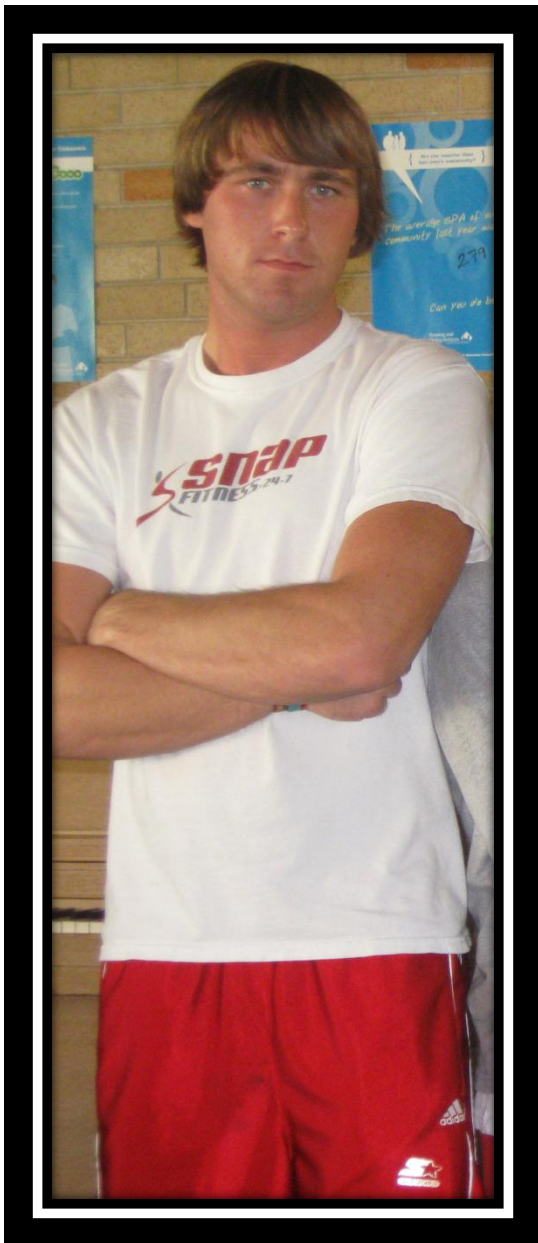


# JASON DAVIS

RHA ROOKIE OF THE YEAR



## LEADERSHIP WORKOUT MANUAL

A GUIDE TO EXTREME LEADERSHIP

THIS LEADER IS  
EXCLUSIVELY PRODUCED BY  
WELLER HALL

DAVIS 2009-2010  
ROOKIE OF THE YEAR

# TABLE OF CONTENTS

A GUIDE TO EXTREME LEADERSHIP

## WARNING

Jason davis is an amazing student leader; interacting too much or too closely with Mr. Davis may result in transfer of Amazingness

Interact at own Risk

|                            |        |
|----------------------------|--------|
| INTRODUCTION               | PAGE 3 |
| WELLER HALL INVOLVEMENT    | PAGE 4 |
| RHA INVOLVEMENT            | PAGE 5 |
| ACADEMICS                  | PAGE 6 |
| UNIVERSITY INVOLVEMENT     | PAGE 7 |
| CERTIFICATE OF ACHIEVEMENT | PAGE 8 |

### Disclaimer of Liability

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# PLEASE READ ENTIRETY OF LEADERSHIP WORKOUT MANUAL BEFORE TRYING TO BECOME AN OUTSTANDING LEADER LIKE JASON DAVIS.

## INTRODUCTION

BEFORE STARTING ANY LEADERSHIP WORKOUT ROUTINE, IT IS VITAL TO UNDERSTAND A THE FOUNDATION THAT MAKES UP WHAT IS ABOUT THE BE THE MOST AMAZING LEADER ON THE PLANET.

JASON IS A TRANSFER STUDENT FROM WOODRIVER, ILLINOIS. JASON PREVIOUSLY ATTENDED LOUIS AND CLARK COMMUNITY COLLEGE AND JOINED THE EASTERN FAMILY AS A FULLY FLEDGED PANTHER IN THE FALL OF 2009 AS AN EXERCISE SCIENCE MAJOR.

WHEN NOT STUDYING HARD OR BEING ACTIVE IN THE RESIDENCE HALLS, JASON IS A LIFE GUARD INSTRUCTOR AND TEACHER! JASON HAS TAUGHT OVER 120 STUDENTS THE BASICS OF SWIMMING AND BEING SAFE WHILE HAVING A GOOD TIME IN THE WATER!



