

student leadership

The **S**tudent **L**eadership **T**raining **P**rogram

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The Alumni Newsletter

November / December, 2004

From where I sit



Hi Everyone,

In this month's newsletter you'll find: information about SLTP programs like the ReE, Champions for Youth, & the Alumni Association Elections. You'll also find articles about getting into college, volunteering, memory sharing and Mix It Up Day.

This month is marked by a special celebration of appreciation. It is a time for "thankful lists."

For 16 years and over 100 conferences, SLTP has been helping student leaders to understand the fundamental link between appreciation and achievement. November tends to be one of the busiest months for student leaders. Please remember your obligation to catch other's doing things right. Don't get so caught up in the tasks that you forget we are in the "people business."

*On behalf of all of the starfish you are saving one at a time,
Thank you!*

Dr. Jim Fitzgerald

Founder and Director - SLTP

PS: If you received this free newsletter directly from us, you are already on our subscriber list. If a friend forwarded it to you, you can easily subscribe by sending your email address to subscribe@sltp.info

To unsubscribe, just send an email to unsubscribe@sltp.info

Mix it Up Day November 16



Next week, more than 1,000,000 students are expected to accept the challenge to begin bridging social boundaries in their schools. On *Mix It Up at Lunch* Day 2004, there are plans in place all over the country to help students to step out of their comfort zones and sit somewhere new, with someone new. We are aware of 30 of SLTP's member schools who plan to participate in this event.

On Tuesday November 16, Mix It Up at Lunch Day 2004, students like you are going to stir things up in their school cafeterias.

Will you accept the challenge?

For suggestions as to how to Mix it up visit:
<http://www.sltp.info/lessons/HowtoMixitUp.pdf>

The ReEnergizer Conference



It's now just days away! The ReEnergizer Conference is such a special event. We hope you will be among the entire SLTP family, together with all of their friends coming together at Nichols College.

Last year, the ReE hosted over 600 participants from nine different states and over 90 schools. From the looks of the way

student leadership
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Linkage

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registrations are pouring in at press time – this year is going to be even bigger. Right now we are even exploring the possibility of a virtual conference link fro SLTP Alumni visiting in Spain and China.

If you have not already done so get your registration in as soon as you can. Registration forms can be found on the ReE Home Page – <http://www.sltp.info/re>

In case you've forgotten - the REE is scheduled for **Saturday November 27** at Nichols College.

The ReE comes at just the right time of the school year. First term is over and done. Traditionally the busiest term of the year for school activities is Second term and the ReE provides the necessary “booster shot” of motivation and positive energy to keep yourself and your organization on the right track.

Register early. Bring lots of friends – bring your whole student council and even the “cookie cupcake club.” You should also bring lots of enthusiasm and bring ideas to share and questions to be answered.

Due to the size of the crowd – we will begin and end the program at the athletic center in the big gym. Plan to park in that parking lot. Drive to the Remillard dorm turn left and follow the noise and signs to the gym parking area.

As you know the ReE is a true learning experience. The skillshops we have planned will focus on INCLUSION and MOTIVE-ACTION – to get kids involved and to keep them involved.

Among the many other activities and planned for the conference there will be: an Activity Fair, a Student Election, a presentation of “bang, bang you’re dead” (bring your administration, advisers); Community Leader recognition and much, much more!

The College Quest – Part One

by Erin Stewart,
SLTP Alumna '99, LI,
Conference Director

*Erin is a Marketing
Coordinator with Kaplan Test
Prep and Admissions*



We all know what the most frequently asked question in schools

is! (“How are you?”) But perhaps the second most frequently asked question, at least by the time you are a senior, is “Where do you want to go to college?” Everyone, from Ms. Sneckells, your guidance counselor, to your smelly Uncle Lou, starts off a conversation with you this way – whether you are in 6th grade or 12th. The answer can be daunting, but FEAR NOT! – there is a way to focus your energy, make your college search a little narrower, and have a legitimate answer the next time you hear this question.

Before you begin looking at college websites and mailings, ask yourself a few questions first:

In the Classroom:

1. **Can I pick out a specific field of study I would like to pursue?**

If the answer is yes, start looking at specialty schools – such as Mass Art, Johnson and Wales or Mass College of Pharmacy. Check rankings in Newsweek and U.S. News to see which schools rank high in your chosen program. And if you are “undecided,” don’t worry – read on for more criteria to choose from.

