

May Issue '24



The Office of Child and Youth Success



**“A City Where Children
and Youth Can Thrive!”**



TABLE OF CONTENTS

-  1 About Us
-  2 Happy Mother's Day
-  3 Hello Spring
-  4 Asian Pacific Islander Desi American Heritage Month
-  5 San Diego Asian Districts
-  6 Summer Jobs: The Search Starts Today
-  7 Creating A LinkedIn
-  8 How-To Guide: Resume
-  9 How-To Guide: Cover Letter
-  10 Apprenticeship Seekers
-  11 Networking As A Young Professional
-  12 Beginner's Guide To Credit Cards
-  13 Investing 101
-  14 Programs
-  15 Mental Health Awareness Month
-  16 How To Improve Mental Health
-  17 Community Festival
-  18 National Walking Month
-  19 Upcoming Events

ABOUT US

The Office of Child & Youth Success will serve as a navigation and connection point for residents seeking supportive services and programming for youth ages 24 and below.



OUR MISSION

The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by providing equitable access to programs, resources, and services that aim to improve social, emotional, health, and educational outcomes.

OUR VISION

Create a culture of trust and transparency into the planning, developing, and execution process of the CYP to implement shared goals that address systemic inequities and challenges affecting children, youth, and their families today.

Create children and youth-centered partnerships with various local stakeholder groups and state and national conveners, to centralize processes that affect the ability to execute the CYP goals.

Leverage public and private resources and assets to support long-term sustainable programs, resources, and services that are grounded in evidence-based frameworks, which address the identified system weaknesses.



Sign up for future newsletters!

SUBSCRIBE

Happy Mother's Day!



Mother's Day is Sunday, May 12th! Don't forget to celebrate your mom, or a woman in your life, who you honor and admire for their strength and wisdom.

Do It For Your Mom:



Clean Your Room

Take Out The Garbage



Wash The Dishes

Give Her Peace & Quiet



Consider pampering your mom by making her a brunch! Here are some recipes!



Don't forget the card! Here are some DIY card ideas to make for that special woman



HELLO SPRING



Spring cleaning is upon us! The ideal moment to start over and let go of the past things. Here are some pointers to help you enjoy cleaning up!

I Love A Clean San Diego's free online database, which provides information on thousands of repair, recycling and donation centers throughout the region. The free database also includes a wealth of options on how to properly dispose of or recycle unwanted items. [Click here](#) to check your closet center.




SD Office of Child and Youth Success



Spring Cleaning BINGO

Turn cleaning into a family activity. Present this bingo card to your family and find out what kind of prizes you can win by cleaning up the greatest number of points!

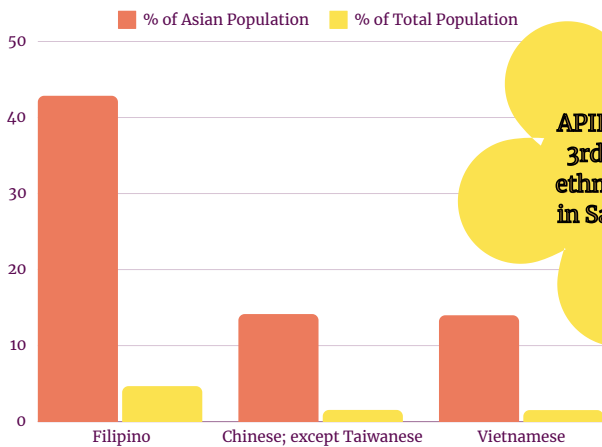
 Clear under furniture 10 PTS	 Store your winter clothes 5 PTS	 Find 10 things to donate 15 PTS	 Change bed sheets 2 PTS
 Clean mirrors and windows 5 PTS	 Organize toys 10 PTS	 Clean the fridge 15 PTS	
 Clean inside drawers 5 PTS	 Sweep and mop the floor 10 PTS		

How many points did you score?

ASIAN PACIFIC ISLANDER DESI AMERICAN HERITAGE MONTH

San Diego has a very diverse community. This month we recognize our APIDA friends!

