

STUDENT LEADERSHIP INSTITUTE

YEAR THREE

SEMESTER ONE

October 7, 2020



Virtual SLI: 10 Ways to Have a Better Conversation (LS)

Description

TEDnesday Talks: This week's session: When your job hinges on how well you talk to people, you learn a lot about how to have conversations -- and that most of us don't converse very well. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation

What?

In this TED Talk presentation, Celeste Headlee opened the conversation by pointing out the cell phone, texting impersonal world we live in, where people avoid conversation. This immediately got my attention as I have always wished for more verbal conversation in my friendships. I recall calling people through my teen years to chat with friends only to have them not pick up the phone and start a text session instead. It seems talking is a lost art and it is easy to get caught up in the trend. She emphasized 10 points to having a better conversation. 1. **Don't multitask.** 2. **Don't pontificate.** 3. **Use open-ended questions.** 4. **Go with the flow.** 5. **If you don't know, say that you don't know.** 6. **Don't equate your experience with theirs.** 7. **Try not to repeat yourself.** 8. **Stay out of the weeds.** 9. **Listen.** 10. **Be brief. All in all:** Be interested in other people and prepare to be amazed.

So What?

After watching the TED Talk, we broke into small groups to discuss it. What I enjoyed about the group talk is that we were able to break the ice with a set question about our most boring fact and with that I found that one of the individuals in my group worked for the same company as I do. It was nice to be able to connect on a different level beyond attending the same school and class and the subject brought up in the talk definitely were able to be implemented in our quick 4-minute conversation in the group.

Now what?

I had been "multi-tasking" at the time, at work, as I was called in for an emergency fill in, but I was able to take the zoom call. Although I was able to manage doing both it did create a lot of stress for me and the 1-10 lesson in the talk definitely felt like it was speaking to me. Focus. Listen. Be Brief. Don't Interrupt. I will surely keep these elements in mind in future conversations. Number 6 was also something that I thought was a good thing in conversations....to be empathetic, but I will try to implement not equating my experiences with theirs for a better conversational outcome.

October 14, 2020



Description

TEDnesday Talks: This week's session: In this TED Talk Angela Lee Duckworth discusses the power of having "grit" as being a key element to success. After leaving a high-flying job in consulting and then a job teaching math to seventh graders in a New York public school, she quickly realized that IQ wasn't the only thing separating the successful students from those who struggled. In the TED Talk she explains her theory of "grit" as a predictor of success. Here's a link if you're interested:

https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en

Virtual SLI: Grit: The Power of Passion and Perseverance (LS)

What?

Angela Lee Duckworth began her own career as a consultant. Then began working as a seventh-grade math teacher. While observing her students she realized that it was not IQ alone that made for a successful student. She noticed that the ones with "grit" and determination were just as likely to obtain a great grade than the ones that seemingly had a higher IQ and things came easier to. She then left her job as a teacher and began a study on what qualities made for success. That study included observing West Point Military Academy cadets and predictions (based on grit and personality) to see which cadet would survive the rigorous first year of military school. Her study proved that "grit" was a key element to success.

So What?

After watching the TED Talk the session leader, Michele Lenhart, and the participants discussed the role grit has placed in our lives and our opinions about the talk. We spoke about how beyond grit how there

were other elements that were key to success as not everyone is born with "grit." Can we learn "grit?" Perhaps but also staying focused and working hard and never giving up can also have a major impact.

Now What?

I have always felt that I was a determined person. I'm not sure if I would have called what I felt as "grit," but I have been determined to do well and thrive. I have had many moments of insecurities and feelings of not being good enough but I have always been determined to put all my efforts in at those times and do my very best....which consequently I never feel is good enough. When looking at the definition of grit I see courage and resolve; strength of character. I do feel that this is a quality I have but can hone to its full potential by standing stronger in my own personal convictions and not being afraid to speak out on my own opinions and truths. I do feel that I utilize my grit where school/work is concerned but I will make a greater effort to use this trait/tool in my personal life as well.

