

TEP1010 Cognitive and Psychological Foundations of Effective Leadership

Welcome to Your Semester Adventure in Self Leadership!

This course has been completely redesigned for life in our quarantined world. This semester's theme is Self-Leadership (because you can't lead anyone until you can lead yourself (!), and who better to practice your leadership skills on during quarantine than you?!) The class is completed in teams of 4, (but worry not - there are no graded team assignments!). Together your team will work through themes related to self-leadership like self-discipline (why can't I keep my new year's resolutions?), resilience (how can hard times and failures make me stronger?), and motivation (how can I stay engaged when I don't feel like it?). You'll also embark on 3 wild self-leadership quests that will challenge you to walk your talk in practical ways. I designed this course to be highly challenging, but stress free. It's full of fun activities and deep, meaningful conversations with your classmates to help get you through life off-campus.

Some things to know about this semester's 442/1010:

COURSE CONTENT: THERE ISN'T ANY.

Yes, you read that right.

There is no academic content for you to study, memorize, and regurgitate. Along with each unit I will post links so you can learn the related science if you are keen to, but this class is not so much about leadership as it is about you. **You are the course content**. All semester long you will be investigating ideas that matter to you personally and using those ideas to lead yourself in practical ways to improve your life.

WHAT?? THEN HOW DO YOU TEACH?

...THERE IS NO TEACHING, ONLY LEARNING.

There are no traditional lectures in this course. How could I lecture you about you? All of the learning is experiential. Every class is a workshop that you'll use as a jumping off point for deep self-exploration. You'll learn how to find significant and practical insights about yourself and your leadership through **meaningful conversations, self-exploration and leadership quests**.

My main goal is to make this course practical and deeply meaningful. I work really hard to design "out of the box" classes that will push your thinking about who you are and how you can own your life in powerful ways.

I prioritize fun, always, but especially now during Covid. I want this class to be a fun break in your week, something you look forward to, that surprises you, challenges you, engages new corners of your mind.

THE SYLLABUS

Instructions for each unit will be posted at the beginning of each week.

Unit 1: Welcome. Future-You Is Glad You're Here.

- What is Self leadership and how are we going to master it this semester?

Unit 2: Who You Are Matters

- This is an online group discovery game. (I've played 3 times. It's great!)

Unit 3: Self Efficacy

- True Story: When I first learned about Self Efficacy as a Master's student I was so taken by the concept that I sent fan mail to the prof who coined the term. He wrote me back, "May the self-efficacy force be with you." And after this unit, may it be with you.

Unit 4: Self Discipline

- Why do we break our new year's resolutions? How can we stick with our personal improvement plans? Science can help! (Here's a clue: Think friction.)

Unit 5: Courage

- What does it take to live courageously? In this unit we'll bask in the lives of courageous role models as a jumping off point for thinking about how to be more courageous in our own lives.

Unit 6: Resilience

- Learning from failure, bouncing back, finding strength in adversity. No one gets through life without suffering and challenge. This week we'll identify keys to help us walk an optimal path through hard times.

Unit 7: Self Confidence

- Has Skule derailed your confidence? I've heard that story a thousand times over the years. This week we'll figure out what authentic confidence looks like. You are a superhero and this week's mission is meant to remind you of that.

Unit 8: Motivation

- Meh. What do you do when you're not feeling up to it? We'll learn about the psychology of motivation, in particular how can we stop scrolling through Netflix and feel engaged with life/work/school/ again.

Unit 9: Passion

- How do you discover your passion? How do you pursue it? What difference does it make to live passionately?

Unit 10: Gratitude

- I end every course with a unit on gratitude. We'll begin with a short lesson on the neurochemistry of gratitude and then enjoy our own all-natural-feel-good-chemical-cocktail as we say goodbye to the semester and each other.

ASSIGNMENTS AND GRADE BREAKDOWN

1) Weekly worksheets 30%

- 10 weeks of class, 10 worksheets to complete, 3% each.
- The worksheets are quick, ~15-20 minutes to complete.

2) Leadership Quest Reports 45%

There will be 3 Self-Leadership Quests this semester

3 Quest Reports, 15% each.

3) Meet the Prof 10%

- 2 meetings, 5% each.

This is a freebee as far as grades are concerned. I'll be hosting meetings all semester to help you along with your quests. Each meeting is worth 5%. No prep necessary. All you have to do is show up on time.

4) Your Contribution to the Glorious Gallery of Leadership Quests 15%

Towards the end of the semester we'll share our favourite insights from our leadership quests and celebrate our self leadership achievements and failures!