SESSION TWO OUTLINE
BALANCED LEADER

Pre-Assessment:
Should, Need, Like, Love Activity

The goal in this pre-assessment is to have student leaders begin to think about their personal life balance, stress in their life, and what it takes to be a successful balanced student leader at USC.

Facilitator Instructions

Please read all directions thoroughly and use the Pre and Post Assessment in measuring the student leader’s attainment of all knowledge and skills. Please note that the teaching curriculum is meant to be adapted for each individual student group.

Trainee Instructions

[Facilitator] Everything about YOU is interrelated. Your mind, body, and spirit, your social network, your health and academics, and your feelings about your living space all impact how you think, how you see the world, and how you see yourself. The difference between ignoring and focusing on these different areas is the same as choosing between losing yourself and living in a world of chaos versus embracing yourself and your passions. Let’s complete this worksheet together and begin to examine what we fill our lives with every day.

Have the student leaders complete the worksheet [10 minutes] then discuss using some of the questions towards the end of the worksheet. Make this pre-assessment interactive and fun, the goal is to get students to start becoming self-aware of their time commitments.
Post-Assessment: One Minute Essay

[Facilitator] Ask students to get out a sheet of paper and respond to the following writing prompt: In one to three minutes describe what a balanced leader looks like at USC, and what is the most important thing you learned from today’s lesson.

Have students turn these into the facilitator as a pass to leave the classroom. Facilitators please read over and see if the students have highlighted items from the curriculum and set learning objectives. If there are any points you feel that have been missed, make sure to do a refresher at the beginning of the next class and highlight any points you feel should be emphasized.