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Leadership Training Institute
Summer 2008

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Week 1 – Opening Ceremony

Materials

Administrative forms for LTI (6)

Chalk

Lined Paper

Pens

Registration

Start Time	3:00
End Time	3:30
Group Size	Full Group
Activity Leaders	Lauren and Amanda

Introductions

Start Time	3:30
End Time	3:40
Group Size	Full Group
Activity Leaders	none

Energizer: Big Wind Blows

Start Time	3:40
End Time	3:55
Group Size	Full Group
Activity Leaders	none

Materials:

None

Setup:

None

Description:

Students stand in a circle around a person in the middle of the circle. The student in the middle calls out “Big wind blows” and then says something about him/herself. Everyone who can identify with this will step out of their spot and find an opening. The last person out becomes then next person in the middle. The point of the game is to have everyone have a chance in the middle.

Desired Outcome:

Let students get to know each other.

Discussion Questions:

None

Anatomy of a Leader

Start Time	3:30
End Time	4:15
Group Size	Small groups, then full group presentation
Activity Leaders	

Materials:

Colored chalk

Set-Up:

None

Description:

Distribute chalk to each group. They should separate and trace the outline of one student's body. Then they should "accessorize" the body with anything from clothing to jewelry to weapons which should represent a characteristic of leadership. After students finish, they will present their body to the rest of the students, explaining each object and how it relates to the characteristics of leadership.

Desired Outcome:

Students should expand their knowledge of the characteristics of leadership, making them easier to remember by associating them with objects. Students will also practice their abilities in creating presentations, letting the body be an aid/visual.

Discussion Questions:

Were there particular characteristics that were hard to think of or represent on a body?
What are very typical items for this activity and what do they normally represent?
What did you forget? What did other groups have that yours did not?

To My Future Self:

Start Time	2:55
End Time	3:25
Group Size	Individual, Small Groups
Activity Leaders	

Materials:

Paper, envelopes

Set-Up:

None

Description:

Students will write a letter to their future selves reflecting on where they are right now and what defines that as well as where they would like to see themselves in 12 weeks when the letters will be returned to them. They should also reflect on where they want to be in 20 years, what their goals are and what's important to them. After they write the letter, we will discuss what they wrote.

Desired Outcome:

Students have a chance to reflect and will be able to see growth when they open their letter in 12 weeks. The discussion will give them the chance to see other's goals for the future and open up new possibilities to them, as well as directing LTI as to what the students want to improve and how we can use the next 12 weeks to help them get on a path to their specific goals.

Discussion Questions:

Does anyone want to share anything from their letter?

How about goals; where do you see yourself in the short-term (next twelve weeks)? The long term (next 20 years)?

How do you think LTI can help you reach these goals? What kind of skills do you need to make this happen?

Why do you think we do this activity?

Homework:

Find five quotes that relate to you and bring to next class. (Only a few students brought quotes, but some did not know about the homework because we ran over time.)