

# **Student Leadership Academy Level 1 Day 3 Notes**

**(03/02/2021)**

1. Here are a few things you will want to make sure to bring at 3 pm:

- Zoom Link: <https://tinyurl.com/SLASpring2021>
- Something to write with/on
- Your Positive Leader Presentation (you will have the ability to share screen!)

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## **Notes:**

### **❖ Learning objectives**

- Understand your values are
- Recognize how your values impact your decision-making skills

### **❖ Conflict Management**

- It is important to know how to conflict manage to be in control of a situation and to be aware of my emotions
- Assessment
  - Collaborating - 12
    - Pros - Creates mutual trust, maintains positive relationships, builds commitments
    - Cons - Time-consuming, energy-consuming
  - Competing - 10
    - Pros - Goal-oriented, quick
    - Cons - May breed hostility
  - Avoiding - 6

- Pros - Doesn't escalate the conflict, postpones difficulty
- Cons - Unaddressed problems, unresolved problems

■ Harmonizing - 8

- Pros - Minimizes injury when we are outmatched, relationships are maintained
- Cons - Breeds resentment, exploits

■ Compromising - 10

- Pros - Useful in complex issues without simple solutions, all parties are equal in power
- Cons - No one is ever really satisfied, less than optimal solutions get implemented

➤ Breakout room

❖ **Taking initiative**

❖ **Delegation**

❖ **Positive Leader Project**

- Brittany - Chico State Nursing Alumna
- Kaz - Nelson Mandela
- Jordan - Jency James
- Carina - Michelle Obama
- Ella - Ruth Bader Ginsburg
- Morgan - Raven Coit
- Manting - P.J. Fleck
- Freya - Vanessa Ramirez
- Kiana - Ruth Bader Ginsburg
- Evelene - Alexandria Ocasio-Cortez
- Olivia - Dolores Huerta

- Diana - Lucero Ramirez
- Skylar - Marsha P. Johnson and Patricio Pat Manuel

❖ **Assignment**

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