## Winter Leadership Immersion Trip - Reflection



1. What is your name?	
	Response Count
	12
answered question	12
skipped question	1
2. What are your personal values/beliefs?	
	Response Count
	13
answered question	13
skipped question	0
3. What are the standards associated with membership in your organization? How those standards prompted action from you?	have
	Response Count
	13
answered question	13
skipped question	0

4. What, if any, relationship exists between courage and leadership?	
	Response Count
	13
answered question	13
skipped question	C
5. How has your previous community service/civic engagement impacted you, pers	sonally?
	Count
	13
answered question	13
skipped question	
6. Share with us what you know about the tornado that impacted the Tuscaloosa, A community.	AL
	AL Respons
	Response Count

Q1. Wh	at is your name?	
1	Kaley Reiner	Dec 9, 2011 12:32 AM
2	Becky Thibodeaux	Dec 8, 2011 2:16 PM
3	Lucas Crostarosa	Dec 7, 2011 7:43 PM
4	Jen Capps	Dec 7, 2011 2:28 PM
5	Alex Jeanty	Dec 7, 2011 12:45 PM
6	Alexander Smith	Dec 7, 2011 11:30 AM
7	Naria Martinez	Dec 7, 2011 10:06 AM
8	Stephanie Dunn	Dec 6, 2011 8:19 PM
9	Bailey "Hambone" Hamm	Dec 6, 2011 11:06 AM
10	Shamicka K. Lynch	Dec 6, 2011 12:14 AM
11	Austin Gore	Dec 5, 2011 10:28 PM
12	Rachel Ann Simons	Dec 5, 2011 6:02 PM

Q2. Wi	nat are your personal values/beliefs?	
1	Honesty, friendship, service, fairness	Dec 9, 2011 12:32 AM
2	To treat everyone with respect no matter what, to better myself and community through productive work and service, and to maintain my goal of bring a smile to at least one persons face a day whether or not I am happy because i know that everyone has a story of where they have been, where they are or where they are going and it's not always easy for anyone.	Dec 8, 2011 2:16 PM
3	Humility - There is always someone better than you at something, and you can learn from them. Integrity - State the truth and the whole truth when asked to do so Persistence - Never give up until the entire task is completed, or the goal is met Discipline - We are all students in the journey of life Friendship - Make every action in a way that benefits and fosters friendship Sound Learning - Learn from every experience, write down what I learned Moral Rectitude - Do the right thing, think about my actions, even when nobody is watching	Dec 7, 2011 7:43 PM
4	Some of the things in life I value most are myself, family, friends, freedom, education, empowerment, health, and spirituality. I can go more in depth about any of these things.	Dec 7, 2011 2:28 PM
5	Positivity. The things you think about, you bring about. Do right, even if it means going against the grain sometimes.	Dec 7, 2011 12:45 PM
6	My believes and values include honesty and family.	Dec 7, 2011 11:30 AM
7	I personally value spirituality, openness, honesty, motivation, integrity and positivety.	Dec 7, 2011 10:06 AM
8	My personal values and beliefs are based on hard work, passion, truth and honor. I believe that in order to succeed in any aspect of life, one must hard work to achieve personal goals. And that in order to work hard must one have passion. Without passion there is nothing driving one forward onto new things, with out passion there is no force to complete one to improve. I also believe in having honor for different organizations, obligations or relationships in life. By having respect for those different things I develop a respect for my own self. I also value truth, not only to others by to my self. Being honest with my faults or flaws and having the right mind to improve and move beyond them.	Dec 6, 2011 8:19 PM
9	truth, self-worth, respect, loyalty	Dec 6, 2011 11:06 AM
10	Belief: God Values: Respect, Communication, Family, Education and Dedication	Dec 6, 2011 12:14 AM
11	I have many personal values and beliefs that I believe play a huge part in my life. First, and perhaps most important, is spirituality. My faith in God has got me through many issues in my life and I believe that it is important to have something to believe in to help you through hard times. Another value I hold to be important is to try hard for what you want and don't give up. I believe this is crucial in being a leader and in setting personal goals. My guardian used to call it "stick-to-ittiveness" because he said when you want something enough, you will stick to it and reach your goal. A third value I have is to be caring. It may be taken as a weakness by some, but in my book caring and being genuine as much as possible is a great trait to have. These are a few of many values I hold close.	Dec 5, 2011 10:28 PM

Q2. What are your personal values/beliefs?		
12	I am a Christian so I believe in god. I value friendship loyalty service and personal growth.	Dec 5, 2011 6:02 PM
13	My core values include devotion, temperance, modesty, honest, and contentment. Even though these may be my core values, some of them do not come easy to me. The most challenging of these values is contentment. I need to start looking more at the positive aspects instead of focusing on all the bad things that could happen.	Nov 27, 2011 8:55 PM

