

## Unit 2: Leadership Education and Training (LET) 2 – Developing Leader

Unit 2: Leadership Education and Training (LET) 2 – Developing Leader builds upon the mastery of LET 1 skills and abilities, providing Cadets with new and more challenging opportunities in leadership development. There are 24 active-learning lessons within eight chapters. The chapters are:

Chapter 1: Leadership introduces Cadets to the elements of leadership, encouraging the analysis of personal leadership attributes and their relationship to program goals. As well, Cadets examine their own leadership competencies and style and the role they play in teams.

Chapter 2: Personal Growth and Behaviors focuses on the communication. Good leaders are effective communicators. Writing, listening, and speaking are essential outcomes in this learning module. Communication also supports personal confidence and Cadets will begin to see how their strengths relate to their vocational interests and begin to explore post-secondary options. Finally, Cadets examine the role ethics plays in leadership and how core values effect their personal code of conduct.

Chapter 3: Team Building introduces new challenges and opportunities for team and squad drill leaders. As leadership develops, so does discipline and team building, demonstrated regularly in drill and ceremony activities.

Chapter 4: First Aid exposes Cadets to the citizen's role in helping others during an emergency. This learning module helps Cadets identify emergency situations and the universal precautions to address them. Additionally, Cadets will explain first aid response to common and severe emergencies.

Chapter 5: Decision Making uses the model for making good choices and decisions to situations that involve bullying and violence. Cadet leaders take a stance against bullying and encourage others to make those same good choices.

Chapter 6: Health and Fitness focuses on nutrition, body image, and the elements of good health. In this learning module, Cadets use decision-making and goal setting in their plans for life-long health. Cadets strive for physical fitness goals through Cadet Challenge and regular program exercise, as possible.

Chapter 7: Service Learning provides LET 2 Cadets an opportunity to participate, but also evaluate the effectiveness of a service learning project. Participating in after action reviews with teams and making decisions toward continuous improvement of service to others are hallmarks of this unit.

Chapter 8: Citizenship and Government introduces Cadets to the purpose of government and the role of the U.S. Constitution on democracy and the rights of its citizens.

**Chapter 1: Leadership**

<b>Lesson</b>	<b>Competency</b>	<b>Objectives</b>	<b>Class Hours</b>	<b>Rec. Lab Hours</b>
U2C1L1: Elements of Leadership	Identify the elements of leadership  <b><u>NEW</u></b>	<ul style="list-style-type: none"> <li>• Identify leadership opportunities in JROTC</li> <li>• Explain how perspectives on leadership have changed over time</li> <li>• Define leadership</li> <li>• Describe the Army Leadership Model</li> </ul>	2	
U2C1L2: Leadership Attributes	Analyze your leadership attributes  <b><u>NEW</u></b>	<ul style="list-style-type: none"> <li>• Describe the leadership attribute of character</li> <li>• Describe the leadership attribute of presence</li> <li>• Describe the leadership attribute of intellect</li> <li>• Analyze how character, presence, and intellect affect</li> </ul>	4	

		leadership		
U2C1L3: Leadership Competencies	Analyze your leadership competencies  <b><u>NEW</u></b>	<ul style="list-style-type: none"> <li>• Describe the competencies involved in leading your team</li> <li>• Describe the competencies involved in developing your team members</li> <li>• Describe the competencies involved in achieving results for your team</li> <li>• Analyze how leadership competencies impact goals</li> </ul>	4	
U2C1L4: Leadership Styles	Apply appropriate leadership styles  <b><u>NEW</u></b>	<ul style="list-style-type: none"> <li>• Describe how to identify the willingness and readiness of team members</li> <li>• Identify three different styles of leadership</li> <li>• Choose the most effective leadership style for various situations</li> </ul>	2	

