

## Winter Leadership Immersion Trip - Post Trip Reflection



### 1. What is your name?

Response  
Count

11

answered question

11

skipped question

0

### 2. To what mailing address would you like me to send back your workbook?

Response  
Count

11

answered question

11

skipped question

0

### 3. What are your personal values/beliefs?

Response  
Count

11

answered question

11

skipped question

0

**4. What are the standards associated with membership in your organization? How have those standards prompted action from you?**

**Response  
Count**

11

**answered question**

**11**

**skipped question**

**0**

**5. What, if any, relationship exists between courage and leadership?**

**Response  
Count**

11

**answered question**

**11**

**skipped question**

**0**

**6. How has your previous community service/civic engagement impacted you, personally?**

**Response  
Count**

11

**answered question**

**11**

**skipped question**

**0**

**7. Share with us what you know about the tornado that impacted the Tuscaloosa, AL community.**

**Response  
Count**

11

**answered question**

**11**

**skipped question**

**0**

**8. Please describe the impact that you believe this experience had on you, your fellow participants and/or the Tuscaloosa community.**

**Response  
Count**

11

**answered question**

**11**

**skipped question**

**0**

**Q1. What is your name?**

1	Alex Jeanty	Jan 17, 2012 2:45 PM
2	Katie Smart	Jan 12, 2012 3:05 PM
3	Alex Smith	Jan 9, 2012 3:06 AM
4	Bailey Hamm	Jan 5, 2012 12:56 PM
5	Shamicka Lynch	Jan 4, 2012 10:13 AM
6	Kaley Reiner	Dec 28, 2011 11:07 PM
7	Stephanie Dunn	Dec 19, 2011 9:45 PM
8	Austin Gore	Dec 19, 2011 12:09 AM
9	Lucas Crostarosa	Dec 18, 2011 1:53 PM
10	Rachel Ann Simons	Dec 15, 2011 3:49 PM
11	Naria Martinez	Dec 15, 2011 10:30 AM

**Q2. To what mailing address would you like me to send back your workbook?**

1	454 Locke Road, Deerfield Beach FL. 33442	Jan 17, 2012 2:45 PM
2	FS Life Office	Jan 12, 2012 3:05 PM
3	298 nw 12th st Boca Raton fl 33432	Jan 9, 2012 3:06 AM
4	2800 Palmwood Terrace P119 Boca Raton, Fl 33431	Jan 5, 2012 12:56 PM
5	631 Manatee Bay Drive Boynton Beach, FL 33435	Jan 4, 2012 10:13 AM
6	3130 millwood terrace Boca Raton, FL 33431 Apt M209	Dec 28, 2011 11:07 PM
7	2224 Ladner Rd. NE Palm Bay, FL 32907	Dec 19, 2011 9:45 PM
8	401 NE Mizner Blvd Suite 802 Boca Raton,FL 33431	Dec 19, 2011 12:09 AM
9	I'd like to pick it up from your office to save you postage.	Dec 18, 2011 1:53 PM
10	Office of fraternity and sorority life	Dec 15, 2011 3:49 PM
11	2423 NW 89th Dr, Apt 111, Coral Springs Fl, 33065	Dec 15, 2011 10:30 AM



