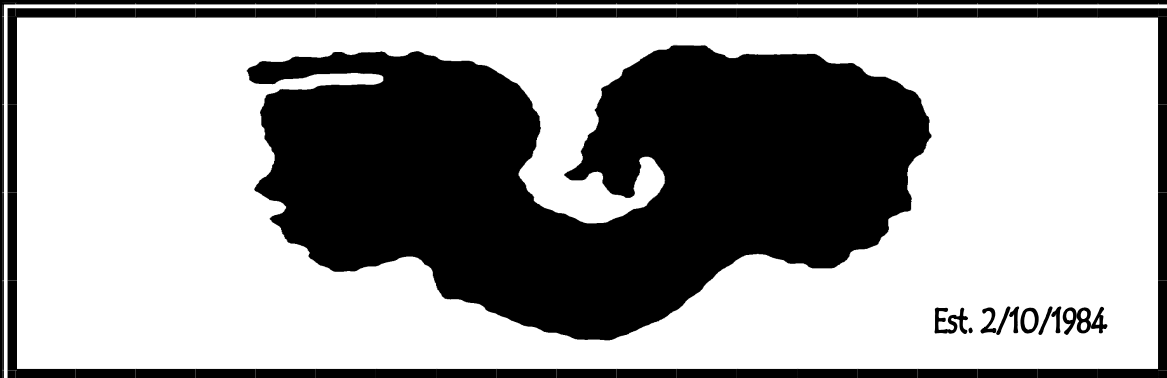


# YOUNG PEOPLE IN ACTION



# INTERNATIONAL

*"Paving The Road For Leadership Excellence"*

FIVE CORE DISCIPLINES OF LEADERSHIP  
-Curriculum Syllabus Overview-

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Founded on February 10, 1984, the Mission of Young People in Action International is to develop a sustainable leadership movement of young people, who are committed to Self Improvement, through the development of Spiritual, Social, Educational, Economical and Political competencies. Furthermore, YPA is committed to facilitate the formation of YPA Chapters throughout the world

## *Curriculum Syllabus Overview*

### THE FIVE CORE DISCIPLINES OF LEADERSHIP

The YPA leadership development training curriculum is designed to build the competencies relevant to enabling the youth participants to become successful members of the society both presently and into adulthood. Leadership which promotes a healthy balance in life. Preparing youth for the workforce & financial stability, citizenship, spiritual centeredness, educational excellence and positive socialization. In order for youth to grow and be successful they must be given the tools necessary to achieve that end. In these areas we address key factors to help youth develop their leadership potential.

It is our philosophy that when we talk about young people, we too often use negative terms and express what we would like them to stop doing. We want them to stop using drugs, stop drinking, stop dropping out of school, stop having sex, stop getting pregnant, stop being violent, and stop committing other delinquent acts. In short, we would like them to stop having problems and stop being problems. When we focus only on youth problems, we may begin to think of youth only as problems. We need to shift our thinking. We need to stop thinking of youth problems as the principal barrier to youth development and start thinking of leadership development as an effective strategy for preventing these kinds of problems all together. At its most basic, we believe our style of leadership development means purposely seeking to meet needs and build competencies relevant to enabling young people to become successful adults. Always interjecting parents and family, our concept of youth leadership cultivates the creation and sustainability of an environment that discourages the use of alcohol, tobacco, and other drugs, as well as, the abstention from violence, crime and other risky behaviors.

Utilizing the "Cognitive Behavioral Theory", which assumes that maladaptive, or faulty, thinking patterns cause maladaptive behavior and "negative" emotions which is counter-productive and interferes with everyday living, ultimately leading to negative consequences in a young persons life. YPA focuses on impacting an individual's thoughts or cognitive patterns with leadership driven activities, in order to change his or her behavior and emotional state, by way of creating environments that breed expectations of leadership and service, embracing the formula which teaches young people to:

- Watch their Thoughts, they become their Words:
- Watch their words they become their actions:
- Watch their actions, they become their behaviors:
- Watch their behaviors, they become their habits:
- Watch their habits, they become their character:
- Watch their character, it becomes their destiny.