FAVORITE COLOR: BLUE  
FAVORITE MOVIES: ZOMBIE MOVIES  
FAVORITE ACTIVITY: SWIMMING  
OTHER FAVORITE: WORKING OUT  
FAVORITE CELEBRITY: MICHAEL JACKSON  
CAR: RED GRAND PRIX  
HEIGHT: 6'0"  
HAIR COLOR: BROWN  
FOOD: COSMIC BROWNIES  
RESTAURANT: JACK-IN-THE-BOX

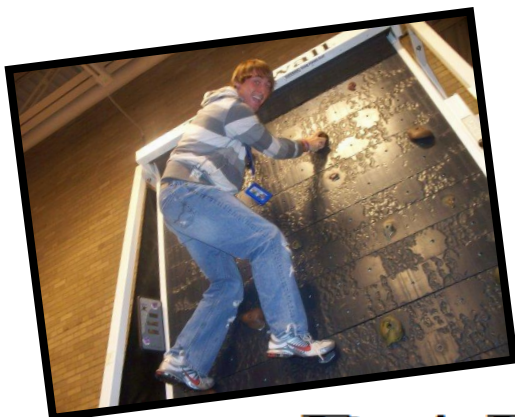


# WELLER HALL INVOLVEMENT

## STEP 1- COMMUNITY INVOLVEMENT

THE FIRST STEP THIS LEADERSHIP MANUAL WILL OUTLINE IN BECOMING AN AMAZING LEADER IS EXTREME COMMUNITY INVOLVEMENT LIKE JASON DAVIS.

1. BECOME ACTIVE IN HALL COUNCIL
  - A. JASON DAVIS STARTED GETTING INVOLVED AND COMING TO HALL COUNCIL JUST A COUPLE OF DAYS AFTER MOVING INTO WELLER HALL AT THE BEGINNING OF THE YEAR.
  - B. ONLY HOURS AFTER COMING TO THE FIRST MEETING, JASON MADE NEW FRIENDS. JASON TOOK TIME TO TALK TO PEOPLE THAT HE DID NOT KNOW AT THE FIRST FEW WELLER HALL COUNCIL MEETINGS, MAKING A LOT OF RESIDENTS FEEL MORE COMFORTABLE IN THE HALL.
  - C. EVERY WEEK JASON ENCOURAGED OTHERS TO COME TO HALL COUNCIL BY KNOCKING ON DOORS AND TALKING ABOUT HOW WONDERFUL HALL COUNCIL IS.
2. RUN FOR EXECUTIVE OFFICE
  - A. SEEING THE NEED FOR GOOD REPRESENTATION, JASON RAN FOR THE WELLER HALL EXECUTIVE BOARD WHERE HE KNEW HE COULD BE A POSITIVE FORCE FOR WELLER RESIDENTS.
  - B. JASON HAS SERVED AS A REPRESENTATIVE TO THE RESIDENCE HALL ASSOCIATION FOR WELLER HALL ALL YEAR LONG AND HAS WORKED HARD TO BRING BACK INFORMATION SO ALL WELLER RESIDENTS ARE WELL INFORMED ABOUT CAMPUS ACTIVITIES.
3. BE ACTIVE IN PROGRAMS
  - A. JASON HAS BEEN TO ALL HALL COUNCIL PROGRAMS THIS YEAR AND HAS BEEN SURE TO SUPPORT PROGRAMS THAT ARE PUT ON BY OTHER EXECUTIVE BOARD MEMBERS.
  - B. JASON HAS TAKEN TIME TO HELP COORDINATE PROGRAMS THAT HE THOUGHT THAT WELLER RESIDENTS WOULD BENEFIT FROM AND ENJOY!



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ROOKIE OF THE YEAR

## RHA INVOLVEMENT

### STEP 2- MORE COMMUNITY INVOLVEMENT

THE SECOND STEP IN BECOMING AN EXTREME LEADER IS COMMUNITY INVOLVEMENT ON AN EVEN LARGER SCALE.

