Turning Dreams into Degrees: Train-the-Trainer

Education Course 1: Supporting Foster Youth through Early College Awareness and Preparation

November 2022

Today's Presenters

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Education Course 1 Trainer's Notes

- Target audience: Caregivers in California with foster youth in their care between 6th - 10th grade.
- Caregivers: Resource Families, FFA staff or STRTP staff
- Delivery: In-Person or Virtually

Turning Dreams into Degrees - Education Course 2 (grades 11-12):

jbay.org/resources/education-course-2/

Education Course 1 Materials

- Available at: jbay.org/resources/education-course-1/

- Trainer's Guides
- PowerPoint slides and detailed trainer notes (available in English and Spanish) with embedded engagement opportunity instructions.
- Special Considerations for Facilitating in Spanish
- 1-hour train-the-trainer for returning facilitators that highlight 2022 updates.
- Caregiver supporting materials

Current Caregiver Supporting Materials (Nov 2022)

- Foster Youth Educational Planning Guide
- Financial Aid Guide for California Foster Youth
- School Stability, Enrollment, and High School Graduation Rights…
- Activities to Inspire Youth to Pursue Postsecondary Education
- The Big Differences Between High School and College
- Online College and Career Readiness Tools
- Educational Pathways
- Helping Youth Develop Skills to Success in High School (and Beyond): Tips for Caregivers
- LA County College Planning Resources
- Foster Youth Benefits Eligibility Chart (updated!)
- Youth and Supporting Adults Career Planning Guide
- Student Vignettes

Caregiver Supporting Materials (Jan 2023)

- Postsecondary Educational Planning Guide
- Financial Aid Guide for California Foster Youth + other helpful financial aid resources
- Foster Youth Benefits Chart
- OYC Fostering Careers Guide for youth and Supportive Adults
- Student Vignettes

Training Breakdown and Timing

Education Course 1	Time
Section I: Welcome & Introduction	10 mins
Section II: Why College?	23 mins
Section III: What Unique Barriers do Foster Youth Face in Higher Education?	8 mins
Section IV: What is the Impact of Trauma on Educational Performance and Outcomes?	15 mins
Section V: How Caregivers Can Make a Difference	20 mins
Break [One 10-minute or two 5-minute breaks – May vary as needed]	10 mins
Section VI: A College Path for Everyone	13 mins
Section VII: Resources on College and Career Exploration	24 mins
Section VIII: Educational Planning Milestones	12 mins
Section IX: Help is Available for Caregivers	6 mins
Section X: College is Possible!	4 mins
Section XI: Closing Vignettes, Youth Video and Reflection	25 mins
Q & A [Either woven in throughout or addressed at the end]	10 mins

Local and Statewide Content

The following slides should be updated with local resources and contact information:

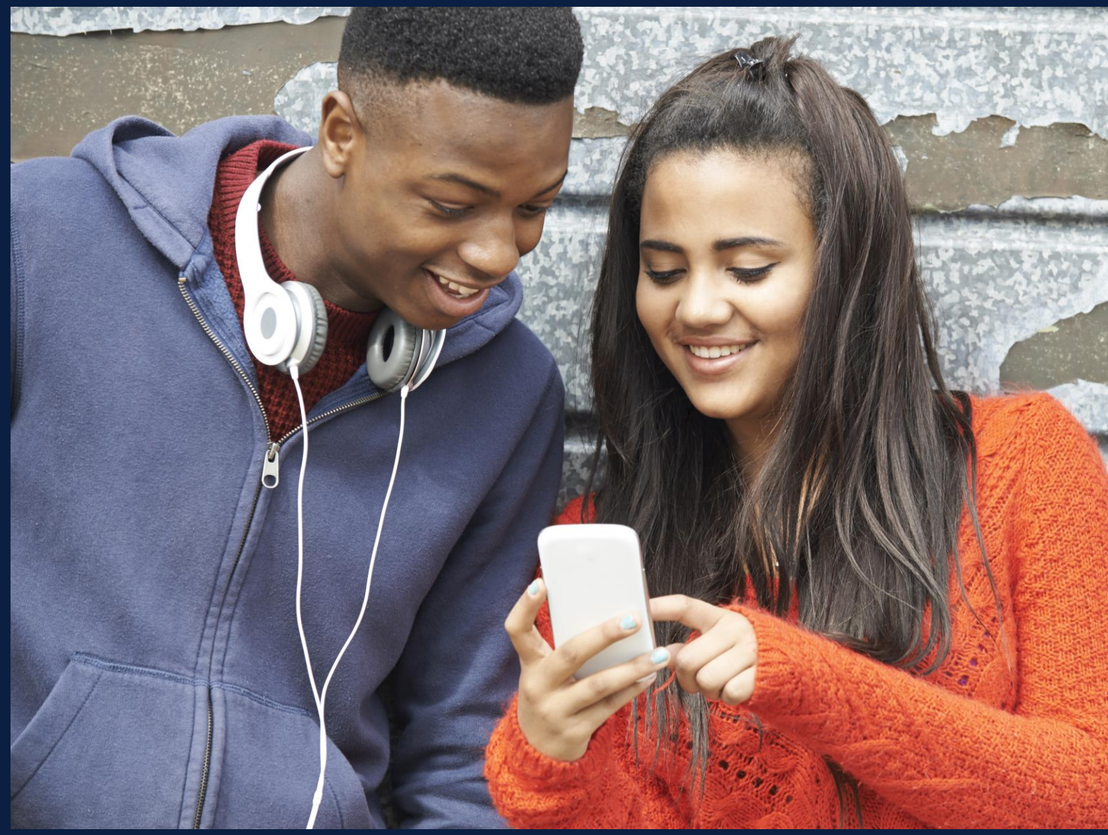
- **COE Foster Youth Services Coordinating Program (Ed. Course 1, slide 65)**
- **For LA County facilitators, there is also a “LA County College Planning Resources” document. (Ed. Course 1, slide 65)**

Foster Parent College Updates

- Spanish subtitles for **Preparing Teens for Postsecondary Education Part 1** is expected to available by first quarter of 2023.

- Foster Parent College: **Preparing Teens for Postsecondary Education Part 2** will be available by the end of 2022

- Preparing Teens for Postsecondary Education Part 2 will also be available on the JBAY Curriculum website



Acknowledgements

This presentation was created by John Burton Advocates for Youth (JBAY) with support from UNITE-LA, the Foster and Kinship Care Education Programs of LA County, the LA County Department of Children and Family Services, Foster Parent College and the LA Opportunity Youth Collaborative (OYC).

This curriculum is part of an overall strategy within the LA OYC's Foster Youth College Advancement Project initiative, led by JBAY, to increase postsecondary attainment for foster youth.

