



Leadership Resource Guide

Purpose:

Student leadership is an important part of many college students' experiences. This guide will provide resources that can help you develop your student leadership skills, assess what kind of student leader you are, and provide resources on self-care to ensure you are keeping yourself happy and healthy.

What It Means To Be a Student Leader:

Being a student leader can mean different things to different people, but there are some common traits typically associated with student leaders. The following list is comprised of traits and expectations that student leaders often display:

- You are well-respected and seen as trustworthy.
- You are known on campus.
- People notice you and some look up to you.
- You might be under pressure to present yourself in a good manner.
- It affects the way you represent your respective clubs/organizations/departments, your social media, how you act at social events, et cetera.

Personality Tests:

Every student leader experiences leadership differently and has a different style of leadership. Personality tests may help you understand what type of student leader or worker you are. Below is a list of suggested personality tests you can take to assess what kind of student leader you are:

- The Big Five Personality Test: <https://www.truity.com/test/big-five-personality-test>
- Career Personality Tests: <https://www.truity.com/view/tests/personality-career>
- DISC Personality Assessment: <https://www.truity.com/test/disc-personality-test>

- Enneagram Personality Test: <https://www.truity.com/test/enneagram-personality-test>
- Myers and Briggs' Personality Test: <https://www.truity.com/test/type-finder-personality-test-new>
- True Colors Personality Test: <https://my-personality-test.com/true-colours>

Stuff To Consider:

Student leadership is not an easy job to take on, but it can be a fulfilling one. Student leadership comes with many benefits and some stressors, so it is important to consider the following:

- You may be driven by perfection, but it is important to understand it is okay to make mistakes. Perfection is impossible, but opportunities for growth are always available.
- Make sure to schedule breaks for yourself. Do not overwork or overexert yourself!
- Burnout is very real as a student leader, so make sure to set boundaries for yourself. It is okay to say “No” when you feel you cannot do something asked of you in your role as a student leader.
- Self-care is essential. Make sure to look into resources and find ways in which you can take care of yourself. Student leadership is a lot of work on your end, so make sure you are taking care of yourself while doing it.

Self-Care Resources:

As mentioned previously, self-care is essential to living a healthy life while being a student leader. The following is a list of resources you can use to take care of your mental and physical well-being while being a student leader:

- Effective Stress Relievers for Your Life: <https://www.verywellmind.com/tips-to-reduce-stress-3145195>
- Mindful Meditation: <https://www.mindful.org/category/meditation/>
- Self-Care Tips for College Students: <https://timely.md/blog/self-care-tips-for-college-students/>
- Simple Ways to Relieve Stress: <https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety>
- Weird Breaks for Stress Relief: <https://wellness.ku.edu/25-weird-breaks-stress-relief>

- If you or someone you know is in need of counseling services, please visit <https://www.monmouth.edu/counseling/> to learn more about Monmouth University's Counseling and Psychological Services (CPS) and how to schedule an appointment.