

LeaderTIPS:

Tools, Ideas, and Possibilities for Success

MAY 2008

ISSUE SIX:

REFLECTION



“Follow effective action with quiet reflection. From the quiet reflection will come even more effective action.”

- Peter F. Drucker

INSIDE THIS ISSUE:

Taking “Me” Time

Rewarding Yourself

Focus

Taking “Me” Time

You’ve heard it before, college is all about opportunities. Especially here at Seattle University, getting involved and taking advantage of those opportunities is something that is stressed from the moment you step on campus, with good reason. Getting involved with coalitions, clubs, committees, and whatever else you may be attracted to, helps you find your passions, connect to your school, and make new friends. However, as students we need to be careful to not get so caught up in all the wonderful opportunities available here that we forget to take some time aside for ourselves. This “me” time is very important to not just your mental peace of mind, but your creative vitality. By setting aside time during the week to take stock of your life and reflect on what you’ve done and have to do, you can reconnect with you goals and priorities.

Rewarding Yourself

“What is it that you like to do?” Asking yourself this question is one matter, acting on it is even better. It is important to reward yourself for your hard work in college by taking the time to go out and engage in activities you enjoy. Whether it is hiking, snow sports, reading, playing card games or something entirely different, taking the time to go do what you enjoy is a very effective way to reflect and center oneself. A good way to phrase this intermixing of work and play is to make sure you have balance in your life.



Focus

Different people define the term “reflection” differently, but almost everyone can agree that it involves focus. Focus is important to reflection because it helps anchor your thoughts in a meaningful direction. It is not that random reflection is unproductive, but rather that by focusing your contemplation on a specific problem or purpose, one can often achieve greater clarity and peace of mind. This helps avoid the disempowering feeling of having wasted hours of time.



SPECIAL POINTS OF INTEREST:

- *Want to eat lunch with a leader? Then sign up for the Lunches with Leader series. For more information on this unique opportunity visit: www.seattleu.edu/leadership. Or to sign up via email contact oxenhand@seattleu.edu.*
- *Let us help you! Order a Leadership Take-Out and one of our well-trained staff members will facilitate a workshop catered specifically to your group. Contact pegam-f@seattleu.edu for all of the details.*
- *Bravo! Leadership Development applauds you. We want to hear about someone you know who exemplifies what it means to be a leader. Go nominate them today at www.seattleu.edu/leadership*

Avoiding Burnout

Burnout. It’s the dreaded fear of college students everywhere, ranging from the average Joe/Jane to the over-involved multi-tasker. How can one make sure they are getting the most out of their college experience while still keeping up with classes and avoiding “burnout” from getting in over one’s head? Here are a few simple, concrete tips to consider on this topic:

- Don’t be afraid to delegate and get others involved
- Help promote and guide others into positions of leadership to spread the burden of responsibility and build trust
- Always keep in mind your motivation for being involved with something and if you feel disconnected from that motivation you may

want to reevaluate your commitment

- Don’t spread yourself too thin over too many organizations

These are only a few general ways to cope with and avoid burnout. Everyone has their own style and limits that are constantly changing. So don’t wait, take the time to think about and find your limits today.

SU SPOTLIGHT:

SEAC’s Modern Masquerade Ball!



The EMP on Friday, May 23rd @ 9 PM – 12:30 AM