**Q3. What are your personal values/beliefs?**

1	Do the right thing, even if it pisses people off.	Jan 17, 2012 2:45 PM
2	I believe in honesty, the pursue of happiness, unconditional LOVE,gratitude, genuinely caring for people even if you get nothing in return, and a personal realtionship with God .(Since this trip, a lot the things I thought were important in life are not as meaningful). A lot of the values I believe in stem from my childhood and growing up in a single family home and being actively involved in a church community. The values that I hold dear to my heart are also the values expressed by my ritual in Alpha Delta Pi.	Jan 12, 2012 3:05 PM
3	some personal values and beliefs that cross my mind each day include a positive relationship with my family, honesty to myself and others i interact with either daily or only once. And self improvement.	Jan 9, 2012 3:06 AM
4	honesty, loyalty, leadership, academics	Jan 5, 2012 12:56 PM
5	Belief: God Values:Respect, Humility, Communication, Learning, Forgiveness, Money, Compassion and Gratitude – where it's not only for another day on this earth but also for the talents and abilities that we are fortunate to have; for instance, the ability to walk and see. To me, being grateful means focusing on the things that really matter for example, having a bed to sleep in or being chosen to go on this trip while disregarding the petty things that try to take precedence in our lives for example, XYZ said ABC.	Jan 4, 2012 10:13 AM
6	I value honesty and hard work. I also believe that every leader must have courage and with that has a responsibility to try and make a difference.	Dec 28, 2011 11:07 PM
7	My personal values are truth, passion and determination. I believe that the combination of these personal values allow me to be true to myself and be self-evaluating, while also striving to accomplish my goals whole-heartedly.	Dec 19, 2011 9:45 PM
8	My values have opened up a little after this trip. I believe that the spiritual, and persevering values that I wrote of in the pre evaluation still hold true. But I also realize that courage is another quality that I want to posses. Courage helps in giving me the spirit, dedication, and will power to be an effective leader, even in tough times.	Dec 19, 2011 12:09 AM
9	Persistence - Do your job to the fullest and best of my ability Integrity - Do the right thing all the time. Always think would this decision raise an eyebrow to my fraternity or my self. Courage - Have no fear, and take action without fear of rejection Humility - There is always someone better than me and I can always learn a thing or two from that person. Discipline - Being good at something takes time, follow through	Dec 18, 2011 1:53 PM
10	My personal values and beliefs are friendship, loyalty, personal growth, leadership, service, courage and Christianity. Also, to not take anything for granted and live out my personal, social and academic life to the best of my ability.	Dec 15, 2011 3:49 PM
11	I personally value spirituality, honesty, positivity, strength and courage.	Dec 15, 2011 10:30 AM





**Q4. What are the standards associated with membership in your organization? How have those standards prompted action from you?**

1	Manhood, Scholarship, Perseverance, Uplift. Im do more, so i can be more.	Jan 17, 2012 2:45 PM
2	People on the outside of my organization will default to say that our standards are associated with rules, regulations and policies that make us the "not so fun" sorority. On the contrary, my organizations standards are not associated with a Do & Don't list. The standards that are set by Alpha Delta Pi are based on the ideals of our founders in 1851 and are layed out for us in our ceremonies and ritual book. We obviously do have specific standards that do have to be implemented through policies but without reading our operations book, members understand their responsibilities as a sister through our Ritual. The standards of ADPi have made me a better woman. ( &made me the Director of Standards & Ethics) I could list all of the things that my sorority has done for me in scholarship and in leadership but those are just components of membership, this experience in ADPi goes beyond being a student, it's made me the best version of myself that I never knew could exist.	Jan 12, 2012 3:05 PM
3	Love and Respect. As members of Alpha Tau Omega we are asked to uphold the standard of the values love and respect towards our brothers. I believe it is our duty to uphold these standards in regards to all situations in life. As a member of my organization i remind my self to think of these values during interactions and focus on what is important. By showing both love and respect towards others, life can become less complicated.	Jan 9, 2012 3:06 AM
4	leadership, service, scholarship, sisterhood are our core values. Through these values we are to maintain high academic standards as well as service to others in our community or other communities. Through these values come leadership and sisterhood. They all work together to encourage me to be the best version of myself and remind me to include them in everyday life.	Jan 5, 2012 12:56 PM
5	Sisterhood, Service, Scholarship and Demonstrate High Moral Character & Sound Judgment. This trip to Alabama positively altered my perception of many aspects of my life; one in particular was the way I used to handle intrapersonal issues. I find that now I am more composed and my opinion is taken into account because I'm not just being heard, I'm being listened to. By not focusing on the petty stuff and forgiving others, I am able to be a better sister. In regards to Service, as a result of this trip helping find hidden talents I will be more actively involved with Habitat for Humanity this semester. I love helping people which I believe is my purpose on this earth so to help give someone a new start similar to how we did in Tuscaloosa, will truly be fulfilling. Being a better person encompasses improvement in every aspect of self therefore genuine Scholarship will be my #1 focus until graduation because without knowledge you can't grow. Finally, you attract what you are so demonstrating high moral character and sound judgment are a given.	Jan 4, 2012 10:13 AM
6	To "realize your potential". That each woman should set high standards for herself and influence others to have high standards. Because of the standards of Alpha Xi Delta, I have come to realize that I can be a leader and have been taking action to live up to the roles in which a leader should play.	Dec 28, 2011 11:07 PM
7	The standards of scholarship, sisterhood and philanthropy have prompted action from me. I strive to achieve in the classroom, while also continuing to step up into leadership positions to help my chapter. The standard of philanthropy has	Dec 19, 2011 9:45 PM

