Community of Practice
Session 1: Case Management, Programming and Interventions
January 25, 2024
Overview

• My Background
• Key Differences in Serving NextUp Students
• Top 10 Things You Can do to Support NextUp Students
My Background

• 8 Years Experience as NextUp Counselor
• 3 Years experience in Department of Social Services
• MS Rehabilitation Counseling
• Doctorate in Educational Leadership
  • Dissertation on Transition to College
• Average Caseload – 35–55 Unduplicated NextUp Students per Year
• First Gen
  • Mom placed in Orphanage at age 5
  • Father Homeless and Lived in Friend’s Garage at age 16
Key Differences

Trauma and its Effects on Learning

75% of Foster Youth Move K–12 Schools at Least Once
  • almost 25% moved schools four or more times

Foster youth are 3x more likely to be homeless.

Among foster youth who later enroll in community college, they typically have a lower GPA and earn fewer credits in their first year compared to their peers.

(https://learningpolicyinstitute.org/product/california-students-foster-care-brief)

(https://www.afs4kids.org/blog/foster-youth-education-in-california-what-you-need-to-know/)
10 Things to Support NextUp Students

What are the things we need to do to provide effective and comprehensive support to NextUp students?
10 Things to Support NextUp Students

#1 – NextUp Community College Social Worker

• More like a Community College Social Worker than a Community College Counselor
  • SEP is the easiest part of this work
• Wholistic Counseling – My Approach and Philosophy
• Funding & Counselor/Student Ratio
10 Things to Support NextUp Students

#2 - Schedule 1 Hour Appointments

Meet with first-time students 1-2 weeks before the semester starts

- FA Forms
- Academic Standing
- Class Registration

5-minute meetings are the minimum, expect more for those students who need it.
10 Things to Support NextUp Students

#3 - Use Your Counseling Skills!

- Unconditional Regard
- Ask Deeper Questions/Open-Ended Questions
- Reflective Listening
- Validation
- Praise the effort not the result
- Highly Recommend Motivational Interview Training

Help Sign-Up for Mental Health Services
#3 – Use Your Counseling Skills!

- Topics that have come up in my meetings with students:
  - Domestic Violence
  - Rape
  - Health Concerns
  - Suicide
  - Depression/Anxiety
  - Pregnancy
  - Trauma/Abuse
  - Homelessness
  - Relationships
#4 – Challenge Traditional Expectations

• 15 to finish?
• English and Math First Semester etc
• 12 Units Equals Success
• Start Slow and Build on Success
10 Things to Support NextUp Students

#5 - Thoroughly Explore Passions, Interests, and Major

- Limited Exposure to Majors/Careers
- Limited Knowledge of Self
- Career Exploration
- Normalize Major Changes and Uncertainty
- First Semester Flexibility
10 Things to Support NextUp Students

#6 – Maximize the Student’s Financial Aid

• Complete the FAFSA with the Student
• Follow up and Complete FA Forms
• Pell Grant
• CalGrant
• Chafee Grant
• Student Success Completion Grant
• SAP Appeals
• Chafee Appeals
• Prioritize Direct Aid Grants with NextUp Funds
10 Things to Support NextUp Students

#7 – Provide Truly Comprehensive Support

• Call Social Worker/DSS (AB12)
• Call CSAC/FAFSA for Technical Support
• CalFresh App
• Mental Health Intake Forms
• Campus Technology
  • Email
  • Canvas
  • Self-Service
• Continued…..
10 Things to Support NextUp Students

#7 – Provide Truly Comprehensive Support

- Learning Centers
  - Add hubs on Canvas
- Assignments
  - Review Assignment and Explain
  - Brainstorm
- Workshops
  - Time Management
  - Self-Discipline
  - Learning Strategies
- Scholarship Applications
- Look up and Plan Bus Routes
- NextUp Pantry and Personal Hygiene
#8 – Build Relationships with College Staff

- You will NEED a lot of favors!
- Financial Aid Staff and Director
- Business Office Manager
- Instructors
- Tip – Close the loop. I follow up with the staff person who helped to let them know they helped a student get food or clothes, or they helped a student get into hotel because they were homeless. And I let them know I appreciate their help, and that what they’re doing is having a direct impact on improving our students’ lives.
#9 – Use a Tracking System

Master List Example

https://myscccd-my.sharepoint.com/:x:/r/personal/ac035_reedleycollege_edu/Documents/Master%20List%20Example.xlsx?d=wc864b77ed6b54f37821d823c9f610fe3&csf=1&web=1&e=GtUxE2
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#10 – Believe In Them, Follow Through, and Be Authentic

- Believe
- Keep Promises
- Be Positive and Supportive
- Benefit of the Doubt
NextUp Best Practices: 
Programming and Events