DID YOU KNOW?



APIDA is the 3rd largest ethnic group in San Diego



Celebrate APIDA Heritage Month at one of these upcoming events:





San Diego Asian Districts

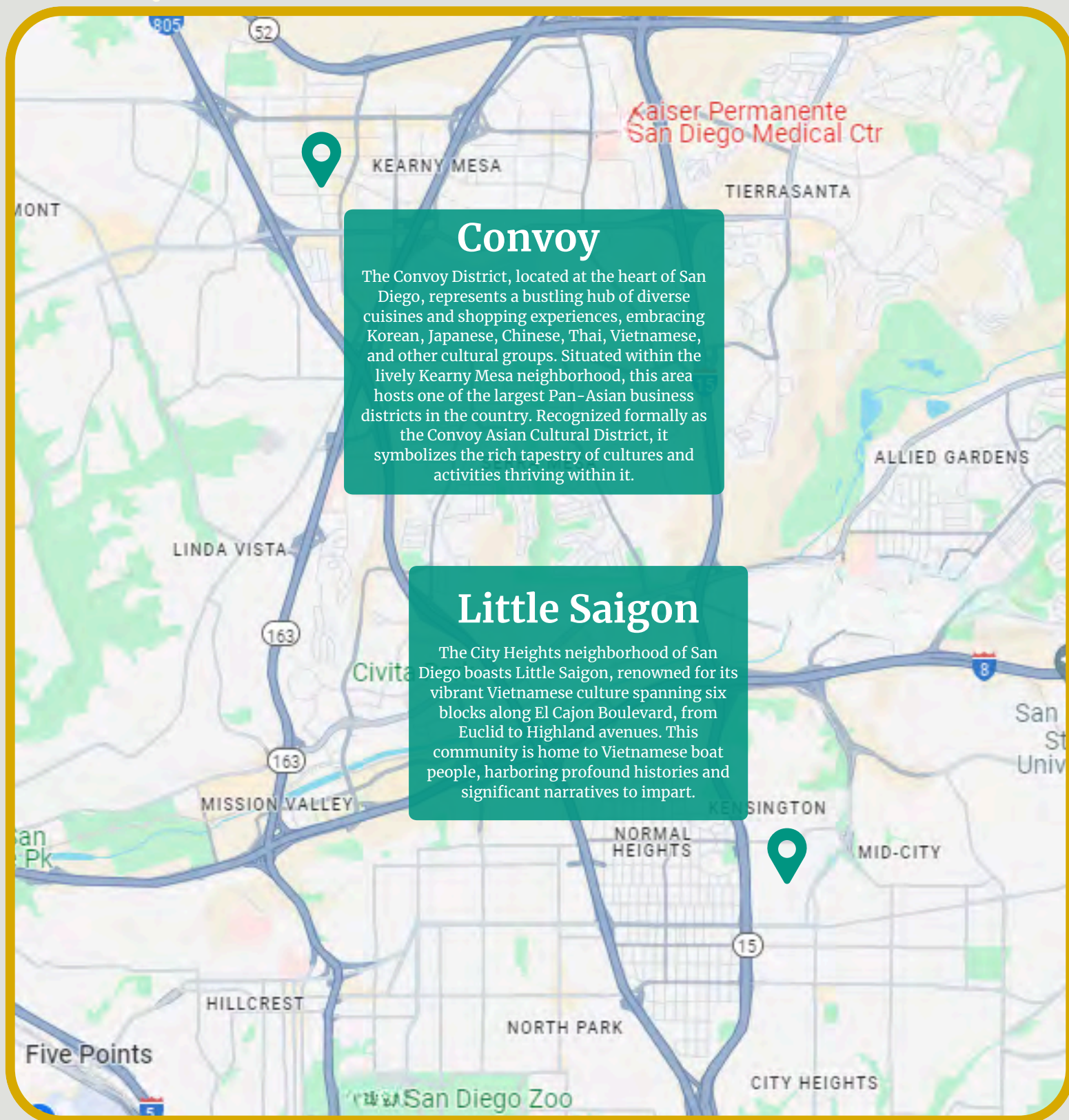


Convoy

The Convoy District, located at the heart of San Diego, represents a bustling hub of diverse cuisines and shopping experiences, embracing Korean, Japanese, Chinese, Thai, Vietnamese, and other cultural groups. Situated within the lively Kearny Mesa neighborhood, this area hosts one of the largest Pan-Asian business districts in the country. Recognized formally as the Convoy Asian Cultural District, it symbolizes the rich tapestry of cultures and activities thriving within it.

