EO C525.02 – RECOGNIZE INDIVIDUAL BEHAVIOUR DURING AN EXPEDITION

1. **Performance**: Recognize Individual Behaviour During an Expedition

2. **Conditions**:

   a. Given:

      (1) Self study package,

      (2) Supervision, and

      (3) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area suitable to complete the self study package.

3. **Standard**: The cadet shall recognize individual behaviour during an expedition by completing a self study package.

4. **Teaching Points**: Have the cadet complete the self study package, which includes:

   a. examining differences between boys and girls, to include:

      (1) cognitive development,

      (2) emotional development, and

      (3) social development;

   b. examining expedition behaviour, to include:

      (1) fears,

      (2) unknown sights and sounds,

      (3) waste management,

      (4) anxiety, and

      (5) failure; and

   c. analyzing case studies on:

      (1) deception,

      (2) secrecy,

      (3) environmental concerns,

      (4) individual versus group benefit, and

      (5) people's rights.

5. **Time**:

a.	Self Study:	90 min
b.	Total:	90 min

6. **Substantiation**: A self study was chosen for this lesson as it allows the cadet to examine in greater detail individual behaviour during an expedition at their own learning pace. This encourages the cadet to

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become more self-reliant and independent by focusing on their own learning instead of learning directed by the instructor.

7. **References**:

   a. A2-046 B-GA-217-001/PT-001 Department of National Defence. (n.d.). *Down but not out*. Ottawa, ON: Department of National Defence.

   b. C2-009 ISBN 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.

   c. C2-150 ISBN 0-89886-502-6 Graham, J. (1997). *Outdoor leadership: Technique, common sense & self-confidence*. Seattle, WA: The Mountaineers.

   d. C2-152 ISBN 1-898555-09-5 Ogilvie, K. (1993). *Leading and managing groups in the outdoors: New revised edition*. Cumbria, England: The Institute for Outdoor Learning.

   e. C2-156 0-89815-627-0 Meyer, K. (1994). *How to shit in the woods*. Berkley, CA: Ten Speed Press.

   f. C2-250 Leemon, D., & Schimelpfenig, T. (2005). *Risk management for outdoor leaders: A practical guide for managing risk through leadership*. Lander, WY: National Outdoor Leadership School.

   g. C2-258 ISBN 0-7872-9308-3 Hunt, J. S. (1990). *Ethical issues in experiential education*. Dubuque, ID: Kendall / Hunt Publishing Company.

   h. C2-262 Barnett, H., Deak, J., Howard, J. M., Huisman, C., & Wheeler, M. (2003). *Instructor's guide to managing adolescents in the field*. Garrison, NY: Outward Bound, Inc.

   i. C2-265 HowStuffWorks, Inc. (2009). *How fear works*. Retrieved October 27, 2009, from http://health.howstuffworks.com/human-nature/emotions/other/fear.htm

   j. C2-266 McGivney, A. (1999). Looking at night in a whole new light. *Backpacker, 27*, 42–46, 107–108.

   k. C2-267 Willingham, E. (1999). When panic attacks. *Backpacker, 27*, 27–28.

   l. C2-269 Davis-Berman, J., & Berman, D. (2002). Risk and anxiety in adventure programming. *The Journal of Experiential Education, 25*, 305–310.

8. **Training Aids**: Nil.

9. **Learning Aids**:

   a. Self study package, and

   b. Pen / pencil.

10. **Test Details**: Nil.

11. **Remarks**: Nil.

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