



LEADERS *empowered* HERE.



**HOBY**

MARYLAND

**June 9-12, 2022**

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*This Workbook belongs to Ambassador*



*Group #\_\_*



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# Welcome, HOBY Ambassadors!

Hey HOBY!

On behalf of the entire Maryland Hugh O'Brian Youth Leadership Volunteer Committee, I am pleased to welcome you to our annual leadership seminar!

This year's seminar — **our first one to return to in-person since 2019** — is taking place against a backdrop of numerous difficult situations that our world is facing. There has never been a better time to seriously think about the boundless potential that **YOU** have, which we hope you will tap into as you play a part in the solutions to the problems we face today.

**You were selected to attend HOBY because others see something wonderful in you.** You have been identified as having a natural capacity to lead. At HOBY, our goal is for you to realize the power that you have in leadership, so that you can show the world what you will do with it. We will not provide you with all the answers; we want you to think for yourself. Take advantage of this opportunity to question your thoughts, share your ideas with others, and connect with nearly 200 other HOBY Ambassadors as you explore your own path in leadership.

While our volunteers and speakers will contribute greatly to the success of the seminar, the biggest contributing factor will be **YOU** — your attitude, your willingness to go beyond your past beliefs and behaviors, your participation, and what you will give to each other. Open yourself to the variety of perspectives from people around you. Learn from one another and discover the unique contribution you can make. **Continually ask yourself — how can I make a difference in my community, my state, my country and the world?** Use this opportunity to start answering that question. Approach this weekend with enthusiasm and you will not be disappointed.

We hope you will enjoy yourself, and apply what you learn from this weekend to your own life. On Sunday, you will become HOBY Alumni. You will join thousands of young people that have come before you in this unique and honored title. **I believe that each of you have not only the ability, but also a responsibility to be a leader and make a positive difference wherever you go.**

Congratulations! This weekend, and the life that follows, will be what you make it...and you can make it outstanding!

HOBY Hugs,



**Andrew Desrochers**  
2022 Maryland Leadership Seminar Chair  
2011 HOBY Maryland Alumnus





# Welcome from the Board of Trustees

Welcome 2022 HOBY Ambassadors!

On behalf of the Maryland Board of Directors Trustees, Maryland Leadership Seminar Foundation, Inc., it is my pleasure to welcome you to our 43rd annual seminar. We hope these four days will provide a significant positive impact on your skills and help you continue to be active citizens in your communities. Listen to and don't be afraid to ask questions; actively participate in the discussion groups; engage with others and put yourself out there. **Knowledge, the ability to seek it and the experiences it expands, will shape your future.** As outstanding young adults, knowledge offers opportunities for decision-making in the arts, industry, science, education, and government that will affect not only yourselves but others.

HOBY is just one step in a continuing process towards recognizing and fulfilling your goals. It takes a step forward to succeed. You have to decide on the actions you will take. Will I try a little harder? Should I help that friend? Do I reach for that goal?

More than 20 years ago, I was in your position. As the Ambassador from Rockville High School, I thought I knew the path I was on; then HOBY changed my life. In the time since, I have grown exponentially as a leader, mentoring others and working with so many of the volunteers you will meet this weekend to shape their own HOBY experiences. Since 1996 I haven't missed HOBY Maryland weekend once. **Why do I, and others, keep coming back?** To help shape the next class of Ambassadors, and so that when it comes time for you to serve, you too will rise to the challenge.

Enjoy your weekend with HOBY. Get to know the all-volunteer committee and the Ambassadors from our 23 counties and Baltimore City. Cherish your new friends and continue to think, dream, and act on your goals. **You are Maryland's future!**

Sincerely, with HOBY Hugs,



**Aaron M. Bernstein**  
President  
2022 HOBY MD Board of Trustees  
1996 HOBY Maryland Alumnus



# The HOBY Story

In the summer of 1958, Hugh O'Brian received the invitation that would change his life forever. At the time, O'Brian had already made a name for himself as an actor portraying the legendary lawman Wyatt Earp on television and appearing in numerous films. When he received a cable from Dr. Albert Schweitzer welcoming him to French Equatorial Africa for a visit, he did not hesitate to accept. O'Brian had long admired the German doctor-missionary-theologian-musician, and within two weeks he arrived at Dr. Schweitzer's remote hospital complex in Africa. During his visit, O'Brian spent his days assisting the volunteers in the hospital and his nights with Dr. Schweitzer discussing global peace and world politics. During their discussions, Dr. Schweitzer told O'Brian that he felt "The most important thing in education is to teach young people to think for themselves," which O'Brian would never forget.

After an inspiring nine days, O'Brian prepared to return to America. Before saying goodbye, Dr. Schweitzer took O'Brian's hand and asked, "**Hugh, what are you going to do with this?**" It was these words combined with his unforgettable visit that compelled Hugh O'Brian to form Hugh O'Brian Youth Leadership (HOBY).

Two weeks after returning from his 1958 visit to Africa, O'Brian put together a prototype seminar for young leaders.

From 1958 to 1967, leadership seminars took place in Los Angeles for sophomores from California. In 1968 the scope of the HOBY program grew to include national and international participants which led to the expanded eight-day global leadership seminar called the World Leadership Congress (WLC) held annually. In an effort to include more students nationwide, three-day and four-day HOBY Leadership Seminars were instituted in 1977 in



which high schools throughout the country may nominate a sophomore to attend a HOBY seminar in their state.

**Five decades later**, HOBY is still inspiring young people all over the world to develop their leadership and critical-thinking skills to achieve their highest potential. Currently, more than 10,000 tenth graders, representing almost as many high schools nationwide, attend HOBY Leadership Seminars each year. These seminars are run by over 4,000 volunteers with community leaders, business executives, educators, and parents involved in every seminar. Each seminar strives to follow the HOBY motto of teaching students, "**how to think, not what to think,**" thus ensuring that Dr. Schweitzer's hope for young people lives on.

"I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve."

—Dr. Schweitzer, 1952 Nobel Peace Prize Winner

# Seminar Committee

With no paid staff, volunteers are the life of the Maryland Leadership Seminar and contribute thousands of hours to support HOBY's mission. The following people have dedicated significant time and resources to the development, planning, and presentation of this year's seminar:

## **Andrew Desrochers | Leadership Seminar Chair**

High School: Glenelg | Postsecondary: University of Maryland | Ask me about: Flight simulators!

## **Isabella Bennett | Director of Program**

High School: Institute of Notre Dame | Postsecondary: Juniata College | Ask me about: Irish social movements!

## **Kalynn Stoner | Master of Ceremonies & Assistant Director of Program**

High School: North Platt | Postsecondary: University of Nebraska - Kearney/Omaha | Ask me about: International law, the Middle East, cats, musicals, or true crime!