**Chapter 2: Personal Growth and Behaviors**

<p>U2C2L1: Becoming a Better Communicator</p>	<p>Develop your communication skills</p> <p><b>Repurposed</b>  <i>U3C4L2: Use active listening skills</i>  <i>U3C4L1: Demonstrate how the communication process affects interaction between individuals</i>  <i>U3C4L3: Analyze how you communicate in group situations</i></p>	<ul style="list-style-type: none"> <li>• Compare verbal and nonverbal means of communication</li> <li>• Identify the steps of effective communication</li> <li>• Relate how the process of listening is essential to good communication</li> <li>• Distinguish among the types of listening</li> <li>• Identify barriers that prevent effective listening</li> <li>• Explain the types of roles individuals play in a group</li> <li>• Identify how roles in a group affect communication</li> </ul>	<p>5</p>	<p>2</p>
<p>U2C2L2: Becoming a Better Writer</p>	<p>Improve your writing skills</p> <p><b>Repurposed</b>  <i>U3C6L1: Develop a plan to improve writing skills</i></p>	<ul style="list-style-type: none"> <li>• Identify various reasons for writing</li> <li>• Distinguish among the principles of good writing</li> <li>• Confirm the basics of writing</li> <li>• Explore the common pitfalls and mistakes in writing</li> </ul>	<p>4</p>	
<p>U2C2L3: Delivering Your Speech</p>	<p>Deliver a speech that you wrote</p> <p><b>Repurposed</b>  <i>U3C6L2: Develop a speech</i>  <i>U3C6L3: Present a Speech</i></p>	<ul style="list-style-type: none"> <li>• Compare the various types of speeches</li> <li>• Analyze the purpose and audience for a speech</li> <li>• Relate the elements of effective writing to speech writing</li> <li>• Develop coping strategies for stressful speaking situations</li> <li>• Identify ways to improve speaking skills</li> </ul>	<p>6</p>	<p>5</p>
<p>U2C2L4: Career Considerations</p>	<p>Analyze career possibilities and requirements</p> <p><b>Repurposed</b>  <i>U1C2L2: Relate the role of the Active Army to the United States Army</i></p>	<ul style="list-style-type: none"> <li>• Distinguish between a job and a career</li> <li>• Examine the various types of jobs that interest you</li> <li>• Explore various Career Pathways</li> <li>• Associate your interests and aptitudes to a career path</li> <li>• Examine career opportunities provided by the U.S. Military</li> <li>• Distinguish between various post-secondary education options</li> </ul>	<p>5</p>	

	<p><i>U1C2L3: Distinguish among the reserve components of the United States Army</i></p> <p><i>U1C2L4: Explore the purpose and structure of the United States Navy</i></p> <p><i>U1C2L5: Explore the purpose and structure of the United States Air Force</i></p> <p><i>U1C2L6: Explore the purpose and structure of the United States Marine Corps</i></p> <p><i>U1C2L7: Explore the purpose and structure of the Coast Guard and Merchant Marine</i></p> <p><i>U1C2L8: Explore the purpose and structure of the Peace Corps</i></p> <p><i>U1C2L9: Explore the purpose and structure of the AmeriCorps</i></p> <p><i>U3C9L3: Relate the military to your career goals</i></p>			
U2C2L5: Ethical Concepts and You	<p>Relate ethical concepts to your personal code of conduct</p> <p><b>Repurposed</b></p> <p><i>U3C10L4: Apply the rules of etiquette to your role as a Cadet</i></p>	<ul style="list-style-type: none"> <li>• Relate ethics to personal standards</li> <li>• Examine how ethical qualities affect leadership</li> <li>• Explore the types of values</li> <li>• Compare the core values of the U.S. Military Services</li> </ul>	3	
<b>Chapter 3: Team Building</b>				
U2C3L1: Team Member Qualities	<p>Assess your personal qualities as a team member</p> <p><b>Repurposed</b></p> <p><i>U2C4L7: Assess personal qualities as a team member</i></p>	<ul style="list-style-type: none"> <li>• Describe the characteristics of individual responsibility, followership, and teamwork</li> <li>• Describe the responsibilities of a team leader and the leadership factors that affect teamwork</li> <li>• Describe the three stages of team building</li> </ul>	3	5