2. **How do I learn best – am I an auditory learner (I learn best by listening), a visual learner (I learn best by seeing), or a kinesthetic learner (I learn best by doing)?**

If you are an auditory learner, do some research to find out which colleges provide lecture-style classes where you can absorb material just by listening. If you are a visual learner, check out schools that use media or technology to create a visual experience in the classroom. If you are a kinesthetic learner, look for colleges that teach through case studies, labs, and hands-on projects.

Outside the Classroom:

1. **Do I like the idea of living in a big city with lots of cultural offerings, or would I feel more comfortable in a small college town where the**

student leadership
The **S**tudent **L**eadership **T**raining **P**rogram

Linkage

The Alumni Newsletter

November / December, 2004

school is just as important as the community?

2. **Would I want to be challenged academically by a large competing pool of students where there are always more people to meet – or would I like to feel like a big fish in a little pond, where everyone knows each other?**

3. **What kind of climate do I want – am I a snow-lover or a sun-worshipper?**

Other criteria to use when making a school list include: average GPA, average SAT scores, Alumni grad school and job placement, and student clubs and organizations.

The search can be daunting, but there are resources out there to help. Starting early is a good thing. Keep reading our newsletter for more tips on the College Quest – and how to avoid your smelly Uncle Lou.

Next month: The New SAT.

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## The Final Earliest Bird Application Deadline is **November 21, 2004**

The SLTP Staff have the final Earliest Bird Application forms for next summer's conferences. These applications extend the deadline of the applications made available last summer at the close of camp – and are only available through SLTP staff. The Earliest Bird Applications offer CONSIDERABLE tuition reductions. Take advantage. Contact an SLTP Staffer for an application. Sign up for whichever conference you want – you will have until April 1 to change your mind without penalty.



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CHAMPION for YOUTH AWARDS

All across New England in every community there are ardent advocates for youth whose support and advocacy

is not due to any self interest. Since 1993, The Student Leadership Training Program through its staff and graduates have sought to recognize the contributions of these special community leaders. Without the support of these champions, the goals of community involvement and community service that most student activity programs set would be unattainable.

The idea behind this award program is simple. SLTP hopes to assist local student leaders in their efforts to recognize community support. Essentially this award is about catching people doing things right.

The criteria for this award must vary from school to school, as each school's circumstances are different. However, the effective criterion must not be changed. This award is intended for community leaders who are ACTIVELY committed to making a difference for youth. SLTP suggests that : No more than ONE award be given annually to any individual. All Alumni and Staff of the Student Leadership Training Program are eligible to nominate individuals for the awards.

To be effective this program must be implemented with the full cooperation and involvement of the school administration. Involve everyone in the school that is actively involved in the community.

Publicity is vital. Remember praise is much more effective as a form of recognition when it is public.

Yet, this recognition is much more than a certificate and a press release. This recognition offers an opportunity to celebrate and enrich school support. If possible, host an assembly or reception. Provide gifts and/or flowers. Create an event.

Please allow SLTP to help you honor your community champions. To nominate a community leader, please submit: their name; a brief profile; and a brief explanation of the reasons for the nomination. Send that to Greg Moffitt: champions@sltp.info

SLTP will publish all of the award winners names and profiles on a special website and on the pages of our newsletter. There are two opportunities to celebrate your community Champions. The first will be at the ReE on November 27. Additional Champions will be

student leadership
The **S**tudent **L**eadership **T**raining **P**rogram

Linkage

The Alumni Newsletter

November / December, 2004

feted in the spring at the DifferenceMaker Showcase.

The Final Deadline for submitting names and profiles for recognition at the ReEnergizer Conference is November 16, 2004.

Champions will receive a packet which contains their certificates, press release information and special scholarships which will be created in their name.

SLTP Student Elections



The annual Alumni Executive Board Elections will take place at the ReEnergizer Conference. To be eligible for election the candidate

must be a student in middle school, high school or in college (undergraduate only) and must be a graduate of OTS, LTC or ALC.

To place your name on the regional ballot, Alumni need to register by email.

Registrations should include:

Alumni Name—Conference attended/year (i.e., LTC2 / 2003); School; Grade level; Town; address; phone & email address

Election Registrations must be received by November 16.

Candidates will be contacted prior to the conference and will be expected to present a one minute speech at the ReE.

