



# XAVIER LEADERSHIP

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## ***Challenge Yourself!***

By: Beth Harvey

Life is full of challenges: challenges to get good grades, to live up to our parents' expectations, to get a good job, to make good decisions, and much more. Some challenges need immediate attention, such as finishing a very important assignment, settling a disagreement between friends, or trying to find a job. Other challenges may continue over a long period, such as getting rid of a bad habit, losing weight, or getting a college degree. Regardless, most challenges generate a sense of tension or stress. This often scares people away from taking on challenges and rising to the opportunities they present.

However, consider what happens when there are no challenges. When there is no tension or stress, nothing to be concerned about, the mind roams free. We go on vacation, eat food, watch movies, and hangout with friends. However, a sense of boredom looms. If people who usually avoid challenges hear this, they laugh; but when there are no challenges in our life, it really starts to become a problem. Without challenges, there is nothing to look forward to, no big mountain to climb. Life becomes predictable. We cannot figure out how to get the zing back in life.

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One solution is to adopt the mindset of challenge by choice. Create challenges for yourself by doing things that you always thought to be difficult or impossible to do. Challenges often generate a sense of tension or stress and are frequently avoided because of it; but when they are achieved, we feel great. Aim to prove yourself as a versatile leader by going outside of your comfort zone and exploring an area that might be difficult or uncomfortable for you. Although the challenge itself may be difficult or uncomfortable, the result is tremendous. Overcoming challenges leads to self-discovery and character development. It is too easy to just stay in the same state of mind time and time again. So, whenever you think you are bored, challenge yourself to do something you have never done before!

### **Challenge Check List**

- ✓ Change for the better
- ✓ Try something new
- ✓ Achieve goals
- ✓ Let go of the things that are holding you back
- ✓ Hold on to what encourages you to be better
- ✓ Know why you believe the things you do
- ✓ Reflect on why you are the way you are
- ✓ Learn more about something that makes you uncomfortable
- ✓ Face reality
- ✓ Admit that you are wrong
- ✓ Strive for more
- ✓ Accept that you will never be perfect (mistakes are ok)
- ✓ Smile always

# STEPPING OUT OF YOUR COMFORT ZONE

BY: Eman Ofori

## **10 Ways to Step Out of Your Comfort Zone**

By: Maureen Murphy

Comfort, which we all seem to enjoy, is a state in which everything remains in the realm of the familiar. Although very soothing, in a state of comfort we observe little or no change and, therefore, little progress. The desire to remain in this zone of comfort is usually bolstered by the fear of the unknown. This fear, however, is almost always greater than the reality of stepping out.

The conscious effort involved in stepping out of my comfort zone was one of great difficulty. I think back to the time of my arrival in the United States, when it finally dawned on me that all that was familiar was left in a distant land, and my future was filled with the unknown. The realization of being stripped of all my past experiences, friends, family, and most importantly my culture, was not one of great comfort. Instead it brought great fear and anxiety. My comfort bubble had burst, and I was obligated to make a conscious effort to get over my fears and step out. I needed to step out confidently into the mysterious land of the unknown, with the hope that, at the very least, I would be able to achieve a spec of what I once had in my homeland.

With zeal and determination, as well as with a little help from family and new friends, I am able to reflect back and give a wink knowing that I am on the right track out of the state of comfort and toward greater personal growth and good citizenry. I invite and challenge you to join me on this progression out of our comfort zones. While comfort may feel nice, it is truly the enemy of an individual's personal development. Take a chance to step out of your comfort zone.