## **Zoya Zahid | Assistant Director of Program**

High School: Old Mill | Postsecondary: University of Virginia | Ask me about: How I've grown through HOBY!

## **Michelle Cousté | Co-Director of Facilitation**

High School: Academy of the Holy Cross | Postsecondary: Carnegie Mellon University | Ask me about: Musicals, YA Fantasy, and working as a woman in a male-dominated field!

## **Camilla Shanley | Co-Director of Facilitation**

High School: North County | Postsecondary: George Washington University | Ask me about: My dog!

## **Zainab Mirza | Director of Team Alumni**

High School: Stephen Decatur | Postsecondary: American University | Ask me about: Climate change, environmentalism, and pasta!

## **Camille Carter | Assistant Director of Team Alumni**

High School: North County | Postsecondary: Morgan State University | Ask me about: How I ended up at HOBY!

## **Adrienne Holocker | Director of Operations**

High School: Century | Postsecondary: Towson University | Ask me about: My experience raising a dog in college!

## **Danielle Kritz | Assistant Director of Operations**

High School: Bishop Shanahan (PA) | Postsecondary: Ursinus College | Ask me about: Hiking, skiing, kickboxing, coding, STEM as a woman, and building mentor relationships!

## **Emily Prechtl | Director of Publications/Multimedia**

High School: Howard | Postsecondary: Wellesley College | Ask me about: Teaching photography and English in Prishtina, Kosovo (which is why I can't be here this weekend)!



# Seminar Committee

## **Sydney King | Director of Recruitment**

High School: Western Tech | Postsecondary: University of Maryland, College Park | Ask me about: My study abroad trip to South Africa!

## **Alaina Carlson | Assistant Director of Recruitment**

High School: Glen Burnie | Postsecondary: East Coast Polytechnic Institution (ECPI) - Virginia Beach | Ask me about: My time in theatre in high school!

## **Zach Ferraro | Director of IT/AV**

High School: Urbana | Postsecondary: University of Maryland, College Park | Ask me about: Mechanical engineering, 3D printing, or electronics!

## **Amy Zhang | Database Manager**

High School: Garrison Forest School | Postsecondary: Johns Hopkins University | Ask me about: Cats, medical device design and innovation, and food!

## **Tia Calloway | Director of Marketing**

High School: Potomac | Postsecondary: Towson University | Ask me about: Accessibility in design!

## **Chris Frye | Green Team**

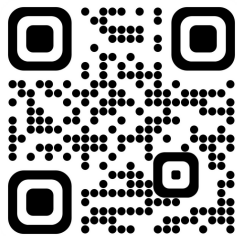
High School: North County | Postsecondary: University of Maryland, College Park | Ask me about: Fun vegetarian recipes!

## **Claudia Mui | Leadership in Action**

High School: North County | Postsecondary: Towson University | Ask me about: Corgis!

## **Zehra Mirza | Thank-Yous**

High School: Stephen Decatur | Postsecondary: Georgetown University | Ask me about: Baking a wedding cake (or cheesecake, or cupcakes...!)



To learn more about our volunteers, head over to our Digital Addendum at <https://qr.page/g/2wmHRDLpI9k> or scan the QR code with your smartphone camera!

# A Word from Our Program Team

Hey HOBY,

Hey HOBY!

I'm Izzy, your Director of Program, and I am so excited for you all to see what we've put together for you this year! Hopefully this weekend will be both affirming and challenging as you learn from each other and our amazing speakers who have come to present to you. Your Facilitators and all of our staff are here to help support and guide you through this weekend so that you come out having learned new ideas, new skills, and hopefully having made some new friends along the way. With all of that in mind, feel free to peruse this Workbook and check out what lies ahead and be sure to utilize it throughout the seminar to really get the most out of every session.

HOBY Hugs,  
Izzy Bennett



My name is Zoya, and I am a 2017 HOBY Maryland Alumni. For this year's seminar, I have had the honor and privilege to work as a part of the Program Team with Izzy and Kalynn! It's been such a fun experience seeing all the different parts that form seminar, and how it all comes together. Our program is full of amazing speakers, fun activities and lots more! Enter this weekend with an open mind and heart; you never know what will come out of it. HOBY has become one of my happy places, and I hope it becomes one for you, too!

HOBY Hugs <3  
Zoya Zahid



Welcome 2022 HOBY MD Ambys!

My name is Kalynn Stoner and I am so excited to be your Master of Ceremonies for this weekend. The Program Team has worked tirelessly this past year to bring to you a program that encompasses what HOBY is truly about and to allow you to realize your potential. My only hope for you this weekend is that at the end of this program you can say that you lived. Lived by learning new things, growing as a leader, and creating lifelong bonds and friendships. All I ask is that you sit back and enjoy the ride, and to TTP, or Trust The Process.

Now Let's Get this Party Started,  
Kalynn Stoner



# 2022 HOBY MD Volunteers

## Facilitation

Each one of you has been assigned to a small group for this weekend, led by Facilitators and Junior Facilitators ("JFs") who are volunteering their time to guide you through the seminar and help you develop your skills and goals as a leader. JFs are 18-21, and Facilitators are 21 or older, and most groups will have a pair of each who will work together to set the tone for your small group time and facilitate enlightening conversations.

The Facilitation Team is a mixture of previous HOBY MD Ambassadors, previous HOBY Ambassadors from other states, and trusted friends of HOBY MD volunteers who embody the spirit of HOBY. **They have come together from a variety of backgrounds, counties, states, colleges, jobs, and other experiences to use their group leadership skills and empathy skills to be a support network for you during your ambassador journey.** Being a small group Facilitator or JF is a fascinating experience where you get to hear a variety of reactions to the seminar program speakers and activities, and watch a group all learn from one another and grow together as they process these reactions.

