Experiential Leadership Program
Leadership Spring Break Intensive:
Backpacking the Canyons of Southern Utah
Class Location: OPERS East Field House Conference Room

Instructor: Miranda Allen, Director of the Experiential Leadership Program
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Office Hours: By Appointment

Guest Instructors:
Rozy Bathrick, Wilderness Instructor, rozy.bathrick@gmail.com
Kevin Condon, Wilderness Instructor, kevcomail@gmail.com

COURSE DESCRIPTION AND LEARNING OUTCOMES

No backpacking experience is necessary to enroll in STEV 13; however there are important course pre-requisites that must be met, which are outlined on page 2.

This expedition-based course is designed for aspiring and practicing leaders to gain confidence, competence and tools for working effectively with people. We will be building a learning community while backpacking deep into red rock canyons, traveling along expansive sandstone mesas and exploring meandering river-valleys. In addition to learning best practices for wilderness travel and Leaving No Trace skills, this course will focus on two areas:

1. Exploring good leadership and putting this learning into practice
2. Working in teams and cultivating an inclusive environment

The leadership skills, insights, practice and confidence you will gain in this course are transferrable to working with people in any context including organizations, communities and classroom. Be prepared for a highly interactive and hands on course.

STEV 13 includes:
• Three, two-hour pre-trip classes held during Winter Quarter
• A ten-day field intensive held over Spring Break
• A final post-trip class held during Spring Quarter.

Field Intensive Overview:
Our adventure starts with a 3-day road trip, traveling in a 12-passenger van, to reach the beautiful and remote Escalante River Canyon and Grand Staircase National Monument, Utah. We will use travel time to get to know one another, bring everyone up to speed with basic camping skills and visit places along the way. We
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will car camp at the Kelso Sand Dunes, in the Mojave Desert, California, and at Zion National Park, Utah. In Zion we will also spend a day exploring and adjusting to stunning desert canyons, before driving the final leg of our trip east to Escalante, Utah.

Once we reach the Grand Staircase National Monument, we will drop into the Escalante River Canyon for a 5 day backpacking trip. Although very remote, and far from cities that we know today, it is a landscape that has been inhabited for thousands of years. We will come across signs of the Anasazi people who lived in this area, including petroglyphs and stone structures.

This is a remarkable landscape to have an adventure, build your skills and make new friends. It is also a wilderness area that requires being well prepared. This course teaches students to bring appropriate gear, work in teams and practice using a risk management and safety mindset in a wilderness setting. We will be making multiple river crossings a day (swimming is not required) and plan for a range of possible weather conditions including heat, cold, rain and snow.

We will take the last two days of our trip to take showers, clean up our gear, car camp and travel back to Santa Cruz.

Pre-requisites A & B
A) You do not need to have previous backpacking experience to participate in this course; however, you do need to have a good attitude, the desire to practice good Expedition Behavior EB and an interest in developing your leadership skills with your classmates. Regardless of your experience level, good EB includes:
  ➢ Showing up on time, prepared and ready to give the experience your best shot
  ➢ Practice being a positive contributor to the group experience
  ➢ Practice finding humor in adverse situations, diving in to help the group or leaders and taking initiative to connect with other participants.
  ➢ For more detailed guidelines for good EB, see more in Course Requirements
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B) You do not need to have special athletic skills, but it is important to know that this is a physical experience. We will be getting up early in the morning and hiking during the day. You will be carrying a 45-50 pound backpack over rough and uneven terrain. We will be making multiple river crossings a day (swimming is not required) and plan for a range of possible weather conditions including heat, cold, rain and snow.

Students will demonstrate increased confidence and the ability to do the following:

- Draw upon a range of tools and skills to support groups to work effectively with one another
- Step into a leadership position that involves work with people in a complex and varied environment
- Articulate principals for good leadership
- Give and receive feedback within teams and in leadership positions
- Travel and work effectively with a small team
- Plan and prepare for an expedition-based trip
- Practice Leave No Trace principals
- Engage in best practices when camping and backpacking
- Support safe decisions and maintain self-care in a wilderness setting
- Contribute to a positive group experience
- Enter into the unknown and face challenge and adversity with a team

COURSE READINGS AND REQUIRED TEXTS

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COURSE REQUIREMENTS AND ASSIGNMENTS

This is a 2-unit course
This course is held over spring break and includes three pre-trip classes to prepare.

