



Dr. Shalom Michael Akili
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Profile

Skilled in leadership and organizational development, with a doctoral degree in Educational Leadership. A strong background in research, pedagogy, adult learning, and education. Experienced in higher education, with teaching at the collegiate level, as well as event planning, mentoring, and coaching. Extending expertise into the business sector, through applied research, with entrepreneurship.

Education

Argosy University, San Diego, CA. Ed.D. Educational Leadership Dissertation: "Net-generation students' motivation to stay in college: Student choice in community college persistence"	2014
Certified Business (TESOL) Teaching English to Student of Other Languages	2014
Azusa Pacific University, San Diego, CA. M.S., in Physical Education Areas of Concentration: Weight Loss, Metabolism, and Exercise Strategies	2006
CSU: Long Beach, Long Beach, CA. B.A. Kinesiology Areas of Concentration: Secondary School Teaching	2003

Publications/Presentations

- "What motivated...Me!" Keynote speaker at Norco College STEM Scholars program. Riverside, CA. February 6, 2015
- Akili, S. (2014). *Net-Generation student motivation to attend community college*. University Press of America.
- "A trail of Tears: The Story that we all share" Keynote speaker at San Diego City Inter-Club Council in Association with Umoja Club Black History Month. San Diego, CA. February 27, 2012
- "What Health is..." Guest speaker at the Summer Bridge Introduction, San Diego, CA, June 2011.

- “San Diego Early Middle College Health and Exercise Science Curriculum” Workshop, at Foundation for California Community College Conference, San Diego, CA, October 2010.
- Akili, S. (2010). San Diego Early Middle College (SDEMC) Health and Exercise Science Curriculum. *McGraw-Hill*

Teaching Experience

Assisting Doctoral Students during doctoral process December 2013-present

Experience with Diction 6.0 a content text analysis program to assist doctoral students with data analysis in doctoral process.

English Center San Diego (ECSD), La Jolla, CA. June 2013-May 2014

Teaching low intermediate students who speak another language English speaking skills. Levels taught are Pre-Intermediate, Low intermediate, & Intermediate

Ashford University, Online February 2012-April 2014

Online Adjunct Faculty –HCS 334 Personal Fitness & Wellness of Optimal Living

This course explores the health and fitness elements of a positive lifestyle in promoting longevity and wellness across the dimensions of wellness. Students examine the roles, and identify wellness components to promote longevity and diminish health risks. Individual assessments of physical fitness levels, and health habits/practices are included in the course as well as an exploration of behavioral change processes needed to obtain optimal physical fitness and wellness.

Online Adjunct Faculty –PED 212 Foundations of Movement and Motor Activities

Students will examine integrated movement curriculum and the relationship between knowledge, motor skills, and movement activities. Activities will lead to understanding of how the body is used during fundamental motor skills and the progression to more advanced movement. Emphasis is on the study of human movement and the development of motor skills which enhance health related physical fitness. Movement concepts of body awareness, space, and quality of movement are defined. Fundamental movement skills are analyzed and used as a basis for planning physical education coursework.

Online Adjunct Faculty –PSY 325 Statistics for the Behavior Social Sciences

Descriptive and inferential statistics are investigated and multiple techniques for statistical analysis are introduced in this course. Formulas for presenting and evaluating data are explored in accordance with generally accepted protocol for statistical analysis.

Southwestern College, Chula Vista, CA. January 2012-Present

Adjunct Faculty – Health 101-29 “Principals of Healthy Living”

Addresses contemporary public health issues and development of holistically healthy living. Provides an overview of epidemiology, chronic and infectious diseases, environmental health,

injury prevention, chemical dependency, nutrition, health policies and promotion, global health, body composition, fitness, psychological wellness, fertility, sexuality, emergency preparedness, disaster response, conflict resolution, and end of the life cycle.

Cuyamaca College, Rancho San Diego, CA

August 2006-Present

Adjunct Faculty – Exercise Science 253 “Physical Education in Elementary Schools”

This course through both lecture and laboratory activities will cover elements of the statewide program in physical education for elementary schools. This course will include the study of child development, personality development, analysis, and practice of the fundamental skills in physical education, selection of activities, organizational materials and the evaluation of teaching methods in elementary school physical education.

