**Week 1 Essential Skills and Knowledge; Questions?**

● Describe leader behaviors that you think can create the desire for others to follow you.

● Explore leader behaviors related to purpose (what we are doing), direction (how we are going to do it), and motivation (why is this important; rewards and punishments).

● Identify ways to develop your leadership behaviors.

**1.** What have you learned about how you can influence others? **2.** How effective do you think you are in influencing others? **3.** Are there some leadership characteristics you would like to adopt? Why? **4.** Define the term “motivation.” **5**. What does LDRSHIP stand for? **6.** Why is it important to treat all people with respect? **7**. Choose one of the three ethical responsibilities in this lesson and explain it. **8**. Define the term “tunnel vision.

**Week 2 Essential Skills and Knowledge; Questions?**

● Describe 11 principles of leadership

● Describe the BE, KNOW, and DO attributes of a leader

● Identify how a cadet can demonstrate leadership character and competence

● Explain the four clusters of behavior in the Winning Colors® framework

● Illustrate your behavioral preferences using the four Winning Colors®

● Identify strengths for each behavior cluster

● Express appreciation for your own uniqueness

**1**. Why is it important for a leader to perform a self-evaluation? **2**. Choose one technique you can use to develop sound decision-making, and explain it. **3**. In what ways can you keep your followers informed? **4**. Compare and contrast each element of the BE, KNOW, DO concept. **5**. Which behavior cluster do you see yourself in? List five reasons for this choice. **6**. How can you use observation today to learn something new about yourself? **7**. How can you use introspection to learn something new about a friend? **8**. Choose one behavior cluster you feel you need to improve. Explain why.

**Week 3 Essential Skills and Knowledge; Questions?**

● Identify key areas and function of the midbrain/limbic system

● Associate major regions of the brain to their functions

● Explain the function of a neuron

● Explain the three elements involved in transmitting stimulus from outside the body to the brain

● Assess the process required to enhance brain power

**1**. Which section of the brain makes humans different than animals? **2.** Name the three parts of the brain. **3.** Which part of the brain senses time? **4**. Explain how both sides of the brain process sensory data differently. **5**. Give an example of your preferred learning environment. Why do you prefer this? **6**. Are you an auditory, kinesthetic, or visual learner? Why? **7.** Do you consider yourself an analytical or a global learner? Why? **8**. Define the term “schema.” **9.** List the eight kinds of intelligence. **10**. Which learning activities tap into musical/rhythmical intelligence? **11**. Do you possess more interpersonal or intrapersonal intelligence? Why? **12**. Define the term “intelligence.”

**Week 4 Essential Skills and Knowledge; Questions?**

● Describe the communication model for interpersonal interactions

● Compare verbal and nonverbal means of communication

● Explain how to avoid mixed messages

● Evaluate your communication style

● Explain how barriers prevent effective listening

● Compile a list of trigger words

● Identify four tips to improve effective listening skills

● Define key words contained in this lesson

● Recognize the impact of conflict on relationships

● Describe the four basic causes of conflict

● Analyze five different types of conflicts

**1**. Name the various elements of communication presented in this lesson. **2**. Define the term “communication.” **3**. Compare and contrast verbal and nonverbal communication. **4**. Explain how getting organized might help you with a homework assignment. **5**. Explain why listening is so important in learning. **6**. Choose one type of response and discuss it. **7**. How can critical listening help you with a friend or family member? **9**. Define the term “thought speed. **10**. Do you feel that media violence has affected you? Why? Why not? **11**. List the six basic steps to resolving conflict. **12**. Explain how good communications skills might help you in a conflict situation.