LEAD GW is a 2.5 day pre-semester program and weekly workshop series for first-year students. This program helps students develop and apply leadership skills while connecting with their GW peers. Returning students serve as mentors, helping participants hone leadership skills and transition to life as a Colonial.

99% would sign-up again, if given the opportunity

After attending LEAD GW,

94% of participants feel CONNECTED to their fellow incoming students and

95% of participants know what LEADERSHIP OPPORTUNITIES exist at GW,

Compared to 35% and 28% of participants, respectively, who reported feeling this way prior to the program.

POST-PROGRAM SURVEY SHOWED A

46% REDUCTION OF STUDENTS REPORTING FEELING ANXIOUS ABOUT STARTING COLLEGE

"LEAD definitely taught me that I can be a leader in the GW community and it made me more confident before college starts."
- 2016 participant

GW Center for Student Engagement

4 Most common words used to describe Guides

FUN INFORMATIVE INSPIRING COMFORTABLE
Adventure Bound is an outdoor program for incoming first-year GW students. Every year, upperclass Adventure Bound Guides volunteer to lead backpacking, whitewater rafting, and ocean trips to the wilderness of the greater D.C. area. Adventure Bound strives to academically and socially prepare incoming students while simultaneously connecting them to GW.

Since 2013, AB has made students feel more academically **PREPARED** and **CONNECTED** to GW.

In 2016, **83%** of participants reported feeling **CONNECTED** to other first-year students, a **45%** increase from pre-program survey results.

**2016 participants told us:**

"I learned to take risks and that by doing so I get to see a totally new and better side of myself."

"I found a sense of security and the ability to keep going even when uncomfortable."

"The confidence this trip has given me is really priceless."

**32% REDUCTION IN TRIP COST SINCE 2012**

Most common words used to describe Guides:

4

- **CARING**
- **FUN**
- **HELPFUL**
- **SUPPORTIVE**
The Excellence in Leadership Seminar (ELS) provides students with leadership development opportunities and student organization training. ELS includes both independent sessions and a cohort series. The fall cohort is comprised of LEAD GW participants, while the spring cohort is open to all GW students.

Sessions offered aligned with the CSE 5 Pillars of Leadership and emphasized critical thinking and experiential learning.

13 LEADERSHIP DEVELOPMENT SESSIONS PRESENTED BY CSL

188 PARTICIPANTS

Sessions included: Leadership Foundation, Self Knowledge, Group Dynamics, Conflict Resolution, and Ethical Leadership

After attending an ELS Leadership Development session,

98% of participants gained knowledge that will make them a better leader

80% of participants improved their ability to work well with others toward a common goal

75% of participants gained practical knowledge to apply towards their student organization(s)
SUMMIT is a low ropes challenge course located on GW's Mount Vernon Campus. SUMMIT team building activities help groups improve trust, problem solving abilities, communication, and more while having fun. Sessions are facilitated by trained, paid student facilitators and staff volunteers.

54 SESSIONS

PARTICIPANTS 1357

In 2016-2017, SUMMIT hosted more student organizations than it had in the past 3 years

"I have had the privilege of seeing students at GW working towards being their best selves. It was refreshing and inspiring!"

"I worked as a facilitator because it allows me to learn more about my own leadership style and about how to communicate and collaborate with others."

"I feel as if I have taken on more of an advisory role for new facilitators, and it is something that has helped me grow and develop as a leader."

-Student Facilitators
TRAiLS is a student-run program serving the GW community by planning and leading outdoor adventure trips throughout the year. TRAiLS is organized to assist students in their transition to GW through a challenging shared experience of team building, boundary breaking, and peer support in an outdoor educational environment. All TRAiLS guides are volunteers.

"[TRAiLS] gave me an incredible group of friends, opportunities for leadership, helped me understand my strengths and weaknesses, gave me a place to educate/mentor younger guides and Adventure Bound participants, and made me feel like I belonged at GW."

**44 GUIDES**

- 57% Females
- 43% Males

Guides reported gaining a connection to GW, increased self-knowledge, and comfort with ambiguity.

**TRAINING FOR GUIDES:**
- Wilderness First Aid
- Mental Health First Aid (1st Yr)

**958 TRIP PARTICIPANTS**

Participants rated their 2016 trip experience 4.8 (out of 5)

**89% of participants reported feeling HEALTHIER and HAPPIER when they're outdoors**

**83 TRIPS COMPLETED**

**PARTICIPANTS ARE INTERNATIONAL STUDENTS**

**PARTICIPANTS ARE GRADUATE STUDENTS** 20%
As a result of attending ADVENTURE BOUND and LEAD GW, first year students reported feeling
• MORE CONNECTED to fellow incoming students
• LESS ANXIOUS about starting college
• like they BELONGED at GW

In post-program assessments,

100% of LEAD GW Guides reported feeling proud to be a student leader at GW

80% of TRAiLS participants reported feeling connected to GW

"[Adventure Bound] was a launchpad for freshman year. I was a very lost freshman and AB gave me confidence, and a place to start. It was also very special to be connected to upperclassmen for academic and general life support. That has been extremely rewarding to give back as a guide for AB, and probably one of my favorite parts of my time at GW."

- Anna McGarrigle '17, AB Guide