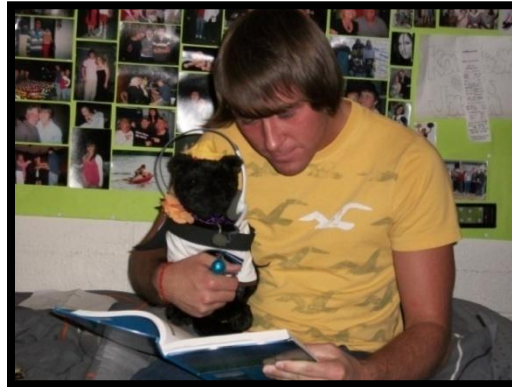


1. BECOME ACTIVE IN THE RESIDENCE HALL ASSOCIATION AT EASTERN
  - A. JASON HAS ATTENDED RHA MEETINGS ON A WEEKLY BASIS AND IS ALWAYS SURE TO BRING BACK INFORMATION IN AN UPBEAT AND EXTREMELY POSITIVE WAY FOR ALL WELLER HALL RESIDENTS.
  - B. JASON CONSTANTLY ENCOURAGES OTHER RESIDENTS TO GET INVOLVED WITH THE RESIDENCE HALL ASSOCIATION AND ATTEND THE NUMEROUS PROGRAMS THAT THE ASSOCIATION SPONSORS THROUGHOUT THE YEAR!
  
2. PARTICIPATE IN RHA EVENTS AND PROGRAMS
  - A. JASON SPENT MANY HOURS BEING EXTREMELY ACTIVE WITH THE RESIDENTS ON CAMPUS FESTIVAL (ROC FEST) IN THE FALL SEMESTER.
  - B. JASON HELPED LEAD WELLER HALL TO VICTORY IN ROC FEST BY ATTENDING EVERY EVENT AS WELL AS CONSTANTLY CHALLENGING OTHER WELLER RESIDENTS TO COME OUT AND BE ACTIVE.
  - C. IN THE FALL SEMESTER, JASON ATTENDED THE LEADERSHIP RETREAT AT CAMP NEW HOPE WITH MANY OTHER MEMBERS OF WELLER HALL AND MADE CONNECTIONS WITH RESIDENTS FROM HALLS ALL OVER CAMPUS.
  
3. JOIN A COMMITTEE
  - A. JASON IS AN ACTIVE MEMBER IN THE FINANCE AND SERVICE COMMITTEE OF THE RESIDENCE HALL ASSOCIATION.
  - B. JASON HAS SUPPORTED EVERY COMMITTEE SPONSORED EVENT AND INITIATIVE BY PERSONALLY BEING IN ATTENDANCE AS WELL AS ENCOURAGING OTHERS TO BECOME ACTIVE IN COMMITTEE'S EVENTS.

# ACADEMICS

## STEP 3- ACADEMIC EXCELLENCE

THE NEXT STEP IN THE DEVELOPMENT OF AN AMAZING LEADER IS UNDERSTANDING THE IMPORTANCE OF EXCELLENCE ACADEMICALLY AND APPLYING CLASSROOM EXPERIENCES.



1. BE DEDICATED TO YOU MAJOR
  - A. AS AN EXERCISE SCIENCE MAJOR AT EASTERN ILLINOIS UNIVERSITY, JASON UNDERSTANDS THAT A GREAT LEADER UNDERSTANDS WHY THEY CAME INTO THE UNIVERSITY SETTING, TO GET A DEGREE THAT WILL ALLOW FOR FUTURE SUCCESS.
  - B. JASON NEVER SKIPS CLASS AND IS VERY OPEN ENCOURAGING OTHER RESIDENTS TO BE ACADEMICALLY ENGAGED AND ATTEND CLASS ON A DAILY BASIS.
2. STUDY HARD
  - A. JASON IS FREQUENTLY FOUND UP UNTIL EARLY HOURS OF THE MORNING MAKING SURE TO SPEND AMPLE TIME WITH HIS ACADEMICS.
  - B. BY STUDYING IN HIS ROOM, JASON ACTS AS A ROLE MODEL FOR OTHER RESIDENTS IN WELLER HALL THAT SEE HIM WORKING HARD AND BEING FOCUSED.
  - C. JASON HAS WORKED VERY HARD TO ACHIEVE A CUMULATIVE 4.0 GPA!
3. APPLY CLASSROOM EXPERIENCES TO EVERYDAY LIFE
  - A. JASON ALSO TAKES TIME ENCOURAGING OTHER RESIDENTS TO GO TO THE STUDENT RECREATION CENTER WHERE HE IS ABLE TO SPEND TIME WITH THEM ALLOWING THEM TO UNDERSTAND THE DIFFERENT ASPECTS OF A HEALTHY WORKOUT.
  - B. JASON ALSO TAKES TIME TO EXPLAIN DIFFERENT MUSCLE GROUPS AND OTHER BODY FUNCTIONS TO RESIDENTS WHEN THEY HAVE QUESTIONS ABOUT THE HUMAN BODY.

