



Student Registration Packet

What

8th Annual Future Leaders Forum for Young Women

In Central Virginia

When

Saturday, March 24, 2012

Registration: 8:30 a.m.

Event: 9:00 a.m. – 4:00 p.m.

Where

West Creek Town Center, Capital One Campus

15000 Capital One Drive

Richmond, Virginia 23238

Contents

- Parent(s)/Student Letter and Instructions
- About Our Guest Speaker: Dr. Robyn Silverman
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Dear Student and Parent(s) or Guardian:

Based on the tremendous success of the past seven Forums, Capital One is pleased to offer the eighth **Future Leaders Forum for Young Women** on Saturday, March 24, 2012. This full-day event welcomes 300 young women in grades 9 through 12 to our Richmond campus, where they will participate in activities designed to inspire, encourage and build their leadership skills.

About the Future Leaders Forum for Young Women

Through the day, students will enjoy:

- Meeting and networking with their peers
- Hearing from nationally-renowned speakers
- Building financial management skills such as budgeting, saving and smart investing
- Participating in informative hands-on activities and workshops to build their leadership skills
- Learning from Forum alumnae, who will participate as table coaches

Additionally, associates from Capital One will participate by serving as mentors and role models of leadership. They will also be on-hand to facilitate small group discussions and encourage students to fully participate in this opportunity.

Here's what past attendees have said about the Forum:

- *"Thank you Capital One for giving me this experience that will help me throughout the rest of my life!"*
- *"I felt comfortable sharing my opinions, and they were valued by my peers."*
- *"I met great young women who I wouldn't normally get to meet and interact with."*

Mark your calendar for Saturday, March 24

The Future Leaders Forum for Young Women will be held on Saturday, March 24, 2012, at Capital One's West Creek Town Center meeting facility at 15000 Capital One Drive, Richmond, Virginia, 23238. Registration begins at 8:30 a.m. with the Forum starting promptly at 9:00 a.m. and ending at 4:00 p.m.

Review Registration Requirements: Registration deadline is Friday, March 9

Young women interested in attending must write a brief statement describing "Where I See Myself in 15 Years." They must author this statement without help. Our mentors will use these statements as discussion topics during the Forum.

To register, fill out and return the enclosed materials—be sure to **COMPLETE AND SIGN the Registration Permission / Emergency Medical Release Form**—by Friday, March 9, 2012. You can return it one of two ways:

- Scan and email to: womensnetwork@capitalone.com
- Mail: Capital One, Attn: Karen McCoy; 12074-0440, 15000 Capital One Dr., Richmond, VA 23238

There is no fee to attend, but space is limited and filled on a first come, first served basis. Confirmation packets containing directions and parking information will be sent to those students selected to attend.

For more information

If you have any questions, please contact a Forum representative:

- Email womensnetwork@capitalone.com
- Phone Karen McCoy at (804) 284-5757

Thank you for supporting the Future Leaders Forum for Young Women, where each young woman will connect with her unique leadership ability. We look forward to receiving your registration and leadership statement for this inspiring day together.

Sincerely,

Judy Pahren, Executive Sponsor, Capital One's Women's Network



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Keynote Speaker: Dr. Robyn Silverman

Dr. Robyn Silverman, a child/teen development specialist, body image/body bullying expert, sought-after speaker, and award-winning writer, is known for her no-nonsense yet positive approach to helping young people and their families thrive. Her groundbreaking research at Tufts University on young women is the foundation for her new book, *Good Girls Don't Get Fat: How Weight Obsession Is Messing Up Our Girls & How We Can Help Them Thrive Despite It*.

Dr. Silverman is a featured expert on *The Today Show*, *Good Morning America*, *The Early Show*, *The Tyra Show*, NBC's *LXtv*, *Fox News*, *Nightline*, and more. She is also the parenting expert for *Ask.com*. Dr. Silverman has been quoted in *The Los Angeles Times*, *The Washington Post*, *Daily News*, *Parenting Magazine*, *Prevention*, *SELF*, and on hundreds of websites like *AOL*, *Yahoo!*, *MSN*, and *US News & World Report*.

