



Now Accepting Applications

Must be a High School Student Entering 10th Grade in Fall 2026

Prince George's County 7th District Youth Leadership Program

"My advice to current YLP students is to keep your head in the game because right now forms the foundation of every lesson you will learn in college. You will be placed in situations or rooms that may be uncomfortable, but it is a space of growth!"

Sydney, 2024 Graduate



3-Year personal & professional development program:

- Develop and enhance leadership skills;
- Develop and enhance planning and presentation skills;
- Assist with college and career planning;
- And much more.

The Youth Leadership Program is facilitated by The Training Source, Inc. and funded by Prince George's County Council and Maryland National Capital Park & Planning Commission.

Program Fact Sheet

What is the Prince George's County 7th District Youth Leadership Program?

- A 3-year program designed to primarily assist students to make smart life choices, develop leadership and mentoring skills, complete high school and successfully transition to college or careers.
- Created as a vision of former Prince George's County Councilwoman Camille A. Exum (7th District).
- The program is supported by the Prince George's County Council and MNCPPC, which have consistently provided financial support for the program since its inception in 2004, as well as other funders and supporters who believe in youth and The Training Source's mission.

Who Participates in the Prince George's County 7th District Youth Leadership Program?

- Each spring, 10 slots open for 9th graders / rising 10th graders to apply for as our seniors graduate from high school. Through a competitive selection process, 10 high-potential youth are accepted into the program.
- Each fall, the new sophomores join the program and begin working with staff and rising juniors and seniors to begin an exciting 3-year leadership development experience.

How Does the Prince George's County 7th District Youth Leadership Program Work?

- The Youth Leadership Program operates during the school year, with monthly sessions on Saturdays or school-closing days. Optional activities and events may be presented during the year.
- As participants move from 10th to 11th to 12th grade, their involvement in planning and leading sessions increases.
- Session topics are selected, researched, and presented by youth teams. Sample topics include: Effective Communication Skills; Community Engagement & Advocacy; Diversity, Equity & Inclusion; Healthy Relationships; College Planning; Career Planning; Choices & Consequences; Conflict Resolution; Personal Image & Etiquette; Stress Management; Assessments & Life Planning; etc.

What is the Cost for the Prince George's County 7th District Youth Leadership Program?

- Due to our generous funding partners, there is no cost for selected participants.
- Small fees may apply for activities planned by and/or for participants beyond scheduled session dates.

What is Expected of Program Participants?

- Actively participate in scheduled program activities, and as many special activities as possible.
- Develop leadership characteristics and demonstrate those characteristics beyond program days to make an impact in their schools and communities.
- Make smart choices, complete high school, and pursue a college education or career-level employment.
- Become leaders who are **"Engineered for Excellence!"**

Please call (301) 499-8872 for more information or visit www.thetrainingsource.org beginning the first day of Spring Break to apply.





Application Guidelines

Students entering the 10th grade in September 2025 are eligible to apply. Only the **top 10 applicants** will be accepted into the program to begin a 3-year journey.

Applicants must be goal-oriented with aspirations to become successful professionals and to engage in community service to assist others.

Applicants must be able to participate in the Prince George's 7th District Youth Leadership Program during their sophomore, junior **and** senior years of high school (September to June).

To apply, applicants must complete and submit the attached documents, plus:

Weight

- 50% Statement of Interest / Essay (no length requirement) that explains why the applicant wants to participate in the program and describes past leadership or community involvement activities.
- 30% Two letters of recommendation from professionals who have worked with the applicant in educational, employment and/or community service roles (e.g., teacher, counselor, minister, manager).
- 20% Copies of report cards for both the 8th grade (year-end) and 9th grade (through 3rd quarter) school years.
- 10% 7th District Preference given to students who attend Potomac, Suitland, Crossland or Central High Schools and/or live in County Council District 7.

Applications will be ranked according to the weights listed above. Incomplete application packages will not be considered.

