



Turning Dreams into Degrees

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

April 2024

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/
- PowerPoint slides (English and Spanish) and detailed trainer notes with embedded engagement opportunity instructions.
- Trainer's Guides and Special Considerations for Facilitating in Spanish
- 1-hour train-the-trainer for returning facilitators that highlight 2024 updates.
- Caregiver supporting materials

Current Caregiver Supporting Materials (April 2024)

- Foster Youth Postsecondary Educational Planning Guide (adult & youth versions available!)
- Financial Aid Guide for California Foster & Unaccompanied Homeless Youth
- Foster Youth Education Law Fact Sheet (new!)
- Foster Youth Benefits Eligibility Chart (updated!)
- Youth and Supporting Adults Career Planning Guide
- Student Vignettes
- Other handouts have been archived.

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	14 mins
Section VIII: Educational Planning Milestones	12 mins
Section IX: Help is Available for Caregivers	6 mins
Section X: College is Possible!	2 mins
Section XI: Closing Vignettes, Youth Video and Reflection	25 mins
Q & A [Either woven in throughout or addressed at the end]	10 mins

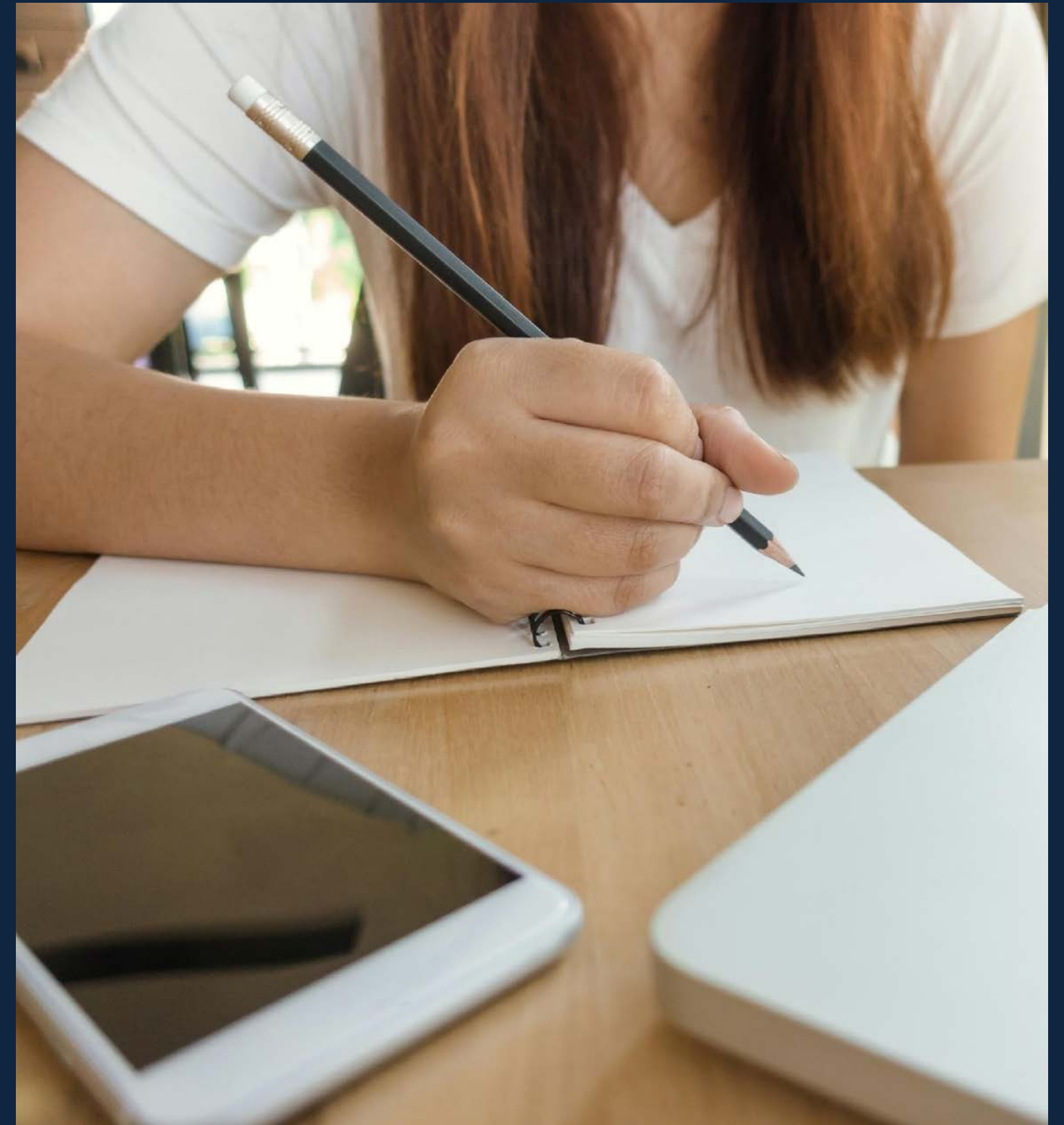
Local and Statewide Content

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)**
- **Independent Living Program (Ed. Course 1, Slide 66)**

Training Tips

- Practice in advance.
- Put trainer's notes in your own words.
- Have more than one trainer.
- Pre-load videos in advance.



Foster Parent College Updates

- **Preparing Teens for Postsecondary Education Part 1 available in English and Spanish.**
- *Coming Soon:* Foster Parent College: **Preparing Teens for Postsecondary Education Part 2**

Acknowledgements

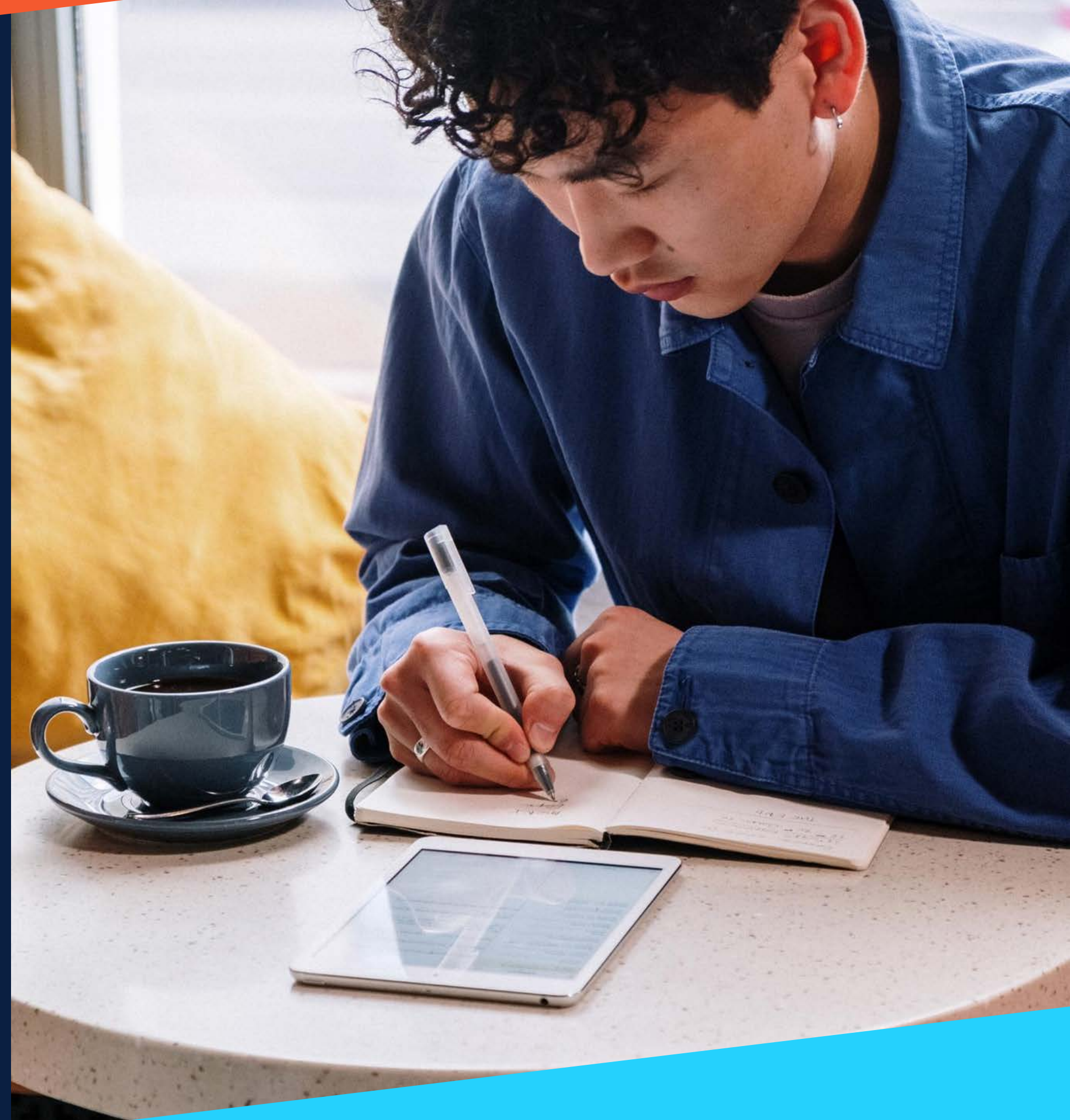
This presentation was created by John Burton Advocates for Youth (JBAY) with support from UNITE-LA, the Foster and Kinship Care Education Programs of LA County, the LA County Department of Children and Family Services, Foster Parent College and the LA Opportunity Youth Collaborative (OYC).

