How to use this workbook...

The rest of this workbook will guide you in the reflective and learning process of our daily activities during the course. Please use this as an educational tool that will act as a vehicle to get on the balcony of your experience and critically analyze the happenings of each day.

You will hand in this workbook on May 29th, June 6th, and June 13th for Aaron to read and respond to your thoughts and learning. The more that you detail your thoughts and reactions to your experiences in the moment, the more you will be able to draw on these comments later. Even years from now, you can come back to this workbook to remember details of your memorable experiences in South Africa that you otherwise would not have the ability to recall.

Therefore, you may want to bring your workbook and a pen with you to all class periods, excursions, and activities. You never know when something might strike you and you will want to jot down your thoughts. At the very least, you will need to review this workbook each evening, reflect on the questions, and understand how you are making meaning of your experiences in Cape Town.
Day 1: Wednesday, May 20th

Part of understanding a new culture and country is realizing what your first impressions are. Upon landing in Cape Town and walking out of the airport, what did your senses notice that is different from home? (Sights, sounds, smells, etc.)

How was your plane travel? Any highs and lows worth noting? How did the group interact during your day of travel together?

As the reality sets in that you are now in Cape Town, how do you feel about your upcoming experiences? Why?
Day 2: Thursday, May 21st

What stuck out to you during the Orientation today? Are there any questions or concerns?

What are your first impressions of Cape Town itself? How is it similar or different to what you pictured? What questions do you have about the city and it’s make up?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 3: Friday, May 22^{nd}.

What are some of your impressions of the University of Cape Town? How is it different from the University of Minnesota? How is it alike?

What are some highlights from today’s lecture? What did you learn that intrigues you or surprises you?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 4: Saturday, May 23\textsuperscript{rd}

Describe your experience at Robben Island. How does this help you understand the context of South Africa?

As you are getting to know the neighborhood you are living in, what observations do you have about it?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 5: Sunday May 24th (Free Day)
Day 6: Monday, May 25th

What are some of the takeaways from the class discussion today on leadership challenges in South Africa?

Describe your time at the Desmond Tutu Peace Centre. What did you learn? Why is this place important?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 7: Tuesday, May 26th

What is your understanding of democracy in South Africa? How does today’s lecture and visit to Parliament shed insight on this for you?

What are your thoughts on the dynamics forming in our group? How did this occur? What role do you play in the group? How can you continue to challenge your peers and yourself?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 8: Wednesday, May 27th

After today’s lecture, compare what you now know about Nelson Mandela with what you knew prior to this trip. How has your knowledge grown?

Describe Kayalitsha. What are your first impressions of a township experience?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 9: Thursday, May 28th

How has today’s lecture deepened your understanding of leadership in the context of South Africa?

After being in Cape Town for one week, how comfortable do you feel here? What do you note that is different or similar to your expectations of this place?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 10: Friday, May 29th

Week 1 Reflection

During the past week, you have begun to explore Cape Town and its surroundings, learn about South African history, politics, and culture, and you read *Long Walk to Freedom* as a context for all of these experiences we’ve shared.

Looking back on these experiences (use this workbook and your responses) and readings, compose an essay that details what you have learned this past week. In particular, elaborate on how you make meaning of the South African culture you are beginning to experience, your surroundings and the community you are living and studying in, and the people you are beginning to meet.
Day 13: Monday, June 1st

What are your initial impressions of Gugs? What do you notice (sights, sounds, smells, etc.)?

Of the people you met today and interacted with, what impressions do they leave on you?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 14: Tuesday, June 2\textsuperscript{nd}

What are your initial impressions of your homestay family? What challenges do you anticipate having with this experience? What celebrations of this type of experience do you hope to encounter?

How do you see leadership happening in Gugs? By whom?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 15: Wednesday, June 3rd

Hearing the stories of the community members in Gugs can be powerful. Which stories stick out to you the most? Why?

As you begin to learn more about the township experience, how does this compare with your experiences in the first week in Cape Town?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 16: Thursday, June 4th

Compare and contrast the JL Zwane Centre and it’s services it provides to your understanding of community centers in your home town. What is different? What is alike?

As you look forward to the last night of your homestay, how has your relationship with your host family grown and developed? What have you learned about them?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 17: Friday, June 5th

What are some of the main points and ideas you are taking from our guest speakers this week?