Applications should be submitted to The Training Source, Inc., Attn: Youth Leadership Program, **by June 30th** via email at ylp@thetrainingssource.org or hard copy at 59 Yost Place, Seat Pleasant, MD 20743. If you have questions, please contact us at 301-499-8872.



Prince George's County 7th District Youth Leadership Program Application Form

PLEASE PRINT

Youth Name: _____ Email: _____ Cell: _____

SS#: xxx-xx-#### _____ Date of Birth ____ / ____ / _____

Parent Information

Parent(s) / Guardian(s) Name(s): _____

Address: _____ City / State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Email: _____

Emergency Contact Name: _____ Emergency Contact Phone: _____

Student Information

High School: _____ Grade: _____ Graduation Year: _____

Career Interests: 1. _____ 2. _____ 3. _____

Have you worked before? Yes ____ No ____ If yes, please list work experience below:

#	Employer Name	Job Title	Dates
1			
2			

Are you involved in any extracurricular or volunteer activities? Yes ____ No ____ If yes, please indicate below:

Do you have a resume? Yes _____ No _____ (Note: If selected for the program, please provide The Training Source, Inc. with a copy.)

How did you hear about the program? _____

Signatures: Please sign and date this form to verify that the information submitted is true to the best of your knowledge.

Youth: _____

Date: _____

Parent: _____

Date: _____



Potential Topics

Check Five Top Choices	TOPIC	DESCRIPTION
	Change Management	Discuss typical reactions to change and present techniques on how to effectively handle both positive and challenging changes in your life.
	Effective Communication Skills	Learn about various communication methods and styles, verbal, nonverbal and written communication skills. Discuss the dynamics of communication, help participants understand their preferred communication preferences and how to apply communication strategies to get the best possible outcomes when communicating with others.
	Conflict Resolution	Discuss strategies for preventing and effectively resolving disagreements in personal and professional settings.
	Consumer Awareness	Discuss fraud and other marketing schemes from radio, television, Internet and print advertisements. Present strategies on how to research and make major purchases as educated consumers.
	Healthy Relationships	Discuss various relationships, including dating, family, peer and work relationships. Present warnings and strategies for youth to benefit from more positive relationships and avoid or address abusive relationships.
	Entrepreneurship	Learn about the business of self-employment: finances, personnel, overhead, liability, etc. Present strategies to discern between fraudulent and promising entrepreneurial opportunities.
	Fitness and Nutrition	Focus on nutrition and the benefits of healthy nutrition habits and analyzing dietary needs. Define fitness and the benefits of effective exercise routines. This session presents opportunities for "learning by doing or seeing."
	Financial Literacy	Learn about money management, such as credit worthiness and credit scores, financial institutions (banks, credit unions, etc.), types of accounts (savings, checking, CDs, etc.), investments, retirement purchasing real estate, budgeting, planning for college, vacation planning, stepping out on your own, etc.
	Mental Health and Wellness	Discuss maintaining balanced lifestyles, self care, peace of mind and methods to achieve these goals through meditation, yoga, affirmations, alternative medicine, etc. This session can include stress management and warning signs of knowing when help is needed.
	Public Speaking / Presentation Skills	Discuss the importance of good verbal and visual presentation skills for effective speeches, meetings, interviews, etc. Identify organizations that focus on speech preparation (e.g., Toastmasters, Debate Team, etc.)
	Self-Esteem	Define self-esteem and its main ingredients (self-confidence, self-worth, self-respect and self-image). Present strategies for youth to develop and maintain high self-esteem for abundant living.



