

## 7th Grade End of Year Community Leadership Days

*“Balancing healthy risk taking with knowing your limits”*

As we continue along on our journey of “valorization” of the personality (becoming capable of succeeding in life/becoming a strong and confident person), we will learn some of the skills and techniques of leadership through participating in activities and service on campus, uptown and culminating with an indoor rock climbing experience.

During the course of these days, you may find yourself in a tricky place, unsure of how to proceed. Classmates will surely offer support and encouragement, but ultimately, the decision to proceed or turn back is yours. Remember that sometimes, turning back is the best decision. Sometimes moving forward is best. Especially during the rock climbing experience, you will decide how to balance healthy risk taking with pushing yourself too far.

### **What you will do and what you will learn:**

- Team up and meet various challenges
- Prepare for and engage in seminar
- Roll up your sleeves and engage in service
- Travel by Charlotte’s Public transportation
- Wear a harness and challenge yourself
- Support each other with encouraging words and physical properties of leverage, simple machines and balanced and unbalanced forces
- Reflect
- Try out new leadership roles

### **Guiding Questions:**

- In what ways was this 3-day experience fitting for our theme of Human Impact?
- In what ways have these experiences helped you to move towards “valorization” of your personality?
- How does teamwork enable or hinder healthy competition?
- What service activity fit your personality the best? Which one was the bigger challenge?
- How is participating in indoor climbing a metaphor for your learning experience this year?
- How can you take what you’ve learned and apply it to your learning experience in school/life?

### **Our Schedule:**

- *Tuesday*, 1 May 2018 - Preparation Day
- *Wednesday*, 2 May 2018 - On Campus Day
- *Thursday*, 3 May 2018 Leave campus at 9:45 am
- Travel to the Main Branch of the library, Imaginon and Uptown (downtown) Charlotte
- Lunch at First Ward Park
- Participate in a walking tour of Charlotte Center City
- *Friday*, 4 May 2018 Leave campus at 9:30
- Lunch from 11:00-11:30
- Participate in indoor rock climbing activities from 12:00-2:00
- Arrive back on campus at 3:30pm

# Checklist of Work to Complete

Please check off items as you complete them:

## -BEFORE:

- Have turned in signed Field Experiences Form with necessary fees
- Have turned in signed Safety Waivers from Inner Peaks (online)
- Have watched Leadership Video Clip/discussed leadership qualities
- Have reviewed 'What I will do and what I will learn'
- Have reviewed 'Guiding Questions'
- Have reviewed the 'Schedule'
- Have responded to the prompt in the Written Reflections on "Before Climbing"

## -DURING:

- Have reviewed Goals for each day
- Have reviewed JTWM's Goals for the day
- Have written 3-4 personal goals for the days (at least 1 leadership and 1 rock climbing)
- Read the Leadership Role descriptions and rated myself based on the key at the bottom
- Have completed the detailed sketch relating to Leadership
- Have read and understand the Leadership Rubric and why I am self-assessing
- Finished and placed my Kindness Rock at the \_\_\_\_\_
- Completed at least one side of a Giving Blanket

## -AFTER:

- Have completed the Leadership Self-Assessment Rubric
- Have completed all Written Reflections
- Have annotations for our **Seminar** on pages 5 and 6

# Kick-Off!

## Journey: Listening & Leading

### **BEFORE - Introduction and Rock Climbing**

FAST WRITE - What are the limits that keep you from doing anything you feel drawn to do?

**DURING – Notes** - As you watch the first 14-minutes of *To The Limit*, make brief notes to as many of these statements as you can without losing too much time watching and listening. We will discuss afterward.

I'm inspired by...	Qualities of a climber that translate into leadership	Quotes I want to remember
Questions	What I learn from watching Tony	I imagine Tony's very first time climbing... he was...
Tony's character qualities (think: Acknowledgements)	How did you feel watching the clip? When do you feel that way in real life?	

### **AFTER – Reflection –**

1. How does Tony overcome the challenges of climbing?
  
2. How can you overcome the challenges that you face – those that keep you from doing anything you feel drawn to do?
  
3. How does the impact of each body part and its effect on the rest of the body apply to our cycle theme of Human Impact?