U2C3L2: Drill Leader Skills and Responsibilities	<p>Demonstrate the skills and responsibilities of a good drill leader</p> <p><b>Repurposed</b>  <i>U2C2L3: Demonstrate the skills and responsibilities of a good drill leader</i>  <i>U2C2L2: Demonstrate effectual command voice in drill</i></p>	<ul style="list-style-type: none"> <li>Describe the preparation a drill leader takes before a drill</li> <li>Identify five attributes of a capable drill leader</li> <li>Identify the types of drill commands</li> </ul>	2	5
U2C3L3: Taking Charge: Leadership Responsibilities	<p>Illustrate the duties of a team leader or squad leader</p> <p><b>Repurposed</b>  <i>U2C5L2: Perform the duties of a team leaders, squad leader, platoon sergeant, or platoon leader</i></p>	<ul style="list-style-type: none"> <li>Describe the duties and responsibilities of the team and squad leader positions within a platoon</li> <li>Explain the four steps leaders should use when assuming a new leadership position</li> <li>Demonstrate the responsibilities of a team leader and squad leader</li> </ul>	2	5
<b>Chapter 4: First Aid</b>				
U2C4L1: First Aid Emergencies	<p>Assess first aid emergencies</p> <p><b>Repurposed</b>  <i>U4C2L1: Assess first aid situations</i></p>	<ul style="list-style-type: none"> <li>Identify ways to prepare for an emergency</li> <li>Describe universal precautions</li> <li>Explain the four emergency guidelines</li> <li>Explain the sequence for evaluating an injured person</li> </ul>	2	
U2C4L2: First Aid for Common Injuries	<p>Explain how to respond to common injuries</p> <p><b>NEW</b></p>	<ul style="list-style-type: none"> <li>Describe how to treat minor cuts</li> <li>Describe how to treat and prevent insect bites</li> <li>Describe how to treat animal bites</li> <li>Describe how to treat minor burns</li> <li>Describe how to remove a foreign object in the eye</li> <li>Describe how to stop a nosebleed</li> <li>Describe how to help someone who has fainted</li> <li>Identify injuries that may require medical attention</li> </ul>	2	

U2C4L3: Severe Emergencies	Describe first aid for severe emergencies  <b>Repurposed</b> <i>U4C2L3: Demonstrate first aid procedures for bleeding victims</i>	<ul style="list-style-type: none"> <li>Identify the symptoms of choking, severe bleeding, heart attack, stroke, and shock</li> <li>Describe first aid for choking</li> <li>Describe first aid for severe bleeding</li> <li>Explain when CPR and/or an AED should be used</li> <li>Describe how to perform chest-only CPR</li> <li>Describe first aid for a heart attack</li> <li>Describe first aid for a stroke</li> <li>Describe first aid for shock</li> </ul>	2	
<b>Chapter 5: Decision Making</b>				
U2C5L1: Bullying	Evaluate methods to protect yourself and others from bullying  <b>NEW</b>	<ul style="list-style-type: none"> <li>Describe three types of bullying</li> <li>Explain how cyberbullying is different from other types of bullying</li> <li>Identify risk factors for bullying</li> <li>Explain strategies for dealing with bullying</li> <li>Describe the effects of bullying</li> </ul>	3	
U2C5L2: Preventing Violence	Apply strategies to prevent violence  <b>Repurposed</b>	<ul style="list-style-type: none"> <li>Examine the problem of violence in our society</li> <li>Identify ways to prevent violence in schools</li> </ul>	2	
	<i>U3C7L4: Apply strategies to prevent violence</i>	<ul style="list-style-type: none"> <li>Identify risk factors for teen violence</li> <li>Describe strategies for preventing violence</li> </ul>		
<b>Chapter 6: Health and Fitness</b>				
U2C6L1: Elements of Health	Examine the elements of health  <b>Repurposed</b> <i>U4C1L3: Develop a plan to improve your whole health</i>	<ul style="list-style-type: none"> <li>Identify the elements of health</li> <li>Describe how what you eat impacts health</li> <li>Describe how exercise impacts health</li> <li>Identify how stress impacts overall health</li> <li>Identify causes for lack of sleep</li> <li>Explain how lack of sleep affects the brain</li> <li>Identify unsafe behaviors</li> </ul>	2	