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



A photograph of a person from behind, wearing a brown jacket and a green bag, standing in a library. The person is looking at a bookshelf filled with books. The background is a blue gradient.

Supporting Materials

Found here:

[www.jbay.org/resources/
edcourse1-caregiver-
supporting-materials/](http://www.jbay.org/resources/edcourse1-caregiver-supporting-materials/)

Postsecondary Education Planning Guide for Adults Supporting California's Foster Youth

- Use the **Foster Youth Postsecondary Education Planning Guide** for step-by-step information how to prepare and apply to college
- Includes companion youth-facing versions for high school students.



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

A photograph of a person in profile, wearing a blue and white plaid shirt and dark suspenders, looking towards a wooden bookshelf filled with books. The image is partially obscured by a blue overlay containing text.

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
Deputy Chancellor,
California Community
Colleges
Attended LA Valley College,
Mills College, and UC Santa
Barbara



Faith Hill,
Singer
Attended Hinds
Community
College



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



Simone Biles,
Olympic Gold
Medalist,
Attended
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

\$44,356



High school
Diploma

\$52,260



Associate
Degree
(2-year degree)

\$74,464



Bachelor's
Degree
(4-year degree)

**Education
Pays Off**

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

Source: College Board, "Education Pays 2023"

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://www.cfyetf.org/publications.htm>



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!