Gabrielle Ridley, M.S.
John Burton Advocates for Youth
CO Mandates for NextUp Programs

Take a **student-centered** approach

Ensure students’ receipt of **necessary services and support**

Strengthen students’ sense of **unconditional belonging**

Create a **comprehensive support ecosystem** for foster youth
# NextUp Sample Programming Calendar (in person, online, or hybrid)

<table>
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<tr>
<th>Months</th>
<th>Themes: Below are themes reflected across campus diversity and inclusion calendars.</th>
<th>Potential Collaborators</th>
<th>Programming</th>
<th>Skill-based Activities</th>
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<td>July</td>
<td>Welcome to the Campus Community</td>
<td>Basic Needs/ Library/SUCCESS Ctr/ Student Health/Wellness Center/etc.</td>
<td>Summer Welcome Days</td>
<td>Scavenger Hunt/Campus Tour Field Trip: Baseball Game</td>
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<td>August</td>
<td>Start of Academic Year – Program Onboarding Comprehensive Education Planning</td>
<td>EOPS/CARE</td>
<td>Program Orientation (EOPS/NextUp)</td>
<td>Accessing Program Resources</td>
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<td>September</td>
<td>First Impressions Distribution of Financial Aid</td>
<td>Communications Dept. EOPS/CARE, CalWORKs</td>
<td>Fall Social - Meet &amp; Mingle Money Matters</td>
<td>Creating Your &quot;Elevator Pitch&quot; Budgeting + Financial Aid</td>
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<td>October</td>
<td>Hispanic Heritage Month Domestic Violence Awareness Month LGBTQ History Month</td>
<td>Culinary Arts/ Food Pantry Student Health/Wellness Community/Campus LGBTQ+ Center</td>
<td>A Taste of Latin America Healthy Relationships Presentation: LGBTQ+ Resources</td>
<td>Healthy Meal Planning and Pantry Staples (Promote CalFresh)</td>
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<td>November</td>
<td>Reclaiming My Story Native American Heritage Month Thanksgiving</td>
<td>Comm. Dept./ Speaker History Dept. CalWORKS/CARE/etc.</td>
<td>The Power of Storytelling Indian Child Welfare Act Friendsgiving</td>
<td>Writing My Own Story Campus Lecture Gratitude Journal</td>
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<td>December</td>
<td>Holiday Celebrations: Hanukkah, Christmas, Kwanzaa</td>
<td>Anthropology</td>
<td>Making Meaning: Symbols and Traditions</td>
<td>Holiday Gathering: Creating and Honoring Traditions</td>
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<td>January</td>
<td>New Year Martin Luther King Jr – Day of Service</td>
<td>EOPS/CARE, CalWORKs Community Agency</td>
<td>New Year Goals Service Project</td>
<td>Vision Canteen (goal setting) Field Trip</td>
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<td>February</td>
<td>Feb 20: World Day of Social Justice Black History Month</td>
<td>Campus Staff/Faculty Campus Administration</td>
<td>Spring Social Leadership</td>
<td>Tools to Self-Advocate Ropes Course - Embrace the Leader Within</td>
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<td>March</td>
<td>Women's History Month</td>
<td>Psychology Women and Gender Studies</td>
<td>Imposter Syndrome Toxic Masculinity/Femininity</td>
<td>Tips to Combat Imposter Syndrome Recognizing Toxic Ideology</td>
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<td>April (Summer Priority Reg.)</td>
<td>Financial Literacy Month Youth Homelessness Matters Day/Earth Day</td>
<td>Business/Finance Student Support Programs</td>
<td>Workshop Sustainability</td>
<td>Long-Term Financial Planning Upcycle/Recycle - Clothing Swap</td>
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<td>May</td>
<td>Foster Care Awareness Month Mental Health Awareness Month Asian Pacific American Heritage Month Graduation</td>
<td>Cross Campus Partners Student Health/ Mental Health Agency</td>
<td>Campus Programming Self-Care Workshop</td>
<td>Series of Activities Create a Self-Care Plan</td>
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<td>June (Fall Priority Registration)</td>
<td>LGBTQ Pride Month Graduation</td>
<td>EOPS/CARE/CalWorks</td>
<td>Graduation Celebration</td>
<td>Transition Planning</td>
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Sample Calendars

GUARDIAN SCHOLARS Academic Calendar

January
- January 29th: First Day of Classes
- February 16th: President's Day (Holiday) Campus Closed
- February 23rd: GC 3: Flex Day – No Classes
- February 24th: 6PM, 11AM: University Campus Tour
- March 5th: 10AM-12PM: Spring Break (Holiday) No Classes

