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**Developing Adolescent Leadership Through First Aid and Cardiopulmonary Resuscitation:
A Serious Approach to Peer Programs**

Kelsey E. MacMillan

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Granite State College

CREATING A SHIFT IN ADOLESCENT LEADERSHIP

A disconnect lies within the type of training that has typically been offered to our young adults in the past and applying the information to critical life problems that the adult leaders are expected to handle.

There is a need for a shift in:

Adult Based Programs to Adolescent Based Programs

Games, Icebreakers, & Activities to More Serious Topics

Instructor to Peer Direction to Peer to Peer Collaboration



FIRST AID & CARDIOPULMONARY RESUSCITATION AS METHODS

The serious nature of First Aid and Cardiopulmonary Resuscitation programs can lend a hand to effectively developing leadership skills and traits in adolescents.

Desired Skills and Traits Include:

- Active Listening
- Critical Thinking
- Problem Solving
- Collaboration
- Teamwork
- Confidence

Images:

DXE Marketing. (2013, February 7). [Children performing CPR on a manikin]. Retrieved June 11, 2017, from <http://www.aed.com/blog/teaching-children-cpraed-can-be-valuable/#more-896>

[Young adults playing a rope leadership game]. (2016, May 11). Retrieved June 11, 2017, from <http://www.straratary.ga/>