

ADVANCED GOLD WORKSHOP BENCHMARKS

CONFLICT RESOLUTION

- Distinguish between internal and external conflicts
- Recognize actions and behavior within conflict - personal as well as of those with whom one works
- Identify personal behaviors in the resolution of conflict
- Implement strategies to build consensus
- **Win/win**
- Evaluate responses to conflict
- Apply conflict resolution methods to real life school situations

EXPRESS YOUR VOICE

- Explain "voice" as established in the **8th Habit by Stephen Covey**
- Identify talents, needs, passions, and questions of conscience to reveal his or her "voice"
- Develop a presentation on a topic expressing his or her "voice"
- Evaluate and self evaluate presentations
- Apply the presentation upon returning to school

STRESS MANAGEMENT

- Define both real and perceived stress
- Share statistics on websites, articles, and advertisements dealing with stress
- Discuss the physical, emotional, and psychological effects of stress
- Discuss methods of reducing, managing, and coping with stress
- Practice various stress relieving techniques focusing on Guided Imagery

ETHICS AND PRINCIPLES OF LEADERSHIP I

- Define values, moral values ethics, and ethical leadership
- Prioritize personal values
- Identify the role of personal values in influencing decision-making
- Identify ethical behavior in school related situations
- ***Customize a Code of Ethics to the needs and values of any organization***
- Identify strategies to make ethical decisions

ETHICS AND PRINCIPALS OF LEADERSHIP II

- Create an awareness of Maslow's hierarchy of Needs
- Examine the roles of student leaders in creating a "school of belonging"
- Generate activities to meet each of Mallow's 5 needs within the context of improving school climate

COUNCIL SIMULATION

- Function in councils, which utilize parliamentary procedure
- Elect officers and assume the role of that office
- Form standing committees based on the workshop Constitution
- Form ad hoc committees based on the needs of PASC
- Write proposals for activities of the week

SELF ESTEEM

- Realize lasting effects of negative comments on self esteem
- Discuss personal approach to peers with negative and positive comments effecting self esteem
- Share ideas/activities that boost student self esteem school-related
- Write anonymous positive comments to each other
- Discuss personal goal to improve esteem of school environment

BREAKING DOWN THE BARRIERS (CULTURAL DIVERSITY)

- Experience cross cultural differences
- Examine the effects and adaptations of cultural differences
- Recognize sub cultures in the school setting
- Raise awareness of personal perceptions and stereotyping
- Discuss method of changing perceptions