- Pre-trip Class 1: Tuesday, February 28, 7:10 – 9:10 PM
- Pre-trip Class 2: Tuesday, March 7, 7:10 – 9:10 PM
- Pre-trip Class 3: Tuesday, March 14, 7:10 – 9:10 PM
- Trip Departure: Friday, March 24, 2017, 7:00 a.m.
- Trip Return: Sunday, April 2, 2017, late evening
- Transportation is provided.
- Post Trip Class: Tuesday, April 18, 7:10 – 9:10 PM

Time commitments include:

<table>
<thead>
<tr>
<th></th>
<th>Pre-trip Classes</th>
<th>Reflective writings, readings and final paper</th>
<th>Field Activity</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>8 hours</td>
<td>10 hours</td>
<td>10 day trip</td>
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Grades are comprised of the following components (100 points total):

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<thead>
<tr>
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<th>70 points</th>
<th>10 days plus 4, 2-hour classes</th>
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<tbody>
<tr>
<td>Attendance &amp; Participation</td>
<td></td>
<td></td>
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<tr>
<td>Daily Reflection and Practice Activities</td>
<td>20 points</td>
<td>10 assignments, 2 points each</td>
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<tr>
<td>Final Paper</td>
<td>6 points</td>
<td>Submitted at the end of the course</td>
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<tr>
<td>Potluck Assignment</td>
<td>2 points</td>
<td>Due at post trip class</td>
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<tr>
<td>Anonymous Course Evaluation</td>
<td>2 points</td>
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Attendance and Participation  
70 Points

This course requires full commitment. Pre-trip classes are essential for trip preparation and absolutely mandatory. *If you cannot attend the pre-trip classes, you will be dropped from the course.*

This course is highly interactive and based upon the experiential learning model; your active and engaged participation is integral and essential to your learning and the group experience. You are expected to arrive on time to pre-trip meetings, come
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fully prepared for the trip and practice “good expedition behavior” throughout the trip.

We count on every member of the class to contribute to supporting a safe, fun and inclusive learning environment. Being part of an active and engaged learning environment may come naturally for you, but it may also require deliberate action on your part. For example, you may need to:

- Push yourself to speak up more,
- Practice active listening
- Modify your humor to fit the norms of the group.

We will be traveling in close quarters and backpacking in a remote wilderness area. In order to support a safe and inclusive group experience participants are expected to refrain from the following activities for the duration of the trip:

- No Harassment - continued unwanted attention or disrespectful behavior towards others
- No drugs, smoking or alcohol

Students who engage in the activities list above will be asked to leave the course, at their own expense, and fail the course. If you have any questions or concerns about this, it is important that you discuss it with the course instructor well before leaving on the trip.

Practice Guiding Principals of Good Expedition Behavior (GEB) include the following:

- Be alert, present and give your best effort throughout the course
- Serve the mission and goals of the group
- Be as concerned for others as you are for yourself
- Treat everyone with dignity and respect
- Support leadership and growth in everyone
- Be kind and open-hearted
- Do your share and stay organized
- Help others
- Model integrity by being honest and accountable
- Address and resolve conflict in a productive manner

Daily Activities and Reflection Journal Entry 20 Points
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You will be given a variety of practice activities and/or reading assignments each day to focus on an idea, skill or tool. Practice activities most often require that you find people to practice with.

You will be responsible for writing a daily one-page reflection journal entry. These may be handwritten during the trip; however, you will be expected to type up your notes and turn them in with your final paper, at the end of the course. This is a time to capture the thoughts and insights about good leadership, and being part of a successful team, that you have gleaned from the day. You may be free form in your reflections or use the following prompts as guidance:

- What have been the challenges and rewards?
- What have you learned or had reaffirmed?
- What are skills and tools that you understand to be important, or are realizing, to be effective in a leadership position or support a team?
- What are questions that are coming up for you?
- What are you discovering about your own strengths and improve-ables?
- What are areas you would like to continue to develop?
- What insights are you gaining about building or being part of a strong team or community?

Final Paper

Each student will be required to complete a final paper (3-5 pages, typed and double spaced). Share your goals for becoming involved in leadership training and development and what you have gained through your time in the course. Your overview should be a reflection and may include what you have learned or reaffirmed, accomplishments you have made, insights and skills gained and/or how you have developed as an individual or leader. In your closing, reflect upon next steps you would like to take and any continued personal and leadership goals or aspirations.

Potluck Assignment

Sign up due date: The week prior to our final class.
Bring your dish to our post trip class

Our last class will be an end of quarter celebration that will include sharing a meal and closing activities. The instructor will provide the main dish.

Course Evaluation

Points
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Students will receive an email when the evaluation survey is available. The email will provide information regarding the evaluation as well as a link to the evaluation in eCommons.

