

# RICOCCHET

An Extreme  Leadership Adventure



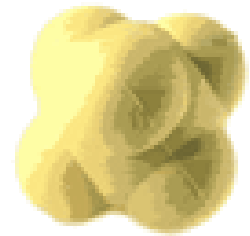
# What is Ricochet?

- An outgrowth of needs identified in NW Iowa for youth leadership development
- A versatile curriculum more than 3 years in the making
- An attempt by ISU Extension staff to purposefully teach leadership in a fun way using research based content



# Why Is It Called “Ricochet”?

- ✓ • “**Ricochet**” means to move around lively and energetically with some level of unpredictability.
- ✓ • Middle school students do much the same!
- ✓ • Leadership opportunities may come the same way too!



# How is it delivered?

- Curriculum for Intermediate County Council
- After school program
- Middle school exploratory curriculum



# Mission

To empower youth to reach their full potential working and learning in partnership with caring adults



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# Positive Youth Development

Positive youth development helps young people become **competent, caring, capable, confident, connected** and **contributing** through a series of progressive learning experiences with caring adults



# Iowa 4-H Youth Development Plan

## Critical Elements:

Progressive series of educational programs and experiences

Multiple life skill outcomes

Connecting youth with caring adults ...over a long period of time



# Iowa 4-H Youth Development Plan

## Critical Elements:

New and underserved audiences

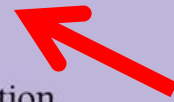
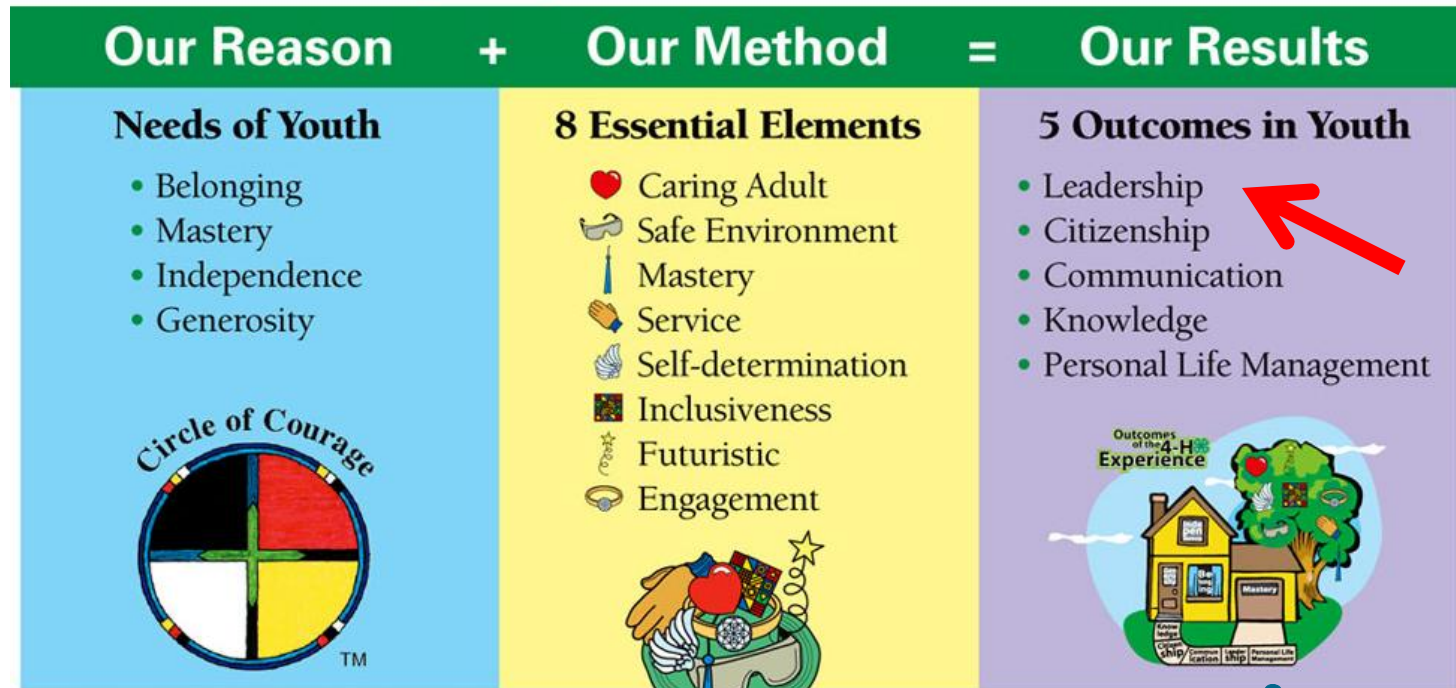
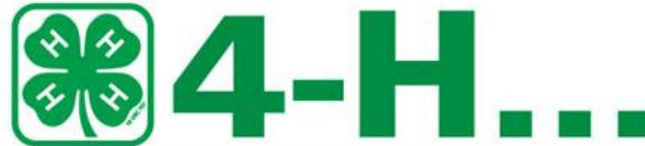
Model youth-adult partnerships