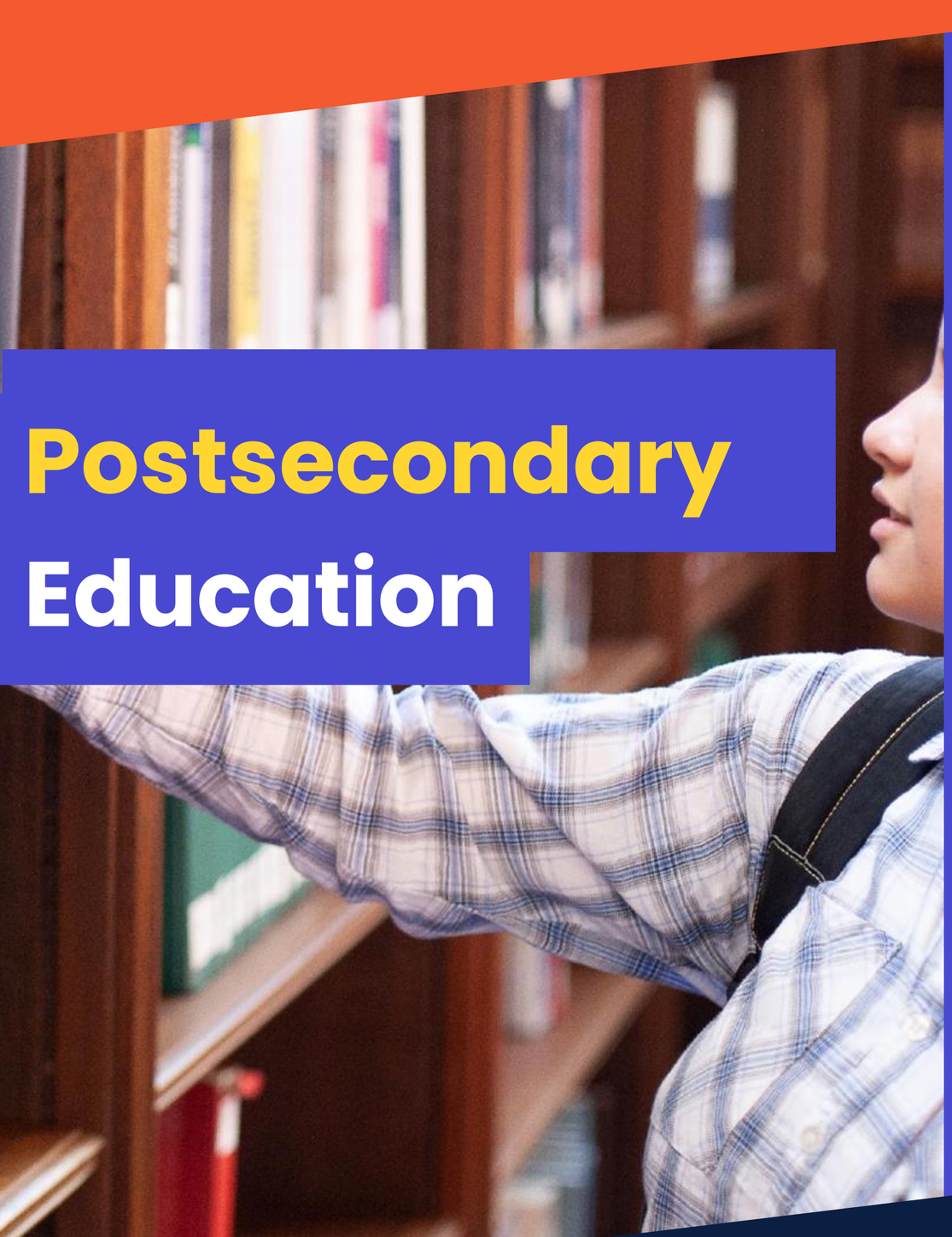
Today's Learning Objectives

- Explain the benefits of postsecondary education
- Recognize the unique barriers foster youth face in education, including the impact of trauma
- Identify strategies to create a college-going culture in the home
- Understand the different postsecondary education pathways
- Identify resources and strategies to help students explore their career interests and achieve their postsecondary education goals
- Describe key educational planning milestones between 6th-10th grade

Supporting Materials

Found here:

www.jbay.org/resources/edcourse1-caregiver-supporting-materials/



Postsecondary Education

Any formal education after high school.

Are they a former foster youth?

Colin Kaepernick,
Former NFL Quarterback
Attended University of NV

Dr. Daisy Gonzalez
Interim Chancellor, California Community Colleges

Faith Hill,
Singer
Attended Hinds Community College

Steve Jobs,
Co-Founded of Apple,
Attended Reed College

Simone Biles,
Olympic Gold Medalist,
Attending University of the People

Despite the barriers, foster youth are going to college and beating the odds!

