



Outdoor Leadership

Pre-course Quiz
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This quiz is based on the 1st edition of *Outdoor Leadership – TECHNIQUE, COMMON SENSE & SELF-CONFIDENCE* by John Graham. It should take a maximum of 2 to 3 hours to complete once you have read the book. These questions will be reviewed as part of the sessions conducted during leadership courses run by Rescue Dynamics. Not all questions or chapters will be reviewed. Be prepared to discuss your answers in class or to lead a discussion on one of the topics. This quiz has been modified to be specific to the ACC for the TNF courses.

Chapter 1 – What is Leadership?

1. In your own words add at least five more items to the list of items that people expect from leaders on Page 11.

Chapter 2 – Attitudes

2. In your own words, list at least three reasons you want to lead trips?

3. List three hard (technical) skills you need to personally practice and three soft skills or attitudes that you need to change or develop in yourself to make you a better leader.

4. In your own words, what do you think is the hardest part of being a leader?

Chapter 3 - Getting Ready

5. List three factors that you feel are essential in getting ready for any ACC club trip.

6. Make a checklist of five important items to ask a potential winter trip participant:

Chapter 4 – Leadership Style

7. *The Metaphor Exercise:* When you’re leading – If you were an animal, what animal would you be? Why?:

8. List the “never-ever” styles:

Chapter 5 – Women in Leadership

9. What do you feel is the biggest challenge for women in leadership roles in the ACC today”

10. Paraphrase the ACC Sexual Harassment Policy:

Chapter 9 – Communicating Effectively

19. List an example from your own life where miscommunication led to a poor outcome (be prepared to discuss the example in class):

20. List an example from your own life where good communication led to a positive outcome (be prepared to discuss the example in class):

Chapter 10 – Courage

21. The amount of courage you need to cope with a situation is proportional to the risks you perceive. This suggests two basic strategies:

22. John Graham suggests the following for *dealing with panic*:

Chapter 13 - Dealing with Stress

26. What do you feel are the most stressful two or three areas of being a trip leader?

Chapter 14 - Organizational Leadership

27. Does your ACC Section have a leadership training and certification scheme? Why or why not?

28. How can your Section enhance the quality of its leaders?
