



DRAFT

Course Objectives

Explain the mission and philosophy of leadership in the Army Profession.

- Describe the seven (7) core values of Army Leadership.
- Describe the sixteen (16) dimensions of the Army Leadership Model.
- Distinguish between leadership and management attributes.

Describe the fundamentals of officership and the heritage of the Army Profession.

- Define Warrior Ethos.
- Recite the Soldier's Creed.
- Describe basic heritage elements (salute, flags, rank structure, and uniforms of the Army).
- Explain core duties and responsibilities of a Second Lieutenant.

Identify the elements of health & well being.

- Define standards for LDAC physical exams.
- Write short-term and long-term goals to prepare for LDAC physical exams.
- Explain the importance of being a model citizen as an Army officer.
- Define the basic elements of time and stress management

MSL 101: Leadership and Personal Development

Overview

MSL 101 introduces cadets to the personal challenges and competencies that are critical for effective leadership. Cadets learn how the personal development of life skills such as goal setting, time management, physical fitness, and stress management relate to leadership, officership, and the Army profession.

Focus is placed on developing basic knowledge and comprehension of Army Leadership Dimensions while gaining a big picture understanding of the ROTC program, its purpose in the Army, and its advantages for the student.

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10	Lesson 11	Lesson 12
Course Introduction	Goal Setting	Time Management	US Military Customs & Courtesies	Orienteering	Midterm Exam	Officership & the Army Profession	Health & Fitness	Stress Management	Warrior Ethos	Leadership Overview	Final Exam
Lab Drill & Ceremony	Lab CWST	Lab Map Reading / Land Navigation	Lab Map Reading / Land Navigation II	Lab Battle Drills	Lab Movement Techniques: Individual & Squad	Lab Squad Tactics	Lab Squad Tactics II	Lab Squad Tactics III	Lab First Aid	Lab Conduct Inspections / PCCs / PCIs / Field Craft	Lab Commander's Time