#### *The Foundation of The Five Core Disciplines*

##### **LEADERSHIP DEVELOPMENT**

The Leadership Development curriculum focuses on helping the participants to realize exactly what leadership is, from the YPA perspective and impresses upon them the requirements necessary to ensure their success in leadership. It further focuses on adherence to certain attributes, behaviors and disciplines of leadership and points out that a critical skill for leaders is the ability to manage personal learning, responsibility and growth, in an effort to control their own destiny.

#### *The First Core Discipline*

##### **SPIRITUAL DEVELOPMENT**

The Spiritual Development curriculum focuses on moving the participants into a deeper reflection of self through exploring their inner spiritual resources and obtaining a clearer idea of who they are as spiritual beings which has practical benefits. Emphasizing how their relationship with the creator improves every other relationship, how employing spiritual resources is good for business, education, socialization and improves conditions in everyday living. It teaches them to embrace spiritual ideas which enriches their lives and helps them to become spiritual seekers and to understand the connection that Science and mathematics offers for the spiritual journey.

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### *The Second Core Discipline*

#### **SOCIAL DEVELOPMENT**

The Social Development curriculum focuses on breaking down the chains of socialized manipulation and unveiling how mental subliminal suggestion is used to socialize. It seeks to uncover the root thinking behind how we are socialized to think and how we arrive at values, attitudes, aspirations, tendencies, and characteristic ways of perceiving and responding to the world and to ourselves. This process stresses that Just as physical maturation is the result of the interaction of biological forces and mechanisms over a period of time, so is social maturation the result of the interaction of psycho sociological forces and mechanisms over a period of time".

### *The Third Core Discipline*

#### **EDUCATIONAL DEVELOPMENT**

The Educational Development curriculum focuses on helping the participants to understand that what separates man from beast is knowledge. Emphasizing that knowledge feeds the development of the human being so that the person can grow and evolve into Divinity and become one with the Creator. This curriculum eloquently points out that education is the proper cultivation of the gifts and talents of the individual through the acquisition of knowledge. Stressing that knowledge satisfies our natural thirst for gaining that which will make us one with our maker. Thereby, leaving the participants with the foundation that true education cultivates the person-mind, body and spirit- by bringing us closer to fulfilling our purpose for being, which is to reflect the creator. And the second purpose for education, after self-cultivation, is to teach us how to give proper service to self, family, community, nation and then the world.

### *The Fourth Core Discipline*

#### **ECONOMICAL DEVELOPMENT**

The Economic Development curriculum teaches that in this ever changing and growing economy, the need to gain economic understanding is essential to the development of human beings and the society in general. It highlights the fact that economics is the social science concerned with the production, distribution, exchange, and consumption of goods and services. This implies that the development of economics, as a social science, has been responsive to social conditions of which it itself is a part. Lastly, this curriculum helps the participants to understand day to day budgeting and spending survival.

### *The Fifth Core Discipline*

#### **POLITICAL DEVELOPMENT**

The Political Development curriculum uniquely brings the understanding of politics to the forefront of the participants thinking and teaches them that Politics is 1) the ability to influence the distribution of limited resources when there is competing interest for those resources and 2) the development of policies which dictates the distribution of those resources. It further emphasizing the point that the most effective way to meet political objectives is to address systemic issues through developing political solutions. Political solutions are rooted in policy development and laws.

### *Putting The Core Disciplines To Work*

#### **YPA LEADERSHIP COUNCIL**

Since 1984 the councils have been the backbone of YPA's movement. This is the process sustainable TO on these councils sit a body of youth who are elected to officer positions that are responsible for addressing day to day community issues. The council organizes activities and events that are centered around improving conditions in themselves, the communities and in their schools. This curriculum is designed to train the participants on how to effectively run and organize a YPA leadership council and gives them the tools they need to be successful in many other areas of their lives.