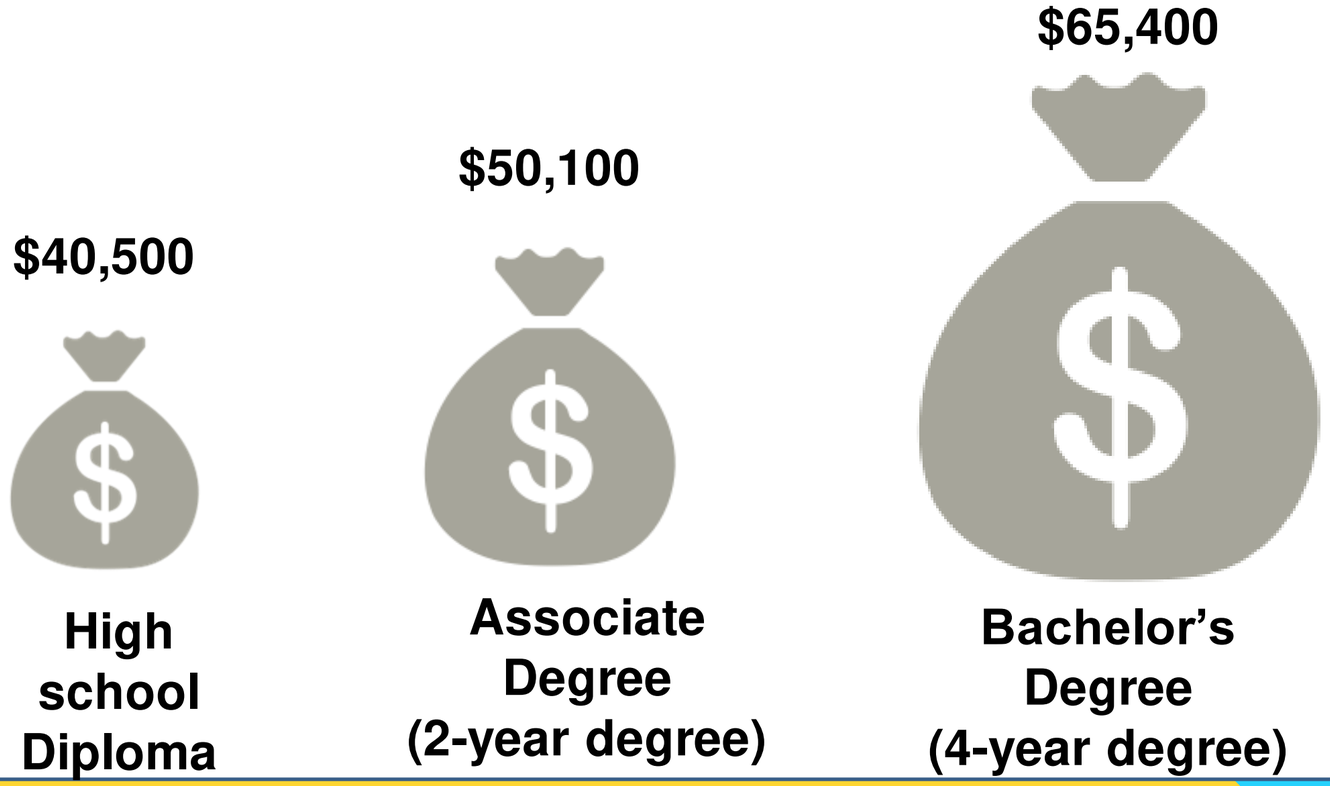
Student Voices

Let’s hear from several former foster youth who have experienced postsecondary education.

Why college?

Understanding what is at stake for our youth.

Median Annual Salaries, by Education Level



Education Pays Off

This translates to $1 MILLION more dollars over your lifetime!

Source: College Board, "Education Pays 2019"

Education Pays Off in Other Ways…

01

Lower unemployment rates

02

Improved health outcomes

03

Increased volunteering, voting and lower rates of incarceration

04

Greater likelihood of one’s children attending college

05

Increased career satisfaction

What percentage of foster youth in California...

Question 01

Want to go to college?

Answer 01

91%

Question 02

Enroll in college?

Answer 02

52%

Question 03

Earn a 2-year or 4-year degree?

Answer 03

10%

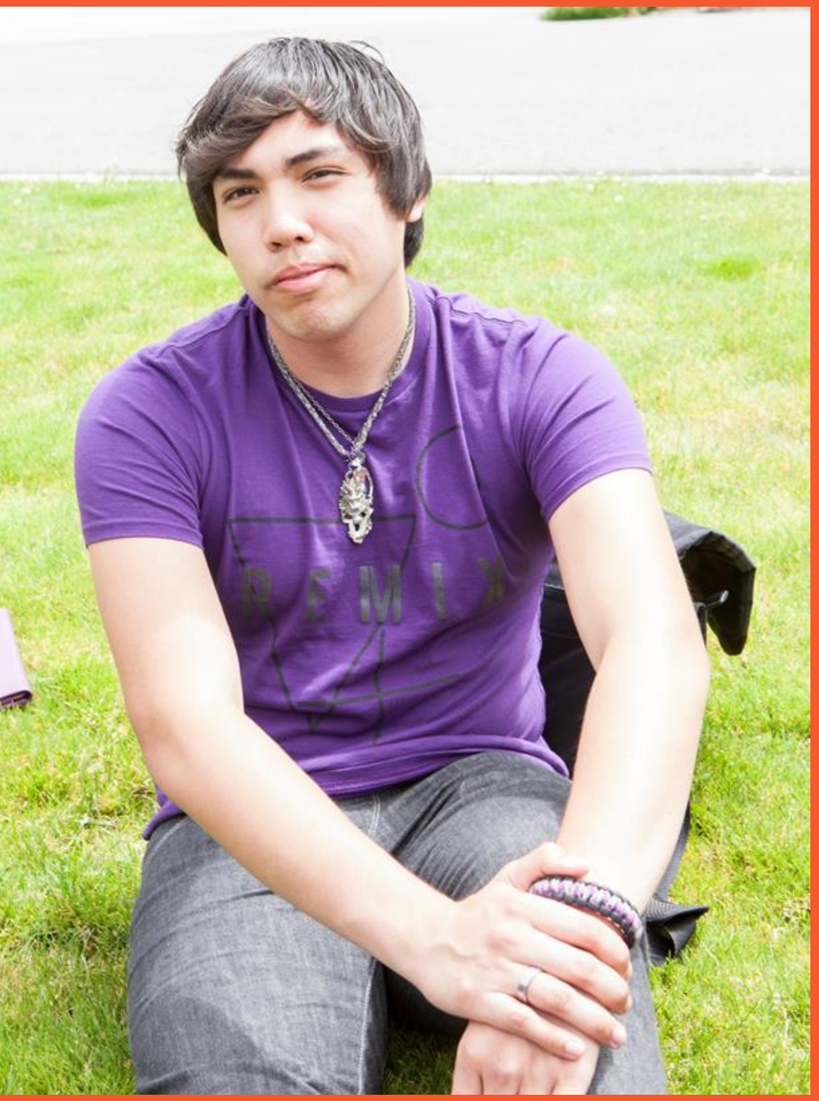
Reflection

1. How do you feel about college?
2. What are your fears or concerns about college for your youth?
3. What questions do you have about college?

Student Voices

Youth share about their inner feelings regarding attending college when they were in middle school and high school.

What unique barriers do foster youth face in higher education?



Scenario #1

Elijah is a youth who has experienced several school changes while in care. Could this present a challenge to his college success?

Yes or No?

Yes!

Helpful Tip!

Caregivers can support students to stay in their school of origin if they change placements, if it is determined to be in their best interest.

Learn more at: http://kids-alliance.org/programs/education/educational-equity/high-school-enrollment-graduation-rights/

Scenario #2

Ashley is a sophomore at a local high school. She wants to become a graphic designer. However, because of her recent suspension and low grades, her caregivers doubt she will be able to go to or succeed in college. Might the attitude of her caregivers present a challenge to her college success?

Yes or No?

