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Leadership Laboratory (LLab)

Practical Application of Classroom Skills and Theories

AFROTC officer candidates participate in a Leadership Laboratory (LLab) where the leadership skills and management theories acquired in the classroom are put into practice. The LLab meets once each week for two hours.

This formal military training is largely planned and directed by the officer candidates. Freshman and sophomores are involved in initial leadership experiences such as problem solving, dynamic leadership, team building, Air Force customs and courtesies, drill movements, Air Force educational benefits, Air Force career opportunities, and preparation for field training.

Juniors and seniors are involved in more advanced leadership experiences as they become responsible for the planning and organizing of wing activities, to include conducting the Leadership Laboratory itself.

Leadership Laboratory Benefits

- Improved verbal communication skills.
- Valuable hands-on management experience with peers.
- Enlightening road trips to Air Force bases.
- Enhanced planning and organizational skills.

Leadership Lab activities include:

- Physical fitness assessments
- Field days
- Drill and ceremonies
- Leadership Studies
- Air Force officer career days
- Leadership building exercises