She has also been the child and teen development expert for 18 books, including *113 Things to Do by 13*, and 16 middle school guide books. She is the expert in appearance discrimination and body esteem development for the *Applied Developmental Science Encyclopedia*, a handbook for psychologists. Dr. Silverman serves as an Advisory Board Member for *Shaping Youth*, a consortium of media and marketing professionals concerned about harmful messages to children, and serves as their *Body Image and Character Impact Expert*.

As a way to interact with girls personally, Dr. Silverman created *The Sassy Sisterhood Girls Circle*, a program for young adolescent girls that explores issues that affect body esteem and self-image. It was designed to foster self-awareness, challenge stereotypes, counter trends toward self-doubt, and enable genuine self-expression through verbal sharing and creative activity.

Dr. Silverman presents nationally at schools, universities, businesses, and organizations. She advises teens, parents, educators, and professionals on how to best help our youth reach their potential and become leaders. She is the creator of *Powerful Words Character Development*, a character education and leadership development program for after-school programs, including martial arts, that runs in ten countries for children ages four and up.

Her overall philosophy is that young people are assets to be developed rather than deficits to be managed. At the root of Dr. Silverman's research, speaking, and writing is a profound compassion for young people and a determination to help them reach their potential, independent of societal constraints. "I don't look at children and teens and figure out how to fix them," she says. "I want to motivate every young person to find his/her strengths and thrive."





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Registration Permission and Emergency Medical Release Form

Instructions: Sign and complete this entire page, both the Registration Permission and the Emergency Medical Release Form, and return it with the student's leadership statement by Friday, March 9, 2012. You can scan and email the form to: womensnetwork@capitalone or mail it to: Capital One, Attn: Karen McCoy, 12074-0440, 15000 Capital One Drive, Richmond, VA 23238. Seats are reserved on a first come, first served basis.

Registration Permission

I give permission for my daughter, _____, to attend the Future Leaders Forum for Young Women on March 24, 2012, at Capital One's West Creek Town Center in Richmond, Virginia. I understand that I am responsible for arranging transportation to and from the Capital One West Creek Town Center. Furthermore, by registering my daughter to attend this Forum, I also give permission for her to be photographed at the event for inclusion, at Capital One's sole discretion, in publicity related materials.

Emergency Medical Release Form

In the event of an emergency, I, **Please Print Parent/Legal Guardian Name** _____, give my permission for Capital One to provide first aid and to transport my child to a medical facility, if necessary. In case of an emergency, if I, or the contact named below, cannot be reached personally, I consent to treatment of my child under the supervision of and as deemed advisable by a licensed physician. I indemnify, release and hold harmless Capital One Financial Corporation; and their affiliated corporations, subsidiaries, affiliates and other related entities; their joint venturers, stockholders, successors, assigns, insureds, officers, directors, agents, representatives, employees, contractors and other personnel, jointly and severally, and any first aid/medical care providers they may engage from any claims related to my child's participation in the Future Leaders Forum for Young Women; the provision of first aid to, and emergency medical care and treatment of, my child; and including any accident, injury or death arising in connection therewith.

THIS SECTION MUST BE COMPLETED IN FULL & RETURNED ALONG WITH THE LEADERSHIP STATEMENT BY 3/9/12 TO RESERVE A SEAT. ALL OF THIS INFORMATION IS REQUIRED.

Please notify me at this daytime telephone number: (_____) _____

Parent/Guardian email address: (Confirmation will be sent to this address): _____

Address: _____

Street City Zip

Phone: (_____) _____ (_____) _____ (_____) _____

Home Cell Work

If I cannot be reached, please notify: _____ (_____) _____

Name Phone

Name of Doctor: _____ Hospital: _____

Doctor's Office Phone Number: (_____) _____ Emergency #: (_____) _____

Insurance Company: _____ Medical Record #: _____

Special Medical or Dietary Needs (including allergies): _____

Name of school student currently attends: _____ Grade: _____

Parent/Legal Guardian Name (PLEASE PRINT)

Parent/Legal Guardian Signature

Date

Capital One cannot permit participation in the Future Leaders Forum for Young Women without receipt of this signed and fully completed Registration Permission, Emergency Medical Release Form and Student Leadership Statement.





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Leadership Statement: Where I See Myself in 15 Years

Student Name: _____
PLEASE PRINT

To ensure we serve the most interested and deserving students, we require students to write a statement describing "Where I See Myself in 15 Years." Students can handwrite (legibly) or type their statement, which should consist of approximately three to five sentences. Please be sure to return your statement with your completed Registration Permission and Emergency Medical Release Form.



