

VARSIITY // BRANDS

STUDENT LEADERSHIP
BELIEVE IN YOU



LEAD BY EXAMPLE

VARSIITY // BRANDS™



The Academic Language of Leadership

WELCOME

to the academic language of leadership.

The cards in this program are designed to be used in leadership programs, academic classes, athletic teams, and student clubs. Basically, wherever student leaders are cultivated.

How it works: Set aside 5 to 10 minutes for a *Lead By Example* discussion.

Choose 1 to 3 cards per discussion. However, don't rush the discussion generated by individual cards. If you work with 3 cards in a lesson, that's good. If a single card generates rich discussion that lasts the full 10 minutes, that's fantastic! Allow sessions to develop organically.

- **Step 1:** Read the definition and allow students 60 seconds to silently process what you've read.
- **Step 2:** Ask the questions at the bottom of each card to stimulate group discussion.
- **TEACHER TIP:** Prepare your own answers to each question. Share honestly and with emotion. Lead by example.

Lead By Example Priority Learning Outcomes

Based on CADA Student Leadership Standards

Lead By Example Academic Language Cards help student leaders work toward the following priority learning outcomes.

Communication

- Students focus on active listening with a desire to understand, empathize, and consider diverse viewpoints.
- Students reflect on successes and areas for growth with growth mindset and optimism.

Personal and Social Development

- Students identify emotions, thoughts, and values that impact behavior and self-efficacy.
- Students analyze strengths and areas of improvement for personal growth with healthy self-perception, self-competence, and growth mindset.

Civic and Service Learning

- Students experience, reflect on, and recognize the value of serving others.

ACHIEVEMENT

(noun)

Demonstrated competence.

Progress toward mastery.

Name 1 achievement that you had to struggle for.

Was it worth the struggle?

How has that achievement enhanced your life?

AFFILIATION

(noun)

Belonging to a group, often related to
friendship, love and affection.

Name an affiliation that brings you happiness and joy.

Why is that connection important to you?

What is one way that you can strengthen that connection?

AUTONOMY

(noun)

Control over one's choices
and the course of one's life.

Name 1 area of your life in which you have autonomy.

Can you name 1 difficult choice that you've made that has been positive for you and/or the people you care about?

How has that decision enhanced your life?

COURAGE

(noun)

Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.

Name 1 action you've taken that required courage.

Describe 1 positive thing that resulted from your courage.

What might have happened if you hadn't acted courageously?

EMPATHY

(noun)

The ability to understand
and share the feelings of another.

Describe a time when someone
showed empathy toward you.

How did their empathy affect you?

Have you affected others with similar empathy?

If so, how?

EMPOWER

(verb)

To provide the motivation, resources, and confidence to a person or a group so that they grow stronger and more confident in controlling their life and claiming their rights.

If you had unlimited resources, who would you empower?

Why did you choose that person or group?

How would your support improve the world?

EMPOWERMENT

(noun)

The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

Name 1 thing in your life that is empowering for you.
How does it help you develop strength or confidence?
How does it give you autonomy?

ENGAGE

(verb)

To actively participate in a situation,
group, or community.

Name 1 activity that makes you feel alive and invigorated.

Why is that activity so engaging for you?

How does your participation in that activity enhance your
life and the lives of the people you care about?

ENGAGEMENT

(noun)

Participation and involvement
in an action, situation, group,
or community.

Name a person whose engagement
improves your community.

What skills or qualities does that person contribute?

What skills or qualities do you have to contribute?

ENTHUSIASM

(noun)

An energized feeling of
enjoyment and interest.

Who do you know who regularly demonstrates enthusiasm?

What does enthusiasm look like? What does it sound like?

What are you enthusiastic about?

In what ways can you share your enthusiasm with others?

EXAMPLE

(noun)

A person, thing, or action that demonstrates characteristics that are desired or sought after.

Name 1 younger person that you know who you would like to set a good example for.

Ten years into the future, what do you hope that person says when they're asked to describe you?

GREATNESS

(noun)

The quality of being
important and accomplished.

Name 1 person that you know
who is an example of greatness.
Why did you choose this person?

In what important ways
are you similar to this person?

GRIT

(noun)

A mixture of passion and perseverance for long-term goals.

What are you passionate about?

When have you demonstrated perseverance?

What is one of your long term goals?

In what ways will you need to demonstrate grit in order to reach that goal?

GROWTH MINDSET

(noun)

A belief that abilities are developed through dedication and hard work; raw talent and common knowledge are just starting points.

What skill have you developed that required you to maintain a growth mindset?

What skill do you want to develop in the future that will require you to maintain growth mindset?

Why is developing that skill important to you?

HONESTY

(noun)

The quality of being truthful.

Name 1 person who you can trust to be honest.

In what ways is that person's honesty important to your relationship with them?
What are things that you can do every day to help build that person's trust in you?

HUMILITY

(noun)

The quality of being free from excessive pride or arrogance.

Name 1 person who demonstrates humility.

How does that person's humility help them lead by example?

Can you describe a time when that person demonstrated humility?

What did humility look like and sound like?

INTEGRITY

(noun)

The quality of being honest
with strong moral principles.

Can you describe a time in which a person
you know and respect demonstrated integrity?
How did their integrity prove to be important?

What's 1 thing you can do
every day to demonstrate integrity?

KINDNESS

(noun)

A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

Do you think kindness is an important quality of a great leader? Why or why not?

What does kindness look like to you?