# UNIVERSITY INVOLVEMENT

## STEP 4- BE ACTIVE WITHIN THE UNIVERSITY

STEP FINAL STEP IN THE DAVIS LEADERSHIP WORKOUT PLAN IS BEING AN ACTIVE MEMBER OF THE UNIVERSITY COMMUNITY OUTSIDE OF THE RESIDENCE HALLS AS WELL.

### 1. ACADEMIC EXTRACURRICULARS!

- A. JASON IS A MEMBER OF THE KINESIOLOGY HONORS SOCIETY, WHICH IS AN HONORARY ORGANIZATION FOR STUDENTS WITH AN ACCUMULATIVE GRADE POINT AVERAGE OF OVER 3.2! WITH A 4.0, JASON IS A VALUABLE MEMBER OF THE ORGANIZATION!
- B. BEING A MEMBER OF THE KINESIOLOGY ADVISORY COMMITTEE, JASON TAKES TIME TO MAKE SURE THAT HIS DEPARTMENT AND MAJOR ARE ON THE RIGHT TRACK FOR SETTING STUDENTS UP FOR SUCCESS!

### 2. BE ACTIVE!

- A. JASON'S PASSION FOR MUSIC HAS LED HIM TO AUDITION TO BECOME A MEMBER OF THE EASTERN ILLINOIS UNIVERSITY PANTHER MARCHING BAND!
- B. JASON IS FREQUENTLY FOUND BEING ACTIVE IN THE RECREATION CENTER ON CAMPUS. JASON ALWAYS ENCOURAGES OTHER RESIDENTS BE ACTIVE! AND JOIN HIM AT THE STUDENT RECREATION CENTER AS WELL AS THE POOL ON CAMPUS!

### C. VOLUNTEER!

- A. JASON DONATES TIME THROUGHOUT THE SEMESTER VOLUNTEERING FOR THE PANTHER ATHLETIC DEPARTMENT LIKE WORKING WITH TRACK MEETS!
- B. JASON ALSO IS SURE TO HELP PUBLICIZE AND ATTEND NUMEROUS EVENTS AROUND CAMPUS THAT HELP BENEFIT OTHERS THROUGHOUT OUR COMMUNITY HERE AT EASTERN ILLINOIS UNIVERSITY!



# Achievement Award

Presented To

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in recognition of successful completion of the  
**Jason Davis Leadership Training Manual**  
**A Guide to Extreme Leadership**

**April 2nd, 2010**


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**Weller Hall**

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**Weller  
Hall**



Residence Hall Association executive board, members, advisors, and friends,

It is with great enthusiasm that I write to you today this letter of support for Mr. Jason Davis for Rookie of the Year here at Eastern Illinois University. I have had the extreme pleasure to work with Jason Davis this past year and have been extraordinarily impressed with his personal drive and dedication in life, as well as his passion for his fellow on campus residents.

As a member of the Weller Hall Council Executive Board, Jason has been the breath of fresh air that all advisors are thankful to have as part of the team. Throughout the year, Jason has been a constant on the executive board, always providing new ideas, support for others, and a positive attitude.

In regards to his position as one of the representatives to the Residence Hall Association (RHA) for Weller Hall, I have personally never encountered a representative as driven as Jason. Being very active in his committee within RHA, attending numerous RHA sponsored events, and being a key participant in the Residents on Campus Festival, Jason has gone above and beyond the call of any usual RHA representative. Jason has truly embodied the spirit of what an outstanding representative should be for their hall.

Even outside of council activities Jason is a constant role model for all Weller Hall residents. Academically, Jason is driven and strives for academic excellence in every way and socially, he has been a devoted friend to many residents here in Weller.

Clearly, I can think of no one more deserving to hold the title of Rookie of the Year. In his first semesters living on campus, Jason has been able to rise to the top as not only an excellent leader, student, and friend, but as a role model that many resident will be able to look up to during his entire tenure in the residence halls.

I am truly in full support of Jason and the endeavor of allowing him to gain this prestigious title. Thank you for your time and consideration of Mr. Davis for the honor of being Rookie of the Year.

Justin Schuch  
Associate Resident Director  
Weller Hall  
Eastern Illinois University