- 1. Take a class that does not initially appeal to you.** Xavier has so many interesting classes to take, why not try something that maybe a bit difficult but certainly interesting. Perhaps Sign Language, Fiber Arts, Movies & Cities, or Symbolic Logic sound interesting?
- 2. Volunteer at a soup kitchen or retirement home.** Doing service not only helps those who are less fortunate, it also helps you learn about yourself and what you value.
- 3. Listen to a new kind of music.** If your play lists are full of only one kind of music, mix it up! Try something completely different, or even listen to a band that isn't that popular.
- 4. Eat lunch with someone you do not know very well.** Invite someone from one of your classes to go to lunch with you and your friends. You could also invite a professor to lunch with you!
- 5. Take a Saturday adventure in downtown Cincinnati.** Take a step out of this little bubble we call Xavier University and take a trip to the Freedom Center, Findlay Market, or just explore Newport!
- 6. Attend a religious service other than your own.** It wouldn't hurt to take a weekend off from 10pm mass to attend a service of another faith. Try the Hindu Temple of Cincinnati or the International Baptist Church.
- 7. Attend a meeting for a club you have never been to before.** Xavier has so many clubs to get involved with. Even if you only go once, you'll learn something new. Give these clubs a try: Happy Hookers (knitting club), College Friends (mentoring club), or Xavier Film Society.
- 8. Go to an ethnic restaurant and try something you've never had before.** Never had Greek food? Try Athenian Restaurant. If you're not into Greek, there's always Shanghai Mama's or Ambar Indian.
- 9. Try a new form of exercise.** OSC has some awesome ways to work out. Try water aerobics, spinning, salsa dancing, or even yoga!
- 10. Attend the International Coffee Hour.** Every Wednesday afternoon from 3:30-4:30 the Romero International Center hosts a coffee hour. Come try new foods and meet international students.

# Leadership Style Assessment

By: Ann Dalton

Adapted from The Personality Compass

## Part I

**Directions:** Read the choices below and choose the word that describes you more often than the other (even though you may have both characteristics). Circle A or B for each grouping of choices and tally your score on the following page.

- |                                          |                                                   |                                            |                                      |
|------------------------------------------|---------------------------------------------------|--------------------------------------------|--------------------------------------|
| 1. A) Confident<br>B) Helpful            | 9. A) Self-Reliant<br>B) Understanding            | 17. A) Fast-Paced<br>B) Easy-going         | 24. A) Independent<br>B) Team player |
| 2. A) Decisive<br>B) Diplomatic          | 10. A) Assertive<br>B) Non-confrontational        | 18. A) Competitive<br>B) Cooperative       | 25. A) Strong-willed<br>B) Tolerant  |
| 3. A) Leader<br>B) Loyal                 | 11. A) Goal-centered<br>B) People-centered        | 19. A) Initiator<br>B) Listener            | 26. A) Determined<br>B) Unselfish    |
| 4. A) Straightforward<br>B) Patient      | 12. A) Results-focused<br>B) Relationship-focused | 20. A) Hardworking<br>B) Friendly          | 27. A) In-charge<br>B) Generous      |
| 5. A) Task-oriented<br>B) Peace-oriented | 13. A) Authoritative<br>B) Considerate            | 21. A) Bold<br>B) Supportive               | 28. A) Productive<br>B) Faithful     |
| 6. A) Self-starter<br>B) Volunteer       | 14. A) Autocratic<br>B) Accommodating             | 22. A) Directive<br>B) Sociable            | 29. A) Opinionated<br>B) Sensitive   |
| 7. A) Challenger<br>B) Mediator          | 15. A) Doer<br>B) Communicator                    | 23. A) Deadline-driven<br>B) Values-driven | 30. A) Tough<br>B) Appreciative      |
| 8. A) Driver<br>B) Pleaser               | 16. A) Achiever<br>B) Caregiver                   |                                            |                                      |

Total A's \_\_\_\_\_  
Mostly A's = North

Total B's \_\_\_\_\_  
Mostly B's = South

## Part II

**Directions:** Read the choices below and choose the word that describes you more often than the other (even though you may have both characteristics). Circle C or D for each grouping of choices and tally your score on the following page.

