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SR 953-12: Research for 21st Century Scholarship

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**Self-Leadership**

I elected to describe self-leadership because it is ideal in assurance of humans’ progress towards fulfilling or exceeding their respective full potential.

When humans have active, effective, and projected self-leadership characteristics demonstrated in their personal and professional lives, they are likely to be successful while also having elevated levels of self-esteem, self-confidence, self-control, self-dignity, self-accountability, and additional valuable traits. Said traits compliments and influences society in an optimistic manner which enhances communities and community development therein as well.

**Three points I will address in an essay about self-leadership are as follows:**

1. Utilization of education in self- leadership enhances the mental ability of each human.

2. Defeating anxiety and stress within self-leadership empowers each human.

3. Overcoming overwhelming circumstances increases strength in self-leadership.

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**Self-leadership list of search terms and phrases**

* Needs assessment
* Utilization of counseling services
* Tutoring
* Self-actualization
* Self-efficacy
* Burnt out
* Time management
* Life skills
* Discrimination, competitiveness, and mental health support
* Perseverance
* Organizational skills
* Information management
* Utilization of available resources
* Peer-to-peer mentorship
* Dietary
* Exercise
* Nutrition
* Faith-based belief

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