



MISSOURI YOUTH LEADERSHIP ACADEMY
Confidence | Connection | Contribution

Missouri Youth Leadership Academy

Program Guide

2022 Edition

Contents

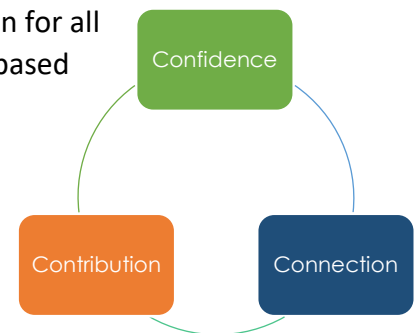
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Overview

Welcome to the Missouri Youth Leadership Academy (MYLA) Program Guide. The development of MYLA began in Spring 2022 when a group of State team members from a variety of departments joined together in the State of Missouri Leadership Academy with the goal of investing into Missouri’s youth. Our research and quest helped us to learn about all the populations of youth who need this type of opportunity with the Missouri Youth Leadership Academy (MYLA). The research showed a previous capstone project completed by another Leadership Academy cohort called “Pathways Program,” where a pilot was completed. The cohort of Spring 2022 built upon this program to achieve MYLA.

The goal of MYLA is to increase confidence, connection and contribution for all participating youth. MYLA is designed to be an interactive, curriculum-based program to help facilitate life skills, leadership skills and to increase exposure to opportunity to other leaders in the Missouri communities where youth reside. There was great collaboration with foster youth in Missouri who informed the team about their need to know each other and know what’s available around them.



This program guide provides leaders and facilitators through content, a sample schedule, and facilitator tips to set-up and implement a MYLA in their programs. We’ve included a sample welcome letter for youth. Leaders and youth will dedicate about 14 weeks to learning about each other, and opportunities that exist in Missouri, culminating with a graduation and field day! The start of this program is only successful due to the engagement with Department of Natural Resources, Department of Conservation, Department Social Services, Department of Labor, Department of Corrections, and Department of Secondary Education.

Below, we have listed our names as developers of the program. We hope you will pick this up and be inspired to lead youth in your programs to be the leaders of tomorrow. Best of luck!



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State of Missouri Leadership Academy Cohort 8 | 2022

Schedule

The Missouri Youth Leadership Academy will consist of 2 sessions and 2 breaks annually, per the recommended schedule below. Specific dates can be modified by the team facilitating and moderating the cohort.

Sessions

Session 1: February – May

- Week 1: Meet and Greet & Intro to Leadership
- Weeks 2-13: Modules
- Week 14: Graduation & Field Day

Break: June – July

Session 2: August – November

- Week 1: Meet and Greet & Intro to Leadership
- Weeks 2-13: Modules
- Week 14: Graduation & Field Day

Break: December – January

Modules

- Module 1
 - Week 1: Intro to Leadership
- Module 2
 - Week 2-3: Mental Health
- Module 3
 - Week 4-5: Financial Literacy
- Module 4
 - Week 6-7: Community Engagement
- Module 5
 - Week 8-9: Career Development
- Module 6
 - Week 10-11: Communication & Collaboration
- Module 7
 - Week 12-13: Natural Environment
- Graduation & Field Day
 - Week 14: Graduation & Field Day

Facilitator Tips

The way in which sessions are run is as (if not more) important than the content. These tips can help ensure a safe and supportive structure and encourage a culture of belonging.

What to incorporate – Ideas from industry sources.

- Make the agenda visible so everyone is aware of the day's plan.
- Post group agreements, consequences, and incentives, and hold youth to them.
- Ask the youth to read the agenda and group agreements aloud.
- Post pictures of youth and their artwork where you hold sessions.
- Set up chairs and couches in a circle so everyone is visible. (N/A for hybrid setting)
- Introduce new faces and give congratulatory “shout outs” when appropriate.
- Provide healthy snacks to keep energy up. (N/A for hybrid setting)
- Check in regularly to ensure the group is on the same page.
- Move: Keep the session dynamic (e.g., do outdoor ice breakers, shift from small groups to large groups).
- Reflect on the session with allies and with participants. (What worked well? What might we change for future sessions?)
- Provide a “preview” of the next session so students come prepared.
- Keep the larger context in mind. (Was there a fight at school? A global event?) What happens outside greatly impacts what happens in the session.
- Build in informal time for youth and staff to socialize outside of session (parties, breaks, retreats, conferences, or other group outings or events). Celebrate individuals through birthdays or other celebrations.
- Call youth at home if they miss a session. Check in. Remember that some youth and caregivers have the experience that any phone call means something is wrong. Call youth and caregivers to share positive things that you have seen or noticed about the youth's work or behavior.

What to Avoid – Ideas shared directly from youth participants.

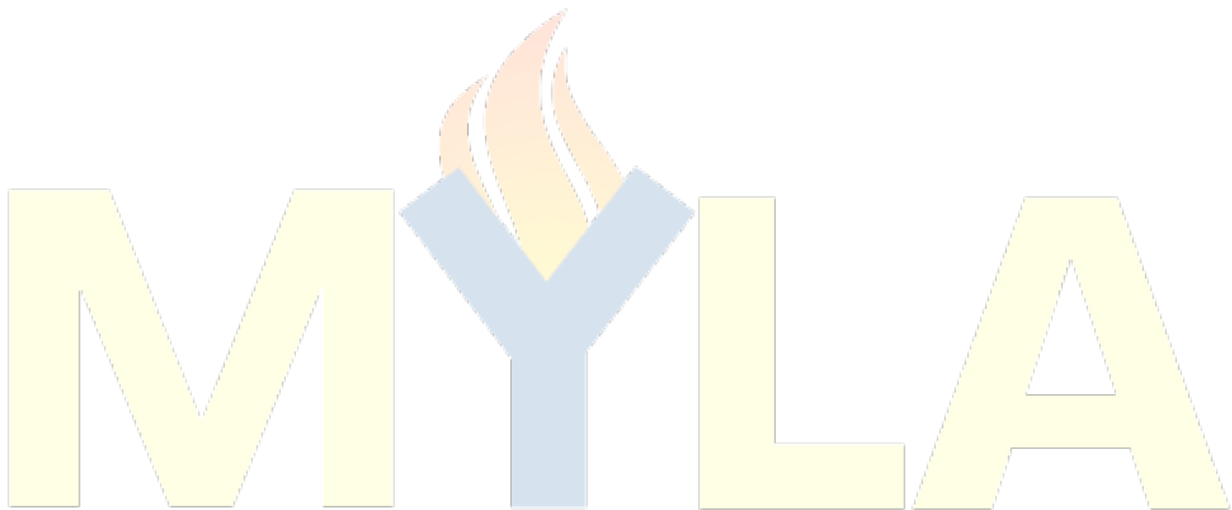
- Calling kids out or embarrassing them.
- Ignoring or overlooking an agreement.
- Negativity
- Lecturing
- Telling youth what you think they should do (instead, ask a lot of questions).
- Moving ahead with a plan that is not working.
- Asking for youth input and then ignoring it.

Following these facilitator tips will help to ensure a successful session.