Potential Topics

Check Five Top Choices	TOPIC	DESCRIPTION
	Straight Talk! Teen-Adult Dialogue	Provide an opportunity for young people and adults to listen to and learn from one another. Bring together people of different ages, backgrounds, beliefs and assumptions to discuss topics such as the differences and similarities between teen experiences of today and of years past, personal values and qualities of effective parent-child relationships, etc.
	Community Engagement & Advocacy	Identify and discuss concerns in our homes, schools and communities and ways youth and residents can get involved to be the change they want to see in the world. Share benefits of community engagement, advocacy, organizing for causes, voting, Census participation, etc.
	Developing Effective Mentoring Skills & Finding a Mentor for Personal and Professional Success	Discuss the benefits of effective mentoring, identify “what it takes” to become a great mentor and how to identify someone who is a good match to mentor you. Evaluation of your interpersonal, communication, decision making and problem-solving skills are critical for successful mentor relationships.
	Group Dynamics & Teamwork	Present the dynamics of working in teams and the benefits of effective teamwork. Present strategies for youth to be awesome team members. This is a great “learn by doing / seeing” session.
	Fun Day / Night Activities	Identify fun, affordable and safe activities for youth; identify things to do during the day, night and various seasons of the year. This is a great “learn by doing / seeing” session.
	Education: Past, Present, and Future	Research and learn about the evolution of the American educational system, informal learning, systemic issues, and future needs and changes to the system.
	Social Media & Internet Pros & Cons	Research and present the evolution and proliferation of the internet and social media. Present benefits and warning signs of posting your information online and strategies for safe surfing.
	Diversity, Equity & Inclusion (DEI)	Define DEI and understand the differences and similarities between various backgrounds and beliefs. Identify DEI issues for discussion such as education, employment, housing, entertainment, sports, etc. Evaluate the difference between bias, preferences and prejudice. Why value diversity?
	Developing Leadership Skills	Define leadership and strategies to develop good leadership skills and the ability to effectively delegate and function as a team player.
	College Planning & Preparation	Discuss the importance of planning for college including high school classes, college entrance examinations, researching colleges and universities, choosing a major field of study, securing financial aid, etc.



Potential Topics

Check Five Top Choices	TOPIC	DESCRIPTION
	The World of Technology	Learn about the latest and greatest offerings and enhancements in today's technology. Also share what may be on the horizon for the future – good or bad.
	Understanding Disabilities and Barriers	Help participants understand differing abilities and how to interact with and support individuals with various challenges and barriers, Recognize that we all have differing abilities and barriers. The question is the degree to which we are able to perform daily activities.
	Stress Management	Define stress and how we deal with stress. Present strategies for identifying and working through stressful daily and long-term situations.
	Choices & Consequences: From Integrity to Illegal Activities	Learn about the impacts of decisions we make, how to avoid getting involved in illegal activities and how to respond to law enforcement encounters.
	Assessments: Understanding Yourself & Others	Research and lead youth through personality and career assessments that help them make important life, education and career decisions and understand how to interact with others based on their interests and desires for better outcomes.
	Career Planning & Development	Present steps for career planning, including evaluating career choices through self-assessment activities, job search strategies, preparing marketable resumes and business letters, how to prepare and dress for interviews, questions to ask, types of interviews, what to bring, accepting offers, starting with a plan for success, etc.
	Understanding the Effects of the Media and Television	Learn how the media and television programs play a major role in image, peer pressure, self-esteem and the life choices we make.
	Domestic Violence & Human Trafficking	Define domestic violence and its various forms, effects on children / family, causes, the cycle of violence, developing a safety plan, etc.
	Peer Pressure	Define and understand peer pressure. Identify fears of being alone and re-evaluate friendships. Identify strategies for youth to be leaders who avoid negative peer pressure. .
	Drug-Free Lifestyles	Discuss various forms of drugs, distribution and addictive behavior. Learn how alcohol and drugs can affect various areas of your life and reasons individuals give for adopting these lifestyles. Understand how "Dis-ease" plays a major role affecting your mind, body and spirit. Discuss family changes and the financial costs of drug use and abuse. Provide information on seeking help and various resources available.
	Personal Image and Etiquette	Discuss hygiene; appropriate fashion for personal and professional settings, skin care, formal table setting, dining etiquette and basic manners.