Adjunct Faculty – Exercise Science 010 “Cardiovascular Fitness and Nutrition”

Fitness Center course designed to teach the benefits of cardiovascular exercise, heart healthy nutrition guidelines, and provide opportunities for students to analyze their eating habits. Format is open entry/exit, computer login. Attendance requirements are 24 hours for .5 unit or 48 hours for 1.0 unit. Includes workouts and consultation with an instructor, as well as written and computer assignments. Each student will be assessed in the areas of fitness and diet.

Adjunct Faculty – Exercise Science 011 “Circuit Training”

Fitness Center course designed to develop and encourage positive attitudes and habits with regard to exercise. Format is open entry/exit, computer log-in. Attendance requirements are 24 hours for .5 unit or 48 hours for 1.0 unit. Each student will be assessed in the areas of body composition, cardiovascular efficiency, muscular strength and endurance, and flexibility. An individual fitness profile will then be established. From this profile, an individual fitness prescription will be developed. Fitness activity will primarily utilize exercise equipment organized into a super circuit.

Adjunct Faculty – Exercise Science 012 “Individualized Sports Conditioning”

Fitness Center course designed to provide advanced exercisers with the opportunity to increase their fitness levels with an emphasis on strength training and muscle flexibility. Format is open entry/exit, computer log-in. Attendance requirements are 24 hours for .5 unit or 48 hours for 1.0 unit. Each student will set desired fitness outcomes in consultation with an instructor. An individualized fitness program will then be prescribed utilizing the student’s personal fitness goals.

San Diego City College, San Diego, CA

June 2007-Present

Adjunct Faculty – Health and Exercise Science 101 “Health and Lifestyles”

This course studies aspects of mental, emotional, social, spiritual, environmental, and physical health. Knowledge gained will facilitate an understanding and practice of a preventive lifestyle for healthy living and optimal wellness. Specific instruction areas include: Chronic disease, physical activity, nutrition, weight management, birth control methods, human sexuality, alcohol, tobacco and illicit chemical use, stress and factors that contribute to wellness and longevity.

Learning about personal health assessment and the ability to change one's own health related behaviors is stressed.

Adjunct Faculty – Physical Education 241 “Introduction to Physical Education, Exercise Science, and Sport”

This course is the introductory course for students majoring in Physical Education and is required for the Associate in Arts degree in Physical Education. It provides the student an opportunity to study the history, basic philosophy, basic principles, and professional career options of exercise science.

Adjunct Faculty – Physical Education 123 “Fitness Activities”

This course includes instruction in the skills necessary to improve aerobic fitness and cardiovascular health. Through fitness topics covered, students will develop an individual fitness program. Aerobic exercise focuses primarily jogging, progressing to running for the development of comprehensive fitness.

Adjunct Faculty – Physical Education 153 “Lifelong Fitness”

This course is designed to provide students with the knowledge and practice to develop the attitudes and habits required for attaining and maintaining appropriate, individual physical fitness. Emphasis is placed on developing and maintaining cardiovascular efficiency as well as muscular strength, endurance and flexibility through circuit and/or strength training.

Adjunct Faculty – Physical Education 166 “Weight Training”

This is a laboratory physical fitness course designed to develop and encourage positive attitudes and habits with regard to cardiovascular efficiency, body composition, muscular strength and endurance, and flexibility. Based on results of fitness assessments taken periodically during the semester, students will identify personal health-related fitness behaviors/goals and utilize the weight training facilities as the primary exercise protocol to help meet their fitness objectives.

Adjunct Faculty – Physical Education 112 “Basketball”

This course offers basic instruction in the fundamental skills of basketball and team offense and defense. Instruction will include terminology, rules, and strategy of the game.

Adjunct Faculty – Physical Education 251A “Professional Activities/Basketball I”

This lecture/lab course includes discussion of rules, game strategies, history, and game preparation. The physiological requirements for the intercollegiate athlete and importance of nutritional components for optimal performance are emphasized. This course benefits students who are enrolled in PHYE 204, Intercollegiate Basketball I.

