

2025 Youth Summit Workshop Menu

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Workshop Session One: Mental Wellness, Advocacy & Sustainability

 10:15 – 10:50 AM

Room MA202 – Workshop A: “Real Talk: How to Set Boundaries Without Feeling Bad”

- **Full Description:** Setting boundaries is key to protecting your mental health and relationships. This session teaches students how to say “no” without guilt and how to communicate needs respectfully. Through practice and examples, participants will learn what healthy boundaries look like in everyday situations. Students will leave feeling more confident in protecting their energy and peace of mind.
- **Quick Take for Students:** Tired of people draining your energy? Learn how to say “no” without guilt and protect your peace.

Room MA203 – Workshop B: “Eco-Hustle: Turning Climate Action into Community Impact”

- **Full Description:** Climate change can feel overwhelming, but local action creates real impact. This workshop highlights youth leaders who turned sustainability into movements and businesses. Students will learn how to design their own action plan using personal interests and community needs. The focus is on practical, achievable steps that make change possible now.
- **Quick Take for Students:** Want to help the planet AND your community? Create a climate action plan you can start today.

Room MA204 – Workshop C: “The Change Agent Toolkit: How to Advocate, Organize & Win”

- **Full Description:** Making change requires more than passion—it takes planning and strategy. This session walks students through the steps of identifying issues, organizing peers, and speaking with decision-makers. Real-life campaign examples will show how youth voices can influence policy and culture. Students leave with tools to turn their ideas into real action.
- **Quick Take for Students:** Want to fight for something you believe in? Learn how to organize your crew and make real change happen.

2025 Youth Summit Workshop Menu

Explore • Elevate • Lead

Room MA205 – Workshop D: “Mind Over Media: Protecting Mental Health in a Hyperconnected World”

- **Full Description:** Constant notifications and online pressure can harm focus and self-esteem. This workshop explores how social media and digital habits impact mental health. Students will discuss ways to balance screen time, identify toxic behaviors, and build healthier online routines. The goal is to use technology without letting it take over.
 - **Quick Take for Students:** Is your phone running your life? Learn how to stay in control and protect your peace online.
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Workshop Session Two: Digital Innovation, Leadership & Career Readiness

 1:34 – 2:09 PM

Room MA202 – Workshop E: “Digital Dream Jobs: Careers You Haven’t Heard of (Yet)”

- **Full Description:** Innovation is creating jobs that didn’t exist a decade ago. This session introduces students to careers in AI, clean energy, space exploration, and more. Participants will connect personal interests to emerging industries and discover new pathways to success. Students leave with inspiration to explore bold, future-focused opportunities.
- **Quick Take for Students:** Step into the future! Discover wild new jobs and how to prepare for them.

Room MA203 – Workshop F: “Build It, Code It, Own It: Create Your First App Idea”

- **Full Description:** Every app starts with a big idea. In this interactive workshop, students will brainstorm, map, and design an app concept—no coding needed. They’ll learn design thinking and how tech creators pitch their solutions. The process builds creativity, problem-solving, and confidence in innovation.
- **Quick Take for Students:** Got an app idea? Learn how to design it and pitch it—no coding required.

2025 Youth Summit Workshop Menu

Explore • Elevate • Lead

Room MA204 – Workshop G: “Future CEOs: Launching Microbusinesses as a Teen”

- **Full Description:** Teens don’t have to wait to become entrepreneurs. This workshop teaches students how to turn skills and hobbies into businesses. Topics include branding, pricing, and balancing school with entrepreneurship. Participants leave with a plan to launch or grow their own hustle.
- **Quick Take for Students:** Be your own boss! Learn how to turn passions into profit now.

Room MA205 – Workshop H: “Lead Loud: What Real Youth Leadership Looks Like”

- **Full Description:** Leadership comes in many forms—not just titles or positions. Students will explore different leadership styles, from organizing events to supporting peers. The workshop emphasizes authenticity, courage, and leading in ways that fit who you are. Students will leave with strategies to grow their influence.
- **Quick Take for Students:** You don’t have to be the loudest to lead. Find your voice and lead your way.

Room MA206 – Workshop I: “AI Unlocked: How to Use ChatGPT, Copilot & More Responsibly”

- **Full Description:** AI tools can spark ideas and support learning when used wisely. This workshop explores how to use ChatGPT, Copilot, and similar platforms responsibly. Students will learn how to avoid plagiarism, think critically, and keep their own voice central. The session highlights AI as a coach, not a crutch.
- **Quick Take for Students:** AI isn’t just for shortcuts. Learn how to use it smartly without losing your own ideas.

Workshop Session Three: Self-Empowerment, Future Planning & Personal Power

 2:16 – 2:51 PM

Room MA202 – Workshop J: “Level Up: Making Your First Budget (and Sticking to It)”

2025 Youth Summit Workshop Menu

Explore • Elevate • Lead

- **Full Description:** Money skills are key to independence and freedom. This workshop introduces budgeting in a fun, hands-on way. Students will create a budget for a personal goal and learn how to manage saving and spending. The focus is on building habits that last.
- **Quick Take for Students:** Want to save for something big? Learn how to make a budget that actually works.

Room MA203 – Workshop K: “Shield Up: Protecting Yourself Online & IRL”

- **Full Description:** Staying safe means being smart both online and offline. Students will explore digital privacy, recognizing unsafe situations, and finding support when needed. The session also covers rights at school and work, helping students build confidence. They'll leave with tools to protect themselves in all spaces.
- **Quick Take for Students:** Protect your vibe! Learn how to stay safe online and in real life.

Room MA204 – Workshop L: “Branding Yourself: Personal Branding & Professional Networking”

- **Full Description:** Personal branding is about showing up with confidence and clarity. This workshop teaches students how to highlight strengths, make positive impressions, and use social media wisely. They'll practice strategies for networking and connecting with mentors. Students will leave ready to build a brand that opens doors.
- **Quick Take for Students:** Your brand is YOU. Learn how to show up strong and start building connections that count.

Room MA205 – Workshop M: “Finding Your Path: Career Exploration and Goal Setting”

- **Full Description:** Career exploration doesn't mean choosing one path for life—it means discovering what fits right now. This workshop helps students reflect on their skills and interests. They'll learn how to set realistic goals and create steps toward achieving them. Students will leave with a roadmap for future planning.
- **Quick Take for Students:** Not sure what's next? This workshop helps you explore options and set goals for your future.