

# MINERAL AREA COLLEGE

## ROPES COURSE and ALPINE TOWER

The Ropes Course and Alpine Tower are both designed to involve groups in a series of activities that progressively challenge individuals and teams in a supportive, learning environment. Group problem-solving initiatives focus specifically on teamwork, trust, fun, cooperation, communication, and respect for others. Individual growth areas are self-esteem, leadership, creativity, risk-taking, perseverance and, perhaps most importantly, compassion and respect. The courses are designed to take individuals and teams beyond their own expectations.



### Those Who Will Grow From the Experience

- ◆ Industry and Business
- ◆ Government agencies
- ◆ Health-care institutions
- ◆ Educational institutions
- ◆ Youth organizations
- ◆ Community-based organizations
- ◆ Law Enforcement organizations
- ◆ Specifically, managers and team leaders

**Philosophy:** Leadership and communication skills are extremely hard to teach in a classroom. Experiential training puts the participant under the same stress and pressures felt in the workplace, experiences that give color and character to leadership decisions and interpersonal communication. The difference is, unlike in the busyness of the workplace, an exercise can be paused, replayed, and examined. The ability for participants to process an exercise sets up the Experiential Learning Cycle: experience, reflection, application. The focus of the training revolves around these four objectives: 1) present positive experiential learning opportunities, 2) engage in meaningful activity, 3) evaluate and reflect about the experience, 4) apply what is learned into daily practice. As John Dewey said: "All genuine education comes from experience."

**Format:** Both courses are outdoor and consist of ropes, cable, and wood configured in "elements" that are designed in such a way as to challenge a team or individual to complete a specific task. Groups (8-12 participants) begin at ground level with introductory activities that are fun and challenging. The ground level elements address the team issues of trust, communication, creativity, and problem-solving. High ropes elements are next. Participants confront fears and inhibitions by working anywhere from ground level to 40 feet off the ground. As groups overcome obstacles they gain confidence and experience to overcome more difficult tasks and elements. For groups that find it difficult to travel to a certified ROPES Course, many of ground level elements are portable and can be set up and presented on-site at the company location or at a nearby park or similar facility.

**Safety:** Safety is the first consideration in the design of the courses and facilitation of the training. The Ropes Course and Alpine Tower have been constructed and maintained to national safety standards. The facilitators are certified by instructors of the Alpine Course and Coursefitters, Inc.

**Course Location:** The course is located on the campus of Mineral Area College, Park Hills, Missouri

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