



## Session Three: Learning Leadership

Begin this session by watching the video **Helping Your Brothers**. In the video, Rashard Boyd and Tyler Babb talk about the ESI programs at their school, Bedford Academy, and how the programs helped them want to achieve more academically. They also explain how the programs inspired them beyond grades and test scores. Rashard says he has a new perspective about being a role model and “being there for his brothers.” Tyler says that people at his school are “like a big family.”

Consider these **self-reflection** and **discussion questions**:

- Tyler Babb says he learned that “you can’t just slack off and expect for things to come to you. You have to take them.” He goes on to say that the principal of his school is always saying, “**Closed mouths don’t get fed.**” What do you think this quote means?
- Rashard says he is striving to be a “model male in society.” How would you define “a model male?” How would you define “a model female?” What qualities would such a role model have? Which of those qualities do you think you have? What qualities, if any, do you wish you had or plan to develop as you grow?

### Learning Leadership

Some people think that leaders are born, not made.” However, most experts agree that leadership skills can be taught. Below is a list of several key characteristics that the most effective leaders share, based upon dozens of studies conducted by leading researchers. The most effective leaders are:

- Inspirational/Motivational
- Optimistic
- Honest
- Excellent communicators
- Positive role models
- Creative
- Decisive
- Visionary
- Ethical
- Self-confident
- Empowering of their followers
- Excellent at critical thinking and problem-solving skills
- Organized and able to set priorities
- Team players/collaborators; gathering input and ideas from their team



This handout can encourage your Peer Leaders to explore their leadership potential.

## Learning Leadership

Which of the following leadership characteristics would you like to develop? Circle those that apply.  
Inspirational/Motivational

- Optimistic
- Honest
- Excellent communicators
- Positive role models
- Creative
- Decisive
- Visionary
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- Self-confident
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Choose the three MOST important for effective leadership. Write them below. Next to each quality, put the name of a leader whom you feel best displays that quality. You can choose from public leaders such as presidents, military leaders and/or CEOs of companies, as well as leaders you know personally such as team captain, school principals or class leaders.

Leadership Quality:

What Leader Has This Quality

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