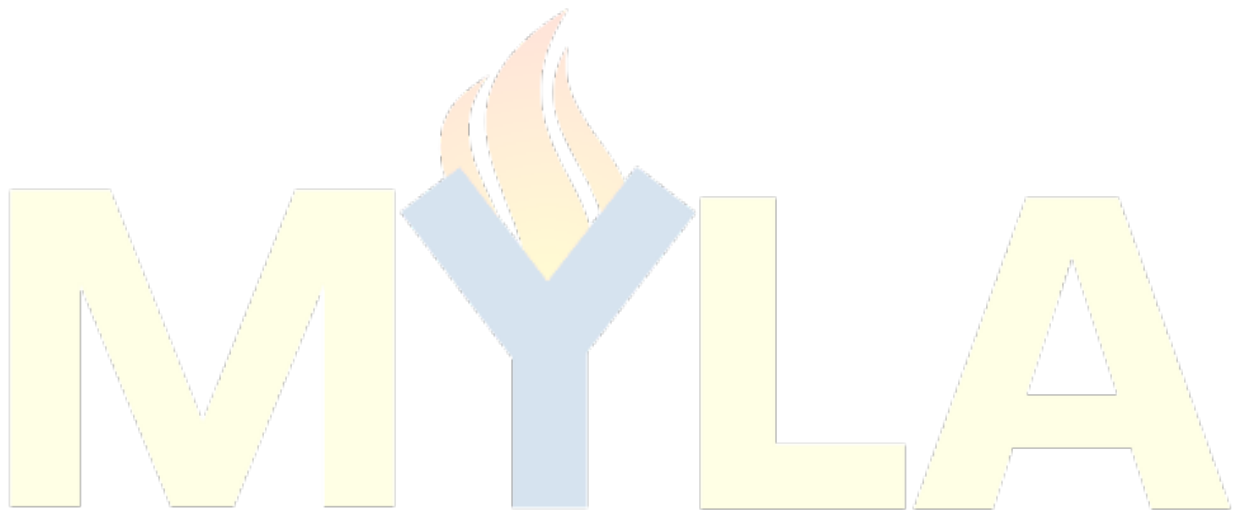
Modules

The curriculum will consist of 7 classroom modules to be delivered in a hybrid format and will conclude with an in-person graduation and field day.

- Intro to Leadership
- Mental Health
- Financial Literacy
- Community Engagement
- Career Development
- Communication & Collaboration
- Natural Environment



Modules



Module 1

Title

Introduction to Leadership

Overview

Each training session consists of preparatory work and a follow-up discussion. The content should be reviewed, and assignments completed before the facilitated session. Discussion questions should provide an opportunity to think about the topics in advance and prepare everyone to engage in the conversation. The assignment will allow participants to select a topic they are interested in and share findings during the session. Additional resources are available for further research, if desired.

Content

- Links include videos, articles, websites, and other relevant content to be reviewed ahead of the session
- Discussion questions can be answered using the provided links will be discussed in class
- TED Talk assignments include review and summary of a selected TED Talk to share in the session
- Additional topics may be referenced to help the discussion
- Additional resources may be reviewed

Description

This is the overview of the Missouri Youth Leadership Academy. In this module, we will review the program, ask questions about format, get to know each other, and start our conversation on leadership and what it means to be a leader.

Topics

- Introductions/Ice breakers
- Values Exercise
- What is a leader?
- What does leadership look like?
- How do you demonstrate leadership?

Discussion

Ice Breakers

- Share your name, where you are from, how old you are, and something you want the group to know about you
- If you could be an animal, what would you be and why?
 - (FACILITATOR: Can insert a Would you rather question, any kind of fun, easy going question that allows folks to relax, and get to know each other)
 - [Facilitator Resource for Ice Breaker Questions](#)

Values

- [Identity and Values](#)
 1. What values do you have?

Leadership

- [What Makes a Great Leader--YouthSpeak](#)
 1. Let's Define a Leader
 2. What does being a leader mean to you?
- [10 Qualities of a Good Leader](#)
 1. What qualities do you see in leaders around you?
 2. What qualities do you have?
 3. What qualities do you want to work to have?

Activity: Think about a leader in your life that you know. They can be a supervisor, teacher, manager, friend, family member, case worker, anyone. Spend a few minutes writing down the qualities you see in them that make them a great leader. Share the qualities with the group and discuss.

Activity: Decide on 3 values and 3 leadership qualities you have for yourself and write them down. These are a guidepost to how you operate and behave. Then write one goal of a value or leadership quality you want to work toward throughout this cohort.

Assignment

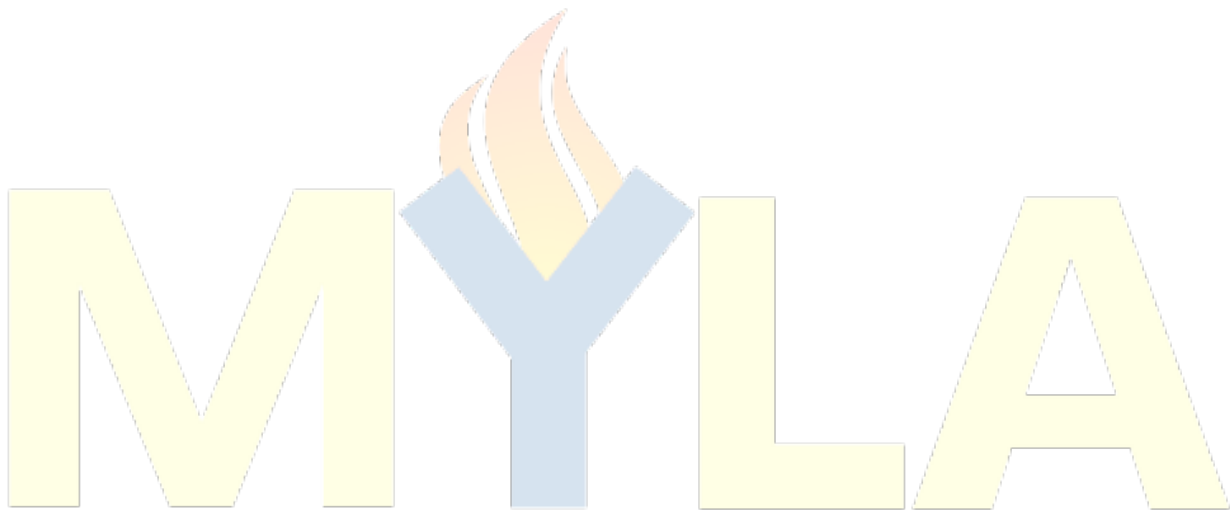
Choose one Ted Talk on Leadership to review and bring a one-paragraph summary to present during the session. The link below already has a filter applied, but you can manually search.

TED is dedicated to researching and sharing knowledge that matters through short talks and presentations. Our goal is to inform and educate global audiences in an accessible way.

[TED Talks: Leadership](#)

Additional Resources [Optional]

- [Facilitator Resource for Ice Breaker Questions](#)
- [Living into Our Values Brene Brown Exercise](#)



Module 2

Title

Mental Health

Overview

Each training session consists of preparatory work and a follow-up discussion. The content should be reviewed, and assignments completed before the facilitated session. Discussion questions should provide an opportunity to think about the topics in advance and prepare everyone to engage in the conversation. The assignment will allow participants to select a topic they are interested in and share findings during the session. Additional resources are available for further research, if desired.