What thoughts about leadership does this week bring up for you? How has leadership been a part of the experiences of this week?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 18: Saturday, June 6th
Week 2 Takeaway Reflection

Consider this your opportunity to put on paper some of your thoughts, feelings, impressions, questions, and considerations after your week in Gugs. Through the plethora of experiences we had this past week, what stands out to you? If there is an overwhelming amount of ideas and emotions going through you, how do you sort through these and learn from them? What did you learn from your homestay families? What do you think they learned from you? How do you describe and articulate the type of community you saw amongst the people in the township? What kinds of leadership do you see happening in the people we talked to and those you observed?

These are just some of the questions you can explore in this writing assignment. The point of this assignment is to be “messy” in your thoughts and just get them out on paper in a way that you can then sort through them and begin to organize, collect, and make sense of these experiences.
Day 20: Monday, June 8th

Describe your experience serving in Lavendar Hill. What stands out to you?

How does your homestay experience in Lavendar Hill compare to your homestay in Gugs? What are some key similarities and differences?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 21: Tuesday, June 9th

As we begin our wrap up conversations on this entire experience, detail how your beliefs around leadership ideas have either been changed or reinforced by your experiences here in Cape Town. What experiences here can you attribute to these thoughts?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 22: Wednesday, June 10th

Note your takeaways from the morning discussion.

As you get ready to arrive at home, how do you “come in right” back to your own community? What does that look like to you?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 23: Thursday, June 11th

Use this space and this day to formulate your opinion on how your experiences here enhance your understanding of cross-cultural contexts as an important facet of leadership. Essentially, how has your time in South Africa enhanced, morphed, and sidetracked what you believe leadership to be? Why is that? What do you take away from this recognition?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Day 24: Friday, June 12th

What have you learned from your classmates during this experience? How have your relationships with each other changed over the past three weeks?

How will continue these new relationships when you return home? How are these new memories sustainable amongst each other?

What are some highlights from today? What lessons have you learned? What challenges have you faced?
Final Assignment

As you begin to work on a final assignment focus on the following questions:
• What are the main highlights of your experiences?
• What have you learned about yourself?
• What have you learned about the people of South Africa?
• What have you learned about your leadership or your capacity to be an effective leader?
• What you learned is necessary for positive social change—for leaders to do—particularly in the context of South Africa?
• How have your experiences changed you?
• How will you describe your experience to others?

Based on your own unique journey in South Africa, choose two of the following three assignment options to complete for your final reflective paper in this course. Each assignment will be worth 15 points and is due within two weeks of returning to MSP:

1) Compose a short story narrative about your most moving experience in South Africa. Consider this an opportunity to tell a story in writing about some piece of this journey that really touched you. How can you use a narrative format to portray the importance of that experience to others? Your narrative should be a minimum of 5 pages, written in first person, and read like a chapter for your autobiography that you may write some day.

2) Choose one systemic issue that we learned about during our stay in Cape Town and dedicate yourself to researching it further on a global scale. Consider this a classic research paper on an issue of your choosing. Your paper should be a minimum of 5 pages and include reference to at least 5 academic journals that highlight the issue you’ve chosen on a larger global scale. In the paper, you will essentially expand on your curiosity of this particular issue and see how what you witnessed in South Africa relates to the larger global context.

3) Consider the impact of your experience in South Africa on your life moving forward. What influence does it have over who you are becoming and what you would like to do in the future? Create an action plan and accompanying narrative on a specific action you want to take in your life that is a direct result of something you experienced in South Africa. Your action plan and narrative should be at least 5 pages and include reference to any outside materials used to create your plan. Your narrative should include some context about how the journey in South Africa inspired you to want to take the detailed action.
Awareness

and much more...

Facial expressions
Arrangement of physical space
Social interaction rate
Preference for competition/cooperation
Theory of Disease
Conception of Past & Future
Tempo of Work
Kinship, etc
Nations of leadership
Nature of friendship
Roles in relation to status by age, sex, class, occupation,
Body language
Approaches to problem solving
Eye behavior
Attitudes toward the dependent
Conception of cleanliness
Conception of stress mobility
Patterns of handling emotions
Patterns of group decision making
Incentives to work
Concept of justice

Cultural symbols...

Traditional dances
Clothing, language
Fine arts, food

Primarily in

Primarily out of
Source: Aaron Asmundson, Assistant Director in Leadership Education & Development-Undergraduate Programs, College of Education & Human Development