## Goals for 7th Grade End of the Year Leadership Days

### Inner Peak's Goals for this Experience:

- Our goal is for climbers to be safe and make good decisions.
- Our goal is for belayers to provide adequate physical support and encouraging helpful suggestions.
- Our goal is for everyone to have a positive, supportive experience
- Our goal is to provide a powerful growth experience that has a positive impact on people.

### IT Williams Montessori Goals for Students During these Experiences:

- Try 2 different leadership roles during our days
- Become a positive problem solver during any of our challenges - physical, transportational, group unity, unexpected occurrences - so we can apply these skills in our academic challenges.
- Develop self-awareness of our strengths and challenges.
- Improve our communication skills.
- Expand our appreciation of each other.
- Become supported and supportive leaders in our community.
- Celebrate our successes and achievements.

### My Personal Goals for this Experience (at least one for leadership, one for on campus, one for uptown, and one for the rock climbing):

- - \_\_\_\_\_
- - \_\_\_\_\_
- - \_\_\_\_\_
- - \_\_\_\_\_
- - \_\_\_\_\_

# Leadership Roles

Perhaps you've heard the saying, "there can't be too many leaders" or "not everyone can lead". If there are too many people who want to facilitate, a group can fail! Notice the word *facilitate* - leaders don't HAVE to be loud; leaders can lead by following as well; there are SO many different types of leaders, and it takes all types of people to fill these special leadership roles!

There are many roles involved in leadership. The facilitator may be the role most of us think of when we hear the word "leader," but there are other roles that are equally, or sometimes even more important!

Key Code	Role	Description
	Facilitator	<ul style="list-style-type: none"> <li>- Takes charge</li> <li>- Stops the group when needed</li> <li>- Identifies when something's not working</li> <li>- Asks group members for suggestions – kindly invites all to participate</li> <li>- Shares facilitation role with others who are shy or reluctant to try</li> </ul>
	Planner	<ul style="list-style-type: none"> <li>- Asks for a plan for moving forward</li> <li>- Kindly asks others for ideas</li> <li>- Gives some suggestions or ideas</li> <li>- Acts and speaks in a way that asks the group to think ahead</li> </ul>
	Harmonizer	<ul style="list-style-type: none"> <li>- Helps maintain harmony – may ask for all to listen to one and then another "side" to issues or ideas</li> <li>- Encourages cooperation – reminds group to stop and listen with open minds</li> <li>- Encourages peaceful and happy outlook</li> </ul>
	Reporter	<ul style="list-style-type: none"> <li>- Summarizes when many points are shared</li> <li>- Restates ideas or questions when confusion seems to occur</li> <li>- Concentrates on <i>observations</i>, not inferences. States observations, and may ask others what they meant in their actions or words</li> </ul>
	Follower	<ul style="list-style-type: none"> <li>- Models excellent behaviors in the group that work to accomplish the goals of the group</li> <li>- Helps others politely by doing the right thing of the agreed-upon facilitator</li> </ul>
	Encourager	<ul style="list-style-type: none"> <li>- Shows enthusiasm for people's ideas and efforts</li> <li>- Supports others by actively listening</li> <li>- Shows respect to those who are trying something new, even if it's difficult</li> </ul>
	Idea Generator	<ul style="list-style-type: none"> <li>- Speaks up with at least one realistic solution or idea</li> <li>- Gracious if their idea(s) are not accepted</li> </ul>
	Good Humorist	<ul style="list-style-type: none"> <li>- Keeps things light with remarks in good fun, never using put-downs</li> <li>- Balances good fun with staying on task</li> </ul>
	Stick-to-it person	<ul style="list-style-type: none"> <li>- Hangs in when the going gets tough</li> <li>- Keeps listening, keeps motivating, keeps encouraging, keeps concentrating, keeps thinking – keeps POSITIVE attitude going</li> </ul>
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		-

**KEY:** \* I'm good at this role                      X I'm not so good at this role

# Leadership Rubric and Self-Assessment

When you complete this, remember that it IS NOT about the number! The purpose of self-assessment is to see where YOU are and where YOU can go! It's about pushing yourself to YOUR edge and that takes honesty as well as grace and courtesy with yourself-be gentle with yourself and be honest and ready to grow!

