

Definitions of the Learning Outcomes

Please see below for more detail on each of the learning outcomes (variables) explored in the research.

Self-esteem: 'The individual's positive or negative attitude toward the self as a totality' (Rosenberg, et al., 1995); 'the evaluative or affective consequence of one's self-concept ('how I feel about who I am')' (Lox, 2003).

(**N.B.** Self-esteem may be assessed from a global perspective; i.e. the person as a whole, or divided into a number of domains to explore specific facets of self-esteem (for example, physical appearance, relationships with peers or parents, and so on). The questionnaire used in the research included items from a number of domains, as well as a global measure)

Leadership: The individual's ability to use transformational leadership behaviours when they are leading the expedition group.

Responsibility: Also known as 'Locus of Control' (Rotter, 1954); a 'descriptor of individual differences in perceived behaviour-outcome contingencies' (Leone & Burns, 2000). In other words, how much the individual interprets circumstances, including their behaviour, as being a result of external (e.g. war, God, 'luck' or 'fate'), or internal (I am to blame, it was my good idea) forces.

Teamwork: The individual's relationship and interaction with his/her expedition team, what they contribute, and how much they accept responsibility for actions of the team.

Communication: The ability to demonstrate both listening and speaking skills, and understanding the importance of these skills.