Content

- Links include videos, articles, websites, and other relevant content to be reviewed ahead of the session
- Discussion questions can be answered using the provided links will be discussed in class
- TED Talk assignments include review and summary of a selected TED Talk to share in the session
- Additional topics may be referenced to help the discussion
- Additional resources may be reviewed

Description

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Topics

- Identifying Mental Illness
- Therapy / Treatment
- Suicide Awareness
- Bullying/Cyber-Bullying
- Mental Illness Stigma

Discussion

- [Youth Advocate to Advocate for Youth: The Next Transition \(pdx.edu\)](https://pdx.edu)
 - How do you think you could help other youth in your community struggling with mental illness? What will be the barriers to reach others?
- [Suicide Prevention Facts & Resources | dmh.mo.gov](https://dmh.mo.gov)
 - How do you feel our current society speaks about suicide? Is it an open conversation in your community or taboo to discuss?
- [Mental Health Myths and Facts | MentalHealth.gov](https://MentalHealth.gov)
 - Select a myth regarding mental illness you learned about in the Myths and Facts review. Were there any additional myths you feel should have been addressed?
- [What Kids Can Do | StopBullying.gov](https://StopBullying.gov)
 - What are some tactics to stop bullying in your community or online?
- [MissouriStateFactSheet.pdf \(nami.org\)](https://nami.org)
 - What were some facts and statistics that stood out on the NAMI fact sheet? Were you surprised at the results?

Assignment

Choose one Ted Talk on Mental Health to review and bring a one-paragraph summary to present during the session. The link below already has a filter applied, but you can manually search.

TED is dedicated to researching and sharing knowledge that matters through short talks and presentations. Our goal is to inform and educate global audiences in an accessible way.

[TED Talks: Mental Health](#)

Additional Resources [Optional]

- [The Substance Abuse and Mental Health Services Administration's Youth Engagement Guidance \(samhsa.gov\)](https://samhsa.gov)
- [Home | dmh.mo.gov](https://dmh.mo.gov)
- [Homepage - Missouri Mental Health Foundation \(missourimhf.org\)](https://missourimhf.org)
- [Home | MentalHealth.gov](https://MentalHealth.gov)

Module 3

Title

Financial Literacy

Overview

Each training session consists of preparatory work and a follow-up discussion. The content should be reviewed, and assignments completed before the facilitated session. Discussion questions should provide an opportunity to think about the topics in advance and prepare everyone to engage in the conversation. The assignment will allow participants to select a topic they are interested in and share findings during the session. Additional resources are available for further research, if desired.

Content

- Links include videos, articles, websites, and other relevant content to be reviewed ahead of the session
- Discussion questions can be answered using the provided links will be discussed in class
- TED Talk assignments include review and summary of a selected TED Talk to share in the session
- Additional topics may be referenced to help the discussion
- Additional resources may be reviewed

Description

Financial literacy is understanding the value of money. Everyone has a different style of managing money. Developing financial knowledge, skills and habits is an essential milestone in your path to adult financial success.

Topics

- Earn: Understand your Paycheck
- Spend: Budgeting Basics
- Save: Determining your Financial Goals
- Borrow: Credit Cards, Loans and Credit Score
- Protect: Preventing Fraud
- Taxes

Discussion

- [Your Paycheck | consumer.gov](#)
 - What are some benefits of receiving your paycheck by direct deposit instead of paper check?
- [Budgeting and Saving | handsonbanking.org](#)
 - What are some tips or steps to create a budget? Create your own budget using the [Spending Plan \(PDF\)](#). Are there any expenses or items you can cut out of your budget or spend less on?
- [Empowering Youth to Save \(PDF\) mycreditunion.gov](#)
 - What was some facts and/or statistics that stood out to you on the fact sheet?
- [Credit Card Basics.pdf | practicalmoneyskills.com](#)
 - [Credit History.pdf | practicalmoneyskills.com](#)
 - With a credit score in the 300 to 600 range, do you think getting a credit card or loan should be easy or a challenge?
- [Consumer Advice | Federal Trade Commission | consumer.ftc.gov](#)
 - What are some tactics to prevent fraud or scamming when making a payment through mobile apps?
- [Filing First Tax Return | taxslayer.com](#)
 - What is gross income? What would be your tax filing status?

Assignment

Choose one Ted Talk on Financial Literacy to review and bring a one-paragraph summary to present during the session. The link below already has a filter applied, but you can manually search.

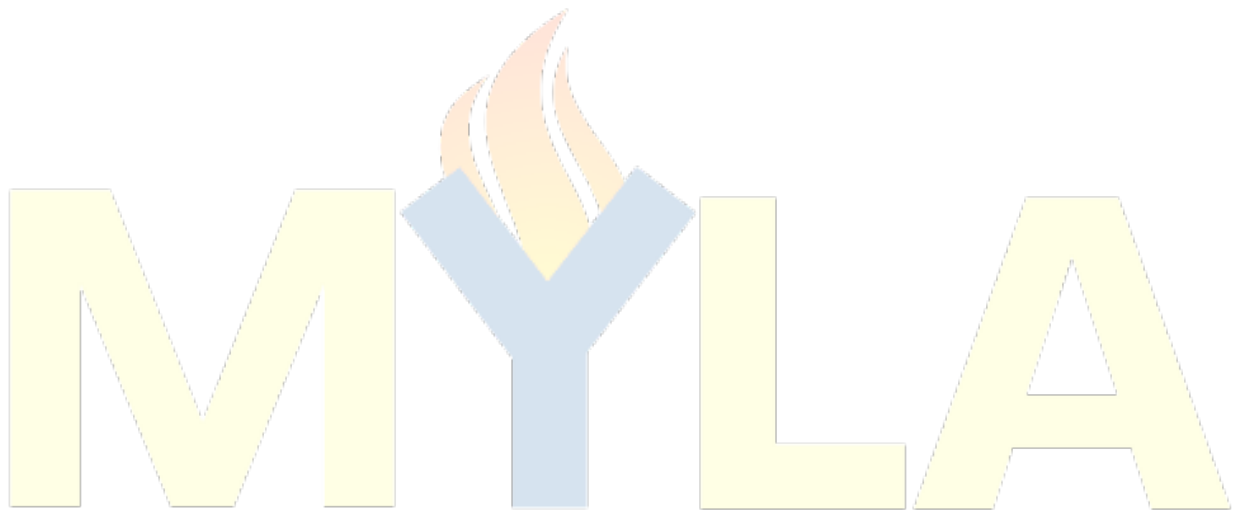
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[TED Talks: Finance](#)

Additional Resources [Optional]

- [NFCC Nonprofit Free Credit and Debit Advice \(nfcc.org\)](#)
- [Home | irs.gov](#)

- [Home | dor.mo.gov](http://dor.mo.gov)
- [Homepage | Hands on Banking | handsonbanking.org](http://handsonbanking.org)
- [Paycheck - Putting Your Paycheck to Work Student Activities \(PDF\)](#)
- [Homepage | consumer.gov](http://consumer.gov)
- [Money-As-you-Grow/Teen-Young-Adult | consumerfinance.gov](http://consumerfinance.gov)



Module 4

Title

Community Engagement

Overview

Each training session consists of preparatory work and a follow-up discussion. The content should be reviewed, and assignments completed before the facilitated session. Discussion questions should provide an opportunity to think about the topics in advance and prepare everyone to engage in the conversation. The assignment will allow participants to select a topic they are interested in and share findings during the session. Additional resources are available for further research, if desired.

