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## *Course Introduction and Reflection*

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*How has HDF 412 added to your learning and leadership abilities?*

Over the course of the semester I feel that my learning abilities have expanded through the content and assignments that were involved in the course. Not only was able to gain a vast amount of information about *content* of leadership (key theories, approaches, people) I was also able to view the content in a *practical* point of view, as we discussed how, for example, a crucial conversation could be implemented. One thing that always excites me about leadership courses is the ability to make the coursework applicable to daily life and everyday situations. Through comparing the content to actual experiences you are able to connect to the information better, and are able to “explore and learn” on your own (the constructivism philosophy).

In the Critical Thinking model I was able to expand my ability to manage difficult conversations, and know what various different strategies are effective in doing so. In the Inclusive module, I was able to explore different cultural backgrounds through the anthropology portion, and then realize things I can do as a leader to account for these cultural differences, and ultimately how to be inclusive to all. In the final unit, Crisis Leadership, I was able to learn how I would lead in a time of crisis, and what can be done before, during, and after to prevent/mediate/plan for the future.

*What skills and strengths have you developed in HDF 412?*

Through the leadership capstone course I have been able to explore my creative [writing] and research skills, presentation skills, crisis management skills, strategies of inclusion, ways to have “crucial conversations” etc.. I further developed my context strength, as I constantly reflected back on past experiences to try to “make sense” of the content and relate it to my own personal experiences. I also developed my *communication* strength by speaking frequently in class, posing questions when clarification was needed, and in demonstrating them in the Module III Presentation on crisis leadership. I was able to further explore my writing skills when writing the Module I and II assessment, and also my research skills (especially Module II). In the Module II assessment I had to critically analyze a movie for content relating to the Disability Identity Model, that I independently researched. Then I needed to apply my analysis coherently to create a paper that described these connections.

Most importantly, through exploration and involvement with the content, I developed real life skills through this course that will be especially useful in my teaching career, as well as my daily life.