	<b>10</b>	<b>9-8</b>	<b>7-6</b>	<b>5-0</b>
<b>Participation</b>	I participated fully and enthusiastically in all activities. I displayed a great attitude most of the day.	I participated fully and enthusiastically in most activities. I displayed a good attitude most of the day.	I participated in all activities. I was pleasant and even-tempered most of the day.	I participated in some activities. I was overly stressed or discouraged for an extended time.
<b>Leadership Roles</b>	I took on at least 2 new leadership roles.	I took on 1 new leadership role.	I took on only my typical leadership roles.	I took on no leadership roles.
<b>Building Community and Respect</b>	I actively took an interest in others who are not my closest friends. I hung around with a few folks outside my group of closer friends for much of the day.	I sat & worked with/included someone who is not a close friend. I hung around with a few folks outside my group of closer friends for much of the day.	I invited & encouraged others to sit with/work with my friends and me. I included a new person in my own circle of friends for half the day.	I sat /worked with my friends most of the day.
<b>Challenge Level</b>	I clearly and obviously went outside my comfort zone to try something new or difficult.	I took steps to move outside my comfort zone and push myself to try something new or difficult.	I made a genuine attempt to try something new or difficult, but not too far outside my comfort zone.	I wanted to step outside my comfort zone but didn't follow through, or I didn't want to participate.

1. Think back to a time when you exhibited leadership qualities. How did it feel to "lead"?

2. Being a leader isn't easy-it takes courage and requires you to push yourself to your "edge." Explain why it's important to push yourself and to be take courage to lead.

3. Choose one way you will commit to being more of a leader in our community and explain how you will overcome your fears to make it possible for you to lead.

**My Daily Reflection Questions to be answered thoughtfully and in complete sentences:**

**Day 1:**

What went well? What did not go so well? \_\_\_\_\_

\_\_\_\_\_

What were some of the ways we communicated effectively with each other? \_\_\_\_\_

\_\_\_\_\_

Did we cooperate? \_\_\_\_\_

Who assumed leadership roles in these activities? Which ones? (See following page.)

\_\_\_\_\_

What was your favorite activity of the day? \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

**Day 2:**

What went well? What did not go so well? \_\_\_\_\_

\_\_\_\_\_

How did we make decisions on these activities? \_\_\_\_\_

\_\_\_\_\_

What was your favorite activity of the day? \_\_\_\_\_

What do you remember from the Mindful Walk? \_\_\_\_\_

Where did you place your Kindness Rock?

❑ What do you expect from participating in indoor rock climbing? Feelings, thoughts, fears, thrills, etc...



**Day 3:**

What went well? What did not go so well? \_\_\_\_\_

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Was everyone listened to? \_\_\_\_\_ How did we decide whom we would listen to? \_\_\_\_\_

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What did it feel like to have your safety (physical, emotional) entrusted to the group? \_\_\_\_\_

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What did you learn about yourself in this activity? \_\_\_\_\_

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Who assumed leadership roles in this activity? Which ones? (See following page.) \_\_\_\_\_

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Did you meet your rock climbing goal? \_\_\_\_\_

How close did you come? \_\_\_\_\_

How did your first rock climbing experience in this group leave you feeling? What was going through your mind? What sounds did you hear? What helped you or hindered you? \_

# Leadership Sketch

*"Beauty is the source of all inspiration" Unattributed*

*"The purest form of leadership is influence through inspiration."*

*Dr. Myles Munroe*

Take some solo time – away from others – to sketch an inspiring detailed object, person, or scene that is in some way symbolic of leadership. Your sketch should **fill the space** and include details. It may include labels. Each sketch should also include a **descriptive caption**, explaining how you see leadership in what you've sketched.

Item, scene, and/or people who symbolically represent leadership.  
Include details; use sketching methods (not line drawing).