Content

- Links include videos, articles, websites, and other relevant content to be reviewed ahead of the session
- Discussion questions can be answered using the provided links will be discussed in class
- TED Talk assignments include review and summary of a selected TED Talk to share in the session
- Additional topics may be referenced to help the discussion
- Additional resources may be reviewed

Description

This module provides an overview of the importance of civic engagement, dispels the myth that teens and young adults can't affect change, and aids participants in discovering the issues that matter to them. Additionally, it provides tips for how to become active in their community and to effectively use their voices for addressing issues and improving their community.

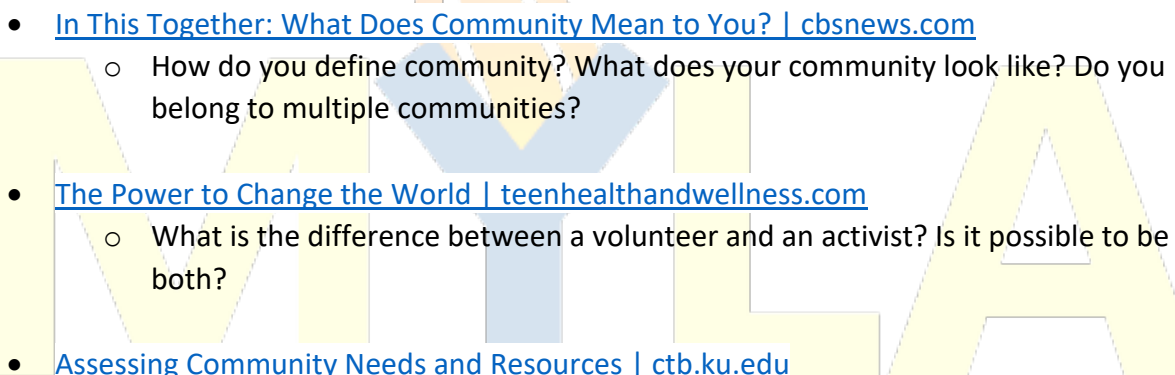
Community engagement, through volunteer service or activism, can be a deeply rewarding and empowering experience for youth. Studies have shown that teens and young adults who participate in community engagement enjoy several benefits, both in their personal and professional life. Youth who are more civically engaged tend to perform better in school subjects such as reading, history, science and mathematics and are more apt to complete high school. Engaging in community service enhances problem-solving and communication skills and improves the ability to work within a team. Another benefit is that young people are far more likely to remain engaged when they can see that their participation is effecting change. This helps them to realize that they can make useful contributions to society through service and

social action. An additional benefit is that volunteering with a community organization or being actively engaged in a community project or initiative can even help with future job searches. Contacts made through volunteering often lead to letters of recommendation, references, and help with finding job opportunities.

Topics

- Defining community, volunteerism and activism
- Researching community issues
- Identifying community leaders and influencers
- Ways to become engaged, either through volunteering or through advocacy and activism
- Civic rights and the importance of voting

Discussion

- 
- [In This Together: What Does Community Mean to You? | cbsnews.com](https://www.cbsnews.com/news/in-this-together-what-does-community-mean-to-you/)
 - How do you define community? What does your community look like? Do you belong to multiple communities?
 - [The Power to Change the World | teenhealthandwellness.com](https://www.teenhealthandwellness.com/2018/05/01/the-power-to-change-the-world/)
 - What is the difference between a volunteer and an activist? Is it possible to be both?
 - [Assessing Community Needs and Resources | ctb.ku.edu](https://www.ctb.ku.edu/assessing-community-needs-and-resources/)
 - How do you find out about the issues in your community? Who are the individuals or organizations in your community that can help to address the problem or issue?
 - [Finding Your Passion | teenhealthandwellness.com](https://www.teenhealthandwellness.com/2018/05/01/finding-your-passion/)
 - What are the issues in your community that concern you the most?
 - [Getting a Volunteer Job | teenhealthandwellness.com](https://www.teenhealthandwellness.com/2018/05/01/getting-a-volunteer-job/)
 - How can you help?

Assignment

Choose one Ted Talk on Community Engagement to review and bring a one-paragraph summary to present during the session. The link below already has a filter applied, but you can manually search.

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[TED Talks: Community](#)

Additional Resources [Optional]

- Voter Registration (<https://www.sos.mo.gov/elections/goVoteMissouri/register>)
- Student Activist Toolkit (<https://studentpirgs.org/resources/activist-toolkit/>)
- VolunteerMatch (<https://www.volunteermatch.org/>)
- Youth Can Change the World (<https://www.energizeinc.com/a-z/book-excerpt/11743>)
- AmeriCorps (<https://americorps.gov/serve/fit-finder/americorps-state-national>)
- Where Can Teens Find Volunteer Opportunities (<https://thebridgeteencenter.org/news/where-can-teens-find-volunteer-opportunities>)



Module 5

Title

Career Development

Overview

Each training session consists of preparatory work and a follow-up discussion. The content should be reviewed, and assignments completed before the facilitated session. Discussion questions should provide an opportunity to think about the topics in advance and prepare everyone to engage in the conversation. The assignment will allow participants to select a topic they are interested in and share findings during the session. Additional resources are available for further research, if desired.

Content

- Links include videos, articles, websites, and other relevant content to be reviewed ahead of the session
- Discussion questions can be answered using the provided links will be discussed in class
- TED Talk assignments include review and summary of a selected TED Talk to share in the session
- Additional topics may be referenced to help the discussion
- Additional resources may be reviewed

Description

The transition from youth to adulthood is critical for every young person. During the transition years, youth acquire knowledge and learn skills they will need to maximize their independence and self-sufficiency in their communities. Being connected to programs, services, activates, information, and support helps to maximize their success.

Topics

- Individualized Learning Plan (ILP)
- Mentoring/Apprenticeships
- Internships (Work Based Learning)
- Networking
- Resume
- Interview Skills

Discussion

- [Career Personality Quiz worldskills.org](http://worldskills.org)
 - What careers seem interesting to me? What career paths can I cross off my list?
- [\(\(ILP\) Individual Learning Plans prepare-ri.org](http://prepare-ri.org)
 - Do I need an ILP? What makes a good ILP?
- [Mentoring youth Youth.gov](http://Youth.gov)
 - What's a good topic to talk about with a mentor? What roles and obligations does a mentor have? Who can I mentor?
- [How to Write a Resume with No Work Experience indeed.com](http://indeed.com)
 - Why do I need a resume? Can I put extracurricular activities/awards on a resume?
- [Importance of Youth Networks Nacac.org](http://Nacac.org)
 - What do you think are good topics for networking? What is a good networking question? How do I start an online network conversation?

