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Leadership Training Institute
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Week 7– Service and Health

Materials

Splints/Scarves/Tape

Energizer- Disabilities

Start Time	3:00
End Time	3:20
Group Size	Full Group
Activity Leaders	

Materials:

Splints, ties/scarves/tape

Set-Up:

Give each student a disability using the splints and tape.

Description:

Each student will be given a disability to live with during the course a relay or activity (missing an arm or leg, unable to speak, see, use their hands, etc.). The activity should be something basic that you would have to do every day.

Desired Outcome:

Students realize how difficult it is to adapt to a disability like those they are given. They should gain a respect for those with obstacles like them and also practice overcoming novel obstacles that are put before them.

Discussion Questions:

What was hard about having your disability?

How did you adapt?

What do you think it would be like to have this disability all the time?

Health Discussion and Presentation

Start Time	3:20
End Time	3:50
Group Size	Mentor groups
Activity Leaders	

Materials:

None

Setup:

None

Description:

Split into mentor groups and pose questions. Alternatively, someone gives a presentation on health issues (Semmie on Active Minds?) (combine the two?)

Desired Outcome:

Students understand that good personal health is a key factor in effective leadership.

Discussion Questions:

- In your opinion, what's more important –health or success/productivity? Can you have one without the other?
- What are some examples of physical/mental/emotional/social health problems? Have you faced any of these?
- Which leaders can you think of who've overcome health problems? (historical, familial)
- What could adverse health potentially affect in your life?
- What would you do if you were diagnosed with a debilitating disease (physical or mental)? Think of how you'd deal with one.

Alumni Service Presentations

Start Time	3:50
End Time	4:30
Group Size	Full Group
Activity Leaders	

Materials:

Computer, powerpoint maybe

Set-Up:

None

Description:

Alumni from the Spring semester of LTI will present on the progress of the projects they started during the Spring, 5min each.

Desired Outcome:

Students get an idea about the breadth of service projects they can start and how much work they can accomplish in a few months.

Discussion Questions:

None