

CHALLENGE

A Herff Jones Impact Resource For Students

June, 2004

JUNE CHALLENGE: Exercises in Leadership

LEADERSHIP SKILLS: RATE YOURSELF

The best leaders have strengths in most of the following leadership competencies. To see how you rate on the abilities, assess the following statements as they apply to you. This is not exact, but hopefully, it will cause you to think about your leadership skills and how to improve them.

Take the following statements and rate them as *Seldom*, *Occasionally*, *Often* or *Frequently*.

1. I am aware of what I am feeling
2. I know my strengths and weaknesses
3. I deal calmly with stress
4. I believe that the future will be better than the past
5. I deal with changes easily
6. I set measurable goals when I start a project
7. Others say that I understand and am sensitive to them
8. Others say that I resolve conflicts
9. Others say that I build and maintain relationships

10. Others say that I inspire them
11. Others say that I am a team player
12. Others say that I helped to develop their abilities.

Total the number of checks in each column. In column one (*Seldom*,) multiply the number by one. In column two (*Occasionally*,) multiply the number by two. In column three (*Often*,) multiply the number by three. In column four (*Frequently*,) multiply the number by four. Then add the four numbers to get your score.

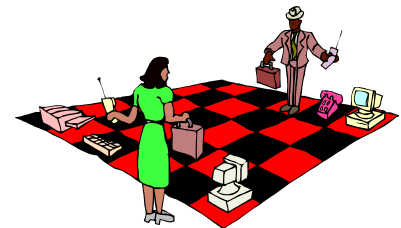
Interpretation:

36+ - An average score of 36 or higher suggests you are using key leadership abilities very well, but ask a friend for his/her opinion also.

30-35 - This score suggests some strengths, but also some underused leadership abilities.

29 or less - This score suggests unused leadership abilities and much room for improvement.

Remember leaders are unique and they can show talent in different ways. To further explore your leadership skills talk to people whose opinions you value.



LEADERSHIP GAMES

TOE DANCING

This is a fun game and when set to music it looks like a new kind of dance. Everyone takes their shoes off. All of the players get a partner, lock hands, and try to tap (gently!!!!) the top of one of their partner's feet while their hands are clasped. Of course, since the players are also trying to avoid having their feet tapped, they are all hopping around the floor in a frantic dance. When a player has had his/her foot tapped three times, he/she is out of the game. The winning partner challenges another winner. The game continues until only one person is left or the music runs out.

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This newsletter is a joint effort of
Jackie Burch and Herff Jones, Inc.



LEADERSHIP GAMES

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TAPEHEAD

Whether you play the game as a relay or as a “watch and cheer” game, it’s fun! Students wrap their partner’s head completely with masking tape, sticky side out. Then, in competition, the partial mummies run or crawl to an area where a variety of small, light objects are spread. They must lower their heads onto the objects and try to get them to stick on the tape, and then bring them back to where their partners remove the items and send their mummies back for another trip. The pair or team whose tape head fetches the most items in a given amount of time wins.

Some common articles easily picked up by the tape heads are egg cartons, paper cups, plastic ware, milk cartons, string, pie tins, paper clips, rubber bands, cotton balls, marshmallows, pencils, Q-tips, inflated balloons, and paper plates. To avoid tangling hair in the masking tape, have the tape heads put a nylon stocking over their head first (or stocking caps), then apply the tape. Do not cover the nose.

HOT PEPPER

Participants are seated in a circle. A small object such as a tennis ball is used as the hot pepper. Participants are asked to close their eyes and the hot pepper is handed to a randomly selected

person who passes it to his/her right. The object is passed from one player to another, each saying “hot” as he/she gets the object. The object is passed until the facilitator says “pepper.” The person holding the object



when the facilitator says “pepper” must open his/her eyes and move out of the circle. This continues until only one person is left. Some variations:

1. Use music
2. Pass two objects counterclockwise if the group is large.

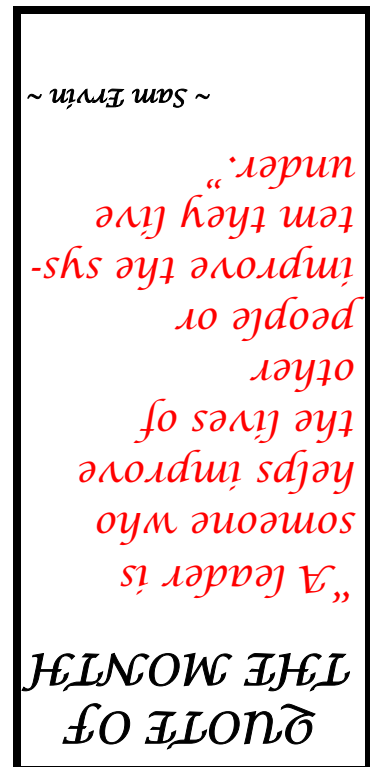
LAUGH

All players stand in a circle. The facilitator stands in the middle of the circle and asks a volunteer to come to the center. An object is shown to the group with instructions that when the volunteer tosses the object into the air, they are to all laugh out loud continuously. When the object lands on the floor, the players must immediately stop laughing. Any person who does not stop laughing immediately moves to the center of the circle. Soon all of the players who could not stop laughing when the object landed are in the center of the circle. The game continues until one player remains.

HOT AIR SPECIALIST

Each player receives a straw. Have them form two groups of equal size and then stand in two parallel lines with the members of one team facing the members of the other. The object of the game is to suck a single sheet

of tissue into the end of the straw and to pass the tissue to the next person in line who must then suck the tissue into his/her straw. No hands can be used. If the tissue drops to the ground, the player who was to receive it must suck the tissue off the ground without using their hands. The game continues until all of the players in each line have had an opportunity to pass the tissue. The team that finishes first is declared the winner.



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First day of summer is June 21.
Enjoy!