Little Saigon

The City Heights neighborhood of San Diego boasts Little Saigon, renowned for its vibrant Vietnamese culture spanning six blocks along El Cajon Boulevard, from Euclid to Highland avenues. This community is home to Vietnamese boat people, harboring profound histories and significant narratives to impart.



The Search Starts Today

Summer Jobs



Part Time

- San Diego Zoo
- Promise Zone
- School Programs
- Governmental
- The YMCA

Full Time

- San Diego Zoo
- Promise Zone
- Parks and Recs.
- Governmental
- Child Care

Paid Internships

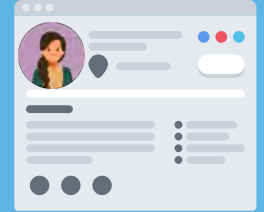
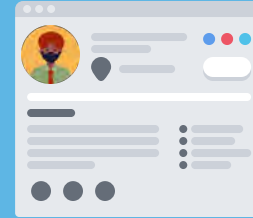
- Business & Finance
- Public Services
- Engineering
- Hospitality
- Part Time



Creating A LinkedIn

What Is LinkedIn

LinkedIn is the world's largest professional network on the internet. You can use LinkedIn to find the right job or internship, connect and strengthen professional relationships, and learn the skills you need to succeed in your career. You can access LinkedIn from a desktop, LinkedIn mobile app, or mobile web experience.



- ✓ Create Your Profile
- ✓ Build Your Network
- ✓ Find A Job
- ✓ Participate In Conversations



Get The Most From Your Profile

ABOUT	Think of your “About” like being in a networking event – you are talking to people that ask you to tell them more about yourself.
EXPEREINCE	Add a description to each work experience. Focus on your most recent and senior roles.
SKILLS	List skills you’ve mastered. Consider leveraging LinkedIn Learning .
EDUCATION	Academic background, such as a bachelor’s degree, a master’s degree, or a Doctoral degree
VIDEO GUIDES	Learning LinkedIn Help With Profile Quick Tips



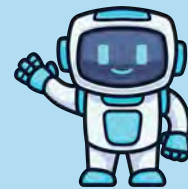
How-to guide : ⁸ RESUME

A resume is a document that is commonly used in the hiring process. It should clearly communicate your education, experience, and skills. Different industries may have different resume expectations.



Did You Know?

Recruiters usually only glance at resumes for about six to seven seconds. However, this can change depending on the specific job or number of applicants.



You can utilize AI as a tool to help write the content for your resume! However, always make sure to proofread for word choice, spelling, and grammar.

Quantify your experiences by using numbers to show impact

Use strong action verbs to explain what you did

Keep your resume to one page

Display your experiences in reverse chronological order with your most recent experience at the top

Use bullet points to concisely convey information

Do not add a headshot to your resume. Save that space for content!



Avoid including personal details like your age or religion. These details are not relevant to your qualifications and could lead to bias in the hiring process.

Helpful Links

Tips for resumes with no work experience

Resume examples

List of Action Verbs



How to create a resume step-by-step:

indeed

How-to draft :

COVER LETTER

What is a cover letter?

A cover letter is a 3-4 paragraph letter to an employer explaining why you're the perfect fit for the role. This letter is your chance to show off your skills, experience, and achievements related to the job you want. Unlike your resume, cover letters let you dive a bit deeper into your professional story and explain why you're good for the role and the company.

Even if a cover letter is optional, you should still send one to set yourself apart from other applicants!