Each of the three established regions Region 1) Massachusetts; Region 2) Rhode Island; and Region 3) Connecticut — will elect three representatives to comprise Alumni Executive Board.

Expectations for the Regional Representatives—

- 1) to stage a regional differencemaker event prior to June 1, 2005.
- 2) to develop a means of communication between and among SLTP Member schools in

their region to help alumni in their region.

- 4) to represent their region to the SLTP AB
- 5) to elect the SLTP Student Executive Officers

Photo CD's

In your manual and on the Crew CD you will find an order form for the Camp Video and Photo CD:

- The Camp Video is no longer available.
- The Photo CD includes **both** of the slide shows featured in the Closing Ceremonies as well as all of the photos taken by the staff throughout the week – from Dorm Squad through closing circle. This summer the staff took over 6,000 pictures!!!

Place your order today. The last date to order photo CD's is November 16.

Rememberries

by Ashley Robshaw, SLTP Alumna '01



One fun thing to do once camp is over is to look back and remember all the fun we had during our time at Nichols over the summer. Of all the memories we've collected and tucked away in our minds, we can pick our favorites, and share these Rememberries with others who enjoy the magic of SLTP.

Fruit jokes were in season for the entire summer, and so the harvest was just beginning when it came time for Vaudeville during week one. A particular rememberry that sticks out was a skit The Leadership Center produced about the adventures of the Nutri-Fruit Heroes. Staffer Helen Fitzgerald, wearer of many hats, found a children's book about a team of fruits whose purpose was to replace the consumption of junk food with that of healthy food through education of the nutritional benefits of a fruit filled diet. TLC was tasked to turn the book into a skit in time for Vaudeville, a mere few hours after they arrived on the Nichols campus.

student leadership
The **S**tudent **L**eadership **T**raining **P**rogram

Linkage

The Alumni Newsletter
November / December, 2004

After experimenting with different character voices and a few rehearsals, the team was ready. With Iman Rastegari as narrator, the audience got caught up in the whirlwind adventures of Shakespeare, played by Ashley Pratte, Awesome Apple, played by Chris Rhie, Strawsome Strawberry, played by Olivia Harris, Blammo Banana, played by Phil Loomis, Outrageous Orange, played by Theresa Griffin, and Power Prune, played by Andrew Flanagan. Together, the heroes convinced childhood junk food eater, Ashley Wilcox, to turn over a new leaf and take up a healthier diet. Who knew fruits could be so entertaining?

Not so Random Acts of Kindness

By Mina Makarious, Alumni'99



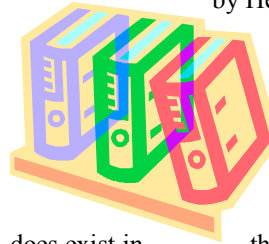
The leaves have fallen down and now cover a great deal of our New England region. Red, yellow, orange, and brown, they're fun to look at, but, especially for older residents, quite troublesome to remove.

Luckily, there's you, a student leader who can help. Right now is the perfect time to organize a team of "drive by rakers." You will need a pickup truck or van, a bunch of rakes, and trash bags. But most of all, you will need a list of places to go and people to help.

Sit down with your group, make a list of houses where there are elderly people or people who could just use the help. Pick the day and then get an early start. After you have finished the houses on your list, drive around your town with your team, find other houses where the leaves need picking up, get out of the vehicle, and do it. Not only will you be helping out your neighbors, it is a great chance to bond with your drama club, youth group, student council, sports team (so much better than a captain's practice), or other organization. Along the way, you may also get to meet other residents of your community, talk it up with them and see what other services you could provide. When you're done, send us stories for next month's newsletter. Now, put on your sweater, and get out there. Don't let this opportunity LEAVE you behind.

From the bookshelf

by Helen Fitzgerald, SLTP LI



At a time when we all need to be reminded that goodness does exist in the world, *The Turtle Saver* by Laurie Parker illustrates the phenomenal power and worth of simple human kindness.

A man moves a turtle from the middle of the road which sets off a remarkable chain of events, reminding us that even the smallest act of kindness can have far reaching results. It is a wonderful book for young and old.

Dates to remember

November 21
Earliest Bird Applications Due

November 16
SLTP Election Registration

November 16
Mix it Up Day

November 27
The ReEnergizer Conference