Q3. What are the standards associated with membership in your organization? How have those standards prompted action from you?		
1	My organizations standards are to constantly higher your personal standards making you realize your potential. Since joining my organization I have attempted new things that I would have never done before creating a stronger and more efficient leader.	Dec 9, 2011 12:32 AM
2	Sigma Kappa strives for Social, intellectual and spiritual growth. Something that is very important to Sigma Kappa is Accepting the challenge of becoming a leader of sound character who is socially acceptable and morally responsible to herself and to Sigma Kappa. This has prompted me to take action because as a member of the Greek community it is important maintain a good reputation personally and as a whole. Also these standards guide me to live a more active and selfless life to do good for others as well as myself.	Dec 8, 2011 2:16 PM
3	Maintain a 2.6 GPA - To me that is sub-par, and if my fraternity wants to maintain a high gpa so we can do fun things I'm going to have to do my part and do much better than that. Whenever someone walks around campus wearing a Phi Delta Theta tee shirt we all need to realize that we represent greek life as a whole and need to be the best behaved people we can be. If someone sees a greek wearing letters and acting like a drunken fool, of course an outsider is going to form a negative stereotype about greek life as a whole.	Dec 7, 2011 7:43 PM
4	To be better than average, to develop myself to be the best that I can, and to live true to myself. Our motto is "esse quam vedere" meaning "to be rather than to seem to be". We also expect every member to achieve standards such as keeping grades, and conducting themselves in a presentable and respectable manner.	Dec 7, 2011 2:28 PM
5	Manhood Scholarship Perserverence Uplift. In every facet of my life I have become more enthused and aspire to do and be more.	Dec 7, 2011 12:45 PM
6	Accountability for my self and others along with treating all men equal. By holding myself to these standards i try and make sure throughout everyday life that i am making the right decisions to better myself and others around me.	Dec 7, 2011 11:30 AM
7	The standards that are associated with membership in my organization is to always stay true to our purpose and our core values of Leadership, Integrity, Family and Education. These standards have prompted action in my life by realizing whats important in my life which is my family, education and my spiritual beliefs. Because this is important to me I choose to live my life according to those standards.	Dec 7, 2011 10:06 AM
8	The standards associated with membership in my organizations include: scholarship, sisterhood, and philanthropy. These three standards compel me to strive for good grades, to be there for members of my organization and to impact others outside my organization. Those standards prompt me to take on leadership roles, to put effort into school work and to apply for this trip.	Dec 6, 2011 8:19 PM
9	service, leadership, scholarship, sisterhood. Although these are our values they are guidelines to membership in Alpha Xi Delta. They are constant reminds of what we stand for and to always Realize your Potential. These values have prompted action in me by living my values in my everyday life and making sure I am being a leader in the community, attending class and making acceptable	Dec 6, 2011 11:06 AM

	Q3. What are the standards associated with membership in your organization? How have those standards prompted action from you?		
	grades as well as volunteering my time to my sisters and the community.		
10	Scholarship, Community Involvement, High moral character, Sound judgment and Sisterhood. The standards of Sigma Gamma Rho Sorority, Inc. have opened my eyes to my own personal development by encouraging me to think twice before acting and evaluating both sides of an argument before forming an opinion. These standards also taught me the importance of female solidarity and how to function within such a group.	Dec 6, 2011 12:14 AM	
11	When rushing Phi Delta Theta, I was told of the organization's three cardinal principles; Friendship, Sound Learning, and Moral Rectitude. Shortly after receiving my bid to the organization I realized that these principles were a major part of being a Phi. These common values among our members, have stimulated me to attempt to be the most well rounded college man possible. I maintain a good GPA, have health relationships with many FAU students, brothers and non-brothers, and also have stepped up in many ways to be a leader. Many of my experiences are due almost entirely to my organization, and the values it has help to instill in me.	Dec 5, 2011 10:28 PM	
12	Standards of excellence program teaches girls to live out their values and maintain a good outlook on society and how others perceive us.	Dec 5, 2011 6:02 PM	
13	Alpha Delta Pi is committed to the highest ideals of Christian womanhood. My sorority has made me a better student and leader but most importantly, I have learned how a woman of high standards should uphold herself and represent herself and her letters. The action that I show to exemplify my standards would start with my leadership role within ADPi. As the Director of Standards & Ethics I have learned how to uphold the standards of my sorority to be a role model for other sisters and I have learned how to hold others accountable.	Nov 27, 2011 8:55 PM	