Tips and Tricks

Try to include keywords from the job posting in your cover letter. It shows you're a good match for the position.

When creating a cover letter, take time to go over the job posting to see what the employer is looking for

Create a general template that includes an introduction on your background and then customize your cover letter based on the specific job requirements

Show enthusiasm and excitement about the job. Connect your personal experiences with the company values and culture



Cover letter
examples



How to write a cover
letter step-by-step:

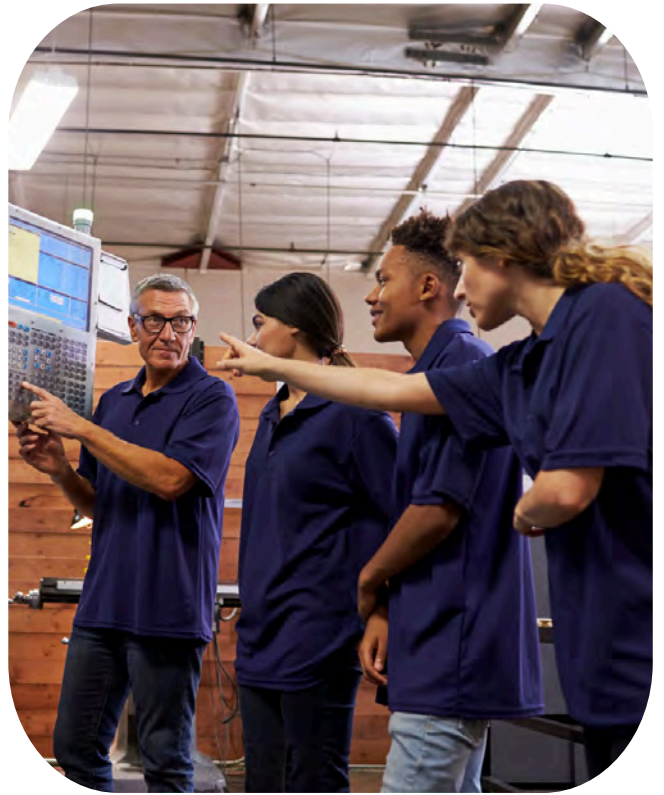
indeed

APPRENTICESHIP SEEKERS!

What is an apprenticeship?

Apprenticeship offers a career path influenced by industry needs, allowing employers to prepare their future workforce.

Meanwhile, individuals engage in hands-on training, classroom education, and gain a nationally recognized credential, making their skills transferable nationwide.



Why is it important?

Apprenticeships are crucial for creating a positive social and community impact by nurturing skilled professionals who contribute to society and the economy. They also improve social mobility by providing people from diverse backgrounds with more opportunities for a higher quality of life.



**The San Diego County
Building and Construction
Trades Council, AFL-CIO**



**Electrical Training
Institute**



**Black Contractors
Association**



SDG&E

City of San Diego also has a page for apprenticeships!

<https://www.sandiego.gov/eoc/laborcompliance/aplinks>

NETWORKING

As A Young Professional



Before you leave school, check that you have:

Connected with one or two professors (preferably in your field)

Your professors can serve as a mentor that can point you in the right direction when you need it. They can also be a great reference or letter of recommendation for any future jobs or educational programs you apply to.

Signed up for Alumni resources

Alumni networks and newsletters are a great way to meet new people, but often times your school may have specific job boards or resources meant specifically for you.

Collected information from/connected with some of your classmates to keep in touch

Your classmates are the next generation of professional leaders just like you. Maintaining a line of communication-- especially with those with expertise outside of yours-- can come in handy later on down the line .

Where can I network?

Creating connections as you enter the workforce can lead to new opportunities and access to resources as you continue down your career path. But you have to seek those opportunities out yourself! You can find great networking potential at:

- Job fairs
- Professional Associations
- Alumni events
- Professional conferences
- Public networking events
- Public clubs
- Online blogs and forums

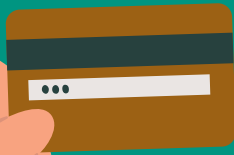
There are countless networks to join throughout San Diego covering a wide range of fields, topics and demographics. Here are a few to explore:



YPNSD

CREDIT CARDS

Thinking about building your credit or opening up a credit card? Here are some important tools and advice you'll need before you dive into the credit world.