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Frequently Asked Questions

Who can attend this event?

High school women in grades 9–12 can attend the Forum.

Where will the Forum take place?

The Future Leaders Forum for Young Women will be held in Goochland County at Capital One's West Creek Campus, in the Town Center building at 15000 Capital One Drive. Driving directions will be provided in the confirmation packet once the student's registration is received.

Where do attendees check in the day of the event?

There will be designated registration tables at the West Creek Town Center.

Who are the mentors for the day?

Our mentors are female associates at Capital One. Mentors will share life and career experiences, teach effective leadership strategies, and encourage young women leaders to take initiative in their lives and communities. Small groups of students will be assigned a mentor for the day.

Is lunch provided for participants?

Yes, we do provide lunch for participants. Be sure to note any special dietary needs on the Registration Permission / Emergency Medical Release Form.

What is the attire?

Wear comfortable business casual clothing (no jeans, please). We recommend that conference attendees bring a sweater or jacket in case the rooms are cooler than they prefer.

Do students need to bring anything to the event?

We provide all of the materials that students will need through the day. If there are any special needs (e.g., medical, dietary), please note them on the Registration Permission / Emergency Medical Release Form.

Is there a registration fee for the event?

No, there is no registration fee to attend. We do, however, require students to complete a statement consisting of a few sentences about "Where I See Myself in 15 Years." This statement must be returned with the registration form to be considered for attendance.

What steps are needed to register?

A Registration Permission / Emergency Medical Release Form and Leadership Statement Form are provided with each registration packet. All materials must be completed in their entirety, signed and returned to the Future Leaders Forum either by scanning and emailing or mailing by March 9, 2012. Seating is limited to 300 participants and will be filled on a first-come, first-served basis. Once accepted, the student will receive a confirmation packet, which will include directions and parking instructions, to confirm that a seat is being held for her.

Can students request to be seated with friends?

One of the important benefits of the Forum is meeting other young women from across the area. Forum coordinators group students so they meet participants from multiple schools. Students will have a chance to talk with friends during breaks.

Can a student attend just a portion of the Forum?

Because of the high demand for seats at the Forum, we ask attendees to arrive on time and stay for the full event. Students who are unable to commit to the full day will be placed on a waiting list. Once registration closes, we will notify you if seats are still available.

What should parents and guardians do during the event?

This event focuses specifically on the young women in attendance. We ask that parents/guardians drop off their attendee between 8:30 a.m. and 9:00 a.m. at the West Creek Town Center in Richmond, and return (to the same location) for pick up by 4:00 p.m. An event coordinator will greet the young women as they are dropped off and proper supervision will be available to escort the young women to the meeting room and during the Forum. Parents/guardians may temporarily park and walk to the meeting room; however, please make alternative plans during the event hours from 9:00 a.m. to 4:00 p.m. The event starts promptly at 9:00 a.m.

What if there are additional questions?

Please send your questions via email womensnetwork@capitalone.com or contact a Forum representative at (804) 284-5757.



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About Your Host:

Capital One Financial Corporation

As Capital One continues to grow and diversify, our Shared Values remain constant—*Excellence*: how we perform as individuals, teams and an organization, and *Do the Right Thing*: how we interact with each other, our customers and our community.

These Values are the foundation on which we've built our culture, our business, and our philanthropic program. Supporting our communities brings our corporate Values to life. Through associate engagement, philanthropic partnerships and nonprofit board leadership, we strive to be a meaningful part of the fabric of our communities. As such, we are pleased to again be the title sponsor of the Future Leaders Forum for Young Women, a role we have held since the event's inception in 2005.

To leverage associates' ever-growing interest in community service, Capital One created its own Community Corps, an organization led by associates for associates. Each year, many of our associates volunteer in one or more Capital One-sponsored events. From teaching children to read to advising parents on how to manage money to helping build and refurbish homes, associates are dedicated to making a difference in many people's lives.

We believe that as a corporate citizen, we are in a unique position to help expand economic horizons for people in low-to moderate-income communities and create sustainable change. We invest our resources in revitalizing communities, increasing access to educational opportunities and teaching financial education. We know that helping to build strong communities in which to live, work and play benefits us all.