

In July, I attended the Dale Carnegie Generation Next training camp. It took place over 3 days, starting in the morning and ending at 4 in the afternoon. The class was built around Dale Carnegie's writings and the life lessons we can take away from them.

When I walked into the training room, my very energetic trainer greeted me at the door. Immediately, it became very clear that this summer camp was unlike any other I had already been to. In the first few hours, we were asked to describe our "vision." This included what we wanted our life to look like in 6 months (be it academically or socially), and how we would achieve that vision.

From there, we started analyzing Dale Carnegie's principles. From these principles, we learned how to build healthy relationships, gain trust and cooperation from others, how to be a good leader, and how to manage our stress. Along the way, we also did many activities that would reinforce these principles within us.

This class encourages you to go out of your comfort zone, whether in the form of public speaking or acting. We went up in front of our classmates at least twice a day to present them a story relating to the principles. Our trainer taught us how to maintain eye contact, how to keep the audience engaged, and other small habits that made us seem more professional. One day, we did an exercise where we acted out different commercials that required us to speak in a different tone or intensity than we normally would. On the final day, we gave a graduation speech where we discussed our biggest takeaways from the camp.

From what I have seen, many attendees of this camp are introverts, and I am by no means an exception. However, this camp created a very supportive environment that helped us grow as people in the short amount of time we had. I learned a lot from this camp that I believe I would not have learned anywhere else. I would very much recommend this camp to anyone who would like to improve their social and leadership skills.