Camilla Shanley & Michelle Cousté, Facilitation Team



---

## Our 2022 Facilitators and JFs

Leah Barteldes\* | Digital Strategist, Middle Seat Digital  
Fen Billings | Front Desk Manager, Gold's Gym  
Pascale Couch\* | Stable Worker, Wyndham Oaks, LLC  
Sophy Cruzado | Student, University of Maryland Eastern Shore  
Phoenix Dumas\* | Cashier, Pineappétit  
Alicia Ennals | Student, University of Maryland - Baltimore County  
Maryam Ghaderi | Tutor, Applerouth  
Nikki Hamidi\* | Student, University of Maryland  
Katie Hardy\* | Chief of Staff, Maryland General Assembly  
Maggie Harkins\* | Student, College of Charleston  
Evan Jaquis\* | Student, UW Madison  
Elva Joya\* | Student, McDaniel College  
Marie-Ange Kasende | Caregiver, The Home Team Senior Care  
Alice Kelly\* | Student, University of Maryland  
Logan Krebs\* | Cashier, ShopRite

\*HOBY Alum

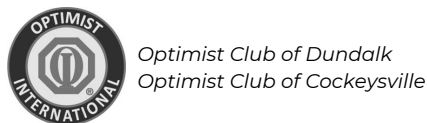


Connor Lee\* | Software Engineer, Medical Science and Computing  
 Lauren Logan\* | Student Assistant Manager Dining Employee, Virginia Tech  
 Rachel Moon\* | Student, Stonehill College  
 Don Perry\* | Student, North Carolina A&T State University  
 Quellan Portis | Park Attendant, ZavaZone Potomac Mills  
 Kale Powell | Student, University of Maryland Eastern Shore and Salisbury University  
 Becca Riddervold\* | Customer Service Manager, Five Below  
 Dana Roby\* | Student, The Ohio State University  
 Jose Rodriguez | Mechanic, Superior Auto Center  
 Rowe Rosales II\* | New Business Intake Coordinator, Polsinelli  
 Cait Rund\* | Music Teacher, Bishop Walsh School  
 Matt Shaffer\* | Arctic Communications Analyst, Booz Allen Hamilton  
 Ryleigh Sutton\* | Student, Towson University  
 Josie Vallejo | Student, University of Maryland  
 Colton Varholak\* | Student, Stonehill College  
 Shannon Vaughan\* | Teacher, Wicomico County Public Schools  
 Cheyenne Villarosa\* | Student, Bridgewater College  
 Richard Vo\* | Teacher, ESS  
 Sophia Wegrzynowicz\* | Student, University of Pittsburgh  
 Alana Wertheimer\* | Consultant, Censeo Consulting Group  
 Joe Wyrwas | Strategy and Technology Consulting, Anthem Engineering

\*HOBY Alum

## Our Sponsors

Thank you to our generous sponsors who aided in the production of this Workbook:



...and all volunteers who donated or raised funds for HOBY Maryland. You are **OUTSTANDING!**

## Covid Safety

Hey, everyone! I'm Kolton Powell, your HOBY Maryland Health and Safety Officer! I am here to assure your health and safety while at seminar. This means I am responsible for making sure we have a great time interacting at our first in-person seminar in two years while not spreading that nasty COVID bug.

You will see me periodically throughout the weekend speaking about our COVID guidelines and enacting them to ensure we have a safe seminar. If you see me, please say hello, and if you have any questions about the COVID virus, HOBY Maryland's guidelines, or think you might have symptoms, please come and find me! I will usually be hanging out in the back of the room. Also, feel free to talk to me about any other amazing thoughts or questions you might have; I would love to speak with you!

I am looking forward to having a great seminar together!

Kolton Powell



# 2022 HOBY MD Volunteers

## *Team Alumni*

This weekend, you may see a few folks in red jackets — these are members of Team Alumni (TA): high school junior and senior volunteers who previously attended HOBY who are now part of the volunteer crew that runs it. TA is the heart and soul of HOBY Maryland's operations. Students work together to manage the set-up of activities, facilitate cheers, assist with behind-the-scenes responsibilities, spearhead fundraising initiatives, and act as role models to all Ambassadors. Often running this way and that throughout the day, Team Alumni are the primary energy and spirit-drivers of our seminar.

Should you choose to return to HOBY, your year on TA would be an opportunity to see HOBY from a completely different perspective. You will work alongside a team of almost 100 volunteers and ~20 fellow TA, helping to create the HOBY experience for the next generation of ambassadors. Relive the magic of HOBY while working alongside absolutely incredible leaders and volunteers, hearing their stories, all while creating your own!

**Join us next year!** Applications will open in the fall. All Team Alumni members are responsible for helping recruit at least one Ambassador from their high school, and assisting in fundraising efforts. Additionally, we ask all TA to complete and record community service hours in the year leading up to when you join us at seminar. We are looking forward to meeting you, the amazing TA of 2023!

Zainab Mirza and Camille Carter  
Director and Assistant Director of Team Alumni

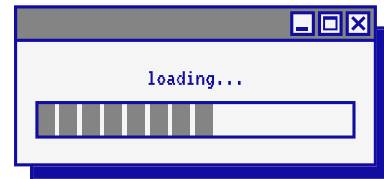


## *Our 2022 TA*

Michelle Antwi, Mount Hebron High School  
Claire Bassett, Patterson Mill Middle High School  
Shelbi Briggs, Colonel Richardson High School  
Jayla Bryant, Chesapeake Math & IT Academy  
Luke Dragonette, Calvert Hall  
Sab'Vea Edwards, Chesapeake Math & IT Academy  
Rosa Ghaderi, Thomas S. Wootton High School  
Jadyn Hughes, Mount Hebron High School  
Ashley Jenkins, Notre Dame Preparatory School  
Shawn Kelly, Chesapeake Math & IT Academy

Claire Mathews, Frederick High School  
Peyton McDonald, Allegany High School  
Morgan Pringle, Chesapeake Math and IT Academy  
Casey Scott, Mount Saint Joseph  
Nigel Seymour, Chesapeake Math & IT Academy  
Isabella Shanley, Old Mill High School  
Sydney Sherman, Mount Hebron  
Margot Stott, Broadneck High School  
Jenny Vo, Warren County High School  
Josephine Williams-Bruggeman, Thomas Stone High School

