

Leadership: Lesson 1

Leadership Skills progress

Complete this worksheet to identify your current leadership skills and strengths, and to set goals for developing new leadership skills and qualities. Remember to consider the skills and qualities discussed earlier in the lesson, as well those that came up in your online quizzes.

My Leadership Skill	How Did I Demonstrate This Skills in Real Life?

Leadership Skill to Develop	Ways to Develop Skill	My Next Steps (e.g. enroll in a course)

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Conflict Resolution Role Play

Use this worksheet begin by brainstorming topics and scenarios for a conflict-resolution role play involving 2-4 people. Being sure to answer the following questions:

- What will the conflict be about?
- Who will be involved?
- What role will each person play (e.g; team leader, team member, team advisor/teacher, conflict mediator)?

Use this chart to list the persons you have in your group and their role and side in the conflict. Remember to write a brief description of the conflict first:

Description of conflict:

Name	Role on/in relation to team	"Side" or concern in conflict

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How was the conflict resolved? Write a brief summary.

Learning from Role Models

How did your STEM leaders and role models develop resilience and overcome barriers to success? Identify the skills and strategies they used. Provide examples of each skill and strategy in actions!

Skill/Strategy	Role Model(s) Who Used It	Example(s) of How They Used It

Personal Resilience Plan

Use these charts below to examine the resilience skills you already have and list those you want to develop. Remember to think about the actual steps you'll be taking to develop these skills/strategies.

Skills and Strategies I already Possess

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Skills and Strategies I Want to Develop:

Skill/Strategy	How it will help me overcome barriers	Steps toward developing this skill/strategy

Ways I can help support other students in overcoming barriers to STEM success

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The Four Steps to Personal Empowerment

STEP 1: Define your goal. Push yourself to do something challenging, and try to make it a SMART goal. Type your goal in this box.

STEP 2: Take Action. Describe the action(s) that you take to achieve your goal here:

STEP 3: Assess your impact. Think about your goal, your actions, and their impacts. Were you successful? If yes, describe your success. If not, describe what happened. What could you do to achieve greater success? How could you avoid pitfalls or overcome challenges if you tried again to reach your goal? Describe your impacts and your reflections on your successes or opportunities for trying again in this box.

STEP 4: Repeat your efforts. If you achieved your goal, describe your next goal for practicing and achieving self-empowerment. If you did not achieve your goal, describe how you will take action to try again.