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VOLUME 5 ISSUE 4

DECEMBER 2004, JANUARY 2005

2004 ReEnergizer—building a place to stand.



On Saturday, November 27 The ninth annual ReEnergizer Conference was held at Nichols College. Delegates from 89 schools joined us to make it one of the largest conferences, as well as the **loudest**, the **funnest** and the **learningest** conferences held in New England this fall.

We had over 500 register. Even with the big crowd, registration and Confluence went very smoothly.

It seemed like everyone brought lots of friends and everyone was in the mood to have some fun.

We celebrated the region's Champions for Youth, and were featured with a special presentation of the play "bang, bang, you're dead." During lunch we elected the student members of SLTP's Alumni Executive Board.

Again this year we offered separate workshop sessions for all our groups—students, collegians, parents and advisers. There were 89 schools represented, with attendees traveling from as far away as NY to be with us. And we arranged a virtual classroom link to China and Spain.

Attendees left with the coveted Early Bird Applications and lots of specific information regarding the submission of portfolios for the Service and Development Medals.

The skillshops focused on inclusion and Motive-Action and how those two forces impact on student activities.

The two next big events on the SLTP Calendar is the DifferenceMaker Showcase on April 3rd and The Core – a workshop for Advisers on February 2nd. (more on those later in this newsletter).

Cutting by Dr. Jim Fitzgerald

Not long ago in a galaxy far, far away. There was a student leadership program with a staff much like our own. The facilitator of that group had this story to share.

Rose is a sweet, quiet girl who usually dresses in jeans and a sweatshirt. When she first started attending our sessions she was determined to keep to herself. So whenever our group gathered in the living room, she found a way to be seated on the stairs or behind one of the poles. It was always a challenge to get her involved.

After she had been involved with the training for a little while, I deepened the bonding process with our group. I watched Rose as she sat riveted listening to the others as each began to reveal their struggles,

but not Rose. I felt something was going on.

One evening during a long IM session while Rose was telling me nothing – I leapt to a conclusion (one based on a lot of observation and finally connected). I asked – “Are you in the cutting club?”

After what seemed to be an eternity, the screen responded, “Yeah.”

I was shocked, even though I thought I had made the right conclusion, I was still shocked. Over the next hour, she described the pain and the hopelessness she'd been feeling for the past year ever since her parents divorce.

15 years ago when I was a high school teacher, there was an occasional case of self-

mutilation among teens. But up until that moment, that problem seemed far from infiltrating our leadership family. That was naive. Since then I have taken a survey of all of the leadership groups I work with in schools across the country. I discovered that about 1 in 10 cut.

Rose and I chatted with her Mom. Mom and Rose sought out and attended counseling. Rose continued in our program and has not fallen back into the cutting trap.

Why tell this story? The easy answer is that silence is complicity. Cutters cut out of some deep personal motivation. Certainly it is depression driven, but it is not something that friendship alone can solve. Cutters need and seek professional help. Cutters want to be discovered and almost always share what they are doing with someone. If

a friend shares such a tale with you – be a friend and get them the help they deserve. Some typical signs to watch for:

- Girls ages 14-16 are most prone
 - Most often it is the wrists or legs though some cut their chest, arms or breasts
 - Many who cut wear bands of bracelets and large watches to conceal the scars – those who cut on their legs rarely wear shorts
- Cutters also suffer from depression and may be bulimic or anorexic

What to do?

Get help.

End the silence.

Alumni Association Election

One of the highlights of this year's ReE was the election of the regional representatives of the SLTP Alumni Association Executive Board. All high school and undergraduate alumni of SLTP's residential conferences are eligible to serve.

The Executive Board will be directing the planning and preparation for the Difference-Maker Showcase on April 3. Additionally each Regional or state team will be responsible for facilitating a service project for the alumni in their region during their

term of office (which will conclude at next year's ReE).

Soon the Executive Board will elect their officers.

Elected to the Executive Board were:

- Liz Chase – 03, 04 – CT
- Andrew Lawton – 03, 04 – CT
- Eliza Stopa – 04 – RI
- Chris Quinn – 04 – RI
- Kim Martel – 04 – RI

- Cathryn Cortesa – 04 – MA
- Suzi Healy Wurzburg – 03, 04 – MA
- Daniella Ortiz – 04 – MA

Service Portfolio Awards

Service portfolios are a collection of artifacts and personal reflections that document your commitment to community service and personal development. Portfolios are an excellent conversation piece for college or graduate school interviews. They can also bring your resume to life for scholarship selection committees and other award programs. So with all of those benefits in mind, here are some tips for making an award winning service portfolio:

- Organize your portfolio in a binder with a table of contents, page protectors and dividers
- Include letters of recommendation, certificates and notes of appreciation from organizations with whom you have worked
- Write a brief summary of skills and lessons that you gained from each service experience
- Fill your portfolio with pictures (this means remembering to take photos during service projects)
- Copy and insert news clippings that highlight your achievements or a project that you were in-

involved in

- Describe the leadership roles you held during particular projects
- Document the time commitment involved in each service event, including the number of hours and duration (ie three hours a week from November to January)
- For a personal touch incorporate creativity and self-expression
- Remember to be sincere and brief-- you want the portfolio to honestly speak for itself and spur additional questions
- Cap off the documentation with a list of your short and long term goals for service and leadership