# Behind the Scenes at HOBY MD: Operations & IT/AV



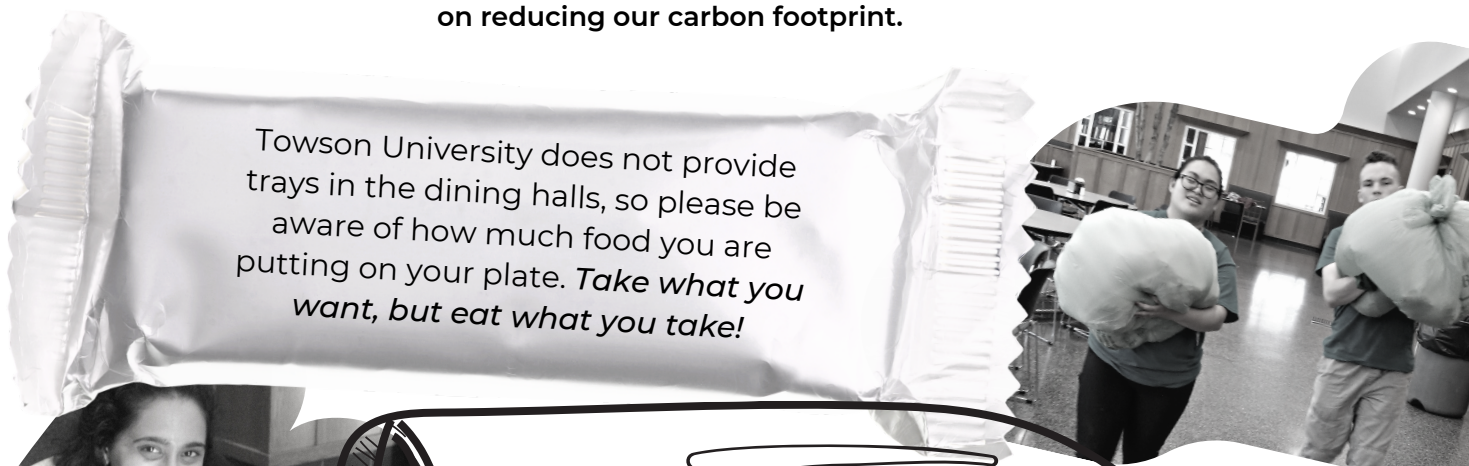


# Tips from Green Team


## Being Good Stewards




At HOBY MD, we are committed to being good stewards and minimizing our waste. Towson University has an excellent environmental sustainability program that we will be encouraging you all to use. Please look out for HOBY MD's "Green Team" members, who will be our guides throughout the Seminar on reducing our carbon footprint.



Towson University does not provide trays in the dining halls, so please be aware of how much food you are putting on your plate. *Take what you want, but eat what you take!*



At Towson, we are lucky to participate in the University's composting program. Our Green Team will provide guidance on where to place your **compostable waste**, which includes food, napkins, and certain packaging.



The University does allow for **single stream recycling**, meaning that all of your recyclable waste can be put into one bin. Please be sure to sort your paper, plastic, and glass recycling into the proper container — don't forget to clean out your bottles!



If you have any questions, be sure to ask one of our Green Team members! -Chris

“

Knowing yourself is the beginning of all  
wisdom.

*Aristotle, philosopher & polymath*

”

# Day 1: Personal Leadership

*Thursday, June 9th*



Keywords: introspection, vulnerability, curiosity, honesty,  
accountability, discipline

## Goals for Today:

- HOBY: What is the HOBY Story
- The Ripple Effect: How Change Can Be Inspired by a Single Individual
- Me, Myself, and I: Who am I as a leader

## SDGs to Keep in Mind:

- Quality Education
- Good Health and Well Being
- Climate Action
- Responsible Consumption and Production

# Day 1 Schedule



5:00pm - 5:50pm

**HOBYS Welcome Panel & Introductions**

Andrew Desrochers, Isabella Bennett, Michelle Cousté, and Kolton Powell

5:50pm - 6:15pm

**Towson University Welcome**

Dr. Mary DeVadas

6:15pm - 7:15pm

**Dinner 1: Sections H, O, B**

**Postsecondary Panel: Sections Y, M, D**

Markeino Stewart, Michael Flor, and Aidevo Longe

7:15pm - 8:15pm

**Dinner 2: Sections Y, M, D**

**Postsecondary Panel: Sections H, O, B**

Markeino Stewart, Michael Flor, and Aidevo Longe

8:15pm - 8:30pm

**Personal Leadership Phase Introduction**

Zainab Mirza

8:30pm - 9:00pm

**Growth Mindset**

Amanda Rodrigues-Smith

9:20pm - 10:10pm

**Self Confidence**

Chris Bowers

10:10pm - 10:20pm

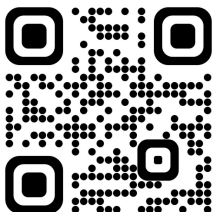
**Reflection**

Andrew Desrochers

10:20pm - 10:30pm

**Walk to Dorms**

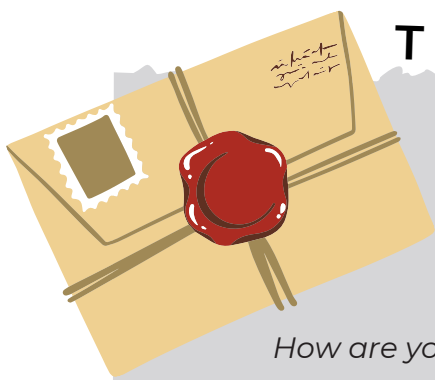
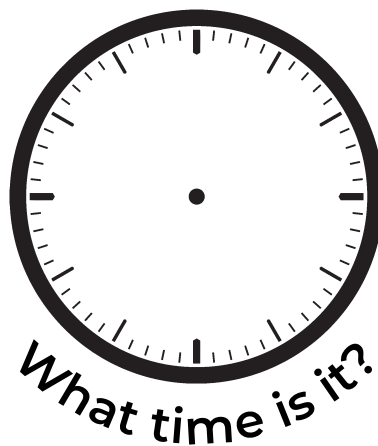
*There will be time between program elements for bathroom breaks!*



For speaker bios and other additional information, scan the QR code or visit <https://qr.page/g/2wmHRDLpl9k> to access our Digital Addendum.

# Welcome to

# H O B Y



## Time Capsule

*What do you hope to gain from this seminar?*

*What do you hope to accomplish?*

*How are you feeling right now?*



# Welcome Panel

*Did our panelists say anything that stuck with you? Jot it down!*



Andrew Desrochers | Leadership Seminar Chair



Isabella Bennett | Director of Program



Michelle Cousté | Co-Director of Facilitation



Kolton Powell | Health & Safety Officer



# Postsecondary Panel



Markeino Stewart | Prince George's Community College

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First Sergeant Michael Flor | United States Marine Corps

[Empty text box for notes]