October 21, 2020



Virtual SLI: The Surprising Habits of Original Thinkers (LS)

Description

TEDnesday Talks: This week's session: How do creative people come up with great ideas? Organizational psychologist Adam Grant studies "originals": thinkers who dream up new ideas and take action to put them into the world. In this talk, learn three unexpected habits of originals -- including embracing failure. "The greatest originals are the ones who fail the most, because they're the ones who try the most," Grant says. "You need a lot of bad ideas in order to get a few good ones."

https://www.ted.com/talks/adam_grant_the_surprising_habits_of_original_thinkers?language=en

What?

TED talk presenter, Adam Grant is a self-protest pre-crastinator. He makes lists, organizes and prepares. He was intrigued by the thought of how the most creative minds set about a task and if they are pre-crastinators, procrastinators or something in-between. In his study he found that most people go through similar feelings of doubt and fear regardless of their method of implementation. 85% don't speak up from fear of looking stupid. However, it does seem that the more original thinkers were those that asked the stupid questions and sometimes got them wrong and questioned what was handed to them and doubted the default. Those folks also wondered about different options and then proceeded to find another way.

This creative process has come to them by giving themselves the time and space to put their thoughts together to find a more interesting or creative way to approach something instead of punching out the work in a standard form. So, in this study it looks like the procrastinator's win on creativity.

So What?

Some examples of individuals that were more creative included those that chose to download Firefox or Chrome instead of the Explorer or Safari that was given to them. Also, when looking at music, the composers that created the most work, even though not all of it was great, they were the ones with masterpieces as it took the trial and error and bravery to just do it to get there. So, again, in this study it looks like the procrastinator's win on creativity. But I'm sure their stress levels are perhaps through the roof!

Now What?

As a double major in Speech Language Pathology and Music, I am someone who is very on top of getting things done. I make lists, I get homework done very quickly and out of the way so in this case I can lean on also being a pre-crastinator. However, regarding practicing and taping and creative projects where my music major is concerned I can 100% say that I am a procrastinator. Perhaps this is the space I've granted myself to explore different ways to approach the project. Perhaps some of the waiting game is the wait for the meeting of the minds as with music you need to also rely on other creative souls to do their part in performing with you and we need space and time for their contribution to come together. After watching this TED talk I feel a sense of justification that during this time of procrastination I have been subconsciously working things out in my mind, Thinking about how to approach the project, considering the options. Now, instead of viewing my procrastination as a negative habit, I'm going to view it in a more positive light as a way that I get my creativity flowing and my creative ideas worked out before I begin.

More.....

SEMESTER TWO

February 4, 2021



Virtual SLI: Encouraging Empowerment

Description

At this SLI, learn how to motivate others in a way that changes the game! Hosted by Jordan Stecker via Zoom

What?

This SLI focused on how you can empower people you lead in various circumstances. Empowering others can be challenging for both the other person and you as a leader. In giving power to others, you promote self-actualization and can influence others to be accountable to their tasks. By empowering you help a person believe they will be more successful whereas in simply motivating you entice to work harder to achieve. Motivating may not give the same desired effect as empowering as the individuals self esteem is not involved with outside motivations. Leaders need to recognize that when the people you work for feel empowered it creates a better environment of equality and people want to work harder.

So What?

We learn that as leaders we can empower others by defining **commitment, perception, connection and encouragement**. Why am I doing what I'm doing? What am I thinking while I'm doing it? What am I feeling while I do it and what can I get in order to do it in the best way? Also important is to understand the perception of the individuals within empowerment. We need to allow people to feel connected to their work. We need to provide encouragement within empowerment. We can be better leaders by giving **power** to others in decision making, **supporting** their decisions and giving them **autonomy** in those decisions. In the end when you empower you have to give people the **time** and space to make mistakes and lead as well.

Now What?

We can focus, as leaders, on how we approach empowering others. We should choose our words wisely in creating an environment of empowerment by approaching assignments as something exciting to undertake rather than something we "have to" do. When people fail, we have to emphasize what we have learned from the experience so we can use that failure as a tool to excel rather than having it take away from future successes. It is also important to understand the deeper meaning about what we are

doing- when someone feels they're doing meaningful work they will potentially do better and feel better because of it. We need to allow people to feel connected to their work. At the same time as a leader, we cannot empower others if we do not give them the space they need to perform their tasks with autonomy.