Can a person be a strong leader and still demonstrate kindness? Explain your answer.

LEADER

(noun)

A person who uses their talents and abilities to influence or guide themselves and others toward a goal or destination.

Name a specific time in which you used your talents and abilities to reach a goal or destination.

What does leadership look like?

What does leadership sound like?

LEAD

(verb)

To motivate and guide oneself and others toward a goal or a destination.

If you had a talented team of like-minded people and unlimited time and resources, where would you lead your team?

What is your motivation for wanting to lead in that direction?

How would your team's action improve your community?

LEADERSHIP

(noun)

Qualities and characteristics demonstrated by individuals who use talents, knowledge, and abilities to motivate and guide themselves and others toward a goal or destination.

Name 1 person who leads by example.

Describe a time when that person demonstrated leadership.

How can you lead by example in everyday life?

LOYALTY

(noun)

The quality of faithfulness and devotion to a nation, group, cause, person or philosophy.

Name 1 thing in life that you are loyal to.

Why is that thing important to you?

How have you demonstrated your loyalty?

MORAL CHARACTER

(noun)

The collection of qualities that define a person's virtues such as empathy, courage, honesty and loyalty.

If you could magically become the greatest leader in history, what 3 qualities would define your moral character?

Why did you choose each of these qualities?

MOTIVATION

(noun)

The reason for acting or behaving in a particular way.

A desire to accomplish something.

Think about your best habit or routine.

What motivates you to maintain that behavior?

Think about your biggest goal.

What is motivating your progress toward that goal?

OPTIMISM

(noun)

A feeling of hopefulness and confidence about the future or the success of something.

What is one thing that you feel optimistic about?

What can you do to help someone who has lost their optimism?

What might you say to help that person regain their optimism?

LEAD BY EXAMPLE

BELIEVE IN YOU

POWER

(noun)

The ability to influence the beliefs, attitudes, and actions of others based on the control of accessibility to a resource that has perceived value.

You have the power to influence the attitudes of your friends.

What is one action that you take to use that power?

How can you purposefully use your power to help others?

POWERFUL

(adjective)

Having influence over people's feelings, thoughts, and/or behavior.

Describe a time in which you had a powerful impact on someone's feelings.

What did you do to make that impact?

Why was that action so powerful?

POTENTIAL

(noun)

The ability to become or develop into something in the future.

In order for groups, teams, clubs and organizations to reach their potential, individuals who belong to those groups need to reach their individual potential.

What would it look like if your school community reached its potential?

What can you do as a member of that community to help it reach its full potential?

PURPOSE

(noun)

The reason that something is done or has been created.

A person's feeling of determination.

Think about a group, team, or club that is important to you. This could even be a peer group.

What is the purpose of that organization?

How do you contribute to that purpose?

RESPECT

(noun)

To appreciate someone or something as a result of their abilities, qualities, or achievements.

Think about a person who you really respect. What qualities does that person have that are worthy of respect?

Do you have any similar qualities?

RESPONSIBILITY

(noun)

An obligation to do something of consequence or to care for someone or something.

Name one of your responsibilities.

Why is this responsibility important to you?

What are 2 ways that you consistently fulfill your obligation?

RESPONSIBLE

(adjective)

The quality of acknowledging and acting upon an obligation or duty to do something of consequence or to care for someone or something.

Being responsible means you acknowledge a duty.

Who is one of the most responsible people that you know?
In what ways do they acknowledge and fulfill their obligations?

SAFETY

(noun)

Protection from physical
and emotional harm.

What are 2 things in your life that
help you feel physically safe?

What are 2 things that
help you feel emotionally safe?

What can you do for your classmates,
friends, and family members to help them feel safe?

SELF-ESTEEM

(noun)

A sense of one's personal worth.

You can help build self-esteem for
the people you care about.

What is 1 thing that you can say to a friend
that can help build their self-esteem?

What is 1 thing that someone has said to you
that had a positive impact on your self-esteem?

SHARE

(verb)

To give a portion of something to others.

Leaders who empower others share resources, responsibilities, and the rewards of success.

Has there been a time in your life when someone empowered you by sharing something of value (time, money, energy)?

When is the last time you shared something in an effort to empower a classmate, friend, or family member?

STATUS

(noun)

Prestige. Perceived social rank.

Esteem in the eyes of others.

Every person wants to feel valued and appreciated.

You can show appreciation to help ensure
the people you care about have a sense of status.

What are the different types of status that people aspire to?

How can you help others have a healthy sense of status?

SUPPORT

(verb)

To give help.

To be actively interested in the success
of a person, group, or community.

How can a leader support the people they are leading?

How can an individual support a leader they are following?

Can you give an example of a leader
who has supported a community of followers?

UNIQUE

(adjective)

Being the only one of its kind;
unlike anything else.

Remarkable, special, or unusual.

People value being a part of a community, but also can benefit from embracing unique qualities that make them different.

Why is it important for communities to understand and embrace the unique qualities of individual members?

What unique qualities can you contribute to your community?

VIRTUE

(noun)

Behavior that shows
high moral standards.

Moral excellence.

It's been said that patience is a virtue.

What virtues do you expect leaders to demonstrate?

When have you demonstrated virtues in your behavior?

Describe your answer with detail.

VOICE

(noun)

The ways in which an individual or group expresses a point of view, need, or specific intention.

You can express your voice in different ways, not just in words.

What are two different ways that you've seen people share their voices in your community?

Why is it important to allow people to have unique voices?