

WELCOME

Amber & Kayla

Shoe Pile

- ★ Stand in a circle!
- ★ Take off one shoe and throw it in the center
- ★ When we say “GO!” rush to pick up a shoe that is not yours
- ★ Find the owner of the shoe and ask them:
 - Name
 - Major
 - Fun fact!
- ★ You have 5 minutes to complete this task!



Committees

Taylor Sprague - **Community Building and Service Committee**

Amber Falls - **Training and Development Committee**

Kayla Vaughan & Courtney Metcalf - **Marketing and Outreach Committee**

Hot Chocolate River

You and your team have come across a hot chocolate river with no way to get across but to step on big, fluffy marshmallows (plates). The river flows so fast that the marshmallows float away if a member of the team loses contact with it. Also, once placed in the river, the marshmallows swell up and become too heavy to pick up and move again - **they must stay in place.**

Use **effective communication skills** to get your team across the river before the other team!!



Debrief

- ★ What was the team's **responsibility**?
 - Did it matter if only a few of you made it across?
- ★ What was the importance of **communication**?
 - Checking that the person behind you had already stepped on the marshmallow before moving?
- ★ What were some of your individual **strengths and weaknesses**?



Inspirational Quote

“Coming together is a beginning, keeping together is progress, working together is success”

Henry Ford



Fear 2 Freedom

- ★ September 22nd from 4-7pm in the Johnson Center, Dewberry Hall
- ★ Help assemble after-care kits, which are an essential element to healing provided for those affected by sexual assault, child abuse, domestic violence, and sex trafficking.
- ★ The F2F kits that we assemble at Mason, will be distributed to our very own Student Health Services, Wellness, Alcohol and Violence Education Services, and local area hospitals in Fairfax and Prince William counties.

Next Meeting

- ★ Fear2Freedom – September 22nd (NO L-Team Meeting)
- ★ September 28th, 2015 7:30 pm – Next L-Team Meeting