Assignment

Choose one Ted Talk on Career to review and bring a one-paragraph summary to present during the session. The link below already has a filter applied, but you can manually search.

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[TED Talks: Personal Growth](#)

Additional Resources [Optional]

- nacac.org/help/be-a-youth-advocate/resources
- indeed.com/career-advice/resumes-cover-letters/writer-cover-letter
- dese.mo.gov/college-career-readiness/career-education/registered-youth-apprenticeships-school-administrators
- <https://www.dol.gov/agencies/odep/program-areas/individuals/youth/transition/soft-skills>
- https://leadershipacademy.mo.gov/documents/Class5/TeamEmployees%20Tomorrow!_Employment%20Guide.pdf

Module 6

Title

Communication & Collaboration

Overview

Each training session consists of preparatory work and a follow-up discussion. The content should be reviewed, and assignments completed before the facilitated session. Discussion questions should provide an opportunity to think about the topics in advance and prepare everyone to engage in the conversation. The assignment will allow participants to select a topic they are interested in and share findings during the session. Additional resources are available for further research, if desired.

Content

- Links include videos, articles, websites, and other relevant content to be reviewed ahead of the session
- Discussion questions can be answered using the provided links will be discussed in class
- TED Talk assignments include review and summary of a selected TED Talk to share in the session
- Additional topics may be referenced to help the discussion
- Additional resources may be reviewed

Description

The transition from youth to adulthood is critical for every young person. During the transition years, youth acquire knowledge and learn skills they will need to maximize their independence and self-sufficiency in their communities. Being connected to programs, services, activates, information, and support helps to maximize their success.

Communication skills are important, they are how we give and receive information and convey our ideas and opinions with those around us. Meaningful communication and collaboration skills can make a significant positive difference in the lives, careers, and relationships in all facets of an individual's life.

Collaborative communication creates a more efficient and flexible working environment. Regular team meetings and group planning sessions provide opportunities to set expectations, clarify responsibilities, learn what other team members are doing and, when possible, find ways to help each other.

Topics

- What is effective communication and collaboration?
- Types of effective communication
- Attending and Active Listening
- Effective practices for communicating
- Networking
- After effective communication and collaboration

Discussion

Whether you are a parent or work with children and young adults, there are a variety of exercises you can do to help them develop leadership qualities. These include:

- **Giving Compliments:** Have children work in groups of 2 or 3. Each group will chat for 1 minute during which time they will complement each other on their positive traits. Once they've finished, discuss how it feels to hear nice things about themselves.
- **Self-Assessment:** This can be done with a group of children, or even one. Identify a series of quotes that represent the leadership qualities you'd like to focus on and have teens read the quotes and rate how they see themselves as exhibiting those characteristics.
- **Problem Solving:** Break the room into small groups of 3-4 individuals. Give them a task to work on with multiple problems to solve. Then have them take turns "leading" the problem-solving discussion.

There is an infinite number of activities that you can do to embed communication skills and collaboration practice in the everyday lives of young people. Identify the specific characteristics you'd like to work on and then get creative. The sky is the limit.

Assignment

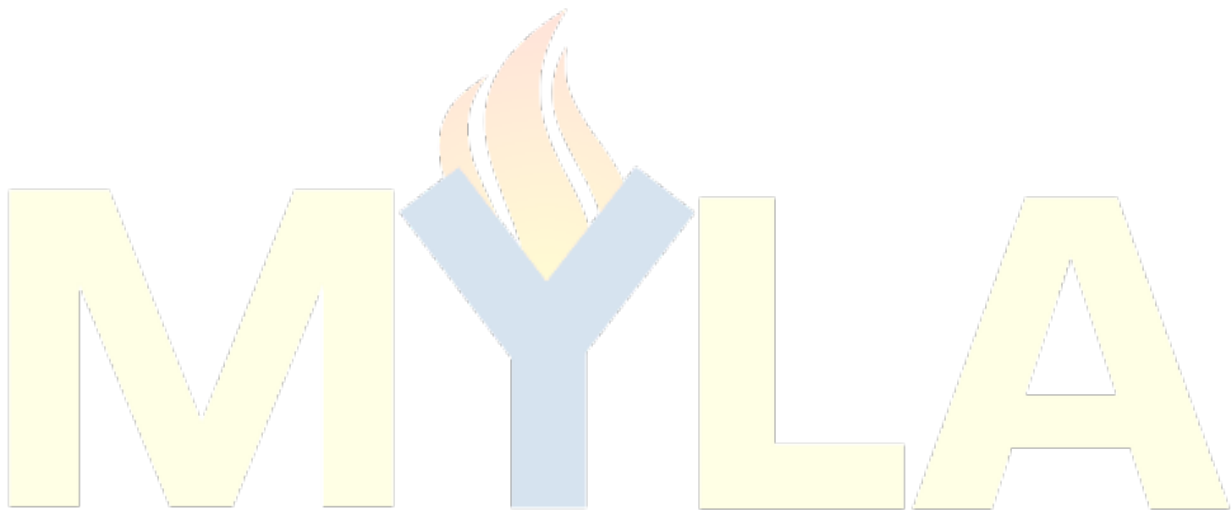
Choose one Ted Talk on Communication to review and bring a one-paragraph summary to present during the session. The link below already has a filter applied, but you can manually search.

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[TED Talks: Communication](#)

Additional Resources [Optional]

- [Youth Leadership Toolkit: Youth Engagement](#)
- [Youth Leadership: Resources - Youth Today](#)
- <https://www.dol.gov/agencies/odep/program-areas/individuals/youth/transition/soft-skills>



Module 7

Title

Natural Environment

Overview

Each training session consists of preparatory work and a follow-up discussion. The content should be reviewed, and assignments completed before the facilitated session. Discussion questions should provide an opportunity to think about the topics in advance and prepare everyone to engage in the conversation. The assignment will allow participants to select a topic they are interested in and share findings during the session. Additional resources are available for further research, if desired.

Content

- Links include videos, articles, websites, and other relevant content to be reviewed ahead of the session
- Discussion questions can be answered using the provided links will be discussed in class
- TED Talk assignments include review and summary of a selected TED Talk to share in the session
- Additional topics may be referenced to help the discussion
- Additional resources may be reviewed

Description

Environmental stewardship can help to improve the quality of air and water, reduce energy consumption and pollutants that enter the environment, and conserve our planet's natural resources. Spending time in the outdoors can also have many mental and physical benefits including improved cognitive function, memory, physical condition, and a greater sense of wellbeing and fulfillment. These benefits and others can enable young adults to improve performance in school and at work and to grow stronger ties with members of their community.