- |                                           |                                            |                                               |                                    |
|-------------------------------------------|--------------------------------------------|-----------------------------------------------|------------------------------------|
| 1. C) Organized<br>D) Creative            | 9. C) Structured<br>D) Flexible            | 17. C) Quality-centered<br>D) Idea-centered   | 24. C) Cultured<br>D) Enthusiastic |
| 2. C) Logical<br>D) Visionary             | 10. C) Reserved<br>D) Innovative           | 18. C) Planner<br>D) Spontaneous              | 25. C) Focused<br>D) Resourceful   |
| 3. C) Perfectionist<br>D) Free-spirited   | 11. C) Traditional<br>D) Risk-Taker        | 19. C) Factual<br>D) Fun-loving               | 26. C) Analytical<br>D) Cheerful   |
| 4. C) Consistent<br>D) Versatile          | 12. C) Serious<br>D) Humorous              | 20. C) Efficient<br>D) Dreamer                | 27. C) Punctual<br>D) Daring       |
| 5. C) Reliable<br>D) Delegator            | 13. C) Industrious<br>D) Improvising       | 21. C) Persistent<br>D) Imaginative           | 28. C) Cautious<br>D) Open-minded  |
| 6. C) Finisher<br>D) Motivator            | 14. C) Rule-follower<br>D) Option-provider | 22. C) Systematic<br>D) Carefree              | 29. C) Precise<br>D) Inventive     |
| 7. C) Standard-setter<br>D) Coordinator   | 15. C) Persuasive<br>D) Adventurous        | 23. C) Protocol-focused<br>D) Methods-focused | 30. C) Accurate<br>D) Adaptable    |
| 8. C) Double-checker<br>D) Wheeler-dealer | 16. C) Record-keeper<br>D) Trend-setter    |                                               |                                    |

Total C's \_\_\_\_\_  
Mostly C's = East

Total D's \_\_\_\_\_  
Mostly D's = West

Now that you have identified your top two groups of personality strengths, review both lists of characteristics carefully. You will know which of the two clusters of traits is stronger in your nature than the other. Fill that in below as your Dominant Type. Fill in your second strongest nature as your Subdominant Type.

(Note: your dominant nature will always be opposite your weakest type on the Personality Compass).

Dominant Type \_\_\_\_\_

Subdominant Type \_\_\_\_\_

# Leadership Style Results

## North

*"Gets the job done fast"*

- natural leader
- goal-centered
- fast-paced
- task-oriented
- assertive
- decisive
- confident
- determined
- competitive
- independent

## South

*"Expands all horizons"*

- visionary
- natural risk-taker
- idea-centered
- creative
- innovative
- flexible
- spontaneous
- enthusiastic
- free-spirited
- energetic

## West

*"Builds the best teams"*

- natural team player
- process-centered
- slow-paced
- good listener
- non-confrontational
- sensitive
- patient
- understanding
- generous
- helpful

## East

*"Does it right the first time"*

- natural planner
- quality-centered
- analytical
- organized
- logical
- focused
- exact
- perfectionist
- industrious
- structured

## Leadership Profile:

**Dorothy Height**

By: Lydia Powell

On March 12, 1912, one of the most prominent black women in American history was born - Dr. Dorothy Height. Raised in Rankin, Pennsylvania, Dr. Height established herself at an early age as a leader in her school and community. She continued to develop her leadership in her adult life, making a difference in the lives of citizens across America. On her journey, she received her PhD, protested for justice, and led organizations which positively changed civil rights for all citizens of the United States.

Dr. Height was a major advocate for women's rights. At the age of twenty-five, Dr. Height assisted Mary McCleod-Bethune, founder of the National Council of Negro Women, with a program that sought to gain full and equal employment and educational advancement for all women across the nation. Dr. Height would eventually serve as president of this council for forty years. Also at the age of twenty-five, Dr. Height began working with the National Young Women's Christian Association (YWCA) of the United States. Here, she developed leadership training activities for staff and volunteers and programs that promoted interracial and worldwide education. Dr. Height fulfilled the mission of the YWCA better than anyone else at that time, providing equal opportunity for women of all cultures and nationalities.