Engage youth in decision-making roles

Community youth development



# Where does leadership fit?



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# Leadership fits here, too!



Life skills help people live productive and successful lives.

Source: Targeting Life Skills Model,  
Pat Hendricks



# 4-H Logic Models



Leadership

Citizenship

Communication



# Connect with 3% Growth Goal

## Recruit new members –

- ✓ • After school or school enrichment  
Share the opportunity to join or create a 4-H club
- ✓ • Start a new leadership 4-H club

## Retain current members –

- ✓ • Use with an intermediate County Council



# What Is “RICOCHET” more specifically?

Middle School Leadership Experience.

Based on research by Fertman & Van Linden: “Youth Leadership: A Guide to Understanding Leadership Development in Adolescents”.

Focus on 5 Dimensions of Leadership:

- 1) Leadership Information
- 2) Leadership Attitudes
- 3) Communication Skills
- 4) Decision Making
- 5) Stress Management



# 3 Stages of Youth Leadership Development

Fertman & van Linden



Interaction

Mastery



Awareness

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# 3 Levels of Ricochet

Ricochet 1: An Extreme Leadership Adventure

Ricochet 2: The Adventure Continues

Ricochet 3: The Final Adventure

These are designed to coincide with the 3 stages of leadership development



# Each level contains:

Leadership Information

Leadership Attitude

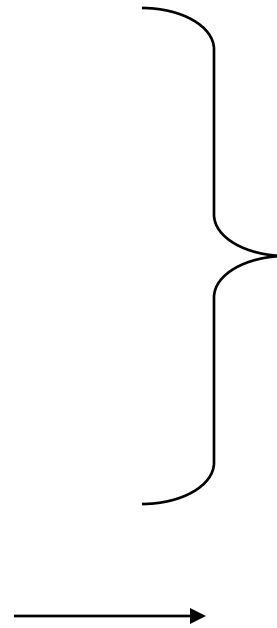
Communication

Decision Making

Stress Management

Leadership Project

Celebration



5 Dimensions

Application



# Curriculum Development

- Examined what Fertman and van Linden's model indicated should be taught at each stage for each dimension.
- Selected objectives we felt we could address.
- Found or developed activities aimed at reaching those objectives.



# Take into consideration this age group

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**Identity Formation**  
**Can be emotional**  
**Independent yet dependent**  
**Desire to fit in**  
**Ready for in-depth learning**  
**Responsible vs. avoidance of  
responsibility**  
**Interested in active games**

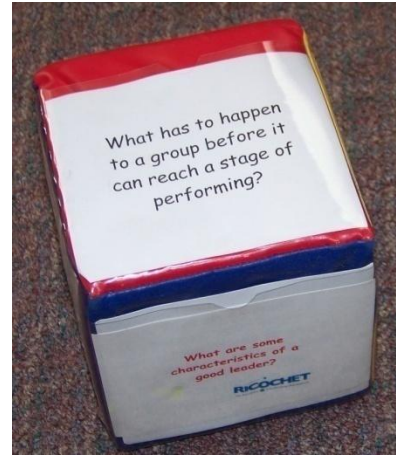
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# Utilized Experiential Learning Model