Adjunct Faculty – Physical Education 251B “Professional Activities/Basketball II”

This lecture/lab course includes activities and discussion of advanced team strategies, efficient basketball conditioning techniques, goals for game preparation and leadership qualities for basketball. Concepts for team building and social skills necessary for success at the intercollegiate level are also emphasized. This course benefits students who are enrolled in PHYE 205, Intercollegiate Basketball II.

Adjunct Faculty – Physical Education 132 “Individual Conditioning”

This course provides individually programmed instruction in the fundamental skills and techniques of weight training and aerobic activity. The positive impact of physical education on health and wellness is explored and emphasized. Through progressive inquiry and practice, students demonstrate more advanced levels of weight training and comprehensive aerobic development. This course is of particular interest to students wishing to enter the fields of sports medicine and athletics, as well as to students seeking to improve overall fitness. Students must demonstrate increased proficiency and skill attainment with each repetition. This course may be taken four times for credit. When this course is offered for three hours per week, the additional time is utilized for the practice of weight training skills

Adjunct Faculty – Physical Education 132 “Individual Conditioning” emphasis with general fitness designed for City Middle College Students

Developed program and curriculum for this course. This course is emphasizes with the San Diego Early Middle College, or is a high school physical education program. The program consists of two groups of student’s freshman and sophomores, therefore two different programs entail. The freshman group learns 5 lifelong principles which are, leadership, followership, team building and organization, communication, and trust. Therefore, the activities in this class with depict the 5 lifelong principles, in addition, only non-traditional activities and games will be played in this course. Sophomores will carry over the lifelong principles learned, however will experience a practical version by being in a group and learning how to exercise. In addition to the 5 lifelong principles sophomore will learn how to exercise, learning different training concepts and exercise principles.

Organizational Development Experience

A Key Lead Consulting LLC.

2014-present

Founder and Chief Executive Officer of A Key Lead Consulting LLC an entrepreneur organization located in San Diego, CA. Dr. Akili established the organization prior to graduating with his doctoral degree in Educational Leadership were in San Diego conducted a research study regarding the Net-Generation students’ motivation to stay in college and the factor that keep them in college.

The organization is highly dedicated, innovative, and experienced professionals specialized in providing training programs and life coaching by incorporating various perspectives to create solutions for individuals, mid-sized and large businesses, and educational institutions. Services including, but not limited:

Motivational speaking with the following topics:

1. About what motivated Dr. Akili, coming from a single-parent household, to stay in college, pursue a doctoral degree, and become an author.
2. About identity and how identity can influence decisions to persist.
3. About what motivates individuals and, why.

Workshops with the following:

1. Informing individuals the importance of building relationships, and how it relates to success.
2. Discuss generational differences and why it is important.
3. Reveal individual choice of choosing.

Training on the following:

1. Improve identity
2. Improving retention
3. Improving success
4. Improving relationships

Consulting (hands on) with the following areas:

1. Retention
2. Identity Development
3. Success
4. Relationships
5. Group Dynamics

Services

Providing research and knowledge in areas of intrinsic motivation. Intrinsic versus extrinsic motivation, intrinsic is the individuals belief and value systems, or the person, while extrinsic is an external reward, for example money or a new car, self-efficacy is the confidence a person has to complete a task and choice paradigms, by exploring why individuals make their choices and persist within the choices made. To help our clients confidently incorporate innovative solutions to personalize organizational goals and issues, and individual needs. The research mix-methods exemplifies precision and outcomes exceed those of our competitors by exploring the individual, understanding an individual's story, and creating policy, regulation, or procedure that accommodates both parties, the individual and the organization.

Partners:

San Diego City College
Southwestern College
Norco College STEM program
Simone B Catering LLC.

Contributions

- Member of Diversity Committee at San Diego City College
- Member of Hermanos Unidos Brothers United (H.U.B.U.) mentorship program at City College
- Advisor for the Intellectual Roundtable club at City College

References

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