Topics

- Protecting Land and Water
- Sustainable Eating
- Outdoor Recreation

- Wildlife Conservation
- Climate Change

Discussion

- [Nature Lesson Plans for High School Students](#)
- [7 Tips to Recycle Better - Earth Day](#)
 - What are sustainable solutions for water security issues? What is the role of individuals in supporting increased water security? What are some ways that you can have a positive impact on the environment by recycling?
- [What are the physical and mental benefits of gardening? - MSU Extension](#)
- [Food and Carbon - The Industrial Tomato - YouTube](#)
- [Food and Carbon - The Local Tomato - YouTube](#)
- [Urban Habitat: Biodiversity in Our Cities - YouTube](#)
- [5 tips for sustainable eating | The Nutrition Source | Harvard T.H. Chan School of Public Health](#)
 - What are some of the physical and mental benefits of gardening? In what ways does growing plants in a garden benefit the environment? What is sustainable eating and why is it important?
- [A prescription for better health: go alfresco - Harvard Health](#)
- [How Nature Can Make You Kinder, Happier, and More... \(berkeley.edu\)](#)
- [Benefits of Hiking - Trails & Hiking \(U.S. National Park Service\) \(nps.gov\)](#)
- [Why Camp? - Camping \(U.S. National Park Service\) \(nps.gov\)](#)
 - What are some of the benefits of spending time outdoors and why might someone want to take part in hiking?
 - What are some of the personal benefits that are realized through hiking?
 - What are some of the physical and mental benefits of camping?
- *Navigate websites below as a group and identify nearby Missouri Department of Conservation, Conservation Areas and Missouri Department of Natural Resources, State Parks where someone could go for a hike near where you live.*
 - [Find Places to Go | Missouri Department of Conservation \(mo.gov\)](#)
 - [Find Your Park | Missouri State Parks \(mostateparks.com\)](#)
- [The Role of Hunting in Wildlife Conservation, Explained | College of Natural Resources News \(ncsu.edu\)](#)
- [Decline in Hunting Threatens Conservation Funding | College of Natural Resources News \(ncsu.edu\)](#)
- [North American Wildlife Conservation Model - Tenet #5 - Bing video](#)
- [Fishing Funds Conservation \(U.S. National Park Service\) \(nps.gov\)](#)

- [Why Native Plants Matter | Audubon](#)
 - How do hunters and fishermen influence wildlife conservation efforts?
 - How is fish and wildlife conservation primarily funded in the United States, what are the threats to that funding model, and what are some potential solutions?
 - What are some of the benefits of growing native plants and how can you have a meaningful impact on the environment by establishing native plants at your home or in your community?
- [Nature Lesson Plans for High School Students](#)
- [What Is Climate Change? | NASA](#)
- [What Can Be Done About Climate Change | MIT Climate Portal](#)
 - What is climate change and how is it impacting our world? How can we become more resilient in the face of climate change? What can you and other citizens do to make an impact where climate change is concerned?

Assignment:

Choose one Ted Talk on Climate Change to review and bring a one-paragraph summary to present during the session. The link below already has a filter applied, but you can manually search.

TED is dedicated to researching and sharing knowledge that matters through short talks and presentations. Our goal is to inform and educate global audiences in an accessible way.

[TED Talks: Climate Change](#)

Additional Resources [Optional]

- [Microsoft Word - VFT Outline Water Funds.docx \(nature.org\)](#)
- [Microsoft Word - Food and Carbon-NL-Teacher Guide.docx \(nature.org\)](#)
- [Microsoft Word - Understanding-Climate-Change-NL.docx \(nature.org\)](#)
- [Keeping Nature Near - Grow Native!](#)
- [Missouri Department of Conservation \(mo.gov\)](#)
- [Home | Missouri Department of Natural Resources \(mo.gov\)](#)

Module Outline

This outline can be used to develop or modify modules to be included in the program.

<Title>

Module Title

<Overview>

Each training session consists of preparatory work and a follow-up discussion. The content should be reviewed, and assignments completed before the facilitated session. Discussion questions should provide an opportunity to think about the topics in advance and prepare everyone to engage in the conversation. The assignment will allow participants to select a topic they are interested in and share findings during the session. Additional resources are available for further research, if desired.

*Standardized in all modules, not module specific

<Content>

- Links include videos, articles, websites, and other relevant content to be reviewed ahead of the session.
- Discussion questions can be answered using the provided links will be discussed in class.
- TED Talk assignments include review and summary of a selected TED Talk to share in the session.
 - Additional topics may be referenced to help the discussion.
 - Additional resources may be reviewed.

*Standardized in all modules, not module specific

<Description>

Module Topic Description

Note: Use a reliable description/definition and include source in guide references.

<Topics>

- Topics

Ideas: These can be general, does not need to be specific to individual articles.

<Discussion>

- Links and discussion questions

Ideas:

Links to specific content with a discussion question for each link.

Links should vary in type.

Links should come from reliable sources and will be tracked in our list of references.

Questions should tie back to the identified topics above and cover topics of interest for youths.

Examples: Articles, infographics/statistics, video clips, etc.

<Assignment>

Choose one Ted Talk on the topic to review and bring a one-paragraph summary to present during the session. The link below already has a filter applied, or you can manually search.

TED is dedicated to researching and sharing knowledge that matters through short talks and presentations. Our goal is to inform and educate global audiences in an accessible way.

*Standardized in all modules, not module specific

Link

**Specific to module

Steps to provide filtered link:

1. Visit [TED Talks](#).
2. Drop down topics filter and select see all topics.
3. Filter by the most relevant topic
(Tip: If you change your topic, remove previously selected filter, as it will filter by meeting all selected topics.)
4. Copy and Paste Link in Module
5. Edit link Hyperlink – Text to Display (Right Click) and Add Topic Title

<Additional Resources [Optional]>

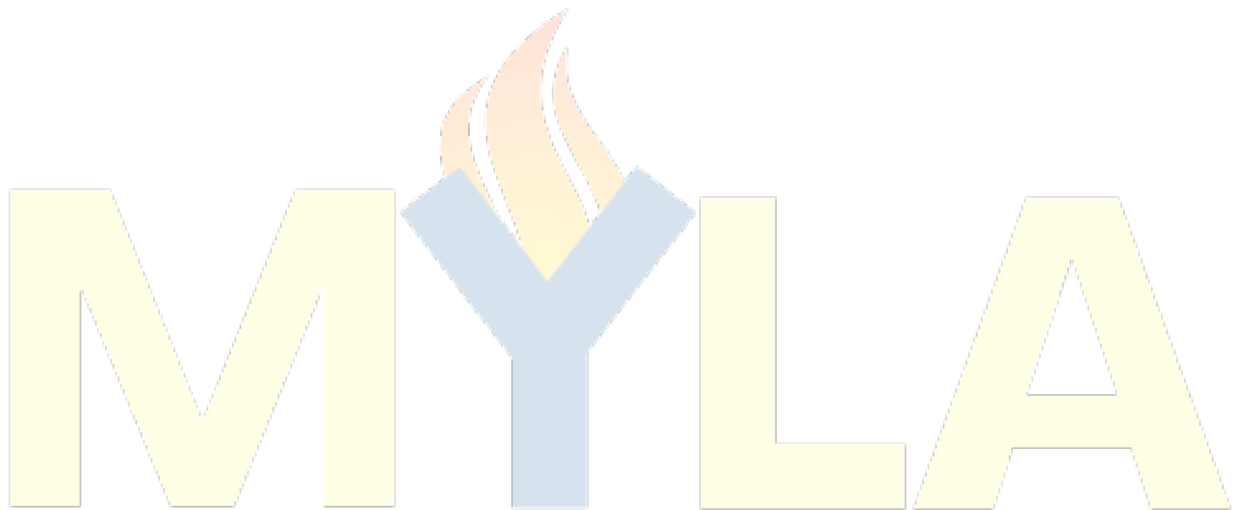
- List of links

Ideas:

No set number of links.

