

MSL 101
Leadership and Personal Development
Fall, 2006

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Course Description

MSL 101 introduces you to the personal challenges and competencies that are critical for effective leadership. You will learn how the personal development of life skills such as goal setting, time management, physical fitness, and stress management relate to leadership, officership, and the Army profession.

The focus is on developing basic knowledge and comprehension of Army leadership dimensions while gaining a big picture understanding of the ROTC program, its purpose in the Army, and its advantages for the student.

Learning Objectives

The key objective of this semester is to introduce you to the Army's leadership philosophies and integrate them into your own personal development experiences.

Leadership

- Describe the relationship between leader character and competence
- Identify the sixteen dimensions of the Army Leadership Model

Values and Ethics

- Explain the Warrior Ethos
- List and define the seven Army values

Personal Development

- Define standards for the Army Physical Fitness Test (APFT)
- Write short-term and long-term goals and a personal plan to prepare for APFT
- Define the basic elements of time and stress management

Officership

- Explain the importance of being a model citizen as an Army officer
- React to passing colors, National music, and approaching officers

Tactics and Techniques

- Find on-campus locations by reading a campus map

Requirements

Reading

Student Text

FM 3-25.26 – Map Reading and Land Navigation

AR 600-25 – Salutes, Honors and Visits of Ceremony

FM 670-1 - Wear and Appearance of Uniforms & Insignia

FM 3-21.5 – Drill and Ceremony

FM 22-100 - Army Leadership Be, Know, Do

Class participation

Students are expected to participate actively in learning through critical reflection, inquiry, dialogue, and group interactions. This includes participating in class discussion, sharing personal perspectives and experiences related to principles discussed in class or reading, and working with fellow students to engage in class and lab exercises.

Quizzes

The class is interactive and uses homework and in-class assignments to evaluate learning. Quizzes are used at the Instructor's discretion.

Mid-Term Exam

A mid-term exam will be given to test the levels of learning achieved by students in the first half of the course.

Final Exam

A cumulative final exam will be given to test the levels of learning achieved by students throughout the course of the semester.

Homework/Project Assignments

In addition to reading assignments, you will have three key homework assignments that are graded.

- 1) Time Management – To prepare for lesson 3, you will maintain a log your time for five days and bring it to class. You must create a 'semester assignment' calendar and write two academic and physical fitness goals. After the lesson, you will use a log to track your time for the next three weeks. You are required to identify priorities and write an essay summarizing how effectively you are managing your time.
- 2) Written Assignment – Branch Orientation. You will research a branch of the Army and relate it to the characteristics of a Profession. (1 page essay)
- 3) Health & Fitness Assessment – You will chart your physical fitness and answer questions in essay format. You will use the MyPyramid.com website to log your diet and compare to the Dietary & Nutrient Guidelines. You must write a brief essay describing your strengths and development areas and write SMART goals to improve. Documentation of website use is required.

Evaluation and Grading

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|-----------------------------|-----|
| Class Participation | 10% |
| Time Management Assignment | 10% |
| Mid-Term Exam | 30% |
| Branch Orientation Essay | 10% |
| Health & Fitness Assessment | 10% |

Final Exam 30%

Solid performance in each area of evaluation is necessary to earn a grade of "B". The following grading scale will be used based on 100 points possible:

Check your University Grading Scale

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|--------|---|
| 90-100 | A |
| 80-89 | B |
| 70-79 | C |

Every attempt will be made to offer adequate written assessments in explaining evaluations.
All late papers and assignments will receive a 10% reduction in grade.

Course Design

This class will be conducted in an interactive manner. Everyone will be responsible for contributing to the success of the learning experience. Lectures will be brief and interactive. You will have extensive small group discussions and exercises throughout the class. Time will be given in class to discuss and work on projects and papers.

Collaboration

You are encouraged to work together with the instructor in modifying assignments, suggesting agenda, and raising questions for discussion.

Special Needs

The American with Disabilities Act of 1990 requires universities to provide a "reasonable accommodation" to any individual who advises us of a physical or mental disability. If you have a physical or mental limitation that requires an accommodation or an academic adjustment, please arrange a meeting with me at your earliest convenience.

Office Hours and Appointments

Office Hours are M-F 0900-1700 or by appointment

I will meet with any of you to discuss assignments, issues, or concerns. My schedule is generally flexible and I will schedule a specific time to meet with you beyond office hours, if necessary.

Overview of Sessions

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| Session 1 | Orientation and Introduction | |
| Session 2 | ROTC Rank Structure | |
| Session 3 | Time Management | |
| Session 4 | Orienteering | |
| Session 5 | US Military Customs and Courtesies | |
| Session 6 | Mid-Term Exam | |
| Session 7 | Officership and the Army Profession | <i>Time Management Assignment Due</i> |
| Session 8 | Health & Fitness | |
| Session 9 | Stress Management | <i>Branch Orientation Essay Due</i> |
| Session 10 | Introduction to Warrior Ethos | |
| Session 11 | Introduction to Army Leadership | <i>Health & Fitness Assignment Due</i> |
| Session 12 | Final Exam | |

ROTC Course Labs

Cadets in MSL 101 are not required to attend labs but it is highly encouraged that they participate. Attendance positively affects class participation grades.

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| LAB 1 | <i>Drill and Ceremony</i> |
| LAB 2 | <i>Combat Water Survival Training (CWST)</i> |
| LAB 3 | <i>Map Reading and Land Navigation (Nav)</i> |
| LAB 4 | <i>Map Reading and Land Nav</i> |
| LAB 5 | <i>Battle Drills</i> |
| LAB 6 | <i>Movement Techniques (Individual and Squad)</i> |
| LAB 7 | <i>Squad Tactics</i> |
| LAB 8 | <i>Squad Tactics II</i> |
| LAB 9 | <i>Squad Tactics III</i> |
| LAB 10 | <i>First Aid</i> |
| LAB 11 | <i>Conduct Inspections (PCCs, PCI, & Field Craft)</i> |
| LAB 12 | <i>Commander's Time</i> |