Learn how to manage credit with these free online courses:

intuit.
coursera

How do credit cards work?

- Once you open a credit card you receive a credit line which represents maximum borrowing limit set by card issuer. You can use the card for purchases up to credit limit.
- A billing cycle is your transactions grouped monthly, and a statement summarizes your balance.
- You are required to make a minimum payment every month. This may not cover your entire balance.
- You are charged interest on your ending balance if it carries into the next billing cycle.
- Some cards come with different fees like annual fees, balance transfer fees, etc. Make sure you pay attention to all the fees associated with a card.
- Rewards and Benefits: Some cards offer rewards and benefits like cashback and travel insurance so track your spending and rewards.

Quick tips

- ✓ Shop around for the best deal before you apply and don't apply for more credit than you need.
- ✓ Pay your entire bill at the end of every month to avoid interest fees.
- ✓ Never use more than 30% of your credit limit.
- ✓ Lenders want to see that you can borrow responsibly so don't be afraid to use your credit card.
- ✓ Constantly review your credit card charges for any fraudulent activity.
- ✓ Use your card for smaller monthly bills like your streaming subscriptions.

BTW

Opening a credit card and having a credit score is not a requirement to do things like buy a house or get a loan. Check out this article for more info on living credit-free!

INVESTING 101

Always wanted to get into the stock market but didn't know how? Here's some advice on how to get started on your investment journey!

Creating an Investment Plan

- 1 Assess your current financial situation
- 2 Define your goals - are you saving for retirement or for an upcoming trip?
- 3 Determine risk tolerance and timeline - are you looking for long-term stability and growth or do you want to get rich quick?
- 4 Decide your investments - do your research thoroughly. Use tools like your public library's [Morningstar](#) database

Investing Tips

- ✔ Diversify your investments
- ✔ Be patient
- ✔ Keep an eye out for fees
- ✔ Rebalance periodically
- ✔ Use tools to simplify investing like apps



For a great beginner's course on understanding the stock market and how to find good investments, click on this icon!



DID YOU KNOW?

You don't need large sums of money to spare for investing. You can trade in penny stocks which allow you to buy fractions of a stock and learn the ropes for as little as 1 dollar! Here are a couple of apps that are great for novice traders:



Fidelity



Robinhood



MAY
is
MENTAL HEALTH
AWARENESS MONTH



SD Office of Child
and Youth Success

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness.

For the past 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized Mental Health Awareness Month (MHAM) every May to increase awareness about the vital role mental health plays in our overall health and well-being.

- SAMHSA

WHY IS MENTAL HEALTH AWARENESS IMPORTANT?

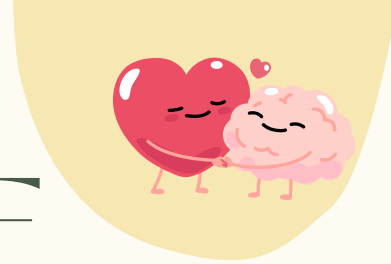
It has the potential to alleviate the sense of isolation for individuals grappling with mental illness and streamline the process of accessing therapy and adopting constructive coping strategies. Advocating for mental health awareness encourages open dialogue about symptoms, fostering a deeper comprehension of one's emotional experiences and their underlying causes.

SAN DIEGO RESOURCES

Optum San Diego



NAMI | San Diego and
Imperial Counties
National Alliance on Mental Illness



HOW TO IMPROVE *Mental Health*

May is National Mental Health Awareness Month. Throughout the month, organizations and individuals work to eradicate stigma, raise awareness, and educate the public. There is also a focus on advocating for policies that help persons with mental illnesses and their families. Here are a few tips for maintaining your mental wellness.