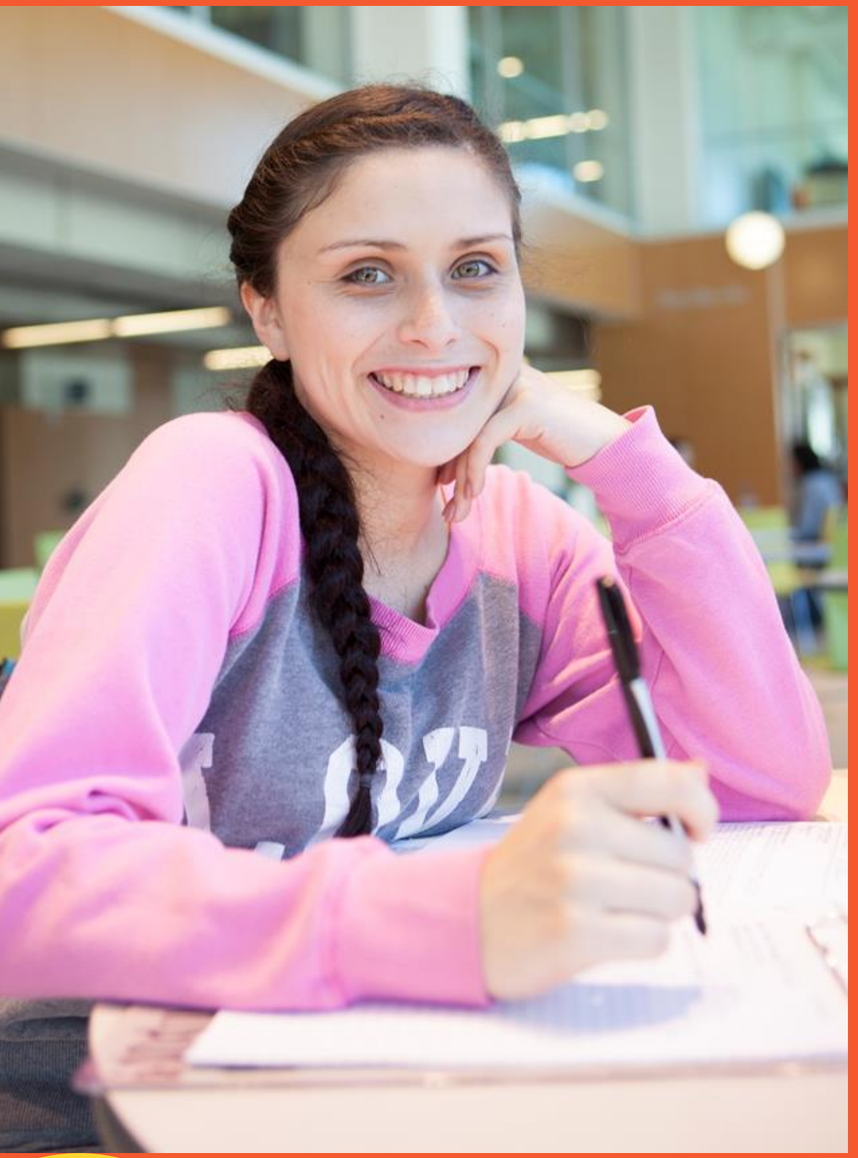
Yes!

Scenario #3

Nicholas, who is doing very well in high school, has been in care most of his life, and his caregivers know that he cannot afford to pay for college. Does a lack of finances mean that Nicholas shouldn't go to college?

Yes or No?

No!



Scenario #4

Rachel is 17 and has lived with multiple resource families; however, she has not developed a relationship with her current family members. She is determined to go to college to study accounting and has been searching online for degree programs. Could Rachel's lack of a relationship with her current resource parents present a challenge to her college success?

Yes or No?

Probably, yes!

Scenario #5

Throughout her life, Irene was exposed to domestic violence and neglect. Now, as an 8th grader, her resource parents are supporting her therapy as she deals with the aftereffects of her trauma. Could complex trauma present a challenge to her college success?

Yes or No?

Probably, yes!

Scenario #6

Devin is a 7th grader diagnosed with dyslexia. Devin is an exceptionally clear thinker, but his reading ability is way below his grade level. He is currently receiving special education services, and with the help of these services he is getting Bs and Cs in his academic classes. Devin wants to be a mechanical engineer and design electric cars. Will Devin's learning disability prevent him from achieving a postsecondary education?

Yes or No?

No!

What is the impact of trauma on educational performance and outcomes?

Impact of Trauma

at Home & in the Classroom

Impaired Sleeping

Changes in appetite

Lower school performance or impaired learning

Changes in behavior

Difficulty focusing or concentrating

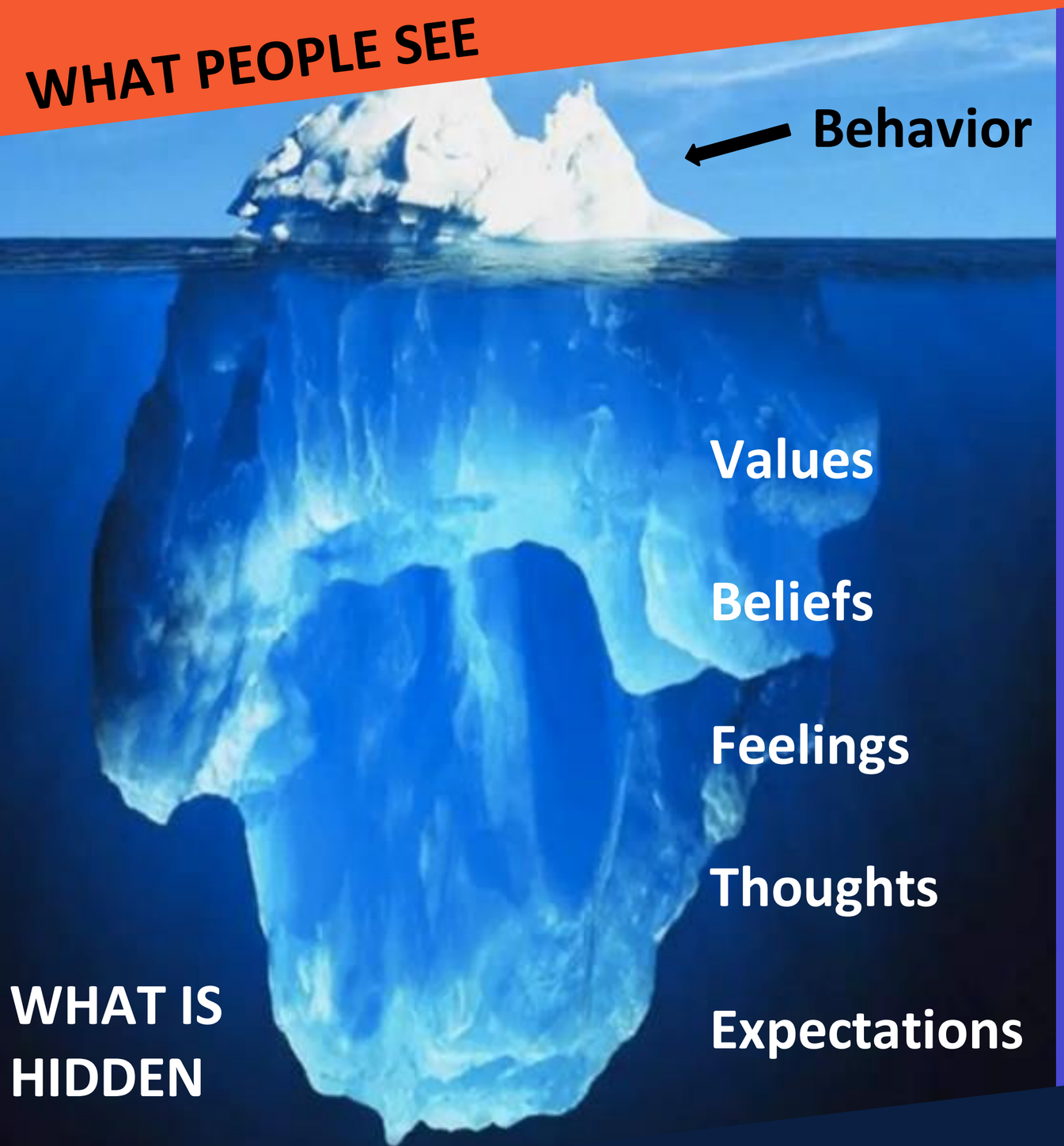
Difficulty with authority, redirection or criticism

