

Teen Leadership High School Chapter Objectives

Chapter 1 - Laying the Foundation

Students will:

- Develop relationships with the course leader and the class.
- Understand the concept and components of the Social Contract.
- Understand the concept of journaling.
- Understand the importance of attitude.
- Begin building confidence to speak before a group and will learn to develop and deliver a speech.
- Understand the importance of building relationships, including first impressions, techniques for remembering names, and letter-writing.
- Identify personal goals for the course.

Chapter 2 - Looking at Ourselves

Students will:

- Develop an understanding of self-concept.
- Develop an understanding of self-confidence.
- Understand the process of reframing.
- Develop further understanding of first impressions, including the eight cues people notice.
- Learn how to demonstrate self-confidence, including body language and tone of voice.
- Understand the internal qualities leaders need.

Chapter 3 - Understanding Ourselves

Students will:

- Develop an understanding of Emotional Intelligence and how it differs from I.Q.
- Comprehend the concepts of the Emotional Intelligence scales: Interpersonal Skills, Persistence, Optimism, Self-Awareness, Self-Control, Empathy, Social Skills, and Self-Motivation.

Chapter 4 - Presenting Ourselves

Students will:

- Understand the tools of effective communication.
- Comprehend the difference between image and self-concept.
- See the relationship between the public self and the private self.
- Comprehend the motivation of great leaders.
- Realize the cost of leadership.
- Continue developing confidence and skill in delivering a speech, including effective use of posture, movement, gesture, facial expression, eye contact, and voice.

Chapter 5 - Bases for Our Lives

Students will:

- Examine the importance of values to leaders, explore how values are determined, and examine the ways values are demonstrated to others.
- Define standards and how they affect one's values.

- Understand moral relativism.
- Determine what it means to live a principled life and will decide on principles for their lives.
- Write their personal mission statements.

Chapter 6 - Managing Our Money

Students will:

- Develop an understanding of the value of money and how their use of money demonstrates their values.
- Understand the principles of the free-enterprise system.
- Examine the role financial decisions play in leadership.
- Understand the aspects of deficit and credit spending.
- Examine the processes of purchasing a car and purchasing a home.
- Understand the concept and value of budgeting and saving.

Chapter 7 - Interactions with Others

Students will:

- Understand the ways peer pressure affects them and will evaluate ways to handle peer pressure.
- Understand the concept of defending skills and will practice demonstrating these skills.
- Understand the concept of rescuing skills and will practice demonstrating these skills.

Chapter 8 - Creative Thinking

Students will:

- Demonstrate an understanding of lateral thinking, vertical thinking, and brainstorming.
- Understand the concept and effectiveness of team problem-solving.
- Define and understand “paradigm.”

Chapter 9 - Taking Responsibility

Students will:

- Understand that they are responsible for their own thoughts, attitudes, and actions.
- Understand how “thought replacement” can change attitude.
- Define and explain “Rational-Emotive Theory.”
- Understand that choices have consequences.

Chapter 10 - Looking at Relationships

Students will:

- Understand the importance of affirming and listening and will demonstrate these skills.
- Identify ways to make family relationships more meaningful.
- Understand the family types described in the Circumplex Model.

Chapter 11 - Getting a Vision

Students will:

- Understand the definition of vision, how vision influences the future, and how to develop a vision for their lives.
- Understand how their approach to life determines how they accept responsibility and how it affects the way they react to people and events around them.
- Be able to identify the five steps in developing a vision.
- Understand ways to balance dreams with reality.
- Understand the importance of having a sense of purpose.