

## Week 7- Service and Health

### Materials

Splints/Scarves/Tape

### Energizer- Disabilities

Start Time	3:00
End Time	3:20
Group Size	Full Group
Activity Leaders	

#### *Materials:*

Splints, ties/scarves/tape

#### *Set-Up:*

Give each student a disability using the splints and tape.

#### *Description:*

Each student will be given a disability to live with during the course a relay or activity (missing an arm or leg, unable to speak, see, use their hands, etc.). The activity should be something basic that you would have to do every day.

#### *Desired Outcome:*

Students realize how difficult it is to adapt to a disability like those they are given. They should gain a respect for those with obstacles like them and also practice overcoming novel obstacles that are put before them.

#### *Discussion Questions:*

What was hard about having your disability?

How did you adapt?

What do you think it would be like to have this disability all the time?

## Health Discussion and Presentation

Start Time	3:20
End Time	3:50
Group Size	Mentor groups
Activity Leaders	

*Materials:*

None

*Setup:*

None

*Description:*

Split into mentor groups and pose questions. Alternatively, someone gives a presentation on health issues (Semmie on Active Minds? ) (combine the two?)

*Desired Outcome:*

Students understand that good personal health is a key factor in effective leadership.

*Discussion Questions:*

- In your opinion, what's more important –health or success/productivity? Can you have one without the other?
- What are some examples of physical/mental/emotional/social health problems? Have you faced any of these?
- Which leaders can you think of who've overcome health problems? (historical, familial)
- What could adverse health potentially affect in your life?
- What would you do if you were diagnosed with a debilitating disease (physical or mental)? Think of how you'd deal with one.

## Alumni Service Presentations

Start Time	3:50
End Time	4:30
Group Size	Full Group
Activity Leaders	

*Materials:*

Computer, powerpoint maybe

*Set-Up:*

None

*Description:*

Alumni from the Spring semester of LTI will present on the progress of the projects they started during the Spring, 5min each.

*Desired Outcome:*

Students get an idea about the breadth of service projects they can start and how much work they can accomplish in a few months.

*Discussion Questions:*

None

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