# Added components

## Fun Reviews



## Journals



# Stage I: Awareness:

## Dimension: Leadership Information

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### Objective

De-mystify leadership & dispel myths and stereotyping of leadership development

Leaders learn by reflecting on their experiences

### Learning experience

Ants on a Log

Gyro Ring

Helium Stick



# Stage I: Awareness

## Dimension: Leadership Attitude

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### Objective

Long term kindness and fairness to peers and themselves within groups is an important aspect of leadership

Show them how to be assertive – its ok to share your thoughts and opinions

### Learning Experience

Galloping Hands



Zoo-sertive



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# Stage I: Awareness

## Dimension: Communication

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### Objective

How communication typically malfunctions

Becoming aware of body language

### Learning Experiences

Tearing Paper  
Interference

Communication Diarrhea



# Stage I: Awareness

## Dimension: Decision Making

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### Objective

Gather information, study alternatives and make good decisions based on careful thought

Discover their values

### Learning Experiences

Warp Speed  
Siamese Feet



Shooting for decisions



# Stage I: Awareness

## Dimension: Stress Management

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### Objectives

Talk about stress involved in process of change

Identify primary causes of stress

Explore ways to relieve stress

### Learning Experiences

Group Juggle

Lycra Tube games

Stress trigger bus ride

Progressive muscle relaxation



# So What Happens in “Ricochet”?

- Youth learn by doing hands-on activities related to the 5 dimensions of leadership development.



- Youth identify, plan and conduct a leadership project.



# Extreme Leadership Activities



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# Extreme Leadership Activities



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# Leadership Project



Making fleece baby blankets and donating to a local teen pregnancy center.



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# Students Visit w/Residents...



# More Leadership Projects



Students  
prepare  
meals for  
“Kids  
Against  
Hunger”  
Project.



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# Heat Sealing Food Packets



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# Ricochet group leads Clover Kid Day Camp



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# Celebration Ceremony



# Ricochet Design Team

**Steph Anderson**

**Lisa Berkland**

**Karen Byers**

**Cheri Hardison**

**Amy Fugelstad**

**Earl McAlexander**

**Jennifer Tabke, previously**

**Special Thanks to Judy Levings!**



# Evaluation

- Results to date
- Instrument for you
- What we'd like back from you



# Results to Date

- Nearly 400 youth reached
- We began with a pre/post test
- Transitioned to a post test
- Gathered instruments from others
- Tested Youth Leadership Life Skills Scale
- Checked some of those questions and others for validity
- Finally have an instrument!



# Results to Date

Some of the things youth have indicated that through RICOCHET they have learned:

- ✓ How to be a leader
- ✓ Anyone can be a leader
- ✓ Being a leader is more difficult than it looks
- ✓ People get stressed by totally different things
- ✓ Leaders need to listen to other's ideas, not just their own
- ✓ Helping the community or world is a lot of fun!







# Results to Date

As a result of participating in RICOCHET, some of what youth have indicated they would do include:

- ✓ • To go do something good for the community
- ✓ • To be a better leader
- ✓ • Help lead my own 4-H group
- ✓ • Get younger people involved with leadership
- ✓ • Use it for the rest of my life



# Instruments for you to use!

-  Assent/Consent Form
-  Pre-test Question
-  Ricochet Youth Leadership Life Skills Scale
-  Evaluation Cover Sheet



# What we'd like from YOU!

- ✓ Use RICOCHET
- ✓ Have youth & parents fill out assent/consent forms
- ✓ Have participants fill out pre-test question
- ✓ After the program, have participants fill out the Modified Leadership Life Skills Scale
- ✓ Fill out the Cover Sheet
- ✓ Send results to Lisa Berkland, Emmet County



- ✓ Watch for Ricochet 2 & 3 Training, Sept. 2009



# How can we support you?

- ✓ • Quarterly brainstorming/problem solving teleconferences?
- ✓ • Statewide volunteer training (like shooting sports)?
- ✓ • Website FAQ's?
- ✓ • Blog?
- ✓ • Other?