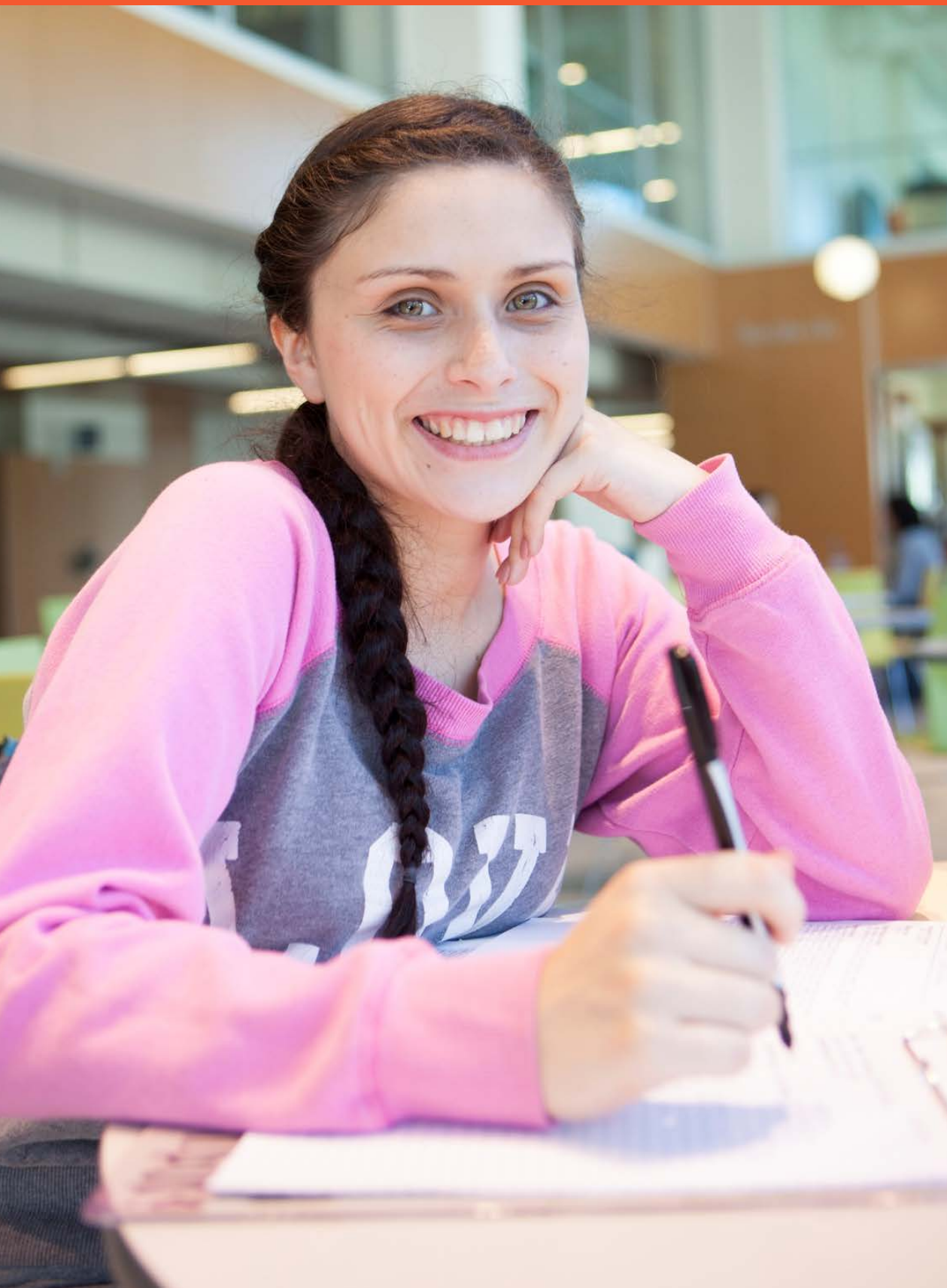


Scenario #3

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**

WHAT PEOPLE SEE

Behavior

Values

Beliefs

Feelings

Thoughts

Expectations

**WHAT IS
HIDDEN**

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”

No one will understand me.

I’m not rich enough.

I’m not good enough.

I can’t trust anyone.

I’m scared.

No one cares about me or my future.

I’m stupid.

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...**



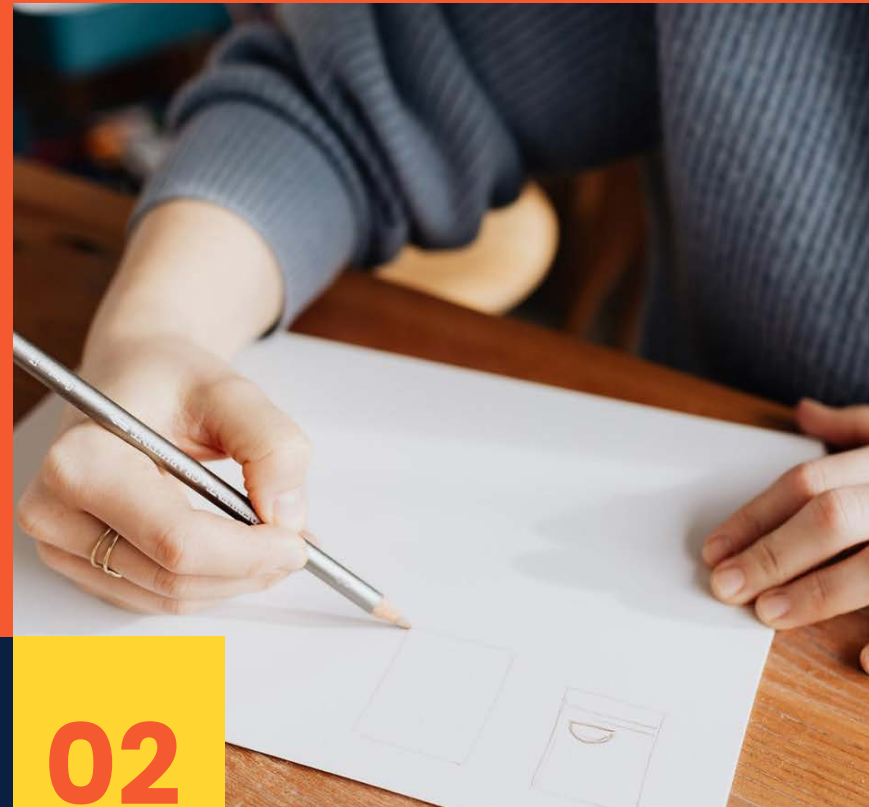
lasting relationship with a caring, engaged adult.

