

## == LOVE ALL OF IT! ==

### LOVE THE STRUGGLE

because it makes you appreciate your accomplishments.

### LOVE CHALLENGES

because they make you stronger.

### LOVE COMPETITION

because it makes you better.

### LOVE NEGATIVE PEOPLE

because they make you more positive.

### LOVE THOSE WHO HAVE HURT YOU

because they teach you forgiveness.

### LOVE FEAR

because it makes you courageous.

The  
Carpenter | *A Story About the Greatest  
Success Strategies of All*

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**Upcoming deadlines, you  
need to remember!**

**March 1<sup>st</sup>:**

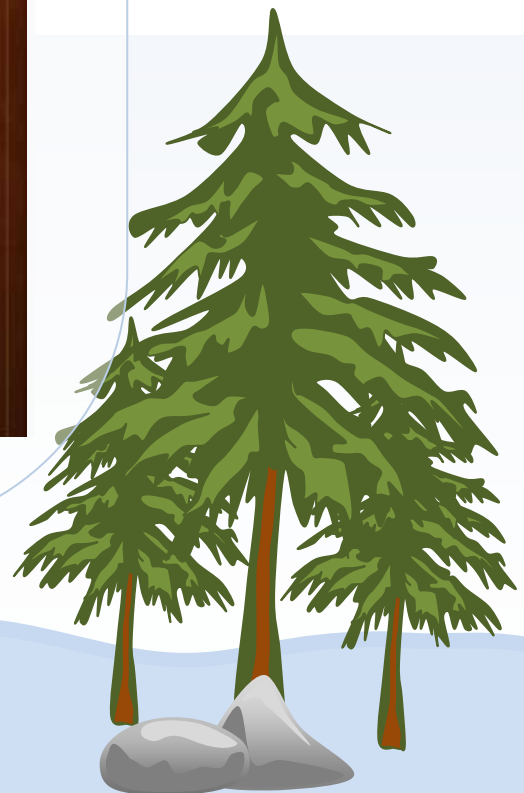
**SDSCA Convention  
Registration: these will not  
be accepted after this  
date!!! Trust me on this!**

**Officer Intent form**

**Outstanding Student  
Council**

**All State Student Council**

**I really do hope lots of  
school attend! Your state  
board has worked hard on  
this great opportunity for  
student leadership!!!**



# FIVE QUALITIES FOR THE PERFECT PRESENTATION

## TIPS

- 1. Good Posture**—Stand up!  
**STRAIGHT AND TALL**
- 2. Effective Gestures**—Use your hands to express your ideas and emotions.
- 3. Eye Contact**—Maintain eye contact with your audience until an idea is complete.
- 4. Voice Inflection and Pitch**—Use your voice to make important points and hold your audience's attention.
- 5. Attitude**—Show emotion and a passion for your topic.



# 5 Daily Habits of Highly Successful Student Leaders

## BIG is Little and Little is BIG

If you want to achieve the *big things* as a student leader — like amazing relationships, accomplishing your organization's goals, and cultivating real impact — then focus on doing the *little things* right day in and day out. By doing the *little things* right day in and day out, the *big things* you want to see happen are practically guaranteed!

Here are 5 *little habits* the most successful leaders practice to achieve their *big results*.

## 5 Daily Habits of Highly Successful Leaders

**Jump-Start Your Day.** Highly successful leaders don't hit the snooze button several times before finally dragging themselves out of bed. They get up early and embrace the day.

**Invest in Yourself.** The most successful leaders invest in their personal development daily. Additionally, they look for ways to supercharge their growth and learning such as listening to personal-development podcasts, joining leadership organizations, and finding positive mentors. Of all the habits successful leaders practice, this might be the most powerful because over time it generates tremendous results.

**Don't Complain.** Leaders are not immune to bad events; bad things happen to all of us. What makes highly successful leaders so successful is not that they don't experience tough times; instead, it's how they handle

tough times. They live and lead with an **E+R=O** mindset. Instead of focusing on the **events** that happen to them, they focus on how to best **respond** to these events. This is why their **outcomes** are often successful even when the events they face are challenging.

**Serve.** Contrary to popular opinion, highly successful leaders do not focus primarily on their position, prestige, or power. They focus on serving because they realize that serving others is what leadership is all about.

**Run at problems and decisions.** Finally, average leaders run **away** from problems and decisions. Successful leaders do the opposite. They run **at** them in order to solve problems, make decisions, and move forward.