SLTP will award its next service and personal development portfolio awards at the DifferenceMaker Showcase Conference at Nichols College during a special ceremony on

April 3, 2005:

There are three levels of Awards based on time and level of commitment:

Bronze

Silver

Gold

To be eligible submit a copy of your service or personal development portfolio by **February 15, 2005**

to Jim Fitzgerald 108 Observatory Way Marshfield, MA 02050.

**INTENTIONALITY:
DOING THINGS ON
PURPOSE WITH
PURPOSE**

Volunteering for the elderly

Chances are there are seniors living near you who need help caring for themselves, or who would be grateful for some help with their day to day tasks.

Volunteering to help the elderly provides some of the most satisfying work you can do. Much of it is one to one—which means you'll see the results of your efforts personally.

There are many different opportunities. You can help the elderly in nursing homes—reading, chatting,

playing games, cleaning, answering mail, etc. You can organize activities— field trips, senior citizen proms, hairdressing and make-up parties, holiday parties, living history tapings, etc.

You can work in shelters — serving meals, sorting clothing, record keeping, etc.

With senior housing complexes—you can clean kitchens, mow lawns, rake leaves, paint walls, do basic repairs, etc.

You don't have to join an organization to help the elderly. There are things you can do right in your own neighborhood. Offer to clean the yard of an elderly neighbor, shovel driveways, carry or deliver groceries . . . Think about it.

T-Shirt Designs and Ideas



Do you have a design floating around in your head for a tee-shirt that would be perfect for SLTP? A slogan? A design idea?

If you do – send it to us. If we select the design, you will earn four campership scholarships for your school or community

organization and you or the designer will receive a special citation at the DifferenceMaker Showcase Conference.

Designs we are looking for right now:

- ***Be the change you wish to see in the world.***
- ***Walking the talk.***
- ***Live out loud.***
- ***Enthusiastic!***
- ***The longest journeys begin with a single step.***
- ***Go light your world***

- ***Choose to learn, choose to live, choose to lead.***
- ***Live life on purpose.***
- ***Building a place to stand.***
- ***Building today and tomorrow.***

Send to:

Helen Fitzgerald, T-Shirt Designs
108 Observatory Way
Marshfield, MA 02050-4101

The Core—A Workshop For Advisers



The long awaited Adviser Conference has been scheduled for February 2nd. The re-structuring of our Administrative Board has enabled us to kick start one of the most vital ele-

ments of our original programming.

We are calling this conference "The Core" because that aptly describes its purpose and intent. The curriculum for these day conferences will be the core elements of success for student activities.

Naturally these conferences will be interactive and experiential and centered on practical skill training. The skillsshops

on February 2nd will include:

- Organization & Intentionality
- Motive-Action
- Expectations & Empowerment

A website flyers and mailing are being produced and will be available soon. But don't wait!

Spread the word now.

Remem-berries by Anne Baltren, SLTP 2001

We have all collected our own memories of SLTP at Nichols College, and other places, over the last summer or many years. Sometimes it's fun to go back, pick out our favorite remember-beries, share them with others, and enjoy their deliciousness. J

Making a difference is a crucial element to leadership. That's why DifferenceMakers are something we do at every SLTP conference. After years of hilarious Christmas tree ornaments, adorable coloring book pages, and some of the most creative greeting cards I've ever seen, 2003's week 2 DifferenceMaker stands out in my mind.

Everyone gathered around Helen's amazing selection of fabrics and many things that I had never imagined a use for before that day. It all came together in some awesome pencil boxes for Head Start kids – some of which I was rather jealous of. But what makes this DifferenceMaker stand out for me is not what physically came from it.

After a short time of cutting, gluing and creating, people began to sing. It was anything that came to mind, from Backstreet Boys to the Temptations, show tunes to children's songs. I don't know who started it, everyone yelled out song titles, and

everyone joined in singing. Helen's DifferenceMakers are always fun (who doesn't love arts and crafts?) but the energy and laughter at this one was even higher than usual.

This experience that week 2 shared exemplified the rewards, joy, inclusion, teambuilding and *fun* that can come from an activity like this. That is why it is one of my "juiciest" rememberberries.

Since 1990

Since 1990 the Student Leadership Training Program has been identified with the phrase "making a difference." Every summer during each of the sessions, students and staff join to make differences within each other so that they may make differences for their schools and communities when they return.

One of the unique ingredients of the SLTP experience has always been the commitment to make a difference while "at camp."