Dr. Height also had a major role in the Civil Rights Movement of the 1960s. Using her excellent oratorical skills, she created a dialogue called, "Wednesdays in Mississippi". This dialogue brought white and black women from the Northern and Southern parts of America together, promoting interfaith and interracial unity. Dr. Height was very active in advocating civil rights during this time. She worked to prevent lynching, integrated the armed forces, improved the criminal justice system, and established open access to public places.

Dr. Height's work helped countless women all over the world participate in democratic reform resulting in opportunities for themselves, their families, and society as a whole. Being an African-American woman in the 1960s, it was certainly a challenge for Dr. Height to achieve her goals, but she answered her call to that challenge by stepping out of her comfort zone and leading all women to higher heights all over the world. Her legacy continues today and will never be forgotten.



"Greatness is not measured by what a man or woman accomplishes, but by the opposition he or she has overcome to reach his or her goals."  
**Dorothy Height**

# Failures AND Successes

BY: CARRIE GILBERT

I will always remember the day that my high school drama teacher introduced me to a quote that still sits close to my heart. It was a message that I discovered could not only be applied on stage, but in life as well. She quoted the great playwright Samuel Beckett in saying, "Ever tried? Ever failed? No matter. Try again. Fail again. Fail better." To follow, she asked us what the quote meant to us. Always eager to participate, I raised my hand and offered a vague and cheesy answer. It was not until two years later, during my second year at AYF leadership conference, that I came to truly understand and relate to this quote.

My second year of the AYF conference focused on the physical fold of one's life. One aspect of the conference included a sixteen hour hike through the dunes of Michigan. To begin our journey, our leaders gave us maps, compasses and a quick lesson in orienteering. After completing our first task and making it to our first checkpoint, our team set out, with perhaps a little too much confidence, for the second checkpoint. However, after walking for about thirty minutes and finding nothing, we came to the conclusion we were lost. I should probably mention that half of our group was blindfolded. Those of us who had taken the lead and had sight felt the obligation to get our team back on track as quickly as possible.

We created a plan and forged ahead, but we just got more and more lost. Then, one of my team members realized he could hear the beach. After examining the map, we found that if we could reach the beach we could re-orient ourselves and find our way to another checkpoint. Doing this meant accepting defeat and

foregoing the checkpoint we had to set out to find. However, none of that mattered at that point. The most important thing became getting out of the woods and leading our team members safely back to a path. By this point we had lost any remnants of a path and were basically bushwhacking our way through the thick woods.

Once we made it to the beach and figured out where we were, we sat down and took a moment to reflect on the past two hours. As one of the people who was supposed to be leading the way to the checkpoint, I felt my contribution to the group had been worthless. As we processed as a group, we all came to recognize that technically we had failed because we had not reached our checkpoint and had set ourselves back two hours. However, we had efficiently worked together as a team, and we had not become frustrated with each other. We then realized it was necessary to accept failure in regards to reaching that particular checkpoint. We also realized that it was better to accept the failure and get our group out of that situation.

In the grand scheme of the exhausting, wonderful sixteen hour day, the two hours in which we were lost were the best two hours of the day. During this time, we worked together and learned an important lesson about failing: it is not the failure that is important but what you do afterwards that matters. Personally, I came to realize what Beckett's quote had meant. Our failure did not matter because we tried again, we moved on, and we learned to celebrate both our successes and the lessons we learned from our failures. As hard as it can be, I always try to remember this as a leader and in my everyday life.

## **PLT Calendar of Events and Happenings**

October 25th  
November 6th  
November 13th  
November 22nd-26th

PLT hosts the International Coffee Hour  
Emotional Intelligence Workshop  
Asset-Based Leadership Workshop  
Thanksgiving Break



# Just a Note...

\* Keep updated on the Peer Leadership Team ... Join the Xavier Leadership group on the MyXU portal!

\* Feel free to contact PLT at any time. We are always happy to help!

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