Course Policies

Upload Assignment to E Commons by the due date:
Upload all class assignments to E Commons to receive credit. See due dates associated with each assignment.

E Commons
Before uploading your paper, save it as follows: include the week number of the assignment or activity title, your first initial and your last name,
- STEV 13 Wk#1 M. Allen

Late Assignments
Assignments must be uploaded onto E Commons by their scheduled due date. Late assignments will automatically have points deducted:
- 1/2 point will be deducted for assignments turned in within a week of the due date.
- A full point will be deducted for papers turned in later than one week late.
- Late papers will be accepted up until:

Well Written Papers
Your papers are expected to be well-written and included proper grammar, spelling and punctuation. Weekly reflections are expected to include quotes, connections to, and examples from, course readings and class content. Examples and quotes from the course reading are to be properly sited.

Paper formatting:
Include your name, the date, the assignment number and a title in the header of each paper. Format papers in 12-point, Times New Roman font, double-spaced with 1 inch margins all around.

Cell Phones:
Turn off and put away your cell phones and screens for the duration of time that you are in the classroom and on class field activities (photos may be taken on the class trip).
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Technology Policies:
Refrain from using laptops in class and take notes the old fashion way, using pen and paper.

No smoking, alcohol or other drugs:
During class or field activity time.

Academic Integrity and Plagiarism
Plagiarism will not be tolerated and will be treated in accordance with the UCSC policy on academic integrity. ([http://www.ucwc.edu/academics/academic_integrity/index.html](http://www.ucwc.edu/academics/academic_integrity/index.html)).

DRC Accommodations
If you qualify for classroom accommodations because of a disability, please submit your Accommodation Authorization from the Disability Resource Center (DRC) to me during my office hours within the first two weeks of the quarter. Contact DRC at 831-459-2089 or by email at drc@ucsc.edu.

Course Schedule (subject to revision)

FEB 28 Class #1: Pre-trip Orientation and Overview of course
Reflection and readings listed below due Tuesday 5 PM
Turn in to Miranda@ucsc.edu

Reflection Topic #1 – 1 page:
• Reflections/Insights from the on-line research assignment #1 and reading #1
• Confirm that you have reserved your gear

Reading Assignment #1:
• Allen & Mike’s Really Cool Backpackin’ Book: pp 1 - 42

To Do List #1:
• Reserve your gear by March 3 to receive priority

On Line Research Reading/Video clip assignment #1
Visit all the following Sites:
• Visit You Tube: Outward Bound Canada – Canoeing Discovery Expedition
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- Visit the Outdoor Afro Web Site, and read through the entire site, including “who we are founder” 3 minute Jefferson Award Winner video clip featuring Rue Mapp
- Visit YouTube spoof prescription drug commercial: Try Nature/Nature Rx Part 1 or Part 2
- Follow up with You Tube: Nature Rx: a new campaign for nature
- Visit You Tube: NOLS Expedition/Outdoor Educator Courses Video clip, featuring Mandy Pohja, Field Instructor
- Visit the Latino Outdoors Web Site, read through “about us” and click on Blog, to see Nancy Verdin Video clip at the end of her page plus select 2 other blogs of your choice to read through.

MAR 7 Class #2: Pre-trip Set the Stage for our trip - Goals, Roles, Expectations, Itinerary and Planning Overview.

Reflection and readings listed below due Tuesday 5 PM

Reflection Paper #2 – 1 page:
- Reflections/Insights from readings #2
- On a second page Include your list of the personal gear that you need to buy or borrow; what is your plan and when will you take care of this?

Reading Assignment #2:
- Allen & Mike’s Really Cool Backpackin’ Book – Read the following sections:
  - Water treatment Pp 87 -
  - Sanitation and Cleanliness Pp.91 -
  - Trip Planning Pp.102-117
  - Leave No Trace Pp. 152

MAR 14 Class #3: Small Group Meal Planning and Intro Packing Lesson.

Reflection and readings listed below due Tuesday 5 PM
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Reflection Paper #3 – 1 page:
- Reflections/Insights from readings #3
- On a second page include the following
  - Names, email and phone number of your cook group team
  - Outline every meal and a shopping list
  - Include specifics for each item (i.e. quantity, weight, number of cups, etc)
  - Where and when will you be meeting to shop

Reading Assignment #3:
- Outdoor Leadership: Technique, Common Sense and Self-Confidence. Pp. 41 - 84.

