

VUSC 0200: Self-Leadership

Students will continue to uncover their personal strengths and areas of opportunity through leadership assessments* and learn how to adapt them to self-leadership. Students will celebrate strengths and set goals around their areas of opportunity/weaknesses.

A handful of leadership theories* will also be introduced. Students will begin to understand different approaches to leadership and which style works best for their own self-leadership. Students will work both independently and a team in this class. Each session will include some lecture* followed by a group activity and independent homework.

This is an exciting class because students will be learning more about one another. Throughout the class, everyone will have an opportunity to share about themselves including strengths, weaknesses, goals, hopes and dreams. What are your strengths in leadership? What are areas of leadership that you'd like to work on? What goals do you have? What self-leadership theories work best for you? What did you learn about leaders on campus? What do you want to do in the future?

Discipline: [VUnited Scholars](#)

Clock Hours per Week: 1

Military Price: \$24,543.75