Student Leadership Foundation Sample Schedule

We believe that student leadership development is a cornerstone in supporting our students to become engaged citizens. Student leadership involves cultivating a frame of mind for exploring self, others and community. Leaders develop a skill set to adapt to change, craft creative solutions, and seize opportunities. Leaders are moved by what they care about to make the world a better place. SLF sessions will forward these topics to improve both the capacity and efficacy of W&M students to be engaged in positive change.

**Authentic Excellence:** Through participation in the Life Values Inventory you will clarify your most significant positive life values in order to promote authentic excellence and identifying strategies to help your values serve as a source of motivation and fulfillment.

**Values, Mission, and Vision:** Knowing what values you hold and creating a personal vision from those values is the key to keeping passion sustained in your organization. This session will focus on values alignment, personal visions, and application to your organizations.

**Getting Things Done:** This session will focus on learning how to navigate W&M and getting things done for your group/cause/community on campus. Leaders need to know how to motivate members and produce results. In this session, participants will learn where to go for help, scheduling, $$$, and all your other logistical needs.

**Inclusive Leadership:** We all want to be in communities where we matter – being an inclusive leader is critical. This session will address mattering, marginality, and how power and privilege can impact a community.

**Group Dynamics: Working in Groups and Teams:** Motivation, empowerment, confrontation and different styles…this session will introduce strategies and approaches that leaders can use to understand working with others and working in teams for positive change.

**Understanding Change:** Change is inevitable, progress is optional. As leaders we are called upon to be facilitators of change, because it is complex, challenging, and rewarding. Understanding these complexities will help leaders do more than simply manage change, but to advance groups and communities through progress.

**Ropes Course:** Through participation in the College’s Low Ropes Course, this highly interactive session will provide the opportunity to discuss and experience the importance of group dynamics in building an effective team.

**Graduation and Closing**