Caption: Include what you've sketched and how it symbolizes leadership

## Reflection Questions

### **After trying out one new leadership role ...**

Name one person you supported. Why did you choose to support that person? What did you do or say? Was the support you offered the type of support they needed and wanted? How do you know?

How can you be a better supporter in life – to a family member, in the classroom, or with your friends? Be specific.

What role(s) did you try that you typically aren't up to taking on? How did you feel? Who did you notice trying to support you? How did this look? Sound? Feel?

### **Final Reflection Questions**

In what ways are our experiences on campus, uptown, and at Inner Peaks fitting for our theme of Human Impact? Be specific.

How is rock climbing a metaphor for becoming an adult?

What are your plans for growing yourself as a leader?

How have these experiences helped you to move towards "valorization" (learning to be a confident person)?

# 7th grade Daily Agenda

- 5/2 Day one: Service - on campus
  - 9:15-Introduction, groups and partners, collect walking tour choices
  - 9:30- 11:10 Stations
    - 9:30-9:50 First Station
    - 9:55-10:15 Second Station
    - 10:20-10:40 Third Station
    - 10:45-11:05 Fourth Station
  - 11:05-11:15 Restore for lunch
  - 11:15-11:45 Lunch
  - 11:45-12:00 Restore from lunch
  - 12:00-12:30 Scavenger hunt initiative
  - 12:30-3:00 Choice Service Project
  - 3:00-3:20 Restore / Lockers
  - 3:30-4:00 Closing Initiative

- 5/3 Day two: Downtown / Climbing Wall
  - 9:15-9:20 catch bus on Statesville **We cannot be late!**
  - 9:50 arrive at transit center
  - 10:00 We split by community as follows:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> 101 &amp; 201 walks to Lunch in <b>First Ward Park</b></li> <li><input type="checkbox"/> Main Library and ImaginOn</li> <li><input type="checkbox"/> Walking tour of Charlotte</li> <li><input type="checkbox"/> Solo time at First Ward Park</li> <li><input type="checkbox"/> 2:20 Catch bus 21 from <b>Transit Station</b> back to school</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> 202 &amp; 102 takes the Blue line to East/West station <b>OR</b> Route 16 to Dunavant</li> <li><input type="checkbox"/> 10:30 Arrive at Inner Peaks</li> <li><input type="checkbox"/> 12:30 take train to transit center</li> <li><input type="checkbox"/> 1:00-snack in the Epicenter</li> <li><input type="checkbox"/> 2:00- Work on Packet in First Ward Park</li> <li><input type="checkbox"/> 2:20 Catch bus 21 from <b>Transit Station</b> back to school</li> </ul> |
|---|--|



- 5/4 Day three: Day out
  - 9:15-9:20 catch bus on Statesville **We cannot be late!**
  - 9:50 arrive at transit center
  - 10:00 We split by community as follows:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> 102 &amp; 202 walks to Lunch in <b>First Ward Park</b></li> <li><input type="checkbox"/> Main Library and ImaginOn</li> <li><input type="checkbox"/> Walking tour of Charlotte</li> <li><input type="checkbox"/> Solo time at First Ward Park</li> <li><input type="checkbox"/> 2:20 Catch bus 21 from <b>Transit Station</b> back to school</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> 201 &amp; 101 takes the Blue line to East/West station <b>OR</b> Route 16 to Dunavant</li> <li><input type="checkbox"/> 10:30 Arrive at Inner Peaks</li> <li><input type="checkbox"/> 12:30 take train to transit center</li> <li><input type="checkbox"/> 1:00-snack in the Epicenter</li> <li><input type="checkbox"/> 2:00- Work on Packet in First Ward Park</li> <li><input type="checkbox"/> 2:20 Catch bus 21 from <b>Transit Station</b> back to school</li> </ul> |
|---|--|