U2C6L2: Benefits of Physical Activity	Develop ways to increase your fitness level  <b>Repurposed</b> <i>U4C1L1: Develop a personal exercise program</i>	<ul style="list-style-type: none"> <li>Identify the benefits of exercise</li> <li>Describe ways to increase your fitness level</li> <li>Examine methods for increasing aerobic capacity, strength and endurance, and flexibility</li> <li>Create a plan to set and achieve personal fitness goals</li> <li>Explore methods to monitor your fitness progress</li> </ul>	3	
U2C6L3: Nutrition	Develop a personal nutritional plan to promote health  <b>Repurposed</b> <i>U4C1L4: Discover the nutritional needs necessary for your optimum health</i>	<ul style="list-style-type: none"> <li>Identify common influences on food choices</li> <li>Describe how the body uses the six types of nutrients</li> <li>Explain how substances added to foods, such as fats, sugars, and sodium, can impact your health</li> <li>Explain how to read food labels</li> <li>Identify key factors in making healthy food choices</li> <li>Explain how eating right and exercising can impact your health</li> </ul>	4	
U2C6L4: Body Image	Examine how body image, eating, and physical activity affect whole health  <b>NEW</b>	<ul style="list-style-type: none"> <li>Define body image</li> <li>Describe how to measure body composition</li> <li>Compare the factors that influence overweight and underweight people</li> <li>Explain how to balance exercise and calories for an appropriate weight</li> <li>Describe the symptoms of eating disorders</li> </ul>	3	
<b>Chapter 7: Service Learning</b>				
U2C7L1: Evaluating a Service Learning Project	Evaluate the effectiveness of a service learning project <b>Repurposed</b> <i>U3C8L3: Evaluate the effectiveness of a service learning project</i>	<ul style="list-style-type: none"> <li>Describe a service learning experience using the four-quadrant model</li> <li>Identify the three stages of the after action review</li> <li>Identify three types of service</li> </ul>	2	10
<b>Chapter 8: Citizenship and Government</b>				
U2C8L1: Our American Government	Evaluate the important elements of our democratic government	<ul style="list-style-type: none"> <li>Explain the need for government</li> </ul>	3	

	<b><u>NEW</u></b>	<ul style="list-style-type: none"> <li>• Identify the principles of American democracy</li> <li>• Explain how the U.S. Constitution provides the basis for our government</li> <li>• Compare the roles of the executive, legislative, and judicial branches of government</li> <li>• Explain how the Constitution can change over time</li> <li>• Describe the different ways the Constitution is interpreted</li> </ul>		
U2C8L2: Rights of Citizens	Analyze the rights of U.S. citizens  <b><u>Repurposed</u></b> <i>U6C4L2: Examine the reasons behind the development of the Bill of Rights</i>	<ul style="list-style-type: none"> <li>• Explain how a person becomes a U.S. citizen</li> <li>• Compare the rights of U.S. citizens to the rights of legal and illegal immigrants</li> <li>• Identify the amendments in the Bill of Rights</li> <li>• Explain how the Bill of Rights contributes to a free society</li> <li>• Identify changes made to the Constitution to protect the voting rights of all American citizens</li> </ul>	3	
<b>LET 2 Cadet Challenge</b>				
U2C0L0: LET 2 Cadet Challenge				10
<b>Total Lessons: 24</b>		<b>Total Contact Hours</b>	<b>73</b>	<b>42</b>