Emotional Numbing

Over or under reaction to environment stimuli

Difficulty forming trusting relationships with adults

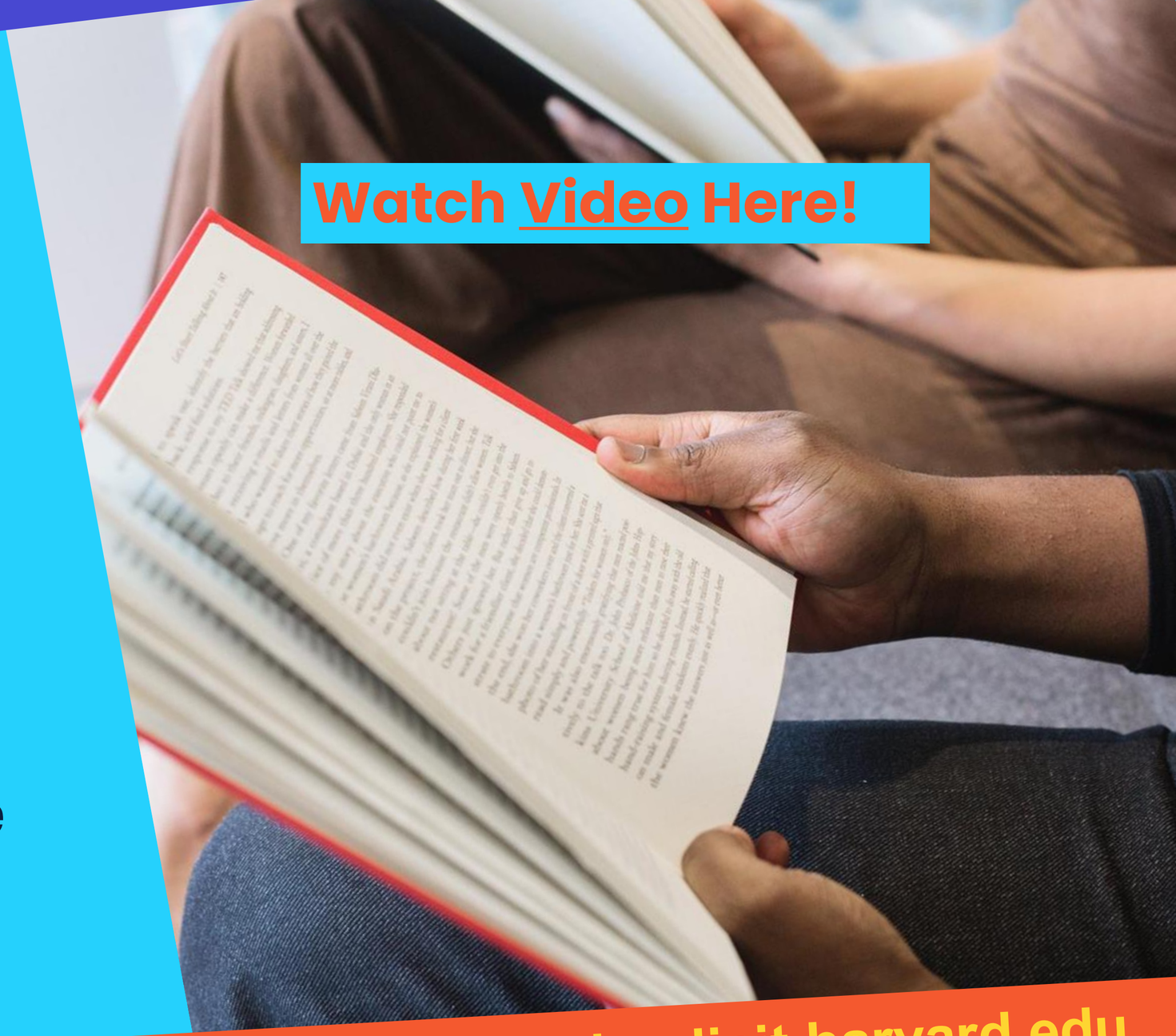
Youth who have experienced trauma or have an IEP are just as capable as other youth of being successful in higher education



See below the surface. Child's behavior is just the tip of the iceberg.

Racism and Implicit Bias

- Black students are 3x more likely to be suspended or expelled than their white peers simply due to the color of their skin.
- Implicit bias- having an attitude towards people or associating stereotypes with them without our conscious knowledge



Watch Video Here!

Explore your own implicit biases at www.implicit.harvard.edu

The Invisible Backpack

"I don't want to go to college"

I'm not rich enough.

I can't trust anyone.

No one cares about me or my future.

I'm stupid.

No one will understand me.

I'm not good enough.

I'm scared.

I always fail. Something is wrong with me.

Student Voices

Let’s hear about these challenges from a few of our youth.

How Caregivers Can Make a Difference?

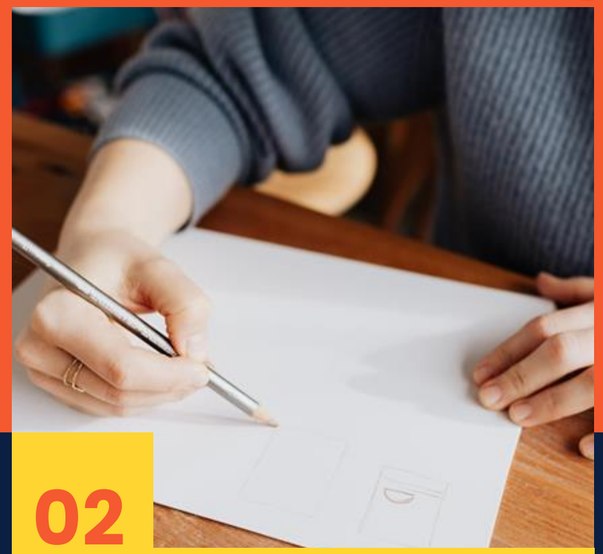
The single most important factor influencing a positive outcome for youth is a...

lasting relationship with a caring, engaged adult.