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>I am not smart enough to do this.</i>	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.
<i>This is too hard. I can't do this.</i>	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>I will never be able to get this.</i>	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>I totally failed. I am so dumb.</i>	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
- Encourage youth to pursue a postsecondary education.
- Motivate from a young age



“No one rises to low expectations.”
– Les Brown

UCLA

Undergraduate Admission Applicant Login [Request Information](#)


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Campus Tours

Explore UCLA's beautiful campus, tradition of academic excellence, vibrant student body and vast array of resources and opportunities.

We offer on-campus tours and online webinars hosted by UCLA students.




Campus Tours

A tour narrated by current UCLA student tour guides is offered online and on-campus. These tours are designed for students in 9th grade and above.

[Schedule your online tour](#)

[Schedule your prospective student tour](#)


[Schedule your group tour](#)



Spanish Language Tour

A pre-recorded tour narrated in Spanish by current UCLA student tour guides.

[Watch on YouTube](#)



Housing Tours

We are not able to offer on-campus housing tours at this time.

Virtual or in-person tours

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

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

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: <ul style="list-style-type: none"> - A-G Requirements - Academic GPA - Personal Statement (UC Only) - SAT/ACT no longer required 	Selective admissions: <ul style="list-style-type: none"> - A-G Requirements - Academic GPA - Personal Statement - May require SAT/ACT - May request Letters of Recommendation 	Selective admissions: <ul style="list-style-type: none"> - A-G Requirements - Academic GPA - May request a Personal Statement - May require SAT/ACT - May request Letters of Recommendation 	Open access colleges: <ul style="list-style-type: none"> - HS Diploma not required - No minimum GPA - No personal statement - No SAT/ACT required

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Room & Board	<ul style="list-style-type: none"> - Priority access to campus housing - Access to meal plans 	<ul style="list-style-type: none"> - Access to campus housing - Access to meal plans 	<ul style="list-style-type: none"> - Access to campus housing - Access to meal plans 	<ul style="list-style-type: none"> - Campus housing and meal plans are not typically available

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Degrees Offered	<ul style="list-style-type: none"> - Bachelors (Arts or Sciences) - Masters - Doctorate 	<ul style="list-style-type: none"> - Bachelors (Arts or Sciences) - Masters - Doctorate 	<ul style="list-style-type: none"> - Bachelors (Arts or Sciences) - Masters - Doctorate 	<ul style="list-style-type: none"> - Certificate - Associate Degree - Associate Degree for Transfer (ADT) - <u>Limited bachelors programs</u>

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



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

Adult Education Programs

- Offers a wide variety of accredited career education programs
- Units do not transfer towards a college degree
- Eligible for federal financial aid

Job Corp

- Free career education with housing and basic living allowance.
- No minimum GPA or high school diploma/equivalent required
- Age, income, and citizenship restrictions.

Military Service

- Access to housing resources, basic living allowance, and educational benefits.
- Is a full-time job with a multiyear commitment

Apprenticeship Programs

- Most 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?

LA Opportunity Youth Collaborative

- Youth Career Guide & Caregiver Companion Guide at laoyc.org/guides

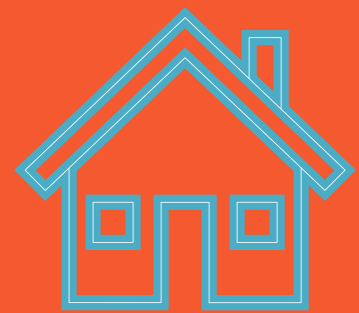
Career Activities:

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

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/

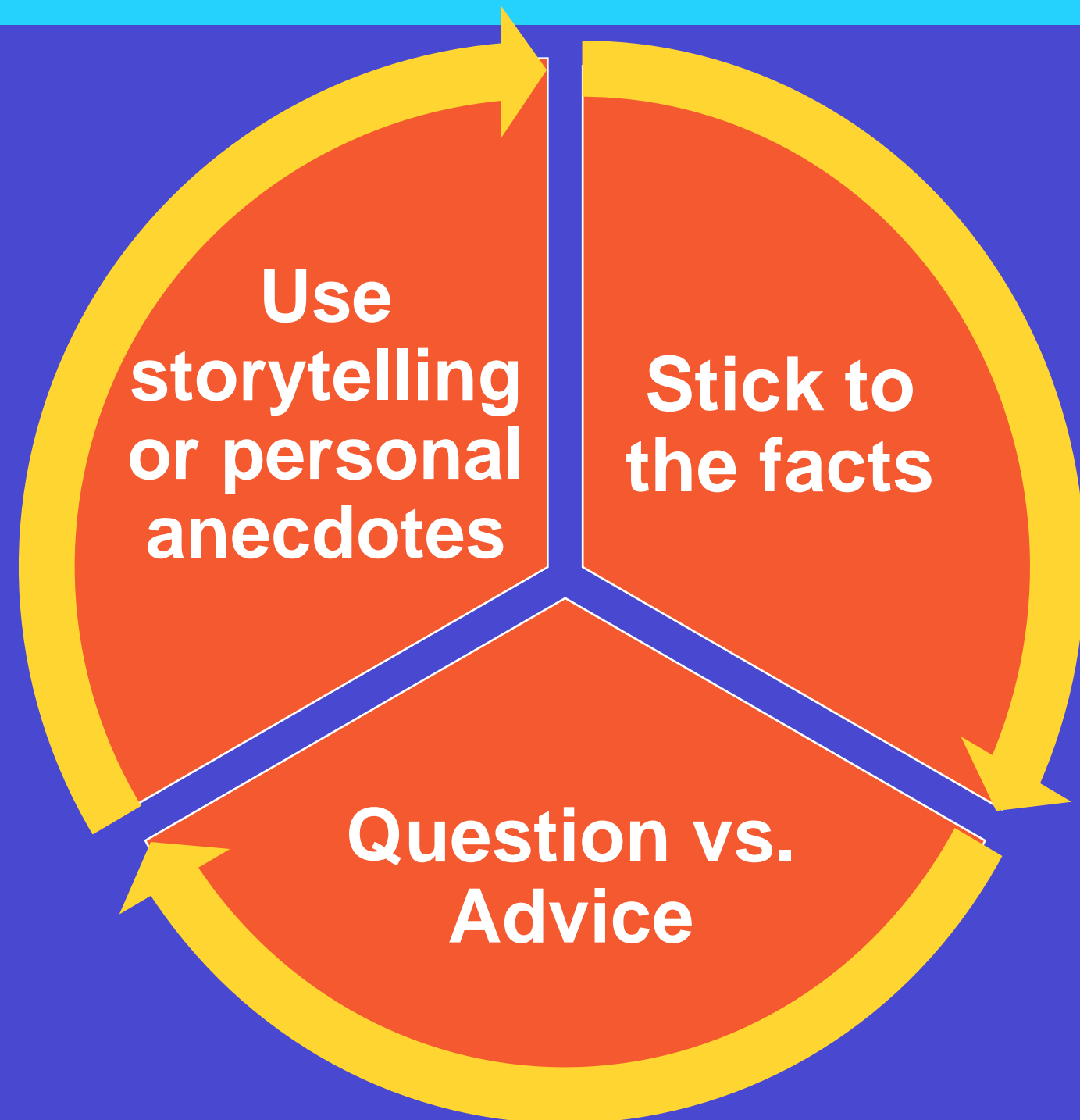
Customize your lifestyle to determine how much you will need to earn based on your preferences.



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.

Helpful Tip!

