American Studies Department at California, State Fullerton.  Teaching at California, State Fullerton and John Jay College of Criminal Justice is truly a dream come true for Prof. Alexis.

Speech Summary

I discuss my journey to be teaching at CSUF. I share the method of teaching that I developed throughout my teaching career.  I also discuss how I started facilitating instead of lecturing and the relationships I have developed with my students.

Michelle Mehta

Michelle Mehta is an alumna of Cal State Fullerton. According to ABC Television, “She has overcome unthinkable obstacles and is one of the most successful teen coaches in 2020.” Yahoo Finance named her as “Top 11 Female Coaches to Follow in 2021.” Michelle speaks to teens all over the country about overcoming peer pressure, bullying, and low self-worth by increasing their confidence to live a life they fully love and admire themselves every single day. James Haven (Angelina Jolie’s brother) states, “what we see in our world are coaches who train themselves based on old or new ways, but still in a formulaic way. Michelle does not do this. Michelle listens and then coaches. There is no greater way, and that is the most important compliment I can give her.” She is a Teen Confidence Expert, 2X International Bestselling Author, and Celebrity Coach. www.michellemehta.com

Title and description: “​The Adversity Quotient: How to Overcome Evil Thoughts.” How to frame your mindset to be more comfortable in your own skin and more confident in your personal identity.

Jacob Pacheco

**Bio:**

ProneToRide was created by professional athlete Jacob Pacheco with a mission to empower others to discover their best. Jacob Pacheco was born with Cerebral Palsy and he successfully thrives despite any challenges. Throughout Jacob's life, he's faced incredible adversity including bullying, medical setbacks, abuse, and clinical depression. Despite this Jacob turned disability and adversity into opportunity. Against the odds Jacob has proven YOU can prevail and discover fulfillment despite challenges. ProneToRide is the result of commitment through adversity to discover your best and keep charging forward!

**Summary:**

You are powerful, because despite how many times we "fall", we can always rise again.

Francisco T. Avalos

BIO:

Francisco T. Avalos is a consultant  executing strategic and tactical initiatives in

Information Technology. Mr. Avalos has over 20+ years of experience in Business and IT services, working for US based and global Fortune 500 companies. Mr. Avalos is highly dedicated to his community and has established non profit organizations that provide professionals with mentoring, scholarship, and career opportunities.  His efforts have been welcomed and acknowledged by his community and most notably, he was awarded a letter of recognition by the former President of United States George W. Bush. Mr. Avalos earned his undergraduate degree from the California State Polytechnic University, Pomona, in Information Systems, and an Executive MBA from Chapman University. Mr. Avalos interests includes Ironman triathlons. He has successfully completed the world championship event in Kona, Hawaii (2011), and regularly competes in marathons, cycling, motivating people, and public speaking. Finally, and most rewarding to him is being actively engaged in raising his daughter.

Summary:

Mr. Avalos speech describes his experiences while in the hospital delivery room of his daughter birth as a first time father.

Jenifer Montgomery

Bio:

Jenifer is a 27-year-old human communication graduate student at CSUF. She teaches courses on campus and assists in coaching the speech team, where she once competed. Jenifer also teaches speech to elementary school students at an academy nearby. She plans on continuing her education to become a professor.

Speech summary:

Jenifer’s speech revolves around grief and how it affects men who have lost their spouse. While focused on father-figures continuing to raise children after losing their spouse, this speech and still be beneficial to anyone by learning how to provide comfort and guidance to those who have lost someone. Using personal experience with her father, she lists pitfalls many fathers fall into, along with life lessons to take away from the experience."

Tanaka Tava

Bio: Tanaka Isheanesu Tava is a creative entrepreneur, artist and Baylor University student. His talk focuses on the importance of authenticity. Mr. Tava believes this is vital to building your brand but most importantly to maximizing your impact in any endeavor.

Summary: “The Highlight Effect” - How being your authentic self creates opportunities to achieve impact and share the vital stories of others around the word at any level regardless of your identity/age. In the information age, the barrier to entry is lower than it has ever been, giving the opportunity for anyone to share their voice. Authenticity is vital to building your brand but most importantly impact in whatever endeavor one chooses. Hope you enjoy!

Sandra Ferreira

SANDRA BIO RADIO / TV

Sandra Ferreira is a Brazilian-American psychologist with over 30 years of experience in the clinical mental health field.  Her vast academic background includes graduate degrees in music therapy, psychology, piano and voice through the Pontific Catholic University of São Paulo, São Paulo State University (USP), New York University, The Boston Conservatory, and Northeastern University.  She currently sees clients at her private practices in Needham, MA, and Huntington Beach, CA and collaborates with Brazilian newspapers, radio stations, criminal and family courts from the Commonwealth of Massachusetts and Orange county as well as the Consulates General of Brazil in Boston, and Los Angeles, providing information, courses, workshops, direct  assistance, and treatment to the community on mental health matters.  Based on her experience working with immigrant patients throughout her career Ms. Ferreira published her book in 2016 “WE ARE ALL IN THIS TOGETHER- Holistic Approach on Immigration and Psychology, through which she offers unique insight and long-term solutions to problems  of immigration that we face today.

 She is also a musician (pianist, singer and choir conductor), having acted as a pianist, organist and music director on several churches and institutions, has sang as Soprano soloist and professional  choir singer in several choirs and orchestras such as Symphonic Choir of the State of Sao Paulo, Boston Symphony Orchestra, Yale  Camerata choir, Metrowest Opera, Lowell House Opera, Bach Society, created and directed the Brazilian Choir in Boston- Allegro Brasil.  She has 3 published CDs.

 Ms. Sandra offers individual, family, couples and group services, as well as online and in person psychotherapy services, workshops, lectures, public speeches and courses.