Provided for youth to do additional research.

Use reliable sources.



Graduation & Field Day

Background

The Missouri Youth Leadership curriculum has purposely incorporated time that allows for a day-long opportunity to bring participants together to meet each other, share their experiences, and celebrate their achievements in a culminating graduation ceremony. Providing this allows the participants to connect with their peers and be exposed to opportunities that will develop their skills and build their confidence, as well as gain positive feelings from experiencing new and exciting activities. Additionally, at a time when young adults are spending nearly nine hours per day online, a field day that incorporates outdoor activities can help to foster an appreciation for nature and expose them to outdoor skills in which they can engage on their own. Lastly, completing the MYLA curriculum is an important milestone that should be celebrated with a graduation ceremony. Rewarding program participants for their achievements will help reinforce positive behaviors and attitudes, both of which are important as participants began tackling new challenges in their personal and professional growth.

Recommendations

Recommendations for hosting a field day and graduation ceremony include incorporating team-building and outdoor skills activities. Activities like these encourage collaboration among team members, build trust between participants, and foster connections that may continue post-graduation.

Logistics to consider for hosting a field day and graduation ceremony are:

- establishing an event planning team;
- scheduling a date and time;
- identifying locations with facilities that can accommodate large groups;
- transportation to and from the venue;
- food and beverage needs;
- planned activities and programming;
- identifying partners who can assist with expenses or programming;
- confirming speakers and special guests;
- additional staffing needs for the day of the event;
- determining what format will be used to recognize participant completion of the program, such as a certificate, diploma or plaque;
- and developing an agenda or order of ceremony for the graduation event.

Sample Agenda for Hosting a Field Day and Graduation Ceremony:

- Group welcome and participant introductions
- Opening ice-breaker activity for full group
- Small group activity stations
 - Divide large group into smaller teams
 - Assign a facilitator to each team-building activity station
 - Rotate groups through each activity station
- All-group discussion on things they learned during team-building activities
- Break for lunch and clean-up
- Outdoor skills learning
 - Divide into smaller teams again, assigning participants to different small teams to ensure participants are meeting and interacting with new team members
 - Rotate groups through each outdoor skills station (recommend a minimum of an hour for each outdoor skills station)
- Break and clean up for graduation ceremony
- Graduation ceremony

Resources for Hosting a Field Day:

1. Large Group Facilities

Missouri State Parks offers facilities in 12 group camps at seven state parks for use by organized groups, with nonprofit organizations and youth groups having priority:

- Dr. Edmund A. Babler Memorial State Park, Wildwood
- Crowder State Park, Trenton
- Cuivre River State Park, Troy
- Knob Noster State Park, Knob Noster
- Lake of the Ozarks State Park, Kaiser
- Roaring River State Park, Cassville
- Mark Twain State Park, Florida

The group camps can be reserved for the day or can be reserved for overnight events. Facilities at each camp include a dining hall with a kitchen, sleeping cabins or barracks, modern restrooms and showers, and various outdoor recreation opportunities. Some camps have recreation buildings, craft houses, play courts, hiking trails and facilities for swimming and boating. Organizations using an organized group camp may also request interpretive programs on a variety of nature or history topics. To reserve a camp, visit <https://mostateparks.com/page/55138/organized-group-camps>.

2. Outdoor Programming

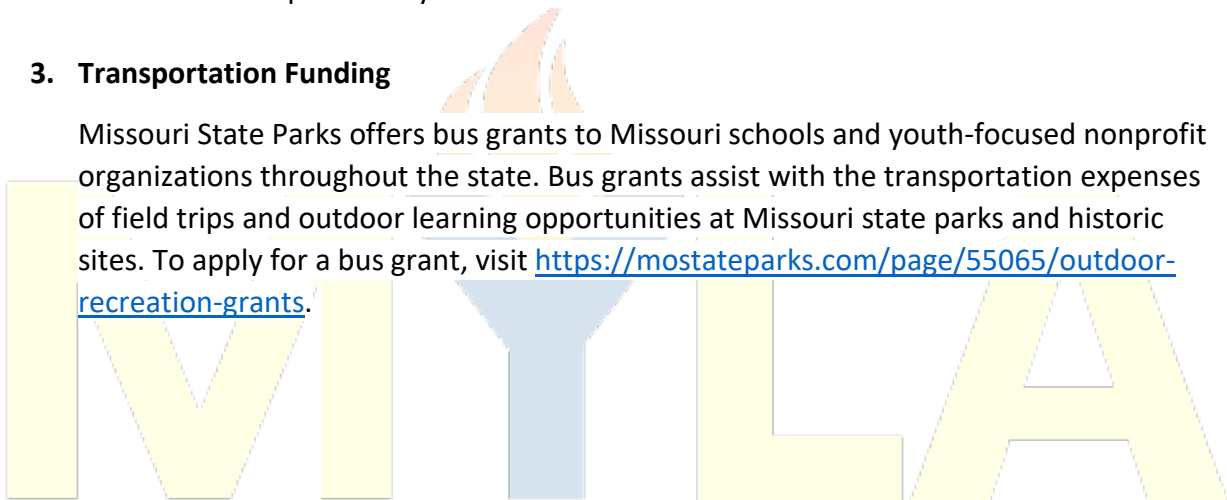
The Missouri Department of Conservation offers a variety of [outdoor skills classes](#) that could be incorporated into a field day. Requests for outdoor recreation programming options can be submitted at <https://mdc.mo.gov/contact-us>.

Missouri State Parks also offers a variety of outdoor programming through its [Learn2 programs](#), such as archery and kayaking. Additionally, groups may request specifically tailored programming for a youth field day by emailing moparks@dnr.mo.gov or calling 800-334-6946. Programming could include hiking, birdwatching, outdoor photography, geocaching, and other outdoor skills.

Programming requests submitted to both agencies should include a note that programming is being requested as part of the field day component of the Missouri Youth Leadership Academy curriculum.

3. Transportation Funding

Missouri State Parks offers bus grants to Missouri schools and youth-focused nonprofit organizations throughout the state. Bus grants assist with the transportation expenses of field trips and outdoor learning opportunities at Missouri state parks and historic sites. To apply for a bus grant, visit <https://mostateparks.com/page/55065/outdoor-recreation-grants>.



Guest Speaker List

The following individuals have agreed to be willing to give a guest presentation as part of a MYLA module or are willing to reach out to other staff within their department to solicit names of individuals that would be willing to give such a presentation.

