FOUNDATIONS OF LEADERSHIP

Course Expectations • Procedures • Learning Framework

Foundations of Leadership (FOL)
Mrs. Deal | Lexington High School

Email: amanda.deal@lexschools.org
School Phone: (308) 324-4691 | **Ext. 2804**
Plan/Contact Time: 2:40–3:25 p.m.
Feel free to respond to my messages on Talking Points, too!

WELCOME TO FOL!

Starting high school is a big transition. **Foundations of Leadership is here to help make that transition easier.**

This class is designed to help you:

- Build habits that help you succeed in high school
- Learn how to manage stress and challenges
- Become more confident and independent
- Develop communication and leadership skills
- Learn how to work successfully with others
- Prepare for graduation and what comes after high school

You are **not expected to have everything figured out.** This is a place to learn, practice, make mistakes, ask questions, and grow.

SHOW UP • PARTICIPATE • TRY • GROW

WHAT WILL WE DO?

FOL is not a class where you will sit and take notes every day.

We will learn through a variety of activities, including:

Discussion • Reading • Writing • Reflection • Games • Group Activities • Projects • Goal Setting • Teamwork

Some activities will ask you to think about yourself, your choices, your goals, and the kind of person you want to become.

You will never be required to share something deeply personal that you are uncomfortable discussing.

WHAT WILL WE LEARN?

Throughout the semester, we will work on skills that can help you both **in school and outside of school**, including:

- Building positive habits
- Setting goals
- Organization and time management
- Communication
- Decision-making
- Problem-solving
- Managing stress
- Working with others
- Understanding different perspectives
- Leadership
- Personal responsibility
- Preparing for graduation

We will also use readings and activities from a variety of resources, including **The 7 Habits of Highly Effective Teens by Sean Covey** and other leadership and personal-development materials.

BE READY FOR CLASS

Students should be **in their assigned seat when the bell rings** and ready to participate.

Bring the materials we are currently using, including:

✓ **Pencil or pen**
✓ **FOL binder/folder**
✓ **Assigned work or materials**

Most of our work will be completed **together during class**, so using your class time well is important.

OUR CLASSROOM

FOL depends on students feeling comfortable participating.

That means everyone is expected to:

Be present. Give the class and the people around you your attention.

Be respectful. You do not have to agree with everyone, but you do need to treat people with dignity.

Participate. Discussions and activities work better when everyone contributes.

Be responsible. Take care of your work, materials, and responsibilities.

Be supportive. Do not make someone regret participating.

Different opinions are okay. Disrespect is not.

GRADING

Your grade in FOL will reflect your participation in the learning process, completion of class activities, and demonstration of what you have learned.

Grades will be calculated using three PowerSchool categories:

Category	Weight	Includes
Daily Work & Application	**40%**	Class activities, reflections, assignments, vocabulary, and application
Assessments & Projects	**25%**	Projects, assessments, presentations, and demonstrations of learning
Citizenship & Engagement	**35%**	Preparation, participation, engagement, and following classroom/school expectations

The Lexington High School grading scale will be used.

Semester Grade

Quarter 1 – 45%
Quarter 2 – 45%
Semester Exam – 10%

The semester exam is worth 10% of the semester grade according to LHS policy.

ASSIGNMENTS & LATE WORK

Most FOL work will be completed during class, which makes **attendance and participation especially important.**

Assignments turned in late may earn **up to 80% credit for two days after the deadline.**

After two days, the assignment will no longer be accepted unless arrangements have been made with the teacher.

If there is a situation preventing you from completing your work, **communicate with me.**

ABSENCES & MAKEUP WORK

Because FOL includes discussions, activities, and group experiences, some things cannot be completely recreated when you are absent.

If you miss class for any reason:

Come see me. Find out what you missed. Make a plan.

Students are responsible for completing missed assignments, quizzes, tests, or activities.

Makeup work should normally be completed within **two school days** unless other arrangements have been made.

TECHNOLOGY & SCHOOL POLICIES

All Lexington High School policies regarding **cell phones, iPads, earbuds/headphones, dress code, attendance, and student behavior** will be followed in this classroom.

Technology will be used when it helps us learn. If we do not need it for the activity, it should remain put away.

THE BOTTOM LINE

FOL is about helping you become more successful—not just as a student, but as a person.

You don't have to be the loudest person in the room to be a leader.

You don't have to have everything figured out.

You don't have to be perfect.

You **do** need to:

SHOW UP • PARTICIPATE • BE RESPECTFUL

TAKE RESPONSIBILITY • ASK FOR HELP • KEEP GROWING

High school will bring challenges, successes, mistakes, changes, and opportunities.

The goal of FOL is to give you tools to handle all of them.