	hat, if any, relationship exists between courage and leadership?	
1	In order to be a leader you have to be courageous. You can't be afraid to stand up for things you think are right or fair which is a huge part in being a leader.	Dec 9, 2011 12:32
2	Courage is a base of leadership because if it were not for courageous people past and present we would not have had people take the path less traveled, thus not creating leaders.	Dec 8, 2011 2:16 F
3	Leadership cannot be accomplished without courage. Making tough decisions requires courage to step up and follow through with them. It is very easy to agree with the opinion of the majority, but it takes courage to step up and make individual decisions.	Dec 7, 2011 7:43 F
4	To be a leader sometimes means doing what you believe to be right against popular belief. At these times, courage is necessary to overcome social pressures to do what is right.	Dec 7, 2011 2:28 F
5	There is a complete relationship between courage and leadership. In that, I mean to say that the words overlap eachother so much so that the only real differences that can be brought up are in fact determined by the individual attempting to define the words.	Dec 7, 2011 12:45
6	I believe the courage of a person has a large impact on their ability to lead. While someone might have the knowledge or strong values that are associated with leadership, unless you make actions and do more with your ideals and values you're ability to lead is hindered.	Dec 7, 2011 11:30
7	I think that there is a relationship between courage and leadership. Sometimes a s a leader you have to make decisions that are not going to be favored amongst those around you. With this being said, you have to have courage to stand by your beliefs and the decisions you need to make.	Dec 7, 2011 10:06
8	The relationship being courage and leadership is that without the courage of conviction, one can not take on a leadership role with the understanding that they must strive to make the right decision, even if its the toughest thing to do. Being courageous and not fearing the backlash or disapproval of not doing what the majority wants, despite doing the right thing to improve any organization.	Dec 6, 2011 8:19 F
9	I think it takes courage to be a leader. Leaders are not always successful or well liked by others but as a leader you have to have the courage to keep going and not be afraid of failure.	Dec 6, 2011 11:06
10	The is definitely a relationship between courage and leadership because in order for one to be a leader, he must have the ability to both lead and follow. Both actions require courage on behalf of the leader where in order to lead one must have courage to take risks, while on the hand in order to follow one must have the courage to trust others to do the job.	Dec 6, 2011 12:14
11	Courage and leadership, in my mind, go hand in hand. You can't have leadership without courage because being a leader involves stepping out of your comfort zone often to achieve greater things. Sometimes making decisions and taking risks is necessary as a leader, these both require courage to do.	Dec 5, 2011 10:28
12	In order to be a leader I think you must have the courage to not be intimidated, to	Dec 5, 2011 6:02 F

## Q4. What, if any, relationship exists between courage and leadership?

stand above the rest and do what's right in every circumstance.

Part of the Alpha Delta Pi creed states, "remembering that leadership requires confidence tempered with humility and courage blended with tolerance."

Courage and leadership to me go hand in hand. According to the dictionary, courage is to act in accordance of one's beliefs and to deal with difficulty and fear. In order for someone to be an effective leader, even on the smallest scale, they must first have courage to align their actions and their beliefs even if its in the face of adversity.

Nov 27, 2011 8:55 PM

Q5. Ho	w has your previous community service/civic engagement impacted you, personall	y?
1	It's taken me out of my shelter and opened my eyes to how the world really is within all the different areas that.need improvement and help. I've realized that the smallest things can make the biggest difference.	Dec 9, 2011 12:32 AM
2	I have been on several trips in my life and each one impacts me directly. It makes me realize that I shouldn't take anything for granted. These trips also made me realize that even the nicest of people can be going through very difficult times and they are all very grateful for the help that is offered to them and I should be the sameway even with all the things I am blessed with.	Dec 8, 2011 2:16 PM
3	I worked with kids age 4-12 in a summer art camp, and it really made me think about setting the example. While I was in there helping these kids out with the instructions, they really began to like me and look up to me. The experience made me realize that I have to set examples for anyone that's going to follow in my footsteps.	Dec 7, 2011 7:43 PM
4	I have learned about myself. Engaging in community service helps has helped me become a more well-rounded and down-to-earth person. I have been blessed with a privileged life, and involving myself by giving back to the community keeps things in perspective, and reminds me of what really matters in life.	Dec 7, 2011 2:28 PM
5	Made me more appreciative, accepting, and driven to better myself and uplift those that are within my reach.	Dec 7, 2011 12:45 PM
6	In the past community service i have done has been beneficial to me. I have always enjoyed helping others during tough times and i am looking forward to this new experience of helping rebuild a community.	Dec 7, 2011 11:30 AM
7	The last community service engagement I participated in helped me realize that I should cherish those that are around me more than I usually do. I went to a shelter where they house pregrant teenagers to help them get off their feet. Most of them appreciated what was given to them, but they missed their families a lot. And so that taught me that anything in life can happen and you may no longer have your loved ones around, so you need to cherish them.	Dec 7, 2011 10:06 AM
8	My previous community service/ civic engagement has impacted me in many ways. However, it's mostly taught me the value of helping others. That by helping one person, you can inspire or effect others to contribute to society. The most valuable thing to me that I have gained by helping others is their appreciation and thanks.	Dec 6, 2011 8:19 PM
9	By working on various community service projects since being in Alpha Xi Delta it has opened my eyes to how fortunate I am. It has turned me into a more humble and unselfish person and gives me more ambition to give back to my community.	Dec 6, 2011 11:06 AM
10	Through frequent blood donations, I am constantly reminded of the gift of life. Serving food at a homeless shelter, reminded me how fortunate I am everyday to have basic necessities. Assisting with Relay for Life and Breast Cancer Awareness, reminds me of the importance of early detection, determination and overcoming obstacles.	Dec 6, 2011 12:14 AM