**Q4. What are the standards associated with membership in your organization? How have those standards prompted action from you?**

prompted me to think about starting my own philanthropy to benefit people with improper housing in the US later on in my lifetime.

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|----|---|-----------------------|
| 8  | The values of my organization are Friendship, Sound Learning, and Moral Rectitude. These promote academic success, brother hood and striving in all ways to do what is right, both in the organization and out in the world. These standards have pressed me to be the greatest man possible and to strive to exemplify these qualities whenever possible.  | Dec 19, 2011 12:09 AM |
| 9  | Friendship - Cherish every interaction I have with someone, and don't make enemies Sound Learning - Always have an open mind to learning something new every day. See things from another persons perspective Moral Rectitude - Do the right thing all the time.  | Dec 18, 2011 1:53 PM  |
| 10 | The standards associated with my membership in my organization include living up to the standards of excellence. Being an active member in my community, setting a good example everyday and doing well in school. I do my best to live out my standards, values and believes by completing tasks or taking roles that pertain to this in my everyday life. | Dec 15, 2011 3:49 PM  |
| 11 | My organizations firmly believes in Leadership, Integrity, Family and Education (LIFE). These standards has helped me realize that my family and education come before anything. It has also helped do things with integrity and to try to be a leader in someones life when they need it.  | Dec 15, 2011 10:30 AM |



**Q5. What, if any, relationship exists between courage and leadership?**

1	They go hand in hand with eachother.	Jan 17, 2012 2:45 PM
2	Leadership and Courage are linked together. Without one, you cannot have the other. It was very apparent in the videos of the people of Tuscalossa that they had courage but many of them probably never thought that they were leaders. (Walt Maddox, Chelsea Thrash etc...) I have been struggling with courage through the course of this experience. I shared with some of the other immersion leaders that I had a bad experience with elections this past fall semester. I had never felt hurt or betrayed by members of my organization and I was planning on stepping down from my newly elected position and just running away from the problems that the chapter was facing. Going to Alabama showed me that even when the worse things happen to you, and your couarge is being tested holding on to your values and beliefs and not running away from the problem may in fact be a blessing in disguise.	Jan 12, 2012 3:05 PM
3	If not for anyone other than yourself it takes courage to stand up and do what is right. I believe it takes courage to make leadership actions in front of others but more importantly you need to find the courage in your self to be a leader in your own eyes as well as your peers.	Jan 9, 2012 3:06 AM
4	To be a leader in anyway you have to have the courage to know that everything will not be perfect. You will make mistakes and probably make other people angry. You can not be a leader if you dont have courage.	Jan 5, 2012 12:56 PM
5	There seems to be a symbiotic relationship between courage and leadership. Courage involves acting even when you're afraid or others criticize and when a person exhibits this trait he is looked to as a leader. Leadership involves being you and exhibiting your beliefs and values to evoke change despite what anyone says which requires courage.	Jan 4, 2012 10:13 AM
6	I feel that in order to be a leader, you must have courage. When you are a leader, you are going to be challenged and pushed ever step of the way. In order to make it through and stand up for what you believe in, you must be courageous.	Dec 28, 2011 11:07 PM
7	There is a symbiotic relationship between courage and leadership. Without the other, neither can exist.	Dec 19, 2011 9:45 PM
8	Alex said on the trip that the relationship is "symbiotic". I could not agree more. You cannot be a leader without courage. As a leader it is your job to make the tough decisions and lead the group even when times get hard. This takes a lot of courage. You cannot be a leader without it.	Dec 19, 2011 12:09 AM
9	Everything. Fear is the biggest setback.	Dec 18, 2011 1:53 PM
10	I believe with courage and determination you cannot be a successful leader. People have to believe in you and trust what direction your leading them in therefore if you don't have the courage or strength you will come off as weak which no person wants leading them.	Dec 15, 2011 3:49 PM
11	I have come to the conclusion that when you have courage you are not afraid to take the step you need to take to challenge the process. No matter how scared you maybe if you are really passionate about something you will have the	Dec 15, 2011 10:30 AM

**Q5. What, if any, relationship exists between courage and leadership?**

courage to do it.