Aidevo Longe | Admissions Counselor

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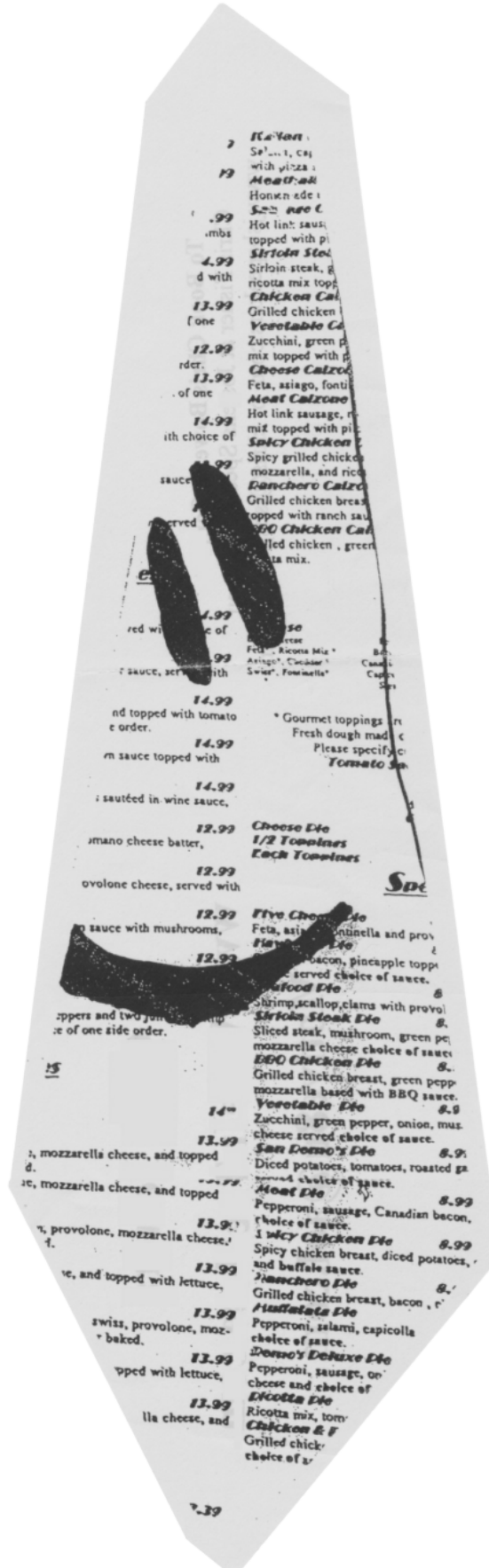


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# Self Confidence with Chris Bowers





# Daily Reflection

*with Andrew Desrochers*

---

## Reminders:

Leave your Workbook and any other supplies at your table or with your Facilitator.

Don't forget to take your jacket and any valuables with you!

Give us some quick feedback on today's program by completing our survey at:

<https://HOBY.formstack.com/forms/thurs>

“

No one can whistle a symphony. It takes a whole orchestra to play it.

*Halford E. Luccock, minister & professor*

”

# Day 2: Group Leadership

*Friday, June 10th*



Keywords: cooperation, diplomacy, motivation, mutuality, synergy, specialization

## Goals for Today:

- The Person Inside: Getting to Know Yourself
- The Toolbag: Strengthening Your Skill and Helping Others to Use Theirs
- We > Me: How Diversity of Ideas Makes Us All Better

## SDGs to Keep in Mind:

- Climate Action
- Life on Land
- Gender Equality
- Industry, Innovation, and Infrastructure

**Tell us your thoughts about Day 1 - Personal Leadership!**

Take the 30-second survey here:  
<https://HOBY.formstack.com/forms/thurs>

# Day 2 Schedule



7:30am - 8:00am

Wake Up: Sections Y, M, D

8:00am - 8:45am

Breakfast 1: Sections Y, M, D

8:50am - 9:35am

Wake Up: Sections H, O, B

Breakfast 2: Sections H, O, B

9:40am - 10:40am

Leadership Labs: Sections Y, M, D

Personal Leadership Activity: True Colors

Joe Wyrwas

10:40am - 11:00am

Group Leadership Phase Introduction

Chris Frye

11:00am - 12:00pm

Group Time

12:00pm - 12:25pm

All Group Photo

12:25pm - 12:40pm

Leadership in Action Introduction

Claudia Mui

12:45pm - 2:00pm

Lunch 1: Sections Y, M, D

2:05pm - 3:25pm

Leadership in Action: Sections H, O, B

Lunch 2: Sections H, O, B

3:40pm - 4:00pm

Leadership in Action: Sections Y, M, D

Leadership in Action Reflection

Claudia Mui

4:05pm - 4:25pm

Leadership Labs

Fathima Rifkey

4:30pm - 5:30pm

Group Leadership Keynote

Brian Selander

5:30pm - 5:40pm

Green Team Update

5:40pm - 5:50pm

Reflection

Andrew Desrochers

# Day 2 Schedule



5:55pm - 6:50pm

Dinner 1: Sections Y, M, D

6:55pm - 7:50pm

Group Time: Sections H, O, B

Dinner 2: Sections H, O, B

7:55pm - 8:05pm

Group Time: Sections Y, M, D

Return to Ballroom / Talent Show Set-Up

8:05pm - 9:25pm

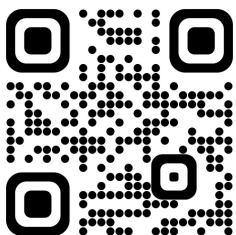
Talent Show

9:25pm - 9:35pm

Walk to Dorms

9:40pm - 9:50pm

Bed Checks

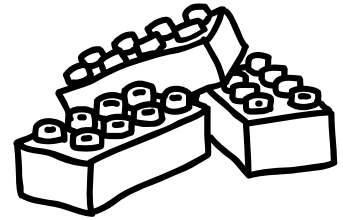
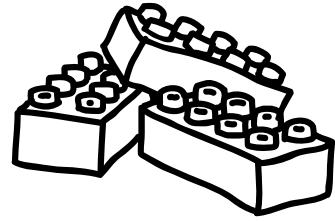


For speaker bios and other additional information, scan the QR code or visit <https://qr.page/g/2wmHRDLpI9k> to access our Digital Addendum.



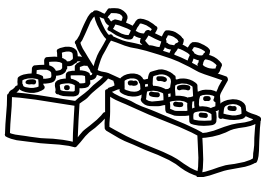
# TRUE COLORS

with Joe Wyrwas



**I AM A...**

- green
- blue
- gold
- orange











# Daily Reflection

*with Andrew Desrochers*

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## Reminders:

Leave your Workbook and any other supplies at your table or with your Facilitator.

Don't forget to take your jacket and any valuables with you!

Give us some quick feedback on today's program by completing our survey at:  
<https://HOBY.formstack.com/forms/fri>

“ Never doubt that a small group of thoughtful, concerned citizens can change world. Indeed it is the only thing that ever has.  
*Margaret Mead, cultural anthropologist* ”

# Day 3: Service Leadership

*Saturday, June 11th*



Keywords: responsibility, communality, initiative, humility, fairness, society

## Goals for Today:

- Word is Bond: Understanding the Power of Promises and Words
- Shared Pain, Shared Success: Empathizing with Others
- The Safeword: Creating a Safe Space for Hard Conversations

## SDGs to Keep in Mind:

- Peace, Justice, and Strong Institutions
- Reduced Inequalities
- Decent Work and Economic Growth
- No Poverty

**Tell us your thoughts about Day 2 - Group Leadership!**

Take the 30-second survey here:  
<https://HOBY.formstack.com/forms/fri>

# Day 3 Schedule



7:30am - 8:00am

Wake Up

8:00am - 8:45am

Breakfast 1: Sections H, O, B

Leadership Labs: Sections Y, M, D

8:50am - 9:35am

Breakfast 2: Sections Y, M, D

Leadership Labs: Sections H, O, B

9:50am - 10:05am

Service Leadership Phase Introduction

Shannon Vaughn

10:05am - 11:05am

Service Leadership Keynote: Because I Said I Would

Alex Sheen

11:05am - 11:15am

Social Media Update

11:20am - 12:05pm

Lunch 1: Sections H, O, B

Goal Setting: Sections Y, M, D

Kalynn Stoner

12:10pm - 12:55pm

Lunch 2: Sections Y, M, D

Goal Setting; Sections H, O, B

Kalynn Stoner

12:55pm - 2:25pm

Ice Cream Simulation

Kalynn Stoner

2:25pm - 3:25pm

Group Time

3:25pm - 4:25pm

What Would You Do If You Were...