Seek Safe Spaces

When you express your feelings to people, you feel supported and less alone. Here are free services:

San Diego County the San Diego Access and Crisis Line (1-888-724-7240) offers free, confidential counseling and community resources to support your mental health.

Mental Health of San Diego
<https://mhcsandiego.com/> (858) 683-6866.



Find Hobbies

Find what makes you happy, Spending time in nature and greenery helps your mind to calm down. Check out this free event in San Diego to help exercise and talk about mental wellness:

Health & Wellness of Mind, Body, and Finance
<https://www.eventbrite.com/e/health-wellness-of-mind-body-and-finance-tickets-879568020627?aff=ebdssbdestsearch>



Eliminate Bad Habits

Eliminating consumption of alcohol and tobacco keeps your physical & mental health at peace.

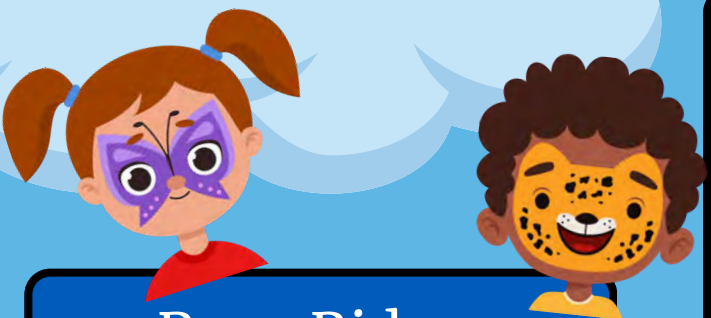


FREE
FAMILY
FUN

LIBRARY HOSTS: COMMUNITY FESTIVAL



10am - 1pm Petting Zoo
10am - 1pm Hot Dogs
ALL DAY - Face Painting & Balloon
Animals



Saturday, 05/18/24
10am - 1pm
Parking Lot

Pony Rides
Carnival Games
Book Sale
Garden Plant Sale

SD Office of Child
and Youth Success



Allied Gardens/Benjamin Library
5188 Zion Ave, San Diego, CA 92120

NATIONAL



WALKING

MONTH



WHY?

Walking is essential for a healthy life, and world history is also full of important walks.



WHAT?

The National Walking Day and National Walking Month were both introduced to raise awareness about the importance of physical activities and to have a healthy lifestyle.

WHEN?

May 1st - May 30



BENEFITS OF WALKING

Kickstart Immune System

Improve Heart Rate

Reduce Stress

Improve Sleep



Stimulate Digestive System

Boost Brainpower

Improve Mood



WHERE?

Walk To School or Work
Explore New Areas Around You
Take The Stairs Instead Of The Elevator
Meet Up With Friends For A Hike
Walking Groups

CELEBRATE & SHARE

#GetMoving

#ReduceMortalityRisk

#LiveLonger

#NationalWalkingMonth



WHO?

Everyone!





Upcoming Events



San Diego Job Fair

Date: Thursday, May 9th

Time: 11am - 2pm

Location: DoubleTree by Hilton Hotel San Diego

If you're seeking exciting job opportunities in the San Diego area, this is an event you won't want to miss.

Free Movie Night At The Park

Date: Friday, May 3rd

Time: 6pm - 11pm

Location: Santa Clara point

This is a FREE outdoor movie event and all are welcome. Bring your beach towels, blankets and chairs and setup under the stars with your friends.



Cinco De Mayo

Date: Saturday, May 4th

Time: 12pm - 8pm

Location: Gaslamp Quarter

Free meet-and-greets, live music, daytime shows, restaurant specials, lowrider show and competition, an Artisanal Mercado, and more.



Entrepreneur Workshop

Date: Tuesday, May 7th

Time: 4pm - 5:30pm

Location: UC San Diego



Unsure how to prepare for the journey ahead?
Discover the essential financial strategies needed to achieve your key technology milestones and attract the ideal investors.



Fern Street Circus

Date: Saturday, May 5th

Time: 2pm - 3pm

Location: Park de la Cruz

Fern Street Community Arts serves families and transforms neighborhoods through performance and teaching of circus arts.