Day	Adults needed Jake-Day?	cost Total \$45 but Charge \$50
<input type="checkbox"/> Prep. Day	Teachers in class	0
<input type="checkbox"/> 5/2 Day one: on campus <ul style="list-style-type: none"> <li><input type="checkbox"/> Opening/ scavenger hunt initiative</li> <li><input type="checkbox"/> school service tree area</li> <li><input type="checkbox"/> Rocks project</li> <li><input type="checkbox"/> Blankets</li> </ul>	<p style="text-align: center;"><b>Need 4</b></p> <ol style="list-style-type: none"> <li>1. stephanie roberson robersonsteph@gmail</li> <li>2. Kristina Dauksys</li> <li>3. Katherine</li> <li>4. Bethani</li> <li>5. Andrew</li> </ol>	<input type="checkbox"/> Materials \$10 <ul style="list-style-type: none"> <li><input type="checkbox"/> \$5</li> <li><input type="checkbox"/> 0</li> <li><input type="checkbox"/> 0</li> <li><input type="checkbox"/> \$5</li> <li><input type="checkbox"/> 0</li> </ul>
<input type="checkbox"/> 5/3 Day two: Downtown <ul style="list-style-type: none"> <li><input type="checkbox"/> city bus</li> <li><input type="checkbox"/> lunch</li> <li><input type="checkbox"/> Library/Imaginon</li> <li><input type="checkbox"/> event : walking tours/park-cemetery etc.</li> </ul>	<p style="text-align: center;"><b>Need 6</b></p> <ol style="list-style-type: none"> <li>1. Jacqueline Poindexter</li> <li>2. Carter Hernden carter.herndon@gmail</li> <li>3. Ms. Sophia</li> <li>4. Kristina Dauksys</li> <li>5. Bethani</li> <li>6. Andrew</li> <li>7. <a href="mailto:darawhittle@live.com">darawhittle@live.com</a></li> </ol>	<ol style="list-style-type: none"> <li>1. Events \$5 <ul style="list-style-type: none"> <li>a. 5</li> <li>b. 0</li> <li>c. 0</li> <li>d. 0</li> </ul> </li> </ol>
<input type="checkbox"/> 5/4 Day three: Day out <ul style="list-style-type: none"> <li><input type="checkbox"/> transit center</li> <li><input type="checkbox"/> rock climbing</li> <li><input type="checkbox"/> Ice cream at 7th street station</li> <li><input type="checkbox"/> outdoor seminar</li> </ul>	<p style="text-align: center;"><b>Need 6</b></p> <ol style="list-style-type: none"> <li>1. Jennifer Bagdan <a href="mailto:jennifersiddall@me.com">jennifersiddall@me.com</a></li> <li>2. Monica</li> <li>3. Ms. Sophia</li> <li>4. Jessica deling</li> <li>5. Bethani</li> <li>6. Andrew</li> <li>7. Frambach*</li> </ol>	<ol style="list-style-type: none"> <li>1. Events \$35 <ul style="list-style-type: none"> <li>a. 10</li> <li>b. 20</li> <li>c. 5</li> <li>d. 0</li> </ul> </li> </ol>

~~permission slips~~

~~education journey~~

~~prices~~

~~transit routes~~

- Cover Page
- Opening Ceremony
- Scavenger Hunt
- Print "Explore the five senses during a nature walk" for each chaperone

Put packet together (rough draft follows)

# Leadership days student supply list

## Day 1 Leadership through Service

- Leadership packet
- Long pants
- Long sleeve shirt
- Hat
- Sunscreen
- Appropriate outdoor weather gear (for rain, cold weather, etc.)
- leather/canvas gloves
- Work boots/sturdy shoes
- Long socks
- Hair tie for long hair
- Water bottle
- Any medicine for allergies or emergencies (must have a CMS medical form filed with the nurse)
- Change of clothes
- Phone or camera

## Day 2 Leadership through independence

- Leadership packet
- Sunscreen
- Appropriate outdoor weather gear (for rain, cold weather, etc.)
- Good walking shoes
- Water bottle
- Rain gear ( weather dependent)
- Packed lunch
- Phone or camera
- String bag

## Day 3 Leadership through personal growth

- Leadership packet
- Sunscreen
- Appropriate outdoor weather gear (for rain, cold weather, etc.)
- Water bottle
- Packed Lunch
- Rain gear (weather dependent)
- String bag
- Good walking shoes