Q5. How has your previous community service/civic engagement impacted you, personally?		
11	I have had many types of community service opportunities in the past, that have greatly impacted me. My most impacting experiences stem from my annual mission trips to West Virginia. There, I have had many opportunities to see how hard some people have it, even in our own back yards. I have learned to be happier with the situations I am dealt and also that even the little help that I can give can make a huge difference to someone who is hurting.	Dec 5, 2011 10:28 PM
12	My personal experience made me appreciate live more and not take what I have for granted.	Dec 5, 2011 6:02 PM
13	Community service has always been something I do. Looking back on all the volunteer opportunities I have had, I have come to realize that the times I have had the most fun or made the most memories is when I am doing work for others.	Nov 27, 2011 8:55 PM

Q6. Sh	are with us what you know about the tornado that impacted the Tuscaloosa, AL cor	nmunity.
1	Seeing as my whole family is from Tuscaloosa I saw first hand how this tornado destroyed massive parts of this city. Not only was there one massive tornado but several smaller ones that stemmed off of it. It caused an immense amount of damage that isn't even close to being fully recovered.	Dec 9, 2011 12:32 AM
2	I know that the Tornados cause extreme damage to Tuscaloosa and many people's houses were taken from them as well as lives and animals. The damamges hit Tuscaloosa at the heart of their community and cause heartbreak nation wide.	Dec 8, 2011 2:16 PM
3	I might have heard something on the news, but don't know anything about the specifics. To me it would have sounded likely that the victims recovered by now.	Dec 7, 2011 7:43 PM
4	I know it affected many people in Alabama and left many displaced.	Dec 7, 2011 2:28 PM
5	I know absolutely nothing about the tornado that impacted the Tuscaloosa, AL community outside of the facts that tornados are unpredictable and cause great damage.	Dec 7, 2011 12:45 PM
6	I know that last spring a tornado impacted the Tuscaloosa community including the college community, leaving people injured and homeless.	Dec 7, 2011 11:30 AM
7	The tornado happened on April 25th-28th being one of the biggest tornado's to happen this year. It killed many people and left many people's home shattered.	Dec 7, 2011 10:06 AM
8	I know that the tornado that impacted the Tuscaloosa, AL community was a massive tornado in Spring 2011 that killed dozens of people and flattened parts of the city. The tornado was part of a large storm system that dropped tornadoes in Mississippi, Georgia and other parts of Alabama. Also that President Obama declared a state of emergency for the search and rescue. And that some of the reported damage was worse than what was seen during Hurricane Katrina.	Dec 6, 2011 8:19 PM
9	In April of 2011 a massive tornado hit Tuscaloosa killing over 30 people and injuring over 600. Even after over half a year later there are still areas that have yet to be pieced back together leaving many with no where to return home.	Dec 6, 2011 11:06 AM
10	The tornado was apart of the largest tornado outbreak ever recorded, April 25-28,2011 tornado (Super) Outbreak. Tuscaloosa was affected by a wedge tornado with a final rating of EF4 with more than 50 people dead and more than 1000 injured as a result. People were trapped in their houses and buildings, many people experienced power outages and the University of Alabama was forced to postpone school and graduation for months.	Dec 6, 2011 12:14 AM
11	Upon being accepted to go on this trip I looked up some info on the Tuscaloosa tornado. The tornado occurred in April 2011 and caused widespread damage to the homes and businesses of Tuscaloosa. The article I read said the at least 131 people had lost their lives and countless more were injured. This was a devastating event for the city and continues to effect many there today.	Dec 5, 2011 10:28 PM
12	I know that it had a major impact on the entire community and destroyed people homes, buildings and other monumental figures.	Dec 5, 2011 6:02 PM
13	I have read some stories of athletes from the school who were affected by the	Nov 27, 2011 8:55 PM

## Q6. Share with us what you know about the tornado that impacted the Tuscaloosa, AL community.

tornado and briefly saw some of the impact from the news but other than a couple articles and pictures I do not know much more about the Alabama community.