



# MONARCH LEADERS

Old Dominion University

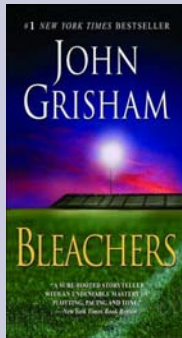
## EDITOR'S CORNER

Welcome to the first edition of the Monarch Leaders Newsletter! This is the first newsletter specifically for current and former leaders from Old Dominion University. I hope you enjoy our Former Monarch Leaders Spotlight section to learn a little bit about how ODU has left a lasting impression on our alumni.

-Jim McMullen  
GA for Student Government

## FUN FACTS

- ODU has fielded it's first collegiate football team since it's first program ran from 1930-1940
- A drawing of Foreman Field is featured in the John Grisham novel "The Bleachers."



## Leadership Quiz

Available from LeadershipAudio.com by Richard Gorham and Dr. Orison Marden

A short leadership quiz:

1. When a task needs to be accomplished, do you wait to let others take control?
2. Do you fail to voice your opinion about something because you're afraid of what others might think of it?
3. Do you feel the rewards of being a good leader are not as great as the luxuries that come with being a follower?
4. Do you lack confidence in your own ideas, even though you have many of them that may be good?
5. Do you think that only those with a high IQ or special ability are meant to lead?
6. Do people avoid asking you for help or giving you important tasks because they don't have faith that you'll succeed?

If you answered yes to one or more of these questions, then the leadership quiz has determined that you are not yet the confident leader you can be.

## FORMER MONARCH LEADERS SPOTLIGHT

Terrisa Widener '08

Undergraduate Majors: International Studies, Spanish  
Graduate Major: Public Administration



### Leadership at ODU:

- Resident Assistant
- General Assembly Member
- Model United Nations Society
- Student Activities Coordinator
- Graduate Assistant
- Cultural Events Coordinator

### Valuable Lesson in Leadership:

"Get along with the people that you work WITH, work FOR, and work OVER (i.e. manage or supervise)! You don't have to be best friends with everyone and obviously, it's impossible to please everyone, but, it's imperative to maintain a good working relationship with your colleagues and to keep in mind that just because you are in a management position, you don't have the right to treat others with disrespect. On that note, it's highly important to realize the significance of cooperation with co-workers on all levels if you intend to be successful. Also, you would be surprised how far a simple 'please' and 'thank you' will get you!"

### What you're doing now:

I'm currently an Intern in the U.S. Army Logistics Management Specialist Intern Program at Fort Eustis in Newport News, VA. My program ends in November and my first assignment is to the Army Logistics Headquarters at The Pentagon.

## New ODU Recreation Center Opens!

-A state-of-the-art recreation facility opened on March 2nd 2009 in the heart of the Old Dominion Campus. Features include:

- 2-story climbing wall
- Indoor swimming pool
- 15,000-square-foot workout space
- Indoor running track

-Contact the Office of Rec. Sports at 757-683-3384 for more information



## Upcoming Events...

11/1-11/8 ODU Homecoming

Visit <http://studentaffairs.odu.edu/homecoming/homecoming2009/home.html> for full event details.

Come out and show your Monarch Pride!



## Tell Us About You...

- What is your occupation?
- What is your favorite ODU memory?
- What were you involved with during your time at ODU?
- What is the most valuable lesson you learned as a leader at ODU?

Email [jmcmulle@odu.edu](mailto:jmcmulle@odu.edu) and let us know!