Use a Trauma-Informed Parenting Approach

01

Patience is key - many youth are in “survival mode”



02

Acknowledge the trauma that youth have experienced

03

Avoid labels that the youth “isn’t college material”

04

Reinforce a growth mindset

Encouraging a Growth Mindset

Help youth reframe perceptions of their academic abilities

Encourage patience with the learning process

Reflect back to the youth their strengths and positive traits you have observed

Patience is key –
many youth are in “survival mode”

If you are hearing this from a youth…	Try one of the following responses to help develop and maintain a growth mindset.
I am not smart enough to do this.	Being smart does not mean learning comes easy or you can do things by yourself all the time. Being smart means you use the tools and resources available to you for learning. That may mean asking for help sometimes.
This is too hard. I can’t do this.	When something feels hard, it means we are challenging ourselves and our thought process to grow in new ways. I know with time and practice you will be successful. How can I help?
I will never be able to get this.	Remember to be patient with yourself. Just because you do not understand this yet does not mean you will never understand it. Who can we ask for help?
I totally failed. I am so dumb.	Learning from our mistakes can lead to future success. Let’s see what we can learn from this experience to help us be successful next time.

Build rapport with a PACE Attitude

- **P** layfulness
- **A** cceptance
- **C** uriosity
- **E** mpathy

Caregivers can create a college-going culture in the home

How to Create a College-Going Culture: Encourage & Motivate

- Set high expectations – regardless of past academic performance
- Consistently express the expectation that the student will graduate from high school and go on to college
- Motivate from a young age
- Encourage a growth mindset

"No one rises to low expectations."
– Les Brown

How to Create a College-Going Culture: Knowledge & Inspire Youth to Go to College

- Attend college tours, college fairs or college events
- Connect youth to foster care alumni who are enrolled in college
- Explain the differences between college and high school
- Discuss the long-term financial benefits
- Discuss the non-academic benefits of college

Virtual or in-person tours

How to Create a College-Going Culture:

Keep Youth Accountable

- Regularly ask how they are doing in school.
- Instead of asking “**How was school?**”, ask specifics like “**What did you learn in class today?**” or “**How did you feel about the math exam?**”
- Check for homework completion and grades
- Provide incentives or rewards for positive school performance academically or behaviorally.

Student Voices

Motivating youth in care to attend college and helping them to overcome obstacles can make a difference.

Summary of Key Ways That Caregivers Can Support Youth Into Higher Education

- **Use a trauma-informed parenting approach**
- **Encourage a growth mindset**
- **Use a “PACE” Attitude**
- **Create a college-going culture by:**
  - Encouraging & motivating youth
  - Building their college-knowledge
  - Keeping youth accountable

Time for a break!

Postsecondary Pathways for Everyone

Understanding available higher education options

Educational Pathways

High School Completion
(Diploma, GED/HISET,
AB167/216)

University

Transfer
Pathway

Community College
(Associates Degree Transfer,
or Career Education)

Adult Education
Career Technical
Programs

Apprenticeship
Programs

Residential
Career Program
(e.g., Job Corps)

Improved Outcomes
for Employment &
Economic Stability

Difference Across Colleges and Universities

	University of California (UC) or California State University (CSU)	Private University	Out-of-State Universities	California Community College (CCC)
Admissions Requirements	**Selective admissions:** - A-G Requirements - Academic GPA - Personal Statement (UC Only) - SAT/ACT no longer required	**Selective admissions:** - A-G Requirements - Academic GPA - Personal Statement - May require SAT/ACT - May request Letters of Recommendation	**Selective admissions:** - A-G Requirements - Academic GPA - May request a Personal Statement - May require SAT/ACT - May request Letters of Recommendation	**Open access colleges:** - HS Diploma not required - No minimum GPA - No personal statement - No SAT/ACT required

Difference Across Colleges and Universities

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Room & Board	- **Priority access to campus housing** - **Access to meal plans**	- **Access to campus housing** - **Access to meal plans**	- **Access to campus housing** - **Access to meal plans**	**Campus housing and meal plans are not typically available**

Difference Across Colleges and Universities

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Room & Board	- Priority access to campus housing - Access to meal plans	- Access to campus housing - Access to meal plans	- Access to campus housing - Access to meal plans	- Campus housing and meal plans are not typically available
Degrees Offered	- **Bachelors (Arts or Sciences)** - **Masters** - **Doctorate**	- **Bachelors (Arts or Sciences)** - **Masters** - **Doctorate**	- **Bachelors (Arts or Sciences)** - **Masters** - **Doctorate**	- **Certificate** - **Associate of Arts, Science or Applied Science** - **Associate Degree for Transfer (ADT)** - **17 bachelor programs**

Career & Technical Education (CTE)

- Can be shorter programs (ex: 12 - 18 months)
- High-quality, career-focused programs leading to good-paying jobs
- Financial aid is available
- Many are offered at community colleges, which foster youth can often attend for free
- Adult Education Career Technical programs offer range of options
- Job Corps is a free residential education and job training program

Earn a Plumbing Technology certificate at L.A. Trade Tech Community College and make $60,000!

Apprenticeship Programs

- 91% of apprentices retain employment after completing the apprenticeship
- Students earn an income while learning a trade
- Participants receive industry recognized credentials and can work towards a degree
- Students connect with mentors in a chosen industry
- Some programs may require an aptitude test and most require English proficiency

Learn more about apprenticeship programs by visiting:
www.dir.ca.gov/das/das.html

Average annual income is $50,000!

WARNING!

Proprietary or For-Profit (Private) Vocational Schools

- Costs more than similar community college programs
- High rates of student debt
- Poor job outcomes
- Some are under federal investigation
- Use extreme caution before enrolling and ensure the school is accredited

Resources on college and career exploration

Engaging Youth in Career Exploration

Career Conversation Starters:

- Do you find it easy or difficult to think about yourself in the future? What might make it easier?
- What are some of your talents/skills/strengths (try to think of 3-5)?
- How would your best friend describe you?
- What is one thing that makes you excited about your future? Makes you worry about your future?
- What careers or jobs have you heard about? Which ones would you like to know more about?
- What are some activities you enjoy doing in your down time?

Opportunity Youth Collaborative

- Youth Career Guide & Caregiver Companion Guide

Career Activities:

- **www.cccmypath.org**
- **www.myplan.org**
- **www.cacareerzone.org**
- **www.gladeo.org**

You are not signed in: Sign In

California CareerZone
powered by Headed2

Explore Decide Grow Search

What's your plan?

