

Finding Meaning Behind Quotes

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Purpose:

The purpose of this intervention is to help students explore different aspects of leadership. Students will be able to create connections between quotes and present development.

Materials Needed:

Wall to display quotes, quotes, scissors, and tape.

Procedures:

1. Prior to student entering the room, post a series of quotes (8-10). This can be done on a white/chalk board, blank wall, or even a table.
2. Ask student their definition of leadership and how that applies to them.
3. Once processed, direct student to quotes around the room and have he/she select three that resonate most. Then proceed to discuss quotes (process section)
4. Then ask the student to choose quotes that represent ideal vision of leadership versus now. Remember to process this as well.
5. If time permits, have student then create their own quote which encompasses their definition of being a leader.

Process Questions and Follow-Up:

It is important that students process as the activity is occurring instead of strictly at the end. Questions should be framed around the following:

1. How was the process of selecting quotes?
2. What makes the selected quotes stand out to you in regards to your leadership?
3. How do you feel as a leader moving forward?
4. Has your vision of leadership shifted in anyway?
5. Did you find this activity to be helpful?
5. Set possible outcome goals for school year in regards to leadership.

Theoretical Rationale and/or Research Base:

This theory is grounded in Reality/Choice theory. Students are challenged to be in the present moment and develop autonomy regarding the future. It is critical for adolescence to hone in their ability to make their own decisions regarding academic success, career choice, and social relationships. This activity promotes choice by giving participants the opportunity to make their own connections and apply that to their current lives.

Limitations:

In selecting quotes, counselor should chose a diverse array. Students should be able to recognize as well as broaden their scope of thinking when participating in this intervention.

Practice Settings:

School Counseling