

COMMON TRAINING

INSTRUCTIONAL GUIDE

SECTION 9

EO C203.01 – RECORD ENTRIES IN A REFLECTIVE JOURNAL

Total Time: 3 x 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Choose one template of questions for reflection from the four located at Annex A and make a copy for each cadet.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An in-class activity was chosen for this lesson to reinforce leadership principles and characteristics and to provoke thought. It also allows the cadets to interact with their peers and share their knowledge, experiences, opinions and feelings about a recent team-building or training activity.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall record entries in a reflective journal.

IMPORTANCE

Reflective thinking and evaluating past performance of tasks through journaling allows cadets to synthesize new knowledge and experiences to prior understanding. Cadets may develop self-awareness and/or recognize positive attributes of leadership that they may wish to integrate into their own personal leadership style.

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Teaching point 1 **Conduct an Activity During Which Cadets Record Their Thoughts on Leadership**

Time: 25 min Method: In-Class Activity

Recording in a reflective journal may encourage cadets to evaluate and analyze experiences they have undergone. It is an opportunity to think about, describe and communicate their impressions on peer interactions.

ACTIVITY

OBJECTIVE

The objective of this activity is for cadets to record their thoughts on leadership they displayed or the leadership they observed on a specific training activity.

RESOURCES

- Handouts of questions for reflection;
- 8.5 x 11 inch paper; and
- Pen/pencil.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Distribute a handout of the chosen template for reflection to each cadet.

2. Based on the last training activity in which the cadet participated (e.g. a field exercise, a community service exercise, a tour, etc.) the cadet must reflect on the leadership qualities and attributes they displayed or observed.

3. Instruct cadets to complete the template to the best of their ability.

4. Templates may be completed using sentences or point form. Mind mapping or drawing may be done on a separate piece of paper.



Cadets may share their journal or work with the class.

There are no right or wrong journal entries when cadets record their thoughts. Put as few restrictions as possible on the journal entries cadets may give during this activity.

If time permits, another template of questions for reflection may be completed.

SAFETY

N/A.

END OF LESSON CONFIRMATION

The cadets' participation in the activity will serve as the confirmation of this lesson.

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CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Recording in a reflective journal, cadets have the opportunity to consider and/or evaluate experiences they have undergone. This may assist them in recognizing leadership qualities, principles and approaches the cadet wishes to incorporate into their own personal leadership style.

INSTRUCTOR NOTES/REMARKS

This EO should follow a significant practical activity such as a tour, a field exercise or EO M203.08 (Participate in Team-Building Activities).

REFERENCES

C0-113 (ISBN 1-882664-12-4) Karnes, F. A. & Bean S. M. (1995). *Leadership for Students: A Practical Guide for Ages 8-18.* Waco, Texas: Prufrock Press.

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TEMPLATES

TEMPLATE No. 1

Leadership Characteristics

Based on the last training activity, list and or describe the leadership characteristics you observed or displayed.

Leadership Characteristics

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TEMPLATE No. 2

Defining Leadership

Based on the last training activity, my definition of leadership is:

Based on the last training activity, my leader's definition of leadership is (what you think your leader would say):

Based on the last training activity, I observed positive leadership when:

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TEMPLATE No. 3

Positive Aspects of Leadership

Based on the last training activity, some positive aspects of leadership I displayed or observed are:

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TEMPLATE No. 4

Leadership Looks Like/Sounds Like/Feels Like

Based on the last training activity, positive leadership that I observed looked like:

_____

_____

_____

Based on the last training activity, positive leadership that I observed sounded like:

_____

_____

_____

Based on the last training activity, positive leadership that I observed felt like:

_____

_____

_____

Based on the last training activity, attributes I observed and wish to incorporate into my own personal leadership style are:

_____

_____

_____

Based on the last training activity, attributes I wish to avoid incorporating into my own personal leadership style are:

_____

_____

_____

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