**Q6. How has your previous community service/civic engagement impacted you, personally?**

1	Made me a better person.	Jan 17, 2012 2:45 PM
2	Personally, community service use to be a chore. Since it was mandated by high school and now by my organization, I did community service out of obligation and not out of the goodness of my heart nor was I trying to convey my value of "unselfish service to mankind" (Alpha Delta Pi Creed).	Jan 12, 2012 3:05 PM
3	i have always enjoyed community service since high school, but it has never laid a lasting impact on me. While i knew service to others was the right thing to do i was never truly immersed in situation that left such an impact.	Jan 9, 2012 3:06 AM
4	Previously working with Autism Speaks and Surfers for Autism has opened my eyes to how much it means to others when you volunteer your time and efforts to the community. After traveling to Tuscaloosa and helping with Tornado relief and hearing all the different stories it impacted me on a much greater level. I have a much greater understanding about how important it is to be involved in the community whether it is mine or another one.	Jan 5, 2012 12:56 PM
5	Volunteering with the Tuscaloosa Area Volunteer Reception Center impacted me in many ways. First, I discovered that I know how to use tools other than a rack for example garden scissors and wheelbarrows. More importantly, it was a humbling, gratifying, empowering and character building experience for me.	Jan 4, 2012 10:13 AM
6	I have realized that I can make a larger impact than I thought possible. Also, that it's not just the physical services you do, but also the support you show that makes a difference. These differences i've seen through my community service have opened my eyes to what i can accomplish.	Dec 28, 2011 11:07 PM
7	My previous community service/civic engagement has impacted me by learning the value of hard work and that even one person can make a difference. That anyone can always pay if forward and affects others.	Dec 19, 2011 9:45 PM
8	I have taken a lot from my previous service experiences, however I believe the most impactful service trip was this one to Tuscaloosa. I learned a great deal about the area, the people effected, the group we traveled with, and, also myself. It was an amazing, and life changing, trip.	Dec 19, 2011 12:09 AM
9	It has made me care less about my material things. They can be replaced, but lives cannot.	Dec 18, 2011 1:53 PM
10	My previous community service made me appreciate my life and ability to do what I can. It changed me and help me grow but this Tuscaloosa trip changed my outlook on life and inspired me in so many ways than I have been in the past.	Dec 15, 2011 3:49 PM
11	My previous community services have reminded me to count my blessing and not take anything for granted.	Dec 15, 2011 10:30 AM





