

2025 Youth Summit Workshop Menu

Explore • Elevate • Lead

Session One: Mental Wellness, Advocacy & Sustainability

- **Room MA202: Real Talk: How to Set Boundaries Without Feeling Bad**

Learn practical ways to set healthy boundaries in school, friendships, and at home—without feeling guilty.

- **Room MA202: Eco-Hustle: Turning Climate Action into Community Impact**

Find out how small actions can spark big change and create climate solutions in your community.

- **Room MA204: The Change Agent Toolkit: How to Advocate, Organize & Win**

Discover tools to raise your voice, organize with peers, and create real change on issues you care about.

- **Room MA205: Mind Over Media: Protecting Mental Health in a Hyperconnected World**

Learn strategies to stay balanced and protect your mental health in today's always-online culture.

Session Two: Digital Innovation, Leadership & Career Readiness

- **Room MA205: Digital Dream Jobs: Careers You Haven't Heard of (Yet)**

Explore exciting future careers in tech, media, and innovation you may not know exist yet.

- **Room MA203: Build It, Code It, Own It: Create Your First App Idea**

Brainstorm and design your first app concept—no coding experience needed.

- **Room MA203: Future CEOs: Launching Microbusinesses as a Teen**

Discover how you can start your own small business right now with tools and creativity.

- **Room MA204: Lead Loud: What Real Youth Leadership Looks Like**

Step into leadership roles that matter—learn how young leaders are changing schools and communities.

- **Room MA206: AI Unlocked: How to Use ChatGPT, Copilot & More Responsibly**

Get the inside scoop on how to use AI tools for school and life in safe and ethical ways.

Session Three: Self-Empowerment & Future Planning

- **Room MA202: Level Up: Making Your First Budget (and Sticking to It)**

Learn to manage money, save for goals, and build smart financial habits early.

- **Room MA203: Shield Up: Protecting Yourself Online & IRL**

Gain skills to stay safe both online and in real life while building confidence.

- **Room MA204: Branding Yourself: Personal Branding & Professional Networking**

Discover how to present yourself authentically and connect with people who can support your journey.

- **Room MA205: Finding Your Path: Career Exploration and Goal Setting**

Explore careers, set goals, and create a roadmap for your future success.

✨ **Choose the sessions that inspire you most—this day is all about building your future, your way!**