



UNIVERSITY OF CENTRAL FLORIDA

Leadership Transcript

The Leadership Transcript is a student-driven record that highlights involvement, service, and leadership experiences outside the classroom. It is designed to encourage student engagement and show how a student has grown, contributed to the campus community, and lived out UCF's core values. Employers, graduate programs, and other opportunities can use it to quickly understand a student's achievements and impact.

Name: Ima Knight

Date: July 30, 2026

Student Organizations Involvement and Leadership Roles

Volunteer UCF

Position: Member (5/1/2026- Present)

Position: Assistant Director (6/1/2026-Present)

Awards and Scholarships

Dean's List - College of Sciences

Organization: University of Central Florida, College of Sciences

Dates: (5/15/2026)

Description

A recognition awarded to UCF students who achieve outstanding academic performance during a semester. This award highlights consistent dedication to coursework and commitment to academic excellence.

UCF National Merit Scholarship

Organization: University of Central Florida, Scholarship & Financial Aid Office

Dates: (6/25/2026)

Description

This scholarship awarded to students recognized as National Merit Scholars based on exceptional PSAT/NMSQT performance, academic excellence and leadership potential. UCF's National Merit Scholarship supports high-achieving students and acknowledges their commitment to academic discipline and personal development.

UCF National Merit Scholarship

Organization: University of Central Florida, Scholarship & Financial Aid Office

Dates: (6/25/2026)

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Florida Bright Futures - Academic Scholars Award

Organization: Florida Department of Education, Office of Student Financial Assistance

Dates: (8/25/2026)

Description

The Bright Futures Academic Scholars Award provides merit-based financial support to Florida students who demonstrate exceptional academic achievement and community involvement. This scholarship recognizes high GPA, strong standardized test performance and meaningful service contributions.

Dean's List - College of Sciences

Organization: University of Central Florida, College of Sciences

Dates: (5/15/2026)

Description

A recognition awarded to UCF students who achieve outstanding academic performance during a semester. This award highlights consistent dedication to coursework and commitment to academic excellence.

Leadership Training

LeaderShape: Courageous Dialogue

Organization: LEAD2

Dates: (9/20/2026)

Description

Completed LeaderShape's Courageous Dialogue workshop hosted at UCF, focusing on authentic communication, navigating difficult conversations and building trust within diverse teams. The training included discussions, reflection exercises and scenario-based practice designed to strengthen interpersonal leadership skills.

Self-Reflection

This training helped me understand how courageous communication supports stronger relationships and more effective teamwork. I learned strategies for approaching difficult conversations with empathy, curiosity, and clarity, and gained confidence in addressing conflict constructively. The experience enhanced my ability to lead with authenticity and reinforced the importance of communication as a core leadership skill.

LEAD2 Values-Based Leadership Training

Organization: LEAD2

Dates: (9/12/2026)

Description

Completed UCF's LEAD2 leadership program that focused on values exploration, ethical decision-making and strengths-based leadership. The trainings emphasized applying personal values to real-world leadership challenges and develop confidence in leading with integrity.

LEAD2 Values-Based Leadership Training

Self-Reflection

LEAD2 helped me identify the values that guide my leadership style and taught me how to apply them intentionally in academic, professional and interpersonal settings. I learned how to communicate my values clearly and create collaborative environments grounded in respect and purpose. This training strengthened my confidence as a leader and provided a foundation for continued growth in future leadership roles.

Workshops & Trainings

Career Readiness, Professional Communication Workshop

Organization: UCF Career Services

Dates: (5/7/2026)

Description

Attended a professional-skills workshop hosted by UCF Career Services focused on developing effective communication strategies for academic and workplace settings. The session covered email professionalism, resume language, interview communication and techniques for presenting ideas clearly and confidently.

Self-Reflection

This workshop strengthened my ability to communicate with clarity and professionalism in both team and leadership environments. I learned how intentional communication supports trust, collaboration, and confidence, especially when guiding group projects or representing an organization. These skills have helped me become a more effective leader by improving how I share ideas, provide feedback, and support peers in academic and professional settings.

Building Resilience & Emotional Wellness Workshop

Organization: Counseling and Psychological Services

Dates: (10/1/2026)

Description

Attended a CAPS workshop focused on developing resilience, emotional awareness, and coping strategies for academic and personal challenges. The session included mindfulness practices, cognitive re-framing techniques, and tools for maintaining emotional balance.

Self-Reflection

This workshop helped me understand how emotional resilience supports effective leadership. I learned strategies for staying grounded during stressful situations, maintaining perspective, and supporting others with empathy. These skills have strengthened my ability to lead calmly, thoughtfully, and with emotional intelligence.

Academic Success & Time Management Strategies Workshop

Organization: Student Academic Resource Center

Dates: (1/23/2026)

Description

Participated in a SARC workshop focused on improving academic planning, time management, and study skill development. The session included techniques for organizing coursework, prioritizing tasks, and building effective learning routines.

Self-Reflection

This workshop helped me strengthen my organizational skills and develop more efficient strategies for managing academic and leadership responsibilities. I learned how intentional planning supports reliability, accountability, and confidence key traits for effective leadership. These skills have improved how I balance commitments and support team productivity.

Healthy Communication & Stress Management Workshop

Organization: Wellness and Health Promotion Services

Healthy Communication & Stress Management Workshop

Dates: (2/10/2026)

Description

Attended a skill-building workshop focused on developing healthy communication strategies, emotional regulation and stress-management techniques. The session covered boundary-setting, active listening and practical tools for navigating academic and personal stress.

Self-Reflection

This workshop strengthened my ability to communicate clearly and manage stress effectively in leadership settings. I learned how emotional regulation and healthy communication contribute to stronger team dynamics and more empathetic leadership. These skills have helped me become more intentional and supportive when collaborating

Supporting Students in Distress Training

Organization: Student Care Services

Dates: (4/20/2026)

Description

Completed a Student Care Services training focused on recognizing signs of student distress, responding empathetically, and connecting peers to appropriate campus resources. The workshop emphasized communication strategies, crisis response basics, and promoting a supportive campus environment.

Self-Reflection

This training strengthened my ability to lead with empathy and awareness. I learned how to identify when peers may need support and how to respond in a calm, informed, and compassionate manner. These skills have helped me become a more attentive leader who prioritizes wellbeing and fosters a supportive team environment.

Building Resilience and Emotional Wellness Workshop

Organization: Counseling and Psychological Services

Dates: (10/1/2026)

Description

Attended a CAPS workshop focused on developing resilience, emotional awareness, and coping strategies for academic and personal challenges. The session included mindfulness practices, cognitive reframing techniques, and tools for maintaining emotional balance.

Self-Reflection

Attended workshop on building resilience and effective leadership