**Q7. Share with us what you know about the tornado that impacted the Tuscaloosa, AL community.**

1	I know that is caused great damage.	Jan 17, 2012 2:45 PM
2	"WE'RE COMING BACK!" I have learned so much about the impact a tornado can have on physical buildings. The strength of a tornado cannot even be described unless you have experienced it. The tornado took 6 lives from the University of Alabama and injured so many more people that I knew. Driving through Albereta City was definitely an eye-opening moment. Watching the videos of the people in Alabama made me also realize how much the community held on to God for strength to get through (and still going through) this disaster.	Jan 12, 2012 3:05 PM
3	The Tornado that impacted the community took Tuscaloosa off guard. The people of the community disregarded the warnings just as they have many times before, but unfortunately the tornado caused damage throughout the community costing people their homes and even lives. I now understand that the tornado that took place in Tuscaloosa last year was more then just a natural disaster. This incident changed the way people lived. not only did it force people to physically move but it changed the way lives were lived in the future. The community of Tuscaloosa was forced to band together and rely on each other in order to move forward and progress.	Jan 9, 2012 3:06 AM
4	This tornado not only destroyed 1000's of homes and businesses but displaced and killed 100s of people. The city of Tuscaloosa was torn apart in a matter of minutes. After meeting with people from Tuscaloosa I could tell that although their city was torn apart their spirit was not. They has a sense of confidence that things would return to normal if not better and that this incident brought people together in ways that would not normally happen.	Jan 5, 2012 12:56 PM
5	It was described as an ominous dark cloud several miles wide that sounded like a freight train. It moved in a path that affected the lives of many leaving destruction behind. It was powerful enough to destroy an elementary school, uproot a basement, split trees, tear apart families and even to uplift and relocate parking bumpers. Tuscaloosa had dealt with a smaller scale tornado that morning and was still recovering when this one occurred in the afternoon. It was complete devastation, nothing that anyone had seen before or was prepared for.	Jan 4, 2012 10:13 AM
6	I know that it was a 1/2 mile tornado that caused massive destruction throughout Alabama. That there was a lot more the the tornado's aftermath than just the obvious damage. That police stations were ruined, that garbage trucks were ruined, and that everything from sewage to water became an urgent issue. I also learned that through devastation, communities band together.	Dec 28, 2011 11:07 PM
7	I've learned during my time in Tusacloosa, AL how the tornado has impacted all aspects of the community. It's affected all aspects of life and continues to impact the residents to this day. Not only did the tornado can the physical makeup of the community but also the mental and emotional psyche of the members in the community.	Dec 19, 2011 9:45 PM
8	I understand a lot more about the tornado now. I have learned that it was between and EF4 and EF5 tornado that caused 6 miles of destruction, resulting in damaging 12 percent of the city. It destroyed many homes and businesses and the impacts are still dealt with every day.	Dec 19, 2011 12:09 AM
9	320+ died. 1200+ injured. Thousands of homes destroyed, and even more lives	Dec 18, 2011 1:53 PM

**Q7. Share with us what you know about the tornado that impacted the Tuscaloosa, AL community.**

forever changed. It also re-established a sense of community. People that didn't talk to each other are actually cherishing their company.

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| 10 | The tornado was one of highest levels a tornado can be at and it tore apart a large part of Tuscaloosa. Hundreds of people died and were injured and even more lost their homes and businesses or jobs. Families were torn apart and memories were swept away all in less than a few hours. The town was in complete devastation and they are continuing to help the people affected and clean up the large amounts of debris. The clean up and rebuild will take at least at least a year or more there's still a lot to do, the mayor has an awesome Eco friendly rebuilding plan but tuscaloosa will be back! | Dec 15, 2011 3:49 PM  |
| 11 | From this trip I have learned that the tornado has devastated the Tuscaloosa community. Many lives were taken and a lot of people have lost their homes. Yet no matter how much devastation this tornado has brought the community they still hold on to their faith and believe that they will see a better day and rebuild what has been broken.   | Dec 15, 2011 10:30 AM |



**Q8. Please describe the impact that you believe this experience had on you, your fellow participants and/or the Tuscaloosa community.**

