

Student Leadership Academy Level 2 Day 2 Notes

(04/13/2021)

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 excitement
- Be ready to get to know the others
- Make sure you're ready to participate

Notes:

❖ Learning objectives

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❖ Denzel Washington

- Failure

❖ Amygdala Hijack

- An amygdala hijack refers to a personal, emotional response that is immediate, overwhelming, and out of measure with the actual stimulus because it has triggered a much more significant emotional threat
- When your emotional brain overrides your logical brain

❖ Strengths Presentations

- Kaz - Empathy
- Manting - Context
- Keyana - Learner

- Kiana - Communication
- Diana - Uniqueness
- Carina - Futuristic
- Anna - Arranger

❖ **Takeaways**

- Learning and seeing everyone's strengths