

# YSA Institute Summer 2023

## Class Descriptions

### Room 100 – My Plan

Instructors – K.C. Logan and Sandy Logan

*My Plan* is designed to help full-time missionaries reflect on the lessons and experiences of their missions and set goals to be self-reliant after their missions in the areas of personal discipleship, education, dating and marriage. *My Plan* is recommended for all recently returned missionaries.

### Room 101 – Jesus Christ and His Everlasting Gospel

Instructor – Mary Tarbet

This course will provide you with an extraordinary opportunity to increase your faith in Jesus Christ, deepen your understanding of His everlasting gospel, and increase your confidence to access His power and Atonement in your individual lives.

### Room 102 – Spiritual Patterns for Pressing Forward

Instructors – Todd Morgan and Mary Lynne Morgan

This course explores the Spiritual Patterns book series by Elder David A. Bednar. This semester will focus on the book *Spiritual Power to Become*. The course will teach how we are blessed with power through His Atonement to increasingly become like Him.

### Room 103 – Answering My Gospel Questions

Instructors – Donielle Knight and Meg Donaldson

This new Institute course will provide you with the opportunity to have relevant, open, honest, and edifying discussions about gospel-related topics and questions the class selects. This course will allow you to faithfully address current questions and issues, to receive the Lord's guidance and to feel His love in your life.

### Room 105 – The Infinite Atonement of Jesus Christ

Instructor – Liz Rose

This course will cover the principles of the atonement taught in the book, *The Infinite Atonement*, by Tad Callister. The first half of the book will be covered in the summer semester.

### Room 106 – The Book of Mormon

Instructors – Bill Elliott and Liz Elliott

This course will help you discover, understand, and live the saving truths in the Book of Mormon. The Book of Mormon testifies of Jesus Christ and teaches you how to become His disciple. The Prophet Joseph Smith (1805–44) affirmed that “a man would get nearer to God by abiding by its precepts, than by any other book.”

### Room 107 – Missionary Preparation

Instructor – Jacob Hanson and Molly Pyrah

This is a great class to help those planning on serving a mission or just thinking about serving a mission to be better prepared for that amazing experience. This class focuses on the doctrines, principles, and counsel found in the scriptures, words of the prophets, and Preach My Gospel. The scriptures and Preach My Gospel are your primary texts as you go through this course.

### Room 108 – Plan of Salvation (Spanish)

Instructor – Isaias Osorio

This class is taught in Spanish. It will help you answer life's greatest questions: Where did I come from? Why am I here? Where am I going after this life? The plan of salvation maps our eternal journey through premortal life, mortal life, death, resurrection, and our life in the eternities. The plan focuses on the mission and Atonement of Jesus Christ, making eternal life and exaltation possible for us.

### Room 109 – Emotional Resilience for Self-Reliance

Facilitators – Caleb Callister and Makayla Fox

This is a great Self-Reliance class that goes through a workbook that has been prepared to help members of the Church learn and put into practice principles of faith, education, hard work, and trust in the Lord. It will help you strengthen your emotional resilience by helping you deal with stress and anxiety, sadness and depression, overcoming anger, getting addictive behaviors under control, building healthy relationships, and teaching you how to strengthen others.