- Department of Administration
 - Angela Anderson, Business Relationship Manager (angela.anderson@oa.mo.gov)
 - Alyssa Bish, Director of Strategy & Leadership Development (Alyssa.bish@oa.mo.gov)
 - Jesse Rollins, Project Manager (jesse.rollins@oa.mo.gov)
 - Travis Rehagen, Operational Excellence Leader (travis.rehagen@oa.mo.gov)
- Department of Agriculture
 - Dawn Wall, Pesticide Program Administrator (dawn.wall@mda.mo.gov)
- Department of Commerce
 - Katie Hansen, Senior Bank Examiner III – Division of Finance (katie.hansen@dof.mo.gov)
 - Grady Martin, Director of Administration (grady.martin@dof.mo.gov)
- Department of Conservation
 - Jason Isabelle, Cervid Program Supervisor (jason.isabelle@mdc.mo.gov)
 - Caitlin Cruz, Infrastructure Asset and Planning Manager (caitlin.cruz@mdc.mo.gov)
- Department of Corrections
 - Heather Cofer, Deputy Warden of Offender Management at the Eastern Reception Diagnostic and Correctional Center (heather.cofer@doc.mo.gov)
 - Lori Lewis, Director of Staff Training and Development (lori.lewis@doc.mo.gov)
- Department of Economic Development
 - Leah Norment, Human Resources Manager (leah.norment@ded.mo.gov)
 - Austin Albert, Regional Manager (austin.albert@ded.mo.gov)
- Department of Elementary and Secondary Education
 - Tim Roling, Coordinator – Office of Special Education (timothy.roling@dese.mo.gov)
 - Mark Wheatley, Assistant Commissioner – Office of Special Education (mark.wheatley@dese.mo.gov)
- Department of Health and Senior Services
 - Mindy Rustemeyer, Testing Section Manager (mindy.rustemeyer@health.mo.gov)
 - Pamela Sandbothe, Acting Controller (pamela.sandbothe@health.mo.gov)
- Department of Higher Education and Workforce Development
 - Laura Hoskins, Human Resources Director (laura.hoskins@dhewd.mo.gov)
- Department of Labor and Industrial Relations
 - David Attebery, Health and Safety Manager – Mine and Cave Safety (david.attebery@labor.mo.gov)

- Amanda Kremer, Health and Safety Manager – Worker’s Safety Program (Amanda.kremer@labor.mo.gov)
- Department of Mental Health
 - James Busalacki, Strategic Initiatives Coordinator (james.busalacki@dmh.mo.gov)
 - Andrea Kimball, Director of Quality and Compliance (andrea.kimball@dmh.mo.gov)
- Department of Natural Resources
 - Aarick Roberto, Talent Acquisition Specialist (aarick.roberto@dnr.mo.gov)
 - Jacob Ellis, Missouri State Parks Ranger (jacob.ellis@dnr.mo.gov)
 - Rebecca Young, Recreation Section Chief (rebecca.young@dnr.mo.gov)
 - Taylor Ratcliff, Outdoor Recreation Coordinator (taylor.ratcliff@dnr.mo.gov)
- Department of Public Safety
 - Jason Pace, Lieutenant – Recruiting and Community Outreach Division (jason.pace@mshp.dps.mo.gov)
 - Eric Brown, Lieutenant – Assistant Director Public Information and Education Division (eric.brown@mshp.dps.mo.gov)
- Department of Revenue
 - Alicia Carpenter, Administrative Manager, Collections and Tax Assistance Bureau (alicia.carpenter@dor.mo.gov)
 - Krystal Haines, Public Assistance and Services Manager (krystal.haines@dor.mo.gov)
 - Joseph Harris, Director of Human Resources and Total Rewards (joseph.harris@dor.mo.gov)
- Department of Social Services
 - Kayla Ueligger, Operations Project Manager (kayla.d.ueligger@dss.mo.gov)
 - Umo Ironbar-Brandt, Special Counsel for Missouri Medicaid Audit & Compliance (umo.ironbar-brandt@dss.mo.gov)
 - Justin Clutter, Transformation Office Project Manager (justin.d.clutter@dss.mo.gov)
- Department of Transportation
 - Eric Bernskoetter, Assistant Director – Motor Carrier Services (eric.bernskoetter@modot.mo.gov)
 - Jon Nelson, Assistant to the State Highway Safety and Traffic Engineer (jonathan.nelson@modot.mo.gov)

State of Missouri Training Materials

The below training materials are available to the State of Missouri employees and/or youth. These materials may be used as additional resources for those involved.

This list may not represent all training available and may need to be managed with updates.

Executive Department	For Employee	For Youth
All	MO Learning	
OA	ITSD-U Leadership Missouri Way Six Sigma Supervisor Foundations Training	MO Youth Leadership Forum (MO-YLF) Leadership Development Program for Deaf/Hard of Hearing (LDPDHH)
MDA		Missouri Agribusiness Academy
MDC	MDC Leads - Leadership Development Program MDC Instructor-led LMS Sessions Leadership Development Credit	Discover Nature School Outdoor Programs
DOC	Frontline Leadership Academy Corrections Way	
DED		
DESE		
DHEWD		
DCI		Internships
DOLIR	DOLIR Way DOLIR Leadership Forum	
DHSS		
DMH	DMH Leadership Academy	
DNR	Leadership Institute Leadership Ladder Program Succession Planning	
DPS		Community/Student Alliance Program
DOR	DOR Leadership Development	
DSS	FSD Leadership Academy	
MODOT	Accelerated Leadership Development (ALD) High Performance Supervision (HPS) Leading From Where You Are Maintenance Leadership Academy (MLA)	

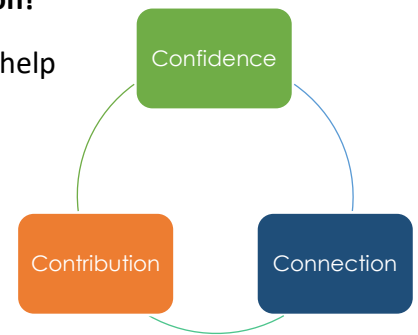
Youth Welcome Letter

Welcome!!!

You have been selected to participate in the Missouri Youth Leadership Academy, known as MYLA! If you are reading this, you are about to embark on a journey of learning and teaching skills and creating space to connect about shared experiences. We are so excited you are here, and for you to learn about values, leadership skills, life experiences, and how to connect to others. You will learn about **Confidence, Connection and Contribution!**

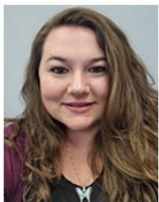
MYLA is designed to be an interactive, curriculum-based program to help you learn about life skills, leadership skills and to learn about opportunities for activities, employment and leisure in the State of Missouri! This program was informed by youth input for youth!

Each week you will log on to participate in conversation for the module that week. You will share experiences, learning, and reflect on the topics at hand, learn about each other and learn from leaders from the State about how you can continue to grow. When you are complete with the program, we have partnered together with other agencies to facilitate a field day with a graduation ceremony to celebrate YOU!



We are so excited for the opportunity ahead of you. You will learn about yourself, others, and how to lead change in your community. Whether you are a young person or facilitator, there is so much growth ahead!

Best of luck!



Kalee Baker
Department of Labor and Industrial Relations | Second Injury Fund Supervisor



Dawn Fredrickson
Department of Natural Resources/Missouri State Parks | Program Director



Tim Roling
Department of Elementary and Secondary Education | Coordinator



Kayla Ueligger
Department of Social Services | Project Manager, Children's Division



Caitlin Cruz
Department of Conservation | Infrastructure Asset and Planning Manager



Jason Isabelle
Department of Conservation | Cervid Program Supervisor



Eddie Sherman
Department of Corrections | Program Coordinator

State of Missouri Leadership Academy Cohort 8 | 2022

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