

FEBRUARY 2025

OFFICE OF CHILD AND YOUTH SUCCESS

A CITY WHERE CHILDREN AND YOUTH THRIVE