Sandy Queen

4:35pm - 5:45pm

Thank You's

Zehra Mirza

6:00pm - 6:50pm

Dinner 1: Sections H, O, B

Leadership Labs: Sections Y, M, D

# Day 3 Schedule



6:55pm - 7:50pm

Dinner 2: Sections Y, M, D

Leadership Labs: Sections H, O, B

7:55pm - 8:00pm

Green Team Update

8:00pm - 8:10pm

Fashion Show

8:10pm - 8:40pm

Group Time

8:40pm - 9:05pm

Reflection

Andrew Desrochers

9:10pm - 10:10pm

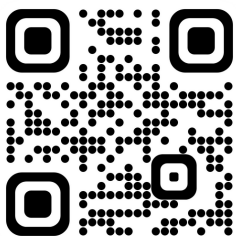
Outdoor Social

10:10pm - 10:20pm

Walk to Dorms

10:20pm - 10:50pm

Bed Checks



For speaker bios and other additional information, scan the QR code or visit <https://qr.page/g/2wmHRDLpl9k> to access our Digital Addendum.

# I Am... Poem

**Following Formulas:** What did you learn from the important people in your life? How did they influence you?

I am from

I was told

I believed

I was expected to

I was influenced by

**Crossroads:** What beliefs changed? What caused you to ask big questions? What didn't go as you originally planned?

I have kept with me

I have let go

I struggled with

I was challenged by

I realized

**Becoming the Author of One's Own Life:** What beliefs or values have you kept and/or changed as you got older?

I've decided

I know now

I value

I am becoming

I am seeking

**Internal Foundations:** What truths do you know about yourself?

I am

I am

I am

I am

I am



because  
I said  
I would.



What's the deal with

# SMART Goals?

**S**pecific

Be clear about what it is you're trying to achieve. This helps you know where to get started.

**M**easurable

Have a clear way of tracking your progress — and to know when the goal has been met!

**A**ttainable

Be sure that you are able to take the necessary action to reach your goal, and that the steps to get there are within your control.

**R**elevant

Make sure that your goal makes sense for where you are in your development as a leader, a student, a team member, etc. Basically: *why* do you want to meet this goal?

**T**ime-Based

Dates help us stay motivated, focused, and accountable; they should help you work towards something over time, rather than be a source of undue stress.

**My SMART Goal:**

S  
M  
A  
R  
T

# What's the deal with **SMART Goals?**

I will measure / track my progress by:

I will know I have reached my goal when:

I need to learn more about:

I can get help and support from:

I'll need these items to achieve my goal:

I want to reach this goal because:

# Saying Thank You

Hey HOBY! Showing gratitude for the opportunities you are given is incredibly important. There are countless people who support each of us every day and showing them your gratitude brings a smile to not only their face but yours as well. While it may seem outdated, one of the ways to do that is to write a thank-you card. Here are some quick tips for writing an effective thank-you!



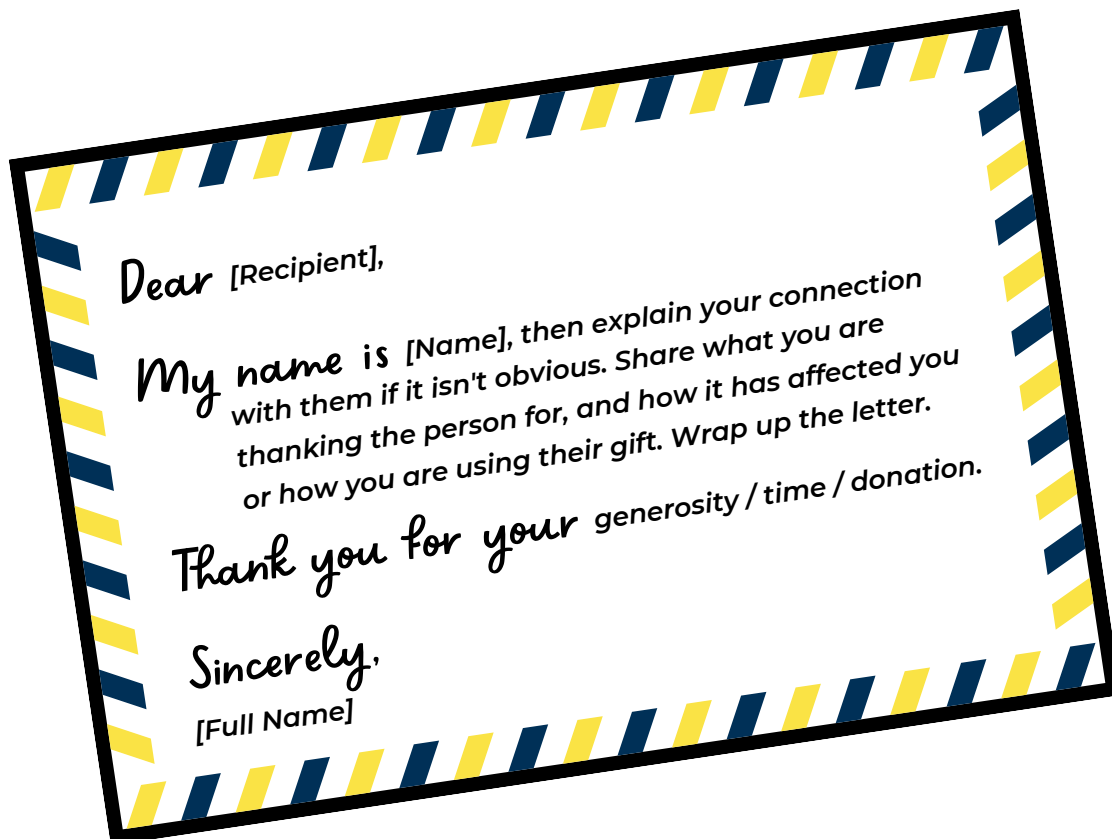
**Be specific!** Share what the person you are writing to did that you are grateful for and how you are using it, if applicable.

**Be succinct!** While you don't want to be too brief, getting to the point within 3 sentences is often best for thank you cards.