April
- April 1st: 3rd Week Student Spring Break

Spring 2019

April
- April 2nd: Spring Break Begins
- Spring Break Ends
- April 9th: Easter Monday Registration
- April 12th: Spring Break Ends
- April 13th: Spring Break Begins
- April 19th: Spring Break Ends
- April 22nd-24th: Conference Days for 2019 Graduates
- April 26th-28th: 4th Week Student Spring Break

May
- May 6th: Fall Priority Registration

Events at a Glance

February
- February 1st: 10th Annual Gala in the Horseshoe
- February 2nd: 10th Annual Gala in the Horseshoe
- February 3rd: 10th Annual Gala in the Horseshoe
- February 4th: 10th Annual Gala in the Horseshoe
- February 5th: 10th Annual Gala in the Horseshoe
- February 6th: 10th Annual Gala in the Horseshoe
- February 7th: 10th Annual Gala in the Horseshoe
- February 8th: 10th Annual Gala in the Horseshoe
- February 9th: 10th Annual Gala in the Horseshoe
- February 10th: 10th Annual Gala in the Horseshoe
- February 11th: 10th Annual Gala in the Horseshoe
- February 12th: 10th Annual Gala in the Horseshoe
- February 13th: 10th Annual Gala in the Horseshoe
- February 14th: 10th Annual Gala in the Horseshoe
- February 15th: 10th Annual Gala in the Horseshoe
- February 16th: 10th Annual Gala in the Horseshoe
- February 17th: 10th Annual Gala in the Horseshoe
- February 18th: 10th Annual Gala in the Horseshoe
- February 19th: 10th Annual Gala in the Horseshoe
- February 20th: 10th Annual Gala in the Horseshoe
- February 21st: 10th Annual Gala in the Horseshoe
- February 22nd: 10th Annual Gala in the Horseshoe
- February 23rd: 10th Annual Gala in the Horseshoe
- February 24th: 10th Annual Gala in the Horseshoe
- February 25th: 10th Annual Gala in the Horseshoe
- February 26th: 10th Annual Gala in the Horseshoe
- February 27th: 10th Annual Gala in the Horseshoe
- February 28th: 10th Annual Gala in the Horseshoe
- February 29th: 10th Annual Gala in the Horseshoe

March
- March 5th: SCS Long Beach Campus Tours
- March 6th: JBay Advocates Open House

April
- April 9th: Spring Break Begins
- April 10th: Spring Break Ends
- April 11th: Spring Break Begins
- April 12th: Spring Break Ends
- April 13th: Spring Break Begins
- April 14th: Spring Break Ends
- April 15th: Spring Break Begins
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- April 26th: Spring Break Ends
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- April 28th: Spring Break Ends
- April 29th: Spring Break Begins
- April 30th: Spring Break Ends

May
- May 6th: Graduation Day
- May 7th: Graduation Day
- May 8th: Graduation Day
- May 9th: Graduation Day
- May 10th: Graduation Day
- May 11th: Graduation Day
- May 12th: Graduation Day
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- May 31st: Graduation Day

June
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- July 16th: Graduation Day
- July 17th: Graduation Day
- July 18th: Graduation Day
- July 19th: Graduation Day
- July 20th: Graduation Day
- July 21st: Graduation Day
- July 22nd: Graduation Day
- July 23rd: Graduation Day
- July 24th: Graduation Day
- July 25th: Graduation Day
- July 26th: Graduation Day
- July 27th: Graduation Day
- July 28th: Graduation Day
- July 29th: Graduation Day
- July 30th: Graduation Day
- July 31st: Graduation Day

August
- August 1st: Graduation Day
- August 2nd: Graduation Day
- August 3rd: Graduation Day
- August 4th: Graduation Day
- August 5th: Graduation Day
- August 6th: Graduation Day
- August 7th: Graduation Day
- August 8th: Graduation Day
- August 9th: Graduation Day
- August 10th: Graduation Day
- August 11th: Graduation Day
- August 12th: Graduation Day
- August 13th: Graduation Day
- August 14th: Graduation Day
- August 15th: Graduation Day
- August 16th: Graduation Day
- August 17th: Graduation Day
- August 18th: Graduation Day
- August 19th: Graduation Day
- August 20th: Graduation Day
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Sample Curricula/ Event Planning Guides

- Healing Centered Programming
- Financial Literacy
- Strategic Sharing
- Foster Care Awareness Month
- Identity Theft
- and more to come!
NextUp Programming and Events

- Academic Workshops & Academic Calendar Events
- Personal Development Workshops
- Service Learning/Volunteer Opportunities
- Community-building Social Events
- Seasonal/holiday Celebrations
- Online, Self-paced/Self-guided Learning
- University Tours
- Pride Events
- Multicultural Experiences
- Field Trips
- Study Abroad
- and more!
Top 5 Tips for Effective Programming and Events

• Collaborate
• Be intentional and strategic
• Remember your audience
• Your students are a resource
• No Eating, No Meeting