Reality Testing

When engaging in Career Exploration, youth must consider the following:

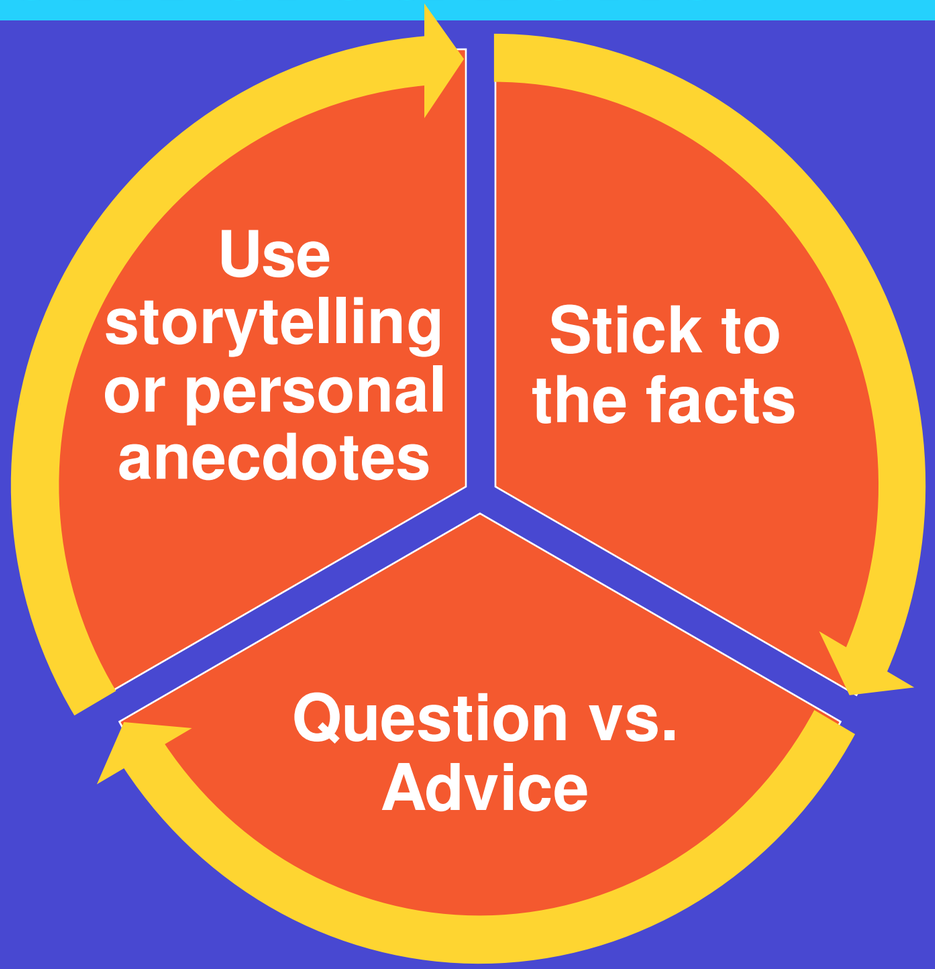
- Earnings vs. cost of living and lifestyle needs
- Education requirements and costs
- Projected industry growth

livingwage.mit.edu
Learn what the cost of living is in your community & what you need to earn using the Living Wage Calculator.

www.cacareerzone.org/budget/
Customize your lifestyle to determine how much you will need to earn based on your preferences.

salarysurfer.cccco.edu
Explore the real earnings of California Community College graduates by program type

Navigating Reality Testing Conversations



Goal Setting

- Include short- and long-term goals
- Explore potential barriers
- Discuss what will motivate youth to keep going
- Identifying supports at each stage

Education Planning Milestones

Helping foster youth chart a course to their college pathway.

Foster Youth Postsecondary Planning Guide

- Use the **Foster Youth Postsecondary Planning Guide** for step-by-step information on how to prepare and apply to college

Available at: www.jbay.org/resources/ed-planning-guide/

Helpful Tip!

Every youth is different.
Meet youth where they are at.

Educational Planning

Milestones: Grade 6-8

See FY Postsecondary Planning Guide for more information

- Meet with academic counselor
- Maintain regular attendance
- Seek tutoring as needed
- Build career awareness through extracurriculars, electives and more!

Educational Planning

Milestones: Grade 9

Enroll in “A-G” courses

Visit a college campus

Join an academic enrichment program

Meet with academic counselor

Maintain regular attendance

Seek tutoring as needed

Build career awareness through extracurriculars, electives and more!

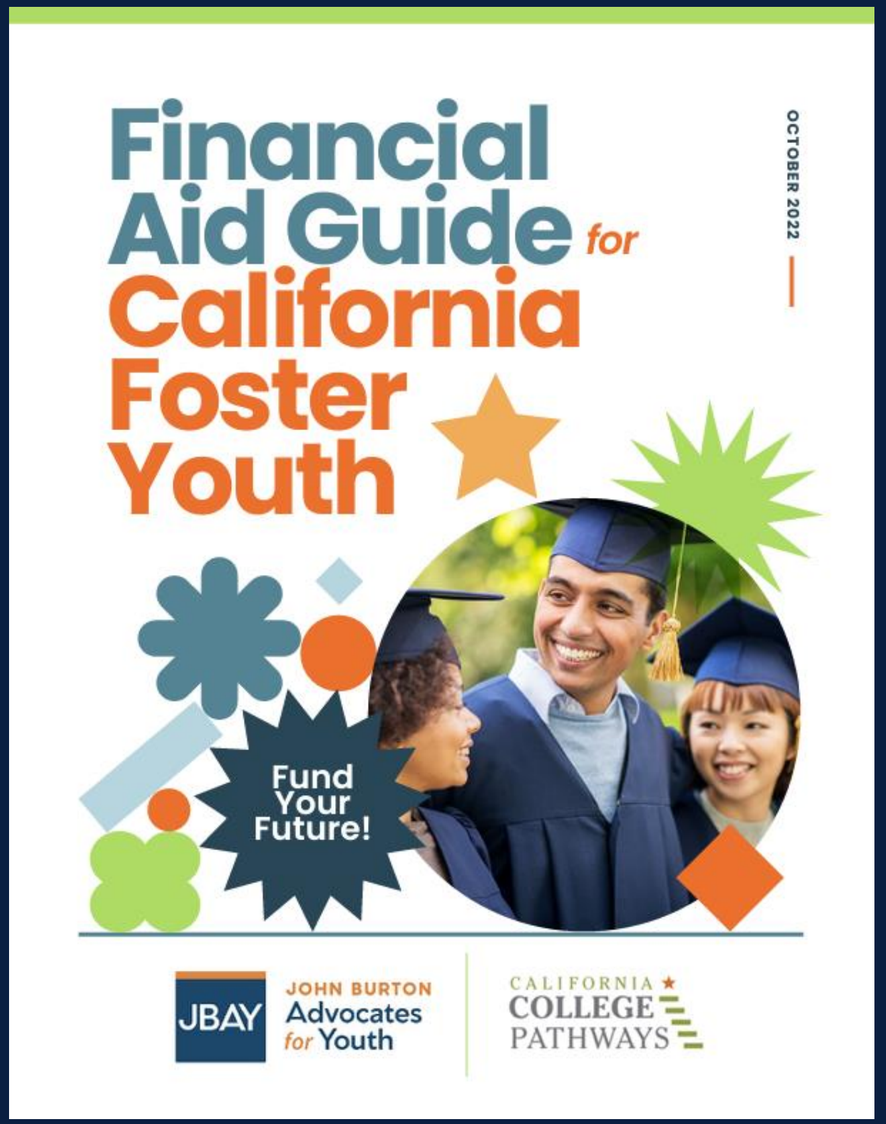
Educational Planning

Milestones: Grade 10

- Enroll in dual enrollment courses
- Find a summer job or internship
- Take any practice tests like the PSAT
- Enroll in “A-G” courses
- Visit a college campus
- Join an academic enrichment program
- Meet with academic counselor
- Maintain regular attendance
- Seek tutoring as needed
- Build career awareness through extracurriculars, electives and more!