**Proofread!** Reread what you have written and check for spelling or grammar errors.

**Be honest, but positive!** While you don't want to be insincere, a thank-you card is not the place for rudeness or negativity.

Here is a quick sample format that you can use when writing thank-yous. Change the italicized portions to reflect your situation. We've given you some space a few pages over to write a rough draft or two.



# Saying Thank You

Below you will find an example of a thank-you note that could use a little work. Compare it to the finished one beneath it. Remember to be both genuine *and* professional when writing your note!

Hey Ms. Nwosu!

What's good? Thanks so much for pickin me for HOBY. It's been really sick and I've made a bunch of freinds. I will always ~~appreiate~~ appreciate you. Thanks again!

Sinsirely  
Catherine ♡

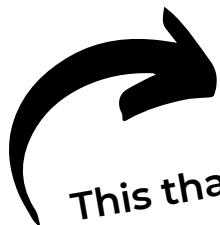
- Too informal
- Misspellings
- Crossed out words
- Slang & doodles
- Not specific
- Not indented (first line)
- Not dated
- No last name or high school
- Use of "thanks" and other contractions

Dear Ms. Nwosu,

6/11/22

Thank you very much for nominating me for HOBY. This weekend I have learned a lot about what it means to be a leader. One of the most important things I have learned this weekend is how to utilize my talents and gifts to benefit others. I also learned how to stand up for what is right by leading through example. Overall, I have grown as a person and as a leader. Thank you again for this opportunity.

Sincerely,  
Catherine Harper  
High Point HS



This thank-you  
is good to go!

## Commonly Misspelled Words

Dear

Appreciate

Committed

Conscious

Grateful

Guarantee

Judgment

Perseverance

Privilege

Receive

Recommend

Relevant

Their / They're / There

Until

Nominating

Sincerely

Opportunity



# Saying Thank You

Use the space below to write the rough draft of your thank-you letter(s). Show your drafts to your Facilitator or Junior Facilitator to get their approval before moving to the official HOBY stationery!





# Saying Thank You

Use the space below to write the rough draft of your thank-you letter(s). Show your drafts to your Facilitator or Junior Facilitator to get their approval before moving to the official HOBY stationery!

# Daily Reflection

*with Andrew Desrochers*

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## Reminders:

Leave your Workbook and any other supplies at your table or with your Facilitator.

Don't forget to take your jacket and any valuables with you!

Give us some quick feedback on today's program by completing our survey at:

<https://HOBY.formstack.com/forms/sat>



# Observation & Reflection

What strengths did you see yourself bringing to your team? Weaknesses?

What did you learn about yourself during the seminar?

Where is the balance between individual assertiveness and group cooperation?

What are you passionate about? How can you inspire change in the world around you?

Why is it important to discuss hard topics like we did in \_\_\_\_\_?


What creative skills do you possess?

What is the highest level of education you plan on accomplishing? Why?

What was the best thing that happened during your HOBY experience? Was it something that was said or done, a feeling, an insight, a goal accomplished?

If a time warp took you back to the first day of the seminar, what would you do differently?

What will you take away from the Ice Cream Simulation?

  
Tear out this page and  
take it with you!



“ Leadership is much more an art, a belief, a condition of the heart, than a set of things to do.  
*Max De Pree, businessman & writer* ”

# Day 4: Life After HOBY

*Sunday, June 12th*



Keywords: follow-through, development, celebration, community, action

## Goals for Today:

- Keeping in Touch: Saying Goodbye and Meeting Again
- The Future: Understanding What You Can Do with HOBY
- Gratitude: Celebrating Accomplishments

## SDGs to Keep in Mind:

- Partnership for the Goals
- Climate Action
- Quality Education
- Good Health and Well Being

**Tell us your thoughts about Day 3 - Service Leadership!**

Take the 30-second survey here:  
<https://HOBY.formstack.com/forms/sat>



# Day 4 Schedule



7:30am - 8:00am

Wake Up

8:10am - 8:55am

Breakfast 1: Sections Y, M, D

Diversity in Leadership Panel: Sections H, O, B

Anne-Marcelle Kouamé, Michelle Cousté, and Sabriaya Shipley

9:00am - 9:55am

Breakfast 2: Sections H, O, B

Diversity in Leadership Panel: Sections H, O, B

Anne-Marcelle Kouamé, Michelle Cousté, and Sabriaya Shipley

10:00am - 10:45am

Life After HOBY, Panel and Activity

Richard Vo, Danielle Kritz, Rebecca Riddervold, and Sab'Vea Edwards

10:45am - 10:55am

Green Team / Social Media Update

10:55am - 11:00am

Alumni Association

11:00am - 12:00pm

Lunch 1: Sections Y, M, D

Check Out / Group Time: Sections H, O, B

12:00pm - 1:00pm

Lunch 2: Sections H, O, B

Check Out / Group Time: Sections Y, M, D

1:00pm - 1:10pm

Walk to Ballroom

1:10pm - 1:55pm

Career Panel

Kalya Record, Alicia Frisby, and Hareen Aparakakankanage

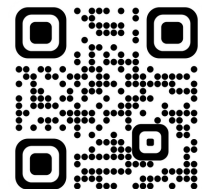
1:55pm - 2:50pm

Group Time

3:00pm - 4:30pm

Closing Ceremonies

For speaker bios and other additional information, scan the QR code or visit <https://qr.page/g/2wmHRDLpI9k> to access our Digital Addendum.



# Diversity in Leadership Panel

*Did our panelists say anything that stuck with you? Jot it down!*



Sabriaya Shipley | Author & Literary Program Director



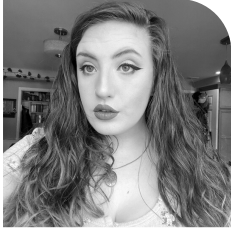
Michelle Cousté | Co-Director of Facilitation



Anne-Marcelle Kouamé | Career Coach & Co-Founder



# Life After HOBY Panel



Rebecca (Becca) Riddervold | Facilitator



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Danielle Kritz | Assistant Director of Operations



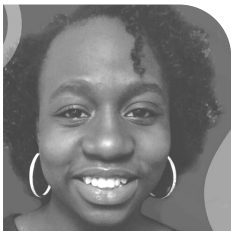
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Richard Vo | Facilitator



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Sab'Vea Edwards | Team Alumni



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# SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD



What is an SDG?

Action Steps

Deadlines

1. \_\_\_\_\_ / \_\_\_\_\_ / 20\_\_\_\_

1. \_\_\_\_\_ / \_\_\_\_\_ / 20\_\_\_\_

1. \_\_\_\_\_ / \_\_\_\_\_ / 20\_\_\_\_

# Career Panel



Kalya Record | Teacher



Alecia Frisby | Judge



Hareen Aparakakankanage | CEO

Before you go:

Give us some quick feedback on today's program (and any other thoughts you have about your HOBY experience) by completing our last survey at: <https://HOBY.formstack.com/forms/sun>

*You're OUTSTANDING!*

# How to Stay Involved with HOBY

HOBY doesn't end after seminar; get involved with our Alumni Association as early as this summer!

