**What is the Benedictine Leadership Studies Program?**

The Benedictine Leadership Studies (BLS) program will allow you to analyze who you are as an individual called to serve and promote the common good of your community, and to develop a meaningful understanding of God’s purpose for your life, using the teachings of the Catholic Church and Benedictine spirituality as guides.

The program is grounded in the Benedictine Wisdom Tradition, which has been developing since *The Rule of Saint Benedict* was published 1,500 years ago. Its 10 core principles, or hallmarks, are derived from *The Rule* and form the core of BLS.

The 10 hallmarks distilled from *The Rule of Saint Benedict* are:
- Love
- Prayer
- Stability
- *Conversatio*
- Obedience
- Discipline
- Humility
- Stewardship
- Hospitality
- Community

**HOW TO APPLY**

Admission to BLS is competitive. Interested students apply for acceptance in the winter before their freshman year, and only 20 students are selected each year. Selection criteria include items such as GPA, leadership activities, community service, student essays, a video describing why you want to be in the program and professional recommendations.

Applications will be accepted until the close of business on Feb. 24.

For more information, contact Dr. Michael Krom, professor of philosophy and director of Benedictine Leadership Studies, at michael.krom@stvincent.edu or 724-805-2844.

Visit us on Facebook: [fb.me/StvincentBLS](http://fb.me/StvincentBLS)

**St. Vincent College**

300 Fraser Purchase Road
Latrobe, PA 15650
www.stvincent.edu
• Academic courses with your fellow BLS students in leadership, ethics, politics and Benedictine spirituality
• Seminars on leadership presented by Saint Vincent College faculty members
• Annual trips focused on specific aspects of Benedictine leadership
• Three-credit capstone course trip to Rome during the senior year
• Experiential activities to enhance leadership skills and work collaboratively with peers
• Professional development and career services provided by the Career and Professional Development Center
• Unique internships for academic credit
• Service project opportunities
• A $2,000 Fellowship (automatically renewed up to four years for BLS Fellows)

“What the BLS program formed me as a man of faith by challenging me to develop the Benedictine hallmarks in my own life. Cultivating these habits as a student has allowed me to share them with my community as a leader.”

“I loved this program; it was one of the best things I did at Saint Vincent. It absolutely helped me grow in ways that I didn’t know I had to grow. Each year, we had to write a reflected ‘best self’ piece discussing where we have grown and things we need to work on. We were constantly refining our lives, not just to be a better leader, but to be a better person.”

“By the time we went to Rome, we were all very comfortable around each other. We talked about leadership, Caesar, the beginnings of Rome – and it made it so much more relevant when we were there, standing in the Coliseum, going to Monte Cassino and walking the same courtyards St. Benedict walked through.”

Retreat Workshops – Each semester you will have the opportunity to join with the other fellows in your cohort in a retreat workshop based on the Benedictine Hallmarks. These faculty-led workshops will provide you with a unique opportunity to reflect on what it means to be a leader.

Experiential Learning – Each year you will have unique opportunities to put leadership into practice. From meeting with regional and national leaders to outdoor leadership activities like backpacking and whitewater rafting, you will engage the hallmarks in a unique way. In addition, the Career Center will work with you and provide a unique internship opportunity to prepare you for your future vocation, and the Office of Service Learning and Community Outreach will help you put the hallmarks into practice by serving the needy among us.

Self-Leadership Exercises – Spiritual growth through prayer, Mass and self-reflection is central to Benedictine leadership. You will gain a rich appreciation and experience with Benedictine spirituality throughout your four years. Under the guidance of a Benedictine mentor, each semester you will write a personal narrative based on these reflective exercises to help you give voice to your growth as a disciple of Christ.

Rome Capstone Seminar - In the spring semester of your senior year, you will join your BLS fellows in a spring break trip to Rome focused on specific examples of leaders from Rome’s nearly 3,000-year history.

BLS Portfolio – You will learn how to create an online portfolio containing examples of your work, reflection on the skills you have gained and thoughts on how you are growing in understanding and implementing the hallmarks in your life. The portfolio serves as an online testimonial to your accomplishments and may be shared with family, friends and prospective employers.