



“BACK TO BASICS” FALL LEADERSHIP RETREAT

Presented By:

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Overview

This September, The CSUCI Leadership Program coordinated its first annual “Back to Basics” Leadership Retreat. The twenty four hour, on-campus, retreat is centered around the concept of a military style basic training. Students are taught leadership concepts such as discipline, delegation, communication, teamwork, professionalism and motivation through engaging in squad activities.

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CSUCI Fall Leadership Retreat

The squads, with rotating leaders, performed competitions including a marching performance, cadence creation and performance, development of a squad name and a flag that represents squad. Squads were called upon to memorize and recite two items on the CSUCI Student Leader’s Personal Code of Honor. At times during the Retreat, the Retreat General called upon individual students in front of the group to recite information, answer questions or speak for their squad.



This group, self-named, “Rosie the Riveter Revolution” won the “Best Overall Squad Award.”

Additionally, a series of sessions were presented during the afternoon that focused on other basics of leadership like recruiting members, time management, running effective meetings and event planning for a diverse audience. Two concurrent sessions were offered in each time block catering to either the new or seasoned leader.



Student Rachael Jordan “checks-in” with Retreat General, Vice President Sawyer.

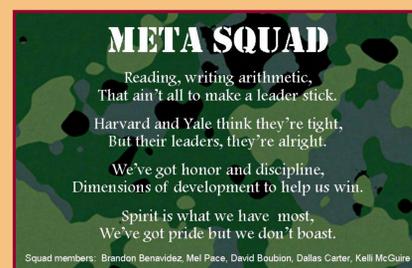
Upon arrival to the retreat, students were required to “check-in” by standing in front of the room at attention and announcing to the group and Retreat General what he or she hoped to gain from the experience. At the conclusion of the retreat, an awards ceremony was held to award squad winners in each category as well as best overall squad. The



This marching practice was followed by a discussion about discipline, team work and self-awareness.

The closing ceremony also provided student leaders with the opportunity to “check-out” by standing similarly in front of the group and announcing whether or not they accomplished their previously stated objective. The Retreat General awarded each attendee with a CSUCI dog tag to recognize their completion of the retreat experience.

Assessment



Winner of “Squad Cadence”

Feedback for this event was incredibly positive and the retreat was visibly impacting for many students. An evaluation of pre and post tests revealed enhanced development in nearly all of the stated learning objectives. The retreat seemed to take students out of their comfort zones by placing them in situations where discipline and teamwork were required. The intensity of the event caused students to become emotional and openly declare their appreciation of the experience.



“I learned so much about myself and leadership. It was probably one of the most difficult and rewarding experiences I’ve ever had. As tired as I was, I didn’t want to leave because I wanted to learn more.” ~ Karin Eggers, Freshman

In December 2006, the “Back to Basics” Leadership Retreat was included as a best practice in the Effective Leadership Programming Strategies published by Extreme Entrepreneurship Education.