



# Collegiate Association for the Research of Principles

---

## March 2016 Newsletter

Naokimi Ushiroda - April 2, 2016

---

With the arrival spring, there is much local activity going on in chapters and communities across the country. Our HQ staff is on the move - visiting and supporting young adults to inspire and empower them with Unification Principles. We are motivated by the vision of CARP's founders, Dr. Sun Myung Moon and Dr. Hak Ja Han Moon:

*"Let us nurture [young adults] in developing moral conviction, the ability to meet life's daily challenges, and a sense of responsibility for the betterment of society as a whole. Let us educate them to become people of integrity."*

---

### Developing Partnerships

#### UN Commission on the Status of Women 2016

On the weekend of March 18-20, our CARP staff, Teresa Ferrete, participated in the 'Young Women Leaders' Retreat' hosted by the Women's Federation for World Peace. This retreat was the first of many to bring women leaders from across the world to learn, network, and gain confidence in being a strong and effective leader. This year also celebrates the 60th anniversary of the United Nation's Commission on the Status of Women (CSW)...[Read more from WFWP](#)

---

### Visits to Local Communities

#### Boston Gathering



About 20 young adults gathered in Boston after a hiatus of activity. Inspired by the national CARP workshop earlier in the year, some Boston students helped organize an even to bring the community together. They hosted an 'All you can eat' sushi meal (donated by True World Foods - thank you!), watched a movie and had a brief discussion on the

importance of truth. They are planning their next event in April. Thank you to everyone that came out to revive the largest college city in the US!

## Bay Area Retreat



The Bay Area chapter hosted a retreat for Spring Break and invited CARP President, Naokimi Ushiroda. It was a great chance to connect with students, young professionals and others in the community.

## Midwest Tour

Communities in Ohio, Kentucky, Indiana and West Virginia got a visit from Teresa Ferrete, the CARP Program Director. Technology is a



great way to connect with people who are miles and miles away...

However, there's also something to be said about in-person meetings and heart-to-hearts. Young adult communities gathered to make plans, get connected to each other and become re-inspired about the impact they want to make.

## New Jersey Institute of Technology STEPs UP

Justin Okamoto, CARP's Life & Leadership Coach, presented a session on 'Personal Value' Statements at the New Jersey Institute of Technology on March 29th. The event was organized by chapter president, Atsuki Imamura.



---

## Student Corner

### NEW! Mentoring Program Pilot

We just started a 10-week mentoring pilot connecting college graduates and current students to discuss and apply Unification Principles and to get support. We hope to offer this program in the Fall 2016 semester.

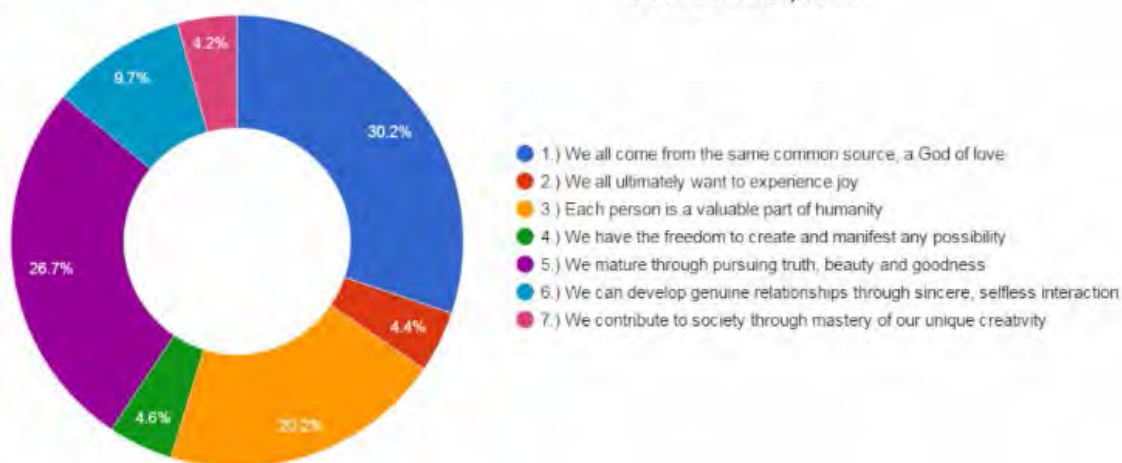
### UP Points Overview

How are our local chapters are doing? One way we are tracking the progress and the achievements of our chapters is "UP points" in which 1

hour of Unification Principle (UP) study or application = 1 UP point. Visit [www.carplife.org/uppoints](http://www.carplife.org/uppoints) to learn more!

## Hours by Principles Across All Chapters

as of March 25, 2015



## Student Perspective Articles

Inspirations - by students, for students - about how to make the most of school.



### 10 Ways to Destress

Stress is a funny thing. We all experience it, but in different ways. When we're stressed, we lose sight of why we're here and what we want.

[Continue reading...](#)



### A Clockwork Semester

There's more to school than just passing classes. How will you approach the second half to get even more out of your semester?

[Continue reading...](#)



### Journey of a Single Step

Our inner monologues can make us or break us. It's time to re-frame our goals to reflect what they really are--single steps--and go after them.

[Continue reading...](#)

---

Interested in sharing your own student perspective? Become a Student Writer! Click [here!](#)

---

## Resources



### Leadership Coaching

Chapter leaders receive one-on-one phone coaching to empower them to be effective leaders.

[START A CHAPTER](#)



### Mentoring

Students and college graduates get connected in supporting each other. If you'd like to be a student or mentor,

[JOIN HERE!](#)



### Empower Hour

Students - Join us on Wednesdays at 1pm EST (\*new time) for a conversation on principles that matter.

[JOIN US!](#)



**CARP Ski Retreat - Colorado**

**Host a local CARP Retreat!**

CARP staff are available to travel to local communities to offer support and coordinate activities for young adults. Want help in planning an activity or event for students or young adults that empowers and excites them?



**Host a 'STEP UP' Seminar**

When students realize that they have incredible potential, power and value, there is no limit to the impact they can make. Discover how Unification Principles empower students to 'STEP UP' in this 2-day seminar.

---

## Global Connections

### Uganda: Micro-Gardening Project Takes Off!



CARP hosted a service project on the theme of "Understanding Leadership Towards Environmental Changes in Building World Peace." CARP Uganda brought students from...[Read more](#)

Visit [www.carplife.org/international](http://www.carplife.org/international) or contact CARP's international liaison, Nina Urbonya (nina@carplife.org) to learn more

---

## Coming Up



**CARP Celebrates  
50 Years  
of engaging students  
with Principles  
that change the world**

Thank you for being a part of our successful and dynamic history. We look forward to many more years of developing young leaders that will confidently share the impact of Principles, God and their unique role in history.

Save

**the Date!**

Plans are being made for an international student convention and celebration banquet commemorating CARP's 50th Anniversary at the end of July in Las Vegas. Stay tuned!

---

**Contact Us**

[www.carplife.org](http://www.carplife.org) | [admin@carplife.org](mailto:admin@carplife.org) | [f/carplife](https://www.facebook.com/carplife)

**CARP America Mission Statement:**

*To inspire and empower students to be global citizens by engaging them in the study and application of Unification Principles*

**LOVE what you're seeing? Support CARP!**

*Make a tax-deductible donation to support the development of capable, compassionate, and principled student leaders!*

[DONATE HERE](#)