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

Educational Planning

Milestones: Grade 6–8

**See Foster Youth
Postsecondary
Education 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

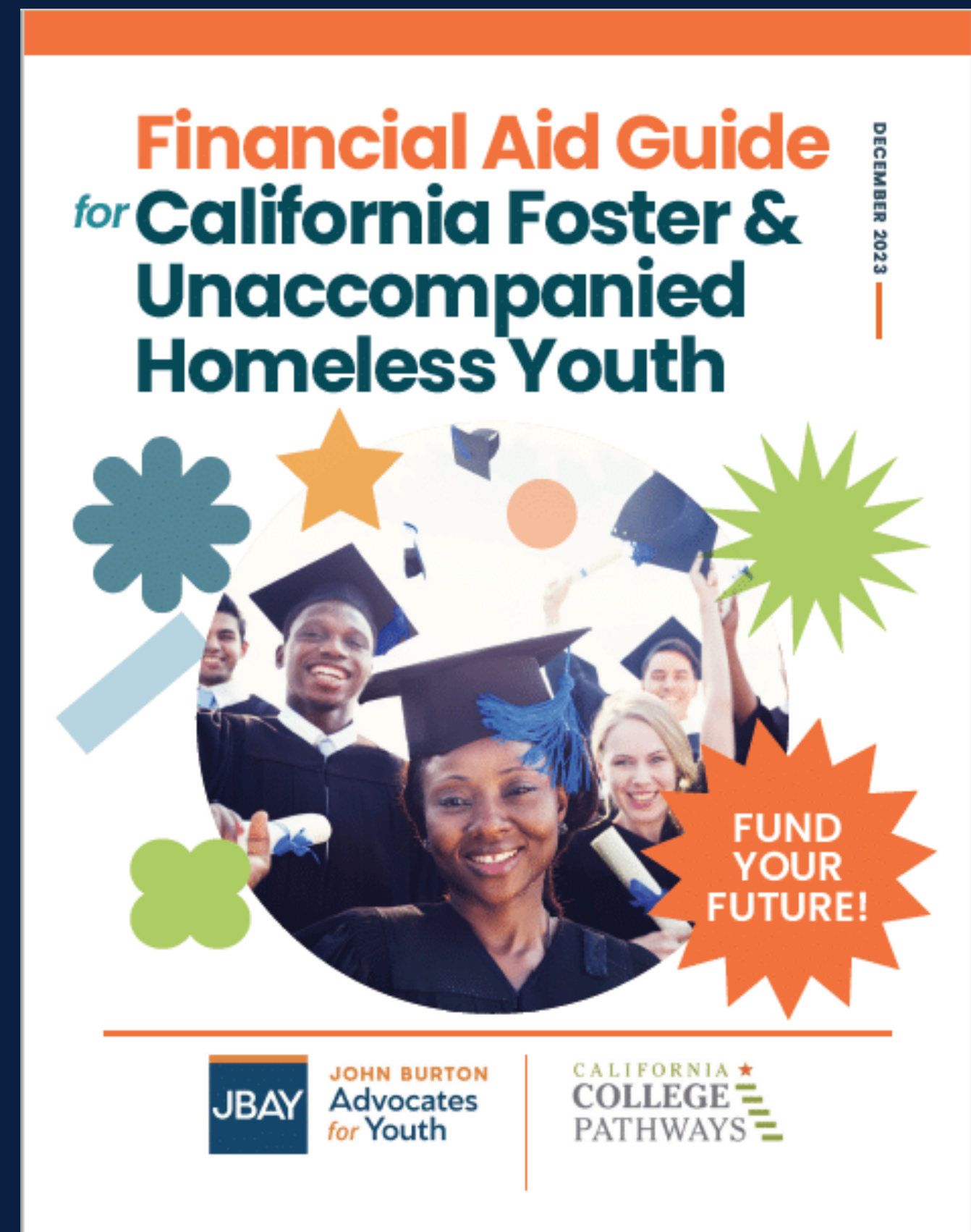
Maintain regular attendance

Seek tutoring as needed

Build career awareness through extracurriculars, electives and more!

Financial Aid Guide for California Foster & Unaccompanied Homeless Youth

- Use the **Financial Aid Guide** for step-by-step information on completing the financial aid applications, what to do after they apply to ensure maximum financial aid awards, and how to stay in good standing and keep getting financial assistance for school



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

Student Voices

Tips for caregivers from
youth.

Help is Available for Caregivers



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.

← → ↻ <https://cacollegepathways.org> ☆ ○ ⚙️ 🔔

CALIFORNIA COLLEGE PATHWAYS College Planning Financial Aid Campus Support Programs Resources About Find Support


Search the site 🔍

In today's economy, education is the key to financial well-being and personal success.


FIND SUPPORT

FINANCIAL AID: CHECK OUT THE FINANCIAL AID GUIDE FOR CALIFORNIA FOSTER YOUTH **READ MORE**



Equip
WITH ESSENTIAL RESOURCES


Enroll
IN COLLEGE OR TRAINING PROGRAM


Earn
A DEGREE OR CERTIFICATE


Embark
ON A CAREER

DISCOVER 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!**