1	We grew as individuals and as a collective group. Great experience.	Jan 17, 2012 2:45 PM
2	I could say the typically, "this experience changed my life" but I am not going to say that. No, my life is not different, nothing in my world was turned upside down after experiencing the Heart of Dixie.... What I will say is, my perspective on my life and the lives of people around me, has forever changed. There hasn't been a day since leaving Alabama that I haven't spoken to someone from our trip or talked to someone about my experiences. * Side note story, (that is relative) I was working and a regular customer came in and I knew he graduated from Alabama because of his ring, I told him I had been in Tuscaloosa the week before helping out (clearing the GreenMonster) and I have never heard someone say thank you more genuinely than he did. He started crying and I told him how we went to Alabama trying to touch peoples lives but in reality, we got to go to Alabama to have our lives touched. We all know the saying, "On the inside looking out, you can't explain it, and on the outside looking in, you can't understand it"---this too applies to the experience that Tuscaloosa gave to us.	Jan 12, 2012 3:05 PM
3	This great experience has left a memorable impact on me. I have realized how strong a persons heart can be. While i may get caught up in the busyness of life i gained an understanding on what the important things in life really are. It was great to share this experience with others from my own comment, allowing us to share a similar perspective on this situation. This experience will allow me to build on and create new relationships in the future because of the lessons i have learned. While our group was able to physically help with tornado relief i believe by coming to the city of Tuscaloosa the best thing we did for the community was give them hope.	Jan 9, 2012 3:06 AM
4	The impact of this experience was simply priceless. I learned so much about myself and other people I see on a daily basis on a deeper level. It really touched me to be able to help others who were severely affected by such a horrendous incident. The people of Tuscaloosa were more that welcoming and I could tell they really appreciated what we were doing there even though the tornado happened months ago. Between me and the other participants I think we have a greater sense of service and what it means to us and our organizations and how we can change the way others view service to others and the community.	Jan 5, 2012 12:56 PM
5	I believe this experience had a definite impact on me because it made me a better person. I am more grateful for everyone and everything that I have in my life. I was reminded of the talents and abilities I can offer and the difference that I can make in the lives of others and I will continue to do this in my community. I am more critical about how I carry myself. Also, because we weren't given a detailed schedule on the trip nor was it necessary, this experience taught me to let go of some of my controlling habits and go with the flow of life sometimes. I believe my fellow participants all grew as individuals and took many lessons from this trip. I also feel that my fellow participants became more courageous people and will have strong impacts on the world. I feel like us simply going there and wanting to learn more (so we can empathize) and helping clear lots, gave the Tuscaloosa community Hope because someone still cares even though it has been several months since the tornado.	Jan 4, 2012 10:13 AM
6	I feel that we each had an equal impact on each other. That we were able to	Dec 28, 2011 11:07 PM

**Q8. Please describe the impact that you believe this experience had on you, your fellow participants and/or the Tuscaloosa community.**

grow and learn together as leaders. I also believe that we were not only able to help clear multiple yards but we also showed people affected that the tornados haven't been forgotten and the people from other states are still willing to help.

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| 7  | I believe that this experience greatly impacted all participants involved. The Tuscaloosa community was so grateful for our help and involvement. The other participants were all-in during the experience and contributed to the discussions. Myself and the participants are now close friends after having shared this experience. Personally, I feel more motivated than ever before to become more engaged with the Boca Raton community. I also feel more emotionally responsive to others and feel more ready than ever to take on challenges. I feel inspired!   | Dec 19, 2011 9:45 PM  |
| 8  | The trip influenced me to want to alter parts of my life. By truthfully taking less for granted, being more open, and constantly displaying my values, I believe I could improve as a person. As a group we grew very close and developed bonds that will follow us back to school and keep us close. And in terms of effecting the Tuscaloosa community, we did very little. However, we showed a few people that we cared. We cleaned up debris from a few yards and to those people who own the yards and a few others who saw us, we let them know that they are not alone and we are here to help. So maybe we are a big deal in someones eyes. That is enough for me.  | Dec 19, 2011 12:09 AM |
| 9  | It's taught me that I've been coasting through life and I need to go out and make a difference in the world. I used to think that success is all about how much money you can make, and now I realize that it's about how much you achieve and how many lives you effect from your everyday interactions.  | Dec 18, 2011 1:53 PM  |
| 10 | This community service trip has impacted me a tremendous amount, more than any other. It made me realize that I cannot take any in life for granted and that life shouldn't be all about yourself. It made me want to be the best version of myself as I can and change the world or at least my community. I believe everyone on the trip was able to open up and allow others in on a very personal level. We all got to know each and our life experiences very well and this trip brought us all very close together. We all are very passionate about a lot of the same values/beliefs and we want to make an impact and difference on our community like we did in Tuscaloosa. This trip inspired me and everyone else to stand up for what we believe in by being strong admirable leaders and have faith that good things will happen even out of the worst circumstances. | Dec 15, 2011 3:49 PM  |
| 11 | This experience was very impactful for me. It has helped me reevaluate my priorities and really value and cherish those around me that are important. It has also helped me not be so materialistic because things can be taken away from you, quickly!  | Dec 15, 2011 10:30 AM |