Since 1990, SLTP has :

- Collected over 18,200 POUNDS of food
- Collected over 22,000 articles of clothing
- Made over 8,000 ornaments resulting in that many toys for needy kids
- Made ten videos for children residing in battered women's shelters
- Made thousands of holiday cards for service men and women overseas
- Plus — 30,000 Peace Angels; dozens of Baby quilts; Games books; coloring books, pencil boxes placemats and thank you letters to servicemen.

The DifferenceMaker Showcase—April 3, 2005

The *DifferenceMaker Showcase* is a very special conference. We believe that service should not be a "have to." Service should be a "get to." Service is leadership in action. This conference is about expanding service opportunities, learning how to stage particular events and exploring the possibilities for service inside and outside of school.

Our attendance goal is

250 – just one carload. It's only 10 bucks each!

We'll learn who won the Student Leader of the Year.

We'll learn who won citations for Public Service.

We'll learn who won citations for Personal Development.

We'll celebrate the Lifetime of Difference Award winners.

We'll learn, we'll listen, we'll laugh, we'll see old friends

and make some new ones.

So mark your calendar now – bring your friends and your friends' friends for a spectacular spring afternoon. It's **Sunday, April 3rd.**

Formal Presentations



If you feel like you are going to die whenever you stand up to speak in public, the good news is that throughout history there is not a single recorded death from

stage fright!

So, how to deal with those butterflies . . . We recommend the following :

- Memorize the first two minutes—when are the sweaty palms the worst? Exactly, so concentrate on getting off to a great start.
- Preplan the first four or five words for every major point in your presentation
- Stand up . . . Statistics show that presenters are perceived as being more prepared and

more professional if they stand

- Use visual aids . . . Statistics also show that people remember 200 per cent more about a presentation that uses visuals.
- Rehearse, rehearse, rehearse.
- Breathe deep and press your palms together
- Dress up — the first words out of your mouth are what you are wearing!

School Service

Mix It Up Day, Teacher Appreciation Day, Secretary’s Day, Principal’s Day, Custodians Day, Café Staff Days . . . All very traditional, all fun—but is that all there is to school service?

The obvious answer is no. But seriously what else is there? Okay, let’s throw in tutoring. Is that it? The days of clapping erasers, washing blackboards or sweeping the floors are long past.

A look around at most high schools, and it would appear that service is limited to the above suggestions.

The challenge is to expand this envelope. A school just like any community desperately needs voluntary efforts to grow and to thrive. Isn’t that what good citizenship is all about?

The possibilities include but are not limited to:

- Peer mediation—to respond to school safety issues;

- Wall murals—to create more ownership and improve the atmosphere;
- Welcome wagon service—for new and transfer students;
- Survival kits for teachers—with special kits for new teachers;
- Garden development — to improve the atmosphere and add more green to the environment;
- Painting girls rooms and boys rooms;
- Parking lot line painting;
- General clean-ups, scrub downs or painting days . . .

There is a lot you can do!

A SCHOOL LIKE ANY COMMUNITY NEEDS VOLUNTARY EFFORTS TO GROW AND THRIVE.

In Massachusetts alone there are approximately 280,000 students in high school.

Of those students, less than 2,000 participated in ANY form of leadership training (.007 %).

In those schools there are approximately 50,000 student leadership positions available, which were filled by approximately 18,000 students. (.06 %)

The 2005 SLTP Conference Schedule

Where leaders learn HOW
to make a difference!

- **The Core—An Adviser Workshop**

February 2

- **The DifferenceMaker Showcase**

April 3

- **Leadership Training Conferences (4)**

July 5 - 9; July 12 - 16; July 26 - 30;

Aug 2 - 6

- **Advanced Leadership Conferences (3)**

July 13 - 16; July 27 - 30; Aug 3 - 6

- **The Leadership Center**

July 6 - 9

- **Officer Training Seminar**

July 1 - 2

- **Adviser Certification**

July 27 - 30

- **The ReEnergizer Conference**

November 26

We're on the Web!
www.sltp.info
Information for Parents, Teachers, Students, Administrators Applications * Photos

Early Bird Applications

Delegates to the ReEnergizer Conference are reminded that their packets contained the Early Bird Applications which offer a substantial savings for making an early decision.

The Early Bird Applications are due: **January 10**



SLTP School Survey

Please send us this information as soon as you can. We are compiling data on student services in our area. Send it electronically to: jim@sltp.info or via snail mail to: School Survey 108 Observatory Way Marshfield, MA 02050



Does the school provide email addresses for students?

- Yes
- Yes but limited
- No

Not including sports how many school sponsored activities are there?

- Under 20
- 20-30
- Over 30

What time is first lunch?

- 9:30
- 10:30
- Other _____

When are student elections held (student council, class office)?

- Sept / Oct
- January
- May / June

Are the library and guidance offices open at night?

- Yes
- Yes—one night a week
- No

Are late buses provided for participants in activities?

- Yes
- No
- No buses at all

What time does school start?

- 7:15
- 7:30
- Other _____

Does the school charge an activity fee?

- Yes
- No
- Under consideration

School

Address

Principal's Name

Name

Address

Email