Financial Aid Guide for California Foster Youth

- Use the **Financial Aid Guide** for step-by-step information on completing the FAFSA/CADAA, what to do after the FAFSA/CADAA to ensure maximum aid awards, and how to stay in good standing and keep getting financial assistance for school
- Scholarship Resource for California's Current and Former Foster Youth is available to help identify scholarship opportunities



Available at: www.jbay.org/resources/financial-aid-guide/

Student Voices

Tips for caregivers from youth.

Help is Available for Caregivers

Supplemental Resources

- Educational Planning Supports and Resources
  - K-12 Education Supports
  - Child Welfare Resources
  - Community College Benefits
  - CSU/UC Programs and Benefits

Help is Available at the K-12 Districts

- Academic Counselors
- Foster Youth District Liaison (AB 490 Liaison)
- County Office of Education Foster Youth Services Coordinating Program (FYSCP)

Independent Living Program (ILP)

Youth suitably placed in foster care or Kin-Gap between the ages of 16-18 may be eligible to receive ILP services. Please contact an ILP Transition Coordinator to determine eligibility.

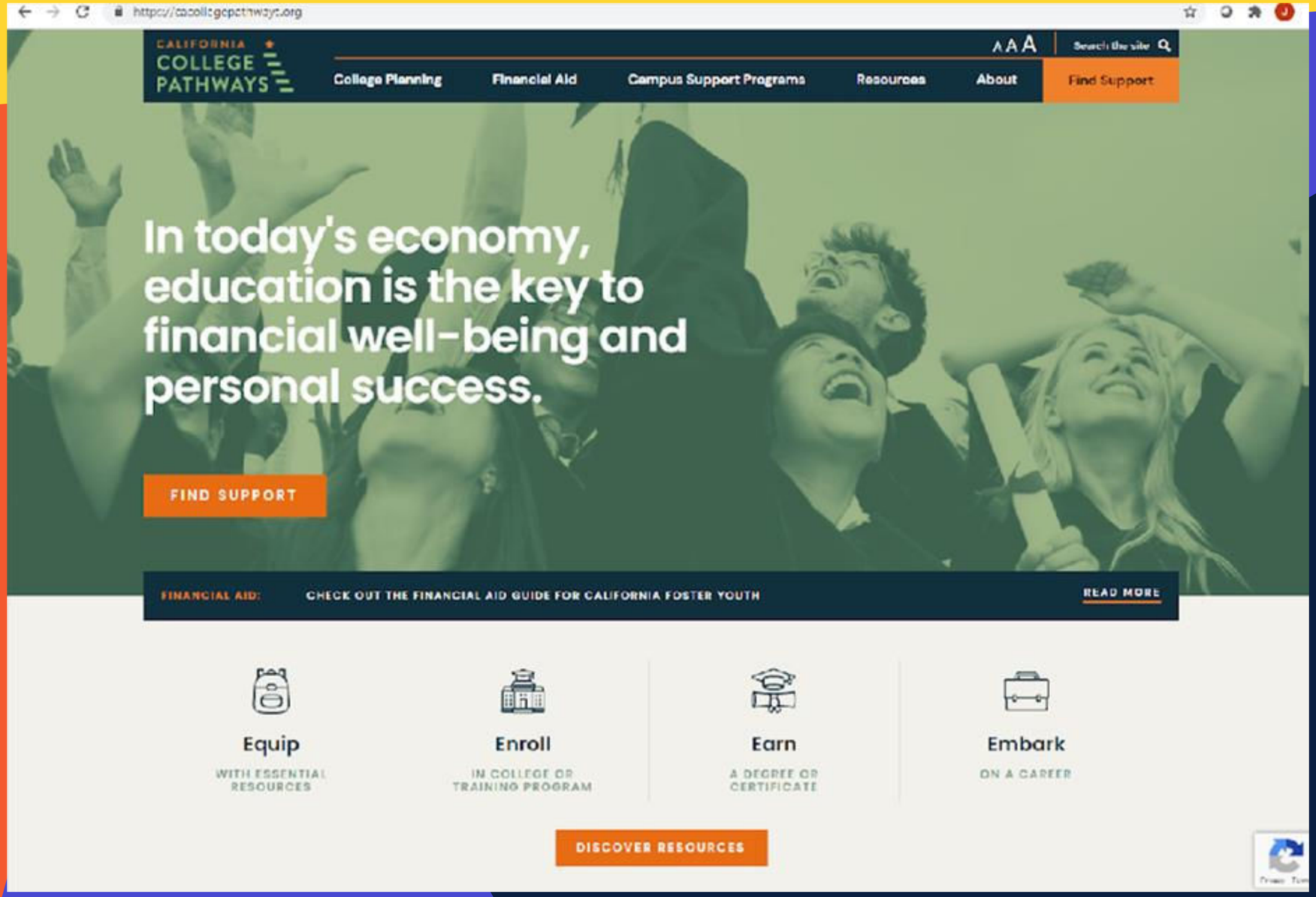
ILP provides services related to postsecondary education, workforce development and housing.

Contact an ILP Transition Coordinator to learn more regarding resources and services available.

Visit https://jbay.org/resources/ilp-roster/ for ILP contact information by county.

Child and Family Team Meeting (CFTM)

The CFTM can be used to make a plan to support foster youth in reaching their college and career goals and get connected to supports and resources.



www.cacollegepathways.org

College is Possible

Regardless of current academic performance, grades, behaviors or income.

Fact or Fiction?

Foster youth qualify for a lot of financial aid to assist with the costs of college.

FACT!

Fact or Fiction?

Students with disabilities can go to college.

FACT!

Fact or Fiction?

Most colleges offer support programs for foster youth.

FACT!

Fact or Fiction?

Students with a bad GPA can still go to college.

FACT!

Fact or Fiction?

Foster youth can get priority registration for classes and priority access to on-campus housing.

FACT!

Let's Practice

What would YOU DO?

Discuss as a group how you would handle the student scenarios.

Identify one person to report-out to the larger group.

Student Voices

With the right effort, our children will step successfully into adulthood. Let’s hear from our youth about their future.

Reflection

What is at least one thing that you will do differently with your youth within the next 30 days?

Thank You!