## HOBY Alumni Association of Maryland

Welcome! You are now a part of the family of fellow HOBY Alumni who number 500,000 strong!

Being a HOBY Alum is special. HOBY Alumni serve their communities, lead in their schools and social circles, and go on to realize success in a number of areas.

**In short, they change the world.**

Being an active member of the HOBY Alumni Association means having access to numerous opportunities exclusively available to HOBY Alumni, including leadership and educational programs, scholarships and grants.

**Don't let your HOBY experience end on Sunday.  
Make sure you stay active in the HOBY Alumni Association.**

Current Alumni:

- Return to volunteer at HOBY Leadership Seminars and the World Leadership Congress;
- Spread the word about HOBY by visiting and speaking with community organizations such as the Optimists, Kiwanis, Jaycees, and more;
- Apply for highly competitive college and university scholarships like the Morehead-Cain and Robertson Scholarships;
- Participate in additional educational and leadership programs and seminars such as Presidential Classroom, Foundation for Teaching Economics' "Economics for Leaders," and Youth For Understanding's study abroad program; and
- Log their Leadership for Service hours at [www.hoby.org](http://www.hoby.org) in the Alumni section.

For more information on opportunities available to HOBY Alumni and to stay involved, visit the Alumni section of [www.hoby.org](http://www.hoby.org) or reach out to [alumni@hobymd.org](mailto:alumni@hobymd.org).



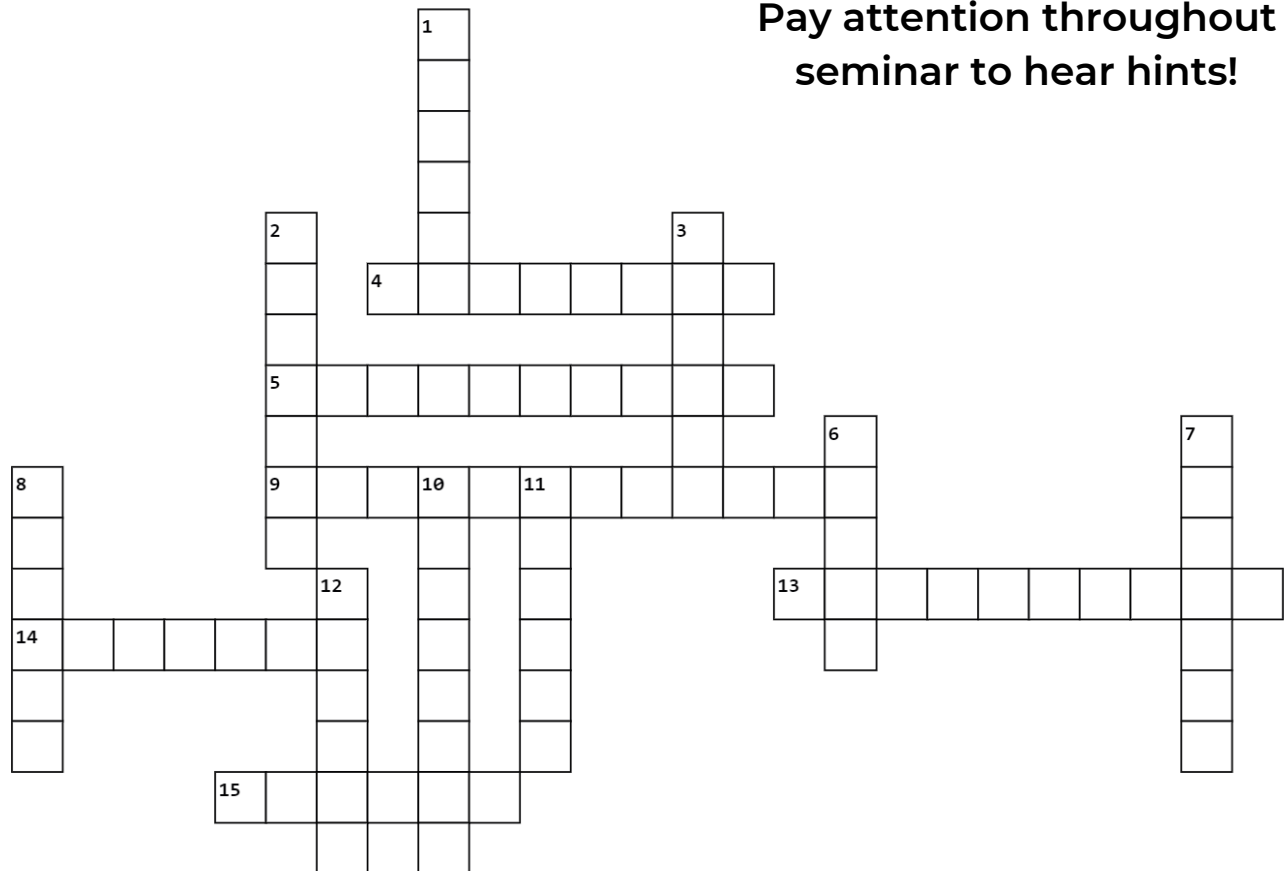


## Community Leadership Workshops (CLeWs)

The Community Leadership Workshop (CLeW) is HOBY's introductory one-day leadership program for high school freshmen. It focuses on leadership as a discipline to be explored and learned; HOBY CLeW students interact with local community leaders, participate in group activities, and conduct community service projects. CLeWs are organized, developed, and implemented by local business leaders, civic groups, volunteers, and HOBY Alumni. If you are interested in organizing a CLeW at your school, please contact Natalie Gaudette at [natalie@hobymd.org](mailto:natalie@hobymd.org).

# HOBY Crossword

Pay attention throughout seminar to hear hints!



## Across:

4. You can't ride in my little \_\_\_\_\_!
5. The last name of the doctor and humanitarian who inspired Hugh
9. I'm alive, awake, alert, \_\_\_\_\_!
13. The most populous county in Maryland
14. One of the things that a leader dedicates their time to
15. What we have plenty of here at HOBY MD

## Down:

1. What, what?!
2. Has he heard about HOBY?
3. Don't tug the wire!
6. Hugh O'Brian's profession before establishing the Hugh O'Brian Youth Leadership Foundation
7. Guacamole cinnamon twist!
8. Our wonderful host for this year's seminar
10. Write them on a card or give them in person (safely)!
11. The best time to find volunteer opportunities with other HOBY alumni
12. What everyone has the potential to be

Art Welcome