To Do List #3:
- Finish food planning with your group –
  - You are done when you have a very detailed and clear shopping list (some one outside of your group should be able to shop for you, without having to figure anything out)
  - Pull out your calendars and identify a time and day that you will shop together.
  - Where will you be shopping
- Drop off gear and food at the Recreation Department, and help pack the van, on Thursday March 23. Rozy and Kevin will specify the time.

MAR 24 Trip Day 1: Drive to Kelso Sand Dunes, Mojave Dessert, California
Set Frame for teaching and Introduce “Leadership Nuggets.”
Leadership Nugget 1: Expedition Behavior

Check in and Daily Reflection Entry #4

Reading Assignment #4:
- Outdoor Leadership: Technique, Common Sense and Self-Confidence. Pp. 84 - 122.

MAR 25 Trip Day 2: Drive Sand Hollow State Park, Hurricane, Utah
Hike the Kelso Sand Dunes before leaving for Utah
Lessons: Camp craft
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Check in and Daily Reflection Entry #5

Reading Assignment #5:
• Outdoor Leadership: Technique, Common Sense and Self-Confidence. Pp. 122 - 146.

MAR 26 Trip Day 3: Drive to Petrified State Forest, Escalante, Utah
Hike Angel’s Landing, Zion National Park, before driving to Escalante
Leadership Nugget 2: Self-Awareness,

Check in and Daily Reflection Entry #6

Reading Assignment #6:
• Outdoor Leadership: Technique, Common Sense and Self-Confidence. Pp. 146 - 173

MAR 27 Trip Day 4: Drive to Egypt Trail Head, Escalante River Canyon, Grand Staircase National Monument

Backpack Day #1
• Introduce Small group travel, “Leader of Day” and feedback structure.
• Lessons: Pack packing, Map & Group Travel, Camp craft

Check in and Daily Reflection Entry #7

MAR 28 Trip Day 5: Small Group Travel Day, Escalante River Canyon

Backpack Day #2 - Explore Neon Canyon
• Lesson: River crossing
• Leadership Nugget 3: Decision-Making & Decision-Making Traps

Check in, Leader of Day Feedback and Daily Reflection #8

MAR 29 Trip Day 6: Small Group Travel Day, Escalante River Canyon
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Backpack Day #3:
- Leadership Nugget 4: Tolerance for adversity and uncertainty

Check in, Leader of Day Feedback and Daily Reflection #9

MAR 30 Trip Day 7: Small Group Travel Day, Escalante River Canyon

Backpack Day #4:
- Leadership Nugget 5: Communication Cocktail Party with Discussion.

Check in, Leader of Day Feedback and Daily Reflection #10

MAR 31 Trip Day 8: Small Group Travel Day, Escalante River Canyon

Backpack Day #5
- Leadership Nugget 6: Competence Grid

Check in, Leader of Day Feedback and Daily Reflection #11

APR 1 Trip Day 9: Small Group Travel Day, Escalante River Canyon

Backpack Day #6 – Hike out to trail head
- Leadership Nugget 7: Vision and Action
- Take showers and clean gear
- Drive to Kelso Sand Dunes, CA

Check in, Leader of Day Feedback and Daily Reflection #12

APR 2 Trip Day 10: Drive to Santa Cruz

Trip Closing Activities

Check in and Daily Reflection #13
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APR 10 SIGN UP FOR POTLUCK ASSIGNMENT

Sign up due date: Week prior to our last class
Bring your dish to our last class

Your assignment is to look at the class E Commons forum to see what items are still needed. Bring the following:

- Sign up for and bring a high quality food item to the potluck
- Bring your own plate, eating utensils and cup
- Bring your food item on a nice plate or in a nice bowl and provide serving utensils
- Bring layers to wear. We will go outside if weather permits

To round out our meal, look on E Commons still needs to be brought. We need the following potluck items.

- 2 green salads: Serving size to feed about 6 people each
- 2 fruit salads: Serving size to feed about 6 people each
- 2 desserts: Serving size to serve about 6 people each
- 2 drinks: to serve about 6 people each
- 2 appetizers or finger food (i.e. 1 bag of chips with salsa and guacamole)

APR 17 FINAL PAPER ASSIGNMENT DUE:

Due by 5 PM Turn into E Commons

Type up your reflections #4 – 12 (only need to turn in 7 out of 9 trip reflections)

Include your Final Paper (see requirement in your syllabus)

APR 18 Post Trip Class, Class #4: Closing activities and final celebration meal
7:10 – 9:10 PM

We will be providing a main dish. Bring your potluck item

Meet at the OPERS Conference Room, unless otherwise noted

Anyone want to put together a slide show?