# NATIONAL ASSOCIATION for STUDENT ACTIVITIES

ADVOCATES • ADVISORS • ADMINISTRATORS • ALLIES

## 7 Ways to Fight End-of-Yearitis

By Lyn Fiscus

Whether you have a case of it yourself or are dealing with people who have it, most student leaders are familiar with end-of-yearitis. It's the dreaded plague that usually strikes in spring, sapping students of enthusiasm for anything other than summer break. With seniors it takes the extreme form known as senioritis, but students of all grades can be afflicted by it. As a student leader charged with running your student organization, what can you do to overcome end-of-yearitis and keep people interested in participating in activities? Try these tips:

**Plan something new.** Tried and true activities have their place, but when interest is lagging it's time to bring out something new and different. Instead of "ho-hum there's another dance on Friday," spark students' interest with the novelty of an event like a cardboard boat regatta, a walk-in movie on the football field, or a mud volleyball tournament—anything new and different for your school.

**Tie into a current craze.** Years ago, one school got students excited about scoring well on the state standardized test by sending a camera crew through the school halls and sidewalks recording students dressed in crazy attire dancing and waving for the camera, then ended it with the whole student body doing a Harlem shake in the school. What is a current craze that could be incorporated into a fun school activity?

A similar idea is to do a video to show school pride by having students dress in school colors or something that represents an organization or team to which they belong. Have members of groups and teams gather together so when the camera comes by their group can be easily recognized.

**Try a little competition.** A class competition works to get everyone enthused for Homecoming activities, so why not try it at the end of the year? Develop a class competition that incorporates attendance at events and other behavior you want to encourage. For example, count class attendance at some designated events like a performance of a fine art group (orchestra, chorus, band) or a spring sport, add in some noontime competitions, maybe a service project like a canned



food drive, and culminate in an academic pep rally to get everyone fired up for standardized tests. Make the prize something everyone will want, like a class pizza party or an open campus lunch.

**Make events meaningful.** Sometimes students lose interest because things just don't seem to matter, so plan an activity that really makes a difference. Clean up a local park, organize a canned food drive that will get your local food shelter through the summer, host a blood drive, or raise money for a local family that is struggling with hospital bills. Publicize the activity by pointing out how much the effort is needed.

**Take it outside.** Who wants to be cooped up inside on a warm spring day? Try planning a meeting outside. Do it picnic style and have members bring blankets and lawn chairs and maybe even some refreshments. State at the beginning of the meeting that the quicker you can get through the business agenda the more time members will have to relax and enjoy the outdoors at the end.

**Step up publicity efforts.** Don't take it for granted that students know about upcoming events. Get creative with publicity to get the word out and build a buzz for attending your activities. How about a short YouTube video with a funny skit that your members send to their friends? They'll pass it to their friends, and word will spread. If it looks like fun, people will want to join in.

## Boosting Your Own Motivation

What if you are finding your own enthusiasm lagging for things related to school? Try these ways to boost your motivation:

- **Remind yourself why you should do something.**

Sure, it's tempting to want to blow off studying for that quiz tomorrow, but by reminding yourself that you're trying to keep your grades up so you can play football next fall, or qualify for a scholarship, or earn a reward from your parents, you might find the motivation to buckle down to study.

- **Get some exercise.** Physical activity—even

something as simple as taking a walk for 30 minutes—stimulates chemicals in your brain like serotonin, dopamine, and norepinephrine that will leave you feeling happier and more relaxed. It can also help you fall asleep faster and get a better night's rest.

- **Do spring cleaning.** It's hard to focus when your backpack, locker, and study space are a cluttered mess. Take a few minutes to go through them and throw out old papers, accumulated food wrappers, and miscellaneous objects you don't need any more. Giving yourself a fresh start in these areas will help you feel more like tackling assignments.

- **Take a short break.** Although it seems like the opposite of what you should be doing, sometimes taking a short break will bring you back to the task at hand with renewed energy. Set a timer or alarm to call you back to work so the break doesn't turn into an extended session of goofing off.

**Address the problem directly.** If member participation has fallen off, talk to your group about what's happening and encourage people to hang in there to finish the year on a positive note. Remind people why the events were scheduled in the first place. Refer back to your group goals and challenge members to help you finish any that haven't been accomplished yet.

**Offer incentives.** If all else fails, offer a great incentive to tempt people to participate. Purchase or have donated some great door prizes, publicize that people who participate in the event will have a chance at winning, and watch participation soar!

• **Make a playlist of motivating music.** Pick some songs that really get you going and make a playlist to play when you're feeling lazy.

• **Keep your to-do list short.** Keep a list of things you have to get done, but try to keep it to only the essential things that must be accomplished each day. Check things off as you do them to build momentum for finishing the list.

• **Tackle small things first.** Experts often tell you to do the big, most important tasks first and let the little things slide, but sometimes doing one or two small, easy things can get you on a roll that will motivate you to take on the other tasks.

• **Reward yourself for finishing tasks.** Think of something you'll reward yourself with if you succeed in crossing off everything on your to-do list—a yummy dessert, time playing a game, a movie with a friend, whatever. Keep the reward in mind whenever your motivation slips.