

SAMPLE of the Agenda for Rising Star Program

Guest Speakers are Integrated throughout program and the small scale community service project begins by week 2 with completion by week 7 to be ready to present on week 8.

Week 1: Star Exploration

- Introductions
- Do you know yourself? Exploring who you are.
- Understanding yourself
- Your critical self
- Your emotional self
- Your Rational self
- Yourself as a whole
- Affirmations and Visualizations

Week 2: Star Talk

- Effective communication
- The nonverbal message
- Active listening
- Understanding the other's perspective

Week 3: Star Confidence

- Confidence is a leadership quality.
- What do you want to be confident in?
- You gain confidence by doing.

Week 4: Star Practice

- A community based outing to practice communication and to help gain confidence.

Week 5: Star Courage

- Understanding fear
- Fear of failure
- Learning from mistakes
- Fear of rejection or criticism
- Fear of the unknown
- Overcoming fear
- Take Action
- Fear is normal. Do it anyways

Week 6: Star Outlook

- How you react is representative of who you are.
- Who do you want to be?
- How do you want others to view you?

Week 7: Star Practice

- An outing to practice taking action in the face of fear, representing your outlook of who you are or who want to be, communication, and helping to gain confidence.

Week 8: Star Party

- Recap and review
- Present the small scale community service project they worked on