- 1. How are YOU doing as a leader? Focus your discussion on your vision, your plans, your goals. Reflect on the last 7 weeks and your time in the class.
  - a. I think I am doing the bare minimum to be a leader. I feel like my life is too sporadic and stressful for me to properly lead. The last 7 weeks have been really rough so I haven't been leading the group the best. Because of that, I don't know where we stand in relation to the goals set at the beginning of the project. It took me a while to finalize a plan, so I had to make changes to fit our 3 week timeframe. I plan on having my group members to create two different flyer designs that promote the connect site. I plan on working on an email newsletter that could be sent to high school teachers.
- 2. How am I spending my time? Can YOU account for the last 24 hours, the last week, the last 2 weeks? How much of that time was spent on reaching your goals versus spinning your wheels with daily tasks? What did YOU do in the last week to IMPROVE YOURSELF?
  - a. It definitely feels like I have been spinning wheels on daily tasks, I have been working to improve myself bit by bit in the past week. I recently updated my website to be an interactive resume and portfolio rather than a link page. I also touched up my resume a little bit and I plan on reformatting or recreating a cover letter.
- 3. Life is full of challenges that create stress and pressure. Can YOU identify 3 such events in the past week? How did you handle them? What can you do better? use the E+R=O model (google this)
  - a. My three events that created stress or pressure are recently stepped into a new role at work, working 6 days in a row through a holiday weekend, and fast approaching assignment deadlines. One way I could have mitigated this was to change how I reacted to everything. In class we have gone over the E+R=O Model, which means that Events + Responses = Outcomes. I couldn't necessarily change the events, but I could have had a different response which would create a different outcome. For example, rather than being stressed out about my new role at work, I could have looked at it as an opportunity for me to learn new things, thus a different outcome.
- 4. When was the last time you asked someone for a "leadership" evaluation? Your personality style, your communication, your results, your motivations, your planning, etc. Who would you ask?
  - a. Ill be honest, I don't think I have ever specifically asked somebody for an evaluation on my leadership. First I would ask the group member of my project because they are the most recent people to work with me as a leader and they can directly attest to my communication, planning, etc.
- 5. If you had to write your own list of 5 ways an FSU student can LEAD, what would your list look like? also use this page developed by one of the groups in our class: https://getinvolved.cci.fsu.edu/leadership/\
  - a. Join an Identity-based RSO like Black Student Union or Asian American Student union. You will be surrounded by people like you, who deal with similar struggles, and just want to succeed. Quick way to network, which can open more doors.
  - b. Become an E-board member of an RSO. Step up and take on a role managing an aspect of a RSO while gaining tangible leadership experience.
  - c. Use the resources and services provided by the Career Center to further develop yourself professionally. Build resumes and cover letters, practice with mock job interviews.
  - d. Gain industry skills, knowledge, and experience through the programs InternFSU and FSUShadow.