

# YOUTHFIRST

The Sports Education and Leadership Program at UNLV

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## ARE YOU A LEADER?

There are so many times when people think, "I can't work now I have a date!" Or, "I can't believe she did that to me, she knew I was next!" Or, "Urgh! I should not have waited so long to do this paper!" If these thought are relatively common to you, you may want to re-think your priorities and begin to wonder, "Am I a leader or a follower?" Not that a follower is bad, as long as you are following the right type of leader. When thinking about whether or not you are a leader there are a few things to keep in mind. According to personality experts at youthleader.org, there are four basic question one must ask

themselves when determining leadership qualities.

Do you embrace Responsibility? This is not just with doing papers for school, either. This is in work, school, and play. Being responsible is a part of becoming more mature and being able to handle more things on your plate than usual.

Communicate and Cooperate? Essentially, can you gain people to work with you rather than against you? When you can work together with people of many different backgrounds and personality types, you may be just what we have in mind for a good leader.

Listen well? This

means not turning the radio up when you are being nagged at. Being a good listener is not just a leadership quality, but a great trait to have in general. When you can really take into consideration other people's thoughts, feeling, and ideas, you begin to relate and gain more knowledge without even knowing it!

Are you first or last in line? Well, everyone wants to be first, but a true leader will be in front no matter where you are standing in line. Make you mark and be a leader!

Check out page 3 and take the leadership test!

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# WOMEN INFLUENCING THE PAST, PRESENT, AND FUTURE

1981—Sandra Day O'Connor becomes the first woman on the U.S. Supreme Court

1983—Dr. Sally Ride becomes the first American woman in space, beginning her ride aboard the space shuttle Challenger, for a 6-day odyssey.

1985—Penny Harrington becomes the first woman chief of police in a major city when she takes over as the head of the Portland, Oregon, Police force. Libby Riddles is the first woman to win the 1,135 mile Iditarod.

1986—Christa Mc Auliffe is the first woman citizen passenger on a space mission.

1987—Aretha Franklin is the first woman to be inducted into the Rock and Roll Hall of Fame.

1991—Gertrude Elion becomes the first woman inducted into the National Inventors Hall of Fame.

1997—Madeleine K. Albright is the first woman Secretary of State and the highest ranking woman in the U.S. Government.

\*\*This information was obtained from the University of Missouri—Kansas City Library

## Quotable Quotes by Women, for Women.

Ladies, we must remind ourselves that the weapon of the vote will be for us, just as it is for man, the only means of obtaining the reforms we desire. As long as we remain excluded from civic life, men will attend to their own interests rather than to ours.

— Hubertine Auclert, France 1879

Women were brought up to believe that men were the answer. They weren't. They weren't even one of the questions.

— Julian Barnes, English Novelist

The dogma of a woman's complete historical subjection to men must be rated as one of the most fantastic myths ever created by the human mind.

— Mary Ritter Beard, in *Woman as a Force in History*

When women are depressed they either eat or go shopping. Men invade another country.

— Elayne Boosler



## THE LEADERSHIP TEST

This test is what you make of it!

If you do not answer honestly,  
then your results will not be true  
to you! Have fun! Good Luck!

1. During class, I ...
  - a. Always pay attention.
  - b. Sometimes pay attention.
  - c. Class? What class?
2. At practice, I ...
  - a. ...am always on time, prepared, and ready to go.
  - b. ...there as soon as I can, forgot my equipment, and I guess I can run a few laps.
  - c. Oh my gosh! Practice was today!
3. When I get home from a game, I...
  - a. ...take a shower, do my homework, get a good night's rest.
  - b. ...change into P.J.'s, find my homework, hopefully fall asleep before I have to get up in the morning...
  - c. I missed the game too! Geez!
4. When I prepare for a game, I...
  - a. Think positive thoughts about myself, team mates, and the opposing team.
  - b. I know that I can do well, but Shirley isn't any good, and I don't know the other team, so who cares!
5. When I join a club, I...
  - a. make it to every meeting, am on time and prepared. Try to get more people involved.
  - b. I go to the meetings, but I sit in the back and rarely speak.
  - c. What is this club's name again?
6. Whenever I have spare time, I usually...
  - a. get a head start on a project or paper. Sometimes, I'll go to the park with friends and practice my game.
  - b. Sleep in. Maybe I'll get to the park later.
  - c. I don't have any spare time because I haven't finished any homework from a week ago!
7. I dislike it when...
  - a. I don't exceed my expectations. I like having a cushion.
  - b. I know I can do better, but why bother.
  - c. my little bro eats all my candy.
8. When I am called on by coach to help gather equipment, I...
  - a. Don't fuss, just do it. We all need to work together.
  - b. Oh man! I did it last time!
  - c. I think I heard my mom call me for dinner, Bye coach!
9. At home, my room is...
  - a. Pretty tidy, an occasional item of clothing or magazine...
  - b. A mess, clothes everywhere, magazines and papers strewn about.
  - c. A new form of bacteria has been discovered in your dirty socks! Congratulations!
10. When a friend comes to me crying, I...
  - a. Listen. I do my best to make her/him feel better.
  - b. Cry on my shoulder, but don't ask for advice.
  - c. Someone get me a paddle, cause Terry is cryin' me a river! Boo Hoo!

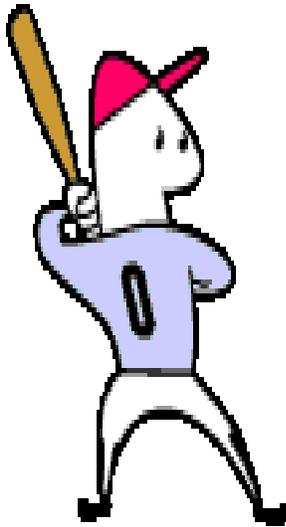
Tally up you score and  
check out your leadership  
abilities on page 4!

● Here are the answers to your Leadership test!

If you answered...

Mostly A's: Leader

Good Job, you are on your way to becoming a leader. Keep going strong and you will benefit in the end.



Mostly B's: You could be a leader, if you tried!

Not bad, you could be a leader if you were not always thinking about yourself. Try giving other people a chance, they may surprise you.

Mostly C's: Living in Bill and Ted's Bogus Journey

Wake up! If you go through your life like this you will never get anywhere because you are going in circles! Try becoming aware of what you want and going for it. The rest will fall into place for you, I hope!