February 19, 2021



Virtual SLI: Managing Stress as a College Student

Description

Students will analyze themselves and find what tools will work for them to give them a positive stress response. Presented by Tanner George, Student Leadership Consultant

What?

In this SLI we initially discussed what activities and situations give us stress. We each had an opportunity to voice our stress triggers which currently ranged from school, home to Covid-19. The moderator then went through different tools we can use to take care of ourselves to try to reduce or eliminate stress or to replenish ourselves after a stressful situation. Types of stress were identified and identifying situations where stress was a good thing were also discussed.

So What?

Stress can affect our physical, mental, emotional, intellectual or spiritual well-being. Stress should be temporary. Once we've passed the fight-or-flight moment, our heart rate and breathing should slow down, and our muscles should relax. In a short time, your body should return to its natural state without any lasting negative effects. However, when stress builds and becomes too frequent, severe or prolonged, we need to make an effort to manage this for our spiritual, mental and physical well-being and health.

Now What?

There are many methods to managing stress, but we all must make an effort to actually be mindful of addressing it. If we don't address it, it will only get worse. On a very basic level we need to maintain a healthy diet, sleep for 7-8 hours each night and exercise regularly. When addressing our diets, we should take time to prepare or plan for meals ahead so we don't get caught up in choosing the wrong items and

we should stay away from caffeine and alcohol, as they may be a temporary fix but make things worse in the long run. We also should stay socially connected to others and find a way to connect even if it is virtually right now because of the pandemic. In this way we can both give and get support. We should take time for self-care which might just mean listening to music or watching a show or practicing relaxation techniques such as meditation, yoga and deep breathing. We ended the presentation with a 5-minute meditation, and I proceeded to fall asleep and take a nap right after that!

March 24, 2021



Virtual SLI: The Power of Women's Anger (LDW)

Description

TEDnesday Talks: In this workshop student leaders at IC will enhance the skills and knowledge by watching a TED Talk together and then have a conversation about insights gained, points to debate, and ways to apply the lessons as a student leader at IC.

https://www.ted.com/talks/soraya_chemaly_the_power_of_women_s_anger?language=en

What?

Most people instinctively avoid conflict, and I am definitely one of those people. Anger is a powerful emotion -- it warns us of threat, insult, indignity and harm. But across the world, girls and women are taught that their anger is better left unvoiced. In this Ted Talk, The Power of Women's Anger with the speaker Soraya Chemaly. The TED Talk discussed women's anger and how the stereotype placed on women when they're angry is that they're crazy. However, when men are angry this is acceptable because society states that women must be docile and calm while men can be hot headed. She also discussed the bias this involves with other races, a white man angry is justified while a black man angry is threatening. She also discussed the sentiment of "boys will be boys" as well as the affect internalizing anger has on many women's health. Chemaly explores the dangerous lie that anger isn't feminine, showing how women's rage is justified, healthy and a potential catalyst for change.

So What?

It's important to discuss how women are viewed with their anger in order for others to be aware of the limitation society puts on people's emotions, even with the sentiment that it is not okay for men to cry.

By talking about these sentiments and bringing them to people's attention we are able to limit these stereotypes and teach young women and men the proper way to voice their emotions and treat others with mutual respect and kindness. I find that where business relationships are concerned, it is easier to put forth an assertive response. I feel that where personal relationships are concerned this would be more of a challenge as sometimes in personal relationships other women are more interested in bulldozing your thoughts if they don't agree with you and there is less mutual respect to other ideals if they are not trending with the times and it is easier in personal relationships for heated expression to go ignored. As it is easier to get angry and communicate less effectively in personal relationships.

Now What?

After watching the TED Talk we discussed different ways that we can approach our anger and use our anger positively in the future. By watching the TED Talk and having this discussion with other individuals and women I personally feel that it validated many of our feelings regarding worrying about coming off to aggressively or making sure we always appear docile. I think having these feelings validated gives each of us an opportunity to do something about these thoughts and channel our anger and insecure feelings in a positive way because we know that we're not alone in those feelings. There are ways that you can be angry and use these emotions in a non-aggressive way. I have already tried to make an effort with regard to this over the past few years as "speaking up" was my primary motive to work on with regard to the Student Leadership program. I have been more passionate about certain topics that have come up when working on group projects or trying to brainstorm on ideas for certain things.