

True Points

a newsletter for the parents of student leaders

May, 2007

Volume 3, Issue 7

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From where I sit By Dr. Jim Fitzgerald, SLTP Director



Being thankful

Being thankful is most difficult during difficult times.

Yet it is exactly when we have the strongest need to be thankful. A thankful list is easy to visit when times are good, and if that is all we use it for then it is most underused.

Each of us have had plenty of people, plenty of events, plenty of things to be thankful for. When times get tough, when life throws us a curve, we need to maximize all of the valuable contributions that have helped us to be who we are.

Visiting a thankful list does not require a ceremony, or candles, or chanting, or sitting in a weird position, all you need is your memory. I visit my list often. And I think that is important. It is important that we make it a habit. Wish lists and second guessing are the ultimate mind traps, and

thankful lists are like a 'get out of jail free card' for your mind.

The lists we all have share a lot of commonalities – they are certainly populated with lots of extraordinary people. Many of whom are family, many are friends, and every now and then, there are some perfect strangers. All of these people left footprints on our minds and spirits. All contributed. Revisiting your thankful list is a way of saying thank you all over again.

When I find myself especially troubled, I will extend my visit to my thankful list to go beyond the people who have shaped my life. I will visit the things and events. Typically it goes something like this:

I am thankful for the difficulties I experienced as a teen; for the tragic illness my father faced with courage and dignity. These experiences became lessons I learned in becoming a

man. Lessons my father was skilled enough to de- brief.

I am thankful for the painful need for accep- tance I had as a teen. The need gave me an under- standing and empathy for others. The experience shaped my ability to give myself away and to demon- strate caring through atten- tiveness and listening.

I am thankful for all of the feelings of inade- quacy that I have felt and do feel all too regularly. Hav- ing felt the pain of failure, I know that the fear of failure is the worst of all human fears – and that knowledge makes me a more under- standing teacher.

I am thankful for all of the self doubt that rages within me, as it presses me to prove myself to myself and it allows me to really empathize with stu- dent leaders.

I am thankful for

Continued on page 2

What is a White Paper?

What is a White Paper?

The term *white paper* is an offshoot of the term *white book*, which is an official publication of a national government. A famous white paper example is the *Winston Churchill White Paper of 1922*, which ad- dressed political conflict in

Palestine.

A white paper typically argues a specific position or solution to a problem. Although white papers take their roots in governmental policy, they have become a common tool used in business to introduce technol- ogy innovations and prod-

ucts.

White papers are powerful tools used to help key deci- sion-makers and influen- cers justify implementing solutions.

Ours is not a research

Continued on page 7

The InterLead rocked! by Sarah Bourbeau, Conference Coordinator

The InterLead rocked. Jim refers to the conference as one of the "milestone moments" for SLTP. How big was it, well he went on to say that the conference proves that SLTP walks its talk. We had nearly 200 students, parents, administrators and their teachers who were joined by community leaders from MA, CT and RI. We experienced "a place at the table" and that experience gave us a level of awareness from where we could all enter into discussions about solutions. We broke into small groups called forums. In those forums, we each struggled with answers to the problem of hatred (racism, homophobia, classism, etc.) in our schools. We looked for REAL solutions -- for today and for tomorrow. We began with what should each of us DO and SAY when we see instances of hatred. All of the forums created a consensus of their best solutions and reported to the general assembly. The SLTP Administrative Board is going to compile these into a "white paper" to distribute to our member schools. And will be available through a link from our website upon its completion. Look for it later this month in a special bulletin newsletter.

The community leaders, administrators, teachers and parents participated in the program side by side with the students. Their attendance made a big difference. We are very proud of what

we did. We know we did not solve the problem, but we all feel better having worked on it. I cannot wait to see the "white paper."

It's not possible to say enough about "a place at the table" either. The presentation is riveting. The content is eye opening, the play is amazing. It is so real. But make no mistake it is NOT about the drama. The real substance of the play is in the processing of the play, and as usual with an SLTP crowd, the debriefing went pretty deep.

And that is when the fun began, Jim split us into 11 small random groups. And we experienced our the forums. A forum is an open yet pointed discussion, it's purpose it to find the best answers to questions that a group can extract from its talent and experience—and then to report those answers to a decision making body.

All of the group reports were gathered and will find their way into a cumulative report that will answer:

- ◆ what should we Do and SAY as individuals and as leaders about the problem of hatred in our schools and communities

The responses went from the general to the specific — as in what to say and do when you SEE and HEAR the hatred.

Following the forums we had a PICNIC — Spring Conferences are the best! After the picnic

we attended two workshops specific to the skillsets necessary to effect the solutions we discussed. The topics were Problem Solving and Consensus building.

InterLead - short for Inter-State Student Leadership Forum - our goal when we established this conference was to attempt to be a forum for the expression of student ideas and opinions on the real issues. And in joining the student voices with the voices of community leadership, we hoped to create a real spirit of activism. It works.

This was a conference that made a statement. It raised awareness as to the seriousness of today's student leaders.

We closed out the InterLead in our traditional closing for the Spring Conference honoring the Student Leaders of the Year and the Lifetime Differencemaker.

Like I said, this conference rocked!

From where I sit continued from page 1

the love given me by my parents. The impossible loss of my father taught me by example of my mother's equal loss and how strong a person can be in the face of the unthinkable. Her dignity, compassion and strength were beyond my comprehension and yet, through her example, I grew.

I am thankful for all of the curiosity I have and for the drive to

learn.

I am thankful for all the willing and wanting students who I have had contact with over the past 30 plus years.

I am thankful for the courage to continue our program, when the only logical thing to do was to bail out 12 years ago.

I am thankful for all the love I have been given, for all the love I

have shared, and for all the love yet to be shared.

And most importantly of all, I am thankful that I learned that love is the answer to all the questions, fears and desires.

Safety Alert! - The choking game

It's also called Fainting, the Pass-Out Game, Knockout, Black-out, or Space Monkey—but it's no game., and it seems to come around every spring.

A growing number of pre-teens are teaching each other how to get high by asphyxiation.

Here are some facts about the Choking Game:

- Kids use ropes, belts, or their hands to choke each other until they pass out, getting a euphoric buzz for a few seconds before regaining consciousness.
- Death most likely occurs when someone tries it alone and loses consciousness before he or she can release the stranglehold. It's estimated that between 400 and 500 kids die from this game each year.
- Brain damage and death can occur as quickly as three minutes after lack of oxygen to the brain.
- Kids who participate are often smart and well-behaved. They try asphyxiation as an alternative to alcohol or drugs because they think it's safer.
- Some signs of this behavior include: marks or bruises on the throat; headaches; blood-shot eyes; belts, leashes, ropes, or shoelaces tied in strange knots or found in unusual locations; disorientation after spending time alone; or locked bedroom doors.

Idea share—Graduation Party Ideas

Not sure what to do for your senior's graduation party? Here are some fun and simple ideas:

- Create rolled up, diploma-style invitations with parchment paper, written with a calligraphy pen.
- Make a time capsule and ask party-goers to bring something memorable from their high school years to contribute.
- Play Pin the Mustache on the Teacher with construction-paper mustaches and a picture of one of your graduate's favorite teachers.
- Attach pictures of graduates to a piece of poster board and ask partygoers to use a permanent marker to sign the board.
- Give each graduate a box and ask everyone to write notes of advice or encouragement, or contribute a fun memory.
- Remember not to load your party with too many activities; teenagers love to spend social time together.

Get involved.—Join us !

Join us. Help SLTP to grow and thrive. Become part of the action. We need help getting the word out . What can you do? Here are some direct action suggestions:

1. Join the Presentation Teams at SLTP information tables at various conferences
2. Join the Welcome Wagon team for our summer conferences to meet and greet the parents dropping off their kids.
3. Join the Facilitation Teams for one or all of the Parent Orientation Programs at the closing of this summer's conferences.
4. Join the Fundraising Teams to seek out in-kind donations from local businesses.
5. Join the Phone Calling Teams to call schools and secure information.
6. Join the Recruiting Teams to present to parent groups.
7. Join the Connections theatrical troupe to present or help stage on of our traveling productions.
8. Apply to join our staff.

What's still available for the summer?

Registrations for all our summer conferences are underway in earnest! There are just over 10 weeks to go before our summer conferences kick off. All of the applications are available on line as pdf files at www.sltp.info

OTS

There is one session which is open to all forms of officer teams – from full cabinets to co-captains – from clubs to classes to student government. (The team requirement is that there must be at least a pair of officers)

July 5-6

LTC

There are four sessions. And there are just over 90 slots available at this point.

July 10-14; July 17-21;
July 31– August 4
and Aug 7-11

ALC

There are four sessions and approximately 26 slots available.

July 11-14; July 18-21;
August 1-4; and Aug 8-11

TLC

There is only one session and there are 2 slots left.

July 11-14

Adviser Certification

There is only one session which is open to all teachers, coaches and collegians and there are 7 slots left.

July 26-27

Leadership in Athletics

There is only one session which is open to secondary and collegiate athletes and their coaches and there are 21 slots left.

July 26-27

The Final mailing to schools

- <http://staff.sltp.info/forms/SchoolMailing07.pdf>
- <http://staff.sltp.info/forms/Generalflyer.pdf>
- <http://staff.sltp.info/forms/LTC07.pdf>
- <http://staff.sltp.info/forms/OTSo7.pdf>
- <http://staff.sltp.info/forms/ALCo7.pdf>
- <http://staff.sltp.info/forms/Advisers07.pdf>

A letter to an English Teacher by Mina Makarious, SLTP Staff

The following is a letter one of our staff has sent to his high school English teacher – it answers the question about where SLTP fits in the lives of our alumni and it is re-printed here to celebrate his graduation from college.

Dear Mrs. Creighton,

It recently hit me that I have finished my third year of college here at Harvard and as such, my brain has been in heavy reflecting mode. My experiences here have been amazing, challenging, and fulfilling. I have learned more than I may ever need to know about some areas of the world

and am aware of just how much more learning I need to do.

I have also been thinking a great deal about my path in life up to this point.

As you might guess, doing that leads my brain into the halls of Uxbridge Hall again and again. There are the teachers, including of course yourself, who I remember believed in me, challenged me to grow, and supported me both academically and personally. There are my classmates, teammates, and friends, the main characters in the stories and times I remember. Finally, there are also the various settings in which my high school life was carried out: Mr. McCourt's room, the tennis courts, and of course a certain well

painted English classroom, But the reason I really chose to write to you today is because of one of the key things that links my successful paths in the high school as well as the enjoyable ones I have wandered unto here, my involvement with the Student Leadership Training Program (SLTP). The summer before my sophomore year of high school (which feels like it was in 1893), I went to SLTP, as did the Lewis twins and Jessa Loomis. Since then, we have remained involved as staff for the program. For me the Student Leadership Training Program has

What is a White Paper? Continued from page 1

driven paper. We offer no statistics. We offer no charts. We present no graphs. We are not presenting the case to prove hatred exists. **We are stating that it exists** and presenting the solutions recommended by a group of leaders.

Ours is more in line with a government style approach. We will be offering educated opinions. This opinion paper is different and unique in that it is a collaborative opinion of student

leaders and community leaders.

It is a leaders opinion paper on what to do and say regarding violence against women.

It does not offer ONE solution -- it offers many.

Kudos go out to Sarah Bourbeau for collating and typing the reports from each of the Forum Groups, to the 16 Forum Facilitators & Recorders, to the alumni and staff who

recruited the legislators and to the AB and staff for editing the White Paper.

As an organization, we should be very proud of this position paper.

"Writing this white paper and presenting to school and community leaders is a milestone for SLTP."

Where is the White Paper?

You will find SLTP's White Paper, **the politics of hate** posted on line as a PDF file.

The white paper will be posted to our WebPages before the end of this month.

The Student Leaders of the Year—2007

Each year we endeavor to celebrate and honor the achievements and involvement of SLTP graduates through the prestigious Student Leader of the Year Awards.

The accomplishments and involvement level of the graduates of SLTP is well known across the country. SLTP Alumni continue to make their mark in their high schools, in their communities and especially at the colleges they choose to attend. This year we had 15 students nominated for the award. Each clearly demonstrates the effectiveness of student leadership and the evidence of that effect was plain to see in their accompanying resumes and testimonial letters.

All were feted at the InterLead Conference in front of their parents, teachers and peers. All received SLTP scholarships and camperships for deserving students back at their school.

We celebrated the nominees:

Sarah Groh—Warwick Vets HS, senior

Danielle Desrosiers—Warwick Vets HS, senior

Jared Katz—St John's Prep, junior

Michaela Tracy—Coventry HS, sophomore

Micaela Relihan—Belchertown HS, senior

Brittany Perro—Northbridge HS, senior

Mary Hogan—Farmington HS, sophomore

Yunna Leshchinskiy—Beaver

Country Day, senior

Gena Ricciardi—Tahanto HS, senior

Sam Pellerin—Burrillville HS— senior

Chris Sullivan—Nipmuc HS, Senior

Liz Clapp—Norwell HS, senior

Alex Schaller—East Greenwich, senior

Doug Williams—Belchertown HS, senior

Farrar Cooper—Beaver Country Day— senior

The finalists were:

Sarah Groh; Danielle Desrosiers; Brittany Perro and Michaela Tracy.

The 2007 Student leader of the Year is:

Sarah Groh

A new opportunity for SLTP Alumni

At a recent meeting of the Administrative Board (the governing committee for SLTP), a proposal to continue to expand the outreach of SLTP through our Grant program.

This summer the students attending SLTP will be given information about one of our most exciting efforts to exercise STUDENT leadership back in their schools and communities.

CASA will once again sponsor the Leadership Action Grant Program.

In a nutshell, this

program is designed to provide funds for a specific project designed by an SLTP graduate.

We all know many ideas for wonderful service projects do not get off the ground because funding cannot be found.

While it will not be possible to fund every idea an SLTP graduate has (at least not yet), we hope to be able to fund several projects this coming Fall..

Details about the program and the grant application process are available on line.

We will have informa-

tion about the grant program included in the camper manuals and Parent Orientation Packets this summer.

The Leadership in Action Grants

Money for activities



The CASA Leadership Action Grant Program has been established to further empower students who graduate from the Student Leadership Training Program by providing the means to engage them as a resource to bring positive community change by supporting their initiative.

Any student who has

completed LTC, ALC or TLC and any adviser who has completed our Adviser Certification Conference is eligible to apply for a grant to fund an action plan of their design.

Proposals should be submitted on the forms provided and must be submitted by September 30. The CASA Administrative Board will select proposals based on the feasibility and community impact. CASA will offer support, advice and various levels of funding to help implement the action plan.

Grant Requirements

- Must be initiated by a graduate of SLTP (LTC, ALC, TLC or Adviser Certification Conference)
- Must be planned and carried out by school aged youth
- Must improve or benefit

the community

- Must have at least one adult supervisor
- Must submit complete grant application by deadline
- Must interview with the Grant Committee
- Must make available a presentation to the SLTP community to discuss the successes and failures

College Prep—Financial Aid

As soon as your teenager is ready to apply to college, it's time to start financial aid planning. But this isn't simply a matter of filling out forms and hoping you get a good response from financial aid officers. These tips may help you to get your future scholar a better deal:

- Make an appointment. Arrange a time for you and your teenager to discuss your application with a financial aid officer, either in person or by phone.
- Do your homework. Make sure

you and your teenager have solid needs-based or merit-based evidence to support your case for a more generous award.

- Review the forms. Keep financial aid officers aware of updates or omissions in your family's finances.
- Cooperate. If your teenager has offers from competing colleges, make this known, without demanding that one college match another.
- Find other decision-makers.

Communicate with the admissions office—they often can negotiate merits-based deals or keep track of openings when other applicants turn down offers.

- Negotiate, the college has made you an offer. Before you accept the offer, ask for more. This is especially true if your teen has an outstanding resume of involvement and personal development.

Parent Orientation Teams

One of the most important services we can provide for our campers is setting the tone for understanding with their parents.

Our Parent Orientation Program which culminates in the SLTP Celebration every Saturday of camp is vital to our campers success. You know

how important it is for a parental support system to be in place.

Each Saturday we endeavor to explain SLTP to the parents. Explaining the happenings of a week of camp in 30 minutes is more than a challenge, but it is also more than a little fun and more than

a little fulfilling.

The most effective presentations have included staffers, alumni and staffer/camper parents.

Join the team and help us to continue this success.

The Parent Orientation Programs

- ⇒ **Session One POP Saturday**
July 14 9:05-10:15 Nichols Dining Hall
- ⇒ **Session Two POP Saturday**
July 21 9:05-10:15 Nichols Dining Hall
- ⇒ **Session Three POP Saturday**
August 4 9:05-10:15 Nichols Dining Hall

- ⇒ **Session Four POP Saturday**
August 11 9:05-10:15 Nichols Dining Hall

*Join us, sign up by emailing George Briggs
(george@sltp.info)
Indicate which week you are committing to attend.*

Newsletter Submissions

SLTP welcomes contributions to our newsletters from our alumni and friends.

Articles should be no longer than 200 words. Each article submitted for publication must address a topic of interest to student leadership. The article must include

a bio of the author - name; address; email address; phone; school; year in school; & SLTP graduation year.

Opinions must be clearly identifies as those of the author.

We reserve the right to edit for length, clarity and

style. We also reserve the right not to publish articles which do not meet the criteria established in our guidelines.

For additional information, please refer to the guidelines posted on sltp.info

Time is running out—DO NOT BE LEFT OUT!



The remainder of the school year is now measured in just double figures, and it is not just the seniors who are doing a count-down. That means that before you know it SLTP will throw open its door to welcome hundreds of kids to the experience of their lifetimes.

Don't be left out!
The sessions are filling up.
If your teen is coming, please get the application in the mail.

Reach out to your friends about their kids. Send in the application now. The applications are starting to roll in, and soon choices may be limited.

If you are thinking about ALC – please keep in mind that there were 175 kids who attended LTC last summer, and there are only 14 spaces left in ALC.

Please don't be left out – and don't let your school go unrepresented.

All of our applications

are available on line as PDF files, and every school in New England received the final packet of applications in the last week. Visit our website for more information or for more applications.

www.sltp.info

A letter to an English teacher continued from page 4

been the place where I learned how to learn. While I cannot deny that I was taught well in high school, I know that my academic success came from the aggressive learning style I picked up at SLTP. Furthermore, this program taught me virtually every leadership skill I know, every organizational skill I know, and was probably the only way that I could have been as active as I was in high school, and still gives me the skills to be an active student leader on a campus where I had assumed I would be the smallest of fishes.

As you can see, and as you might remember, I believe strongly in this program. However, I have hit the frightening realization that I do not know every teenager in Uxbridge anymore. This is where I need your help. For a long time students in Uxbridge have been incorrectly told by some they could not go to elite universities and that they would not be prepared when they got there. I know that you know this is not true. For me, SLTP gave me the confidence to believe this was not true, and other students need to have this confidence too. Unfortunately, less than .5% of all New England high school students attend any

sort of leadership or personal development program at all. While this certainly puts them at an advantage, it deprives other students of the same wonderful opportunity to learn and grow that they have received.

As someone who is in direct contact with students everyday, you have the power to get UHS students to this program. There are virtually no students who cannot benefit from this program. I have had friends on bands, football teams, hockey teams, writing clubs, student councils, political activism clubs, and church groups attend. I have also seen many friends who were completely uninvolved attend and benefit a great deal. I guarantee that if you encourage students to attend this summer, you will see a marked change not just in them, but also in the atmosphere of the school next year.

I am enclosing applications for all of our summer programs with this letter. Also, there's a description of each of the programs available and reminder cards that you can pass out to students and parents. In the past the Student Council and the Police Department (thanks to Chief Creighton actually), have subsidized some of the costs of the program and I would be willing to help lobby them

to do so again if necessary. I would love to talk to you more about the program in person, and suggest you talk to Phil Loomis or Lauren Nutter who are both part of the staff as well.

Finally, I wanted to thank you for being someone I went to for support and encouragement in the past, and hope that you can do the same for the students at the high school now by supporting SLTP.

Sincerely,
Mina Makarious
Uxbridge High School, '02
Harvard University, '06

PS: Instances of poor grammar in this letter do not reflect any inadequacies in my high school English curriculum. These inadequacies are much more likely to have developed in my undergraduate life.

Think about it.

What are the biggest lessons you've learned in life? Did you learn by reading a book? By your favorite lecture? Or by doing something? We suspect it was through something you did, or something that happened to you.

It's the same with growth as a leader. When students directly help someone in need (*putting their words into action*), they grow as an individual and as a leader.

Act now to take a leap into effective leadership. Encourage student leaders to join us at one of the 10 summer conferences in 2006. And besides all the different weeks, there are four different levels of the experience...*all designed to boost individual student's skills and knowledges:*

Be sure to visit <http://www.sltp.info> frequently for updates.

We teach . . .

Leadership **ideals**

Leadership **skills**

Leadership **practices**

For more information or to download applications visit:

[http://
www.sltp.info](http://www.sltp.info)

Our Conferences

Officer Training Seminar

July 5,6

Leadership Training Conferences

July 10-14; 17-21; July 31-Aug4; Aug 7-11

Advanced Leadership Conference

July 11-14; 18-21; Aug. 1-4; 8-11

Leadership in Athletics

July 26-27

Adviser Certification Conference

July 26-27

The Leadership Center

July 11-14

The ReEnergizer

November 24, 2007

Interested in learning how to make a difference?

Want to get more organized?

Need to revitalize your leadership skills?

Join us **this summer** at The Student Leadership Training Program's

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

Leaders walk their talk.

Leadership Training Conferences



where? Nichols College – Dudley, Mass.

when? July 10-14; 17-21; July 31-Aug 1; Aug 7-11

what? leadership skills, ideals and practices, fun, practical and applicable lessons, peer networking

Tuition: only \$360!

For applications or more information Visit: <http://sltp.info>

Conference Highlights:

*Idea sharing ~ Skill building ~ Critical concerns
Essential Skill training ~ Special Theatrical Program ~ Eventology ~ Proactivity ~ Intentionality
DifferenceMakers ~ college scholarship information ~ Portfolio Construction
Staff from all over the country ~ Keynote speaker ~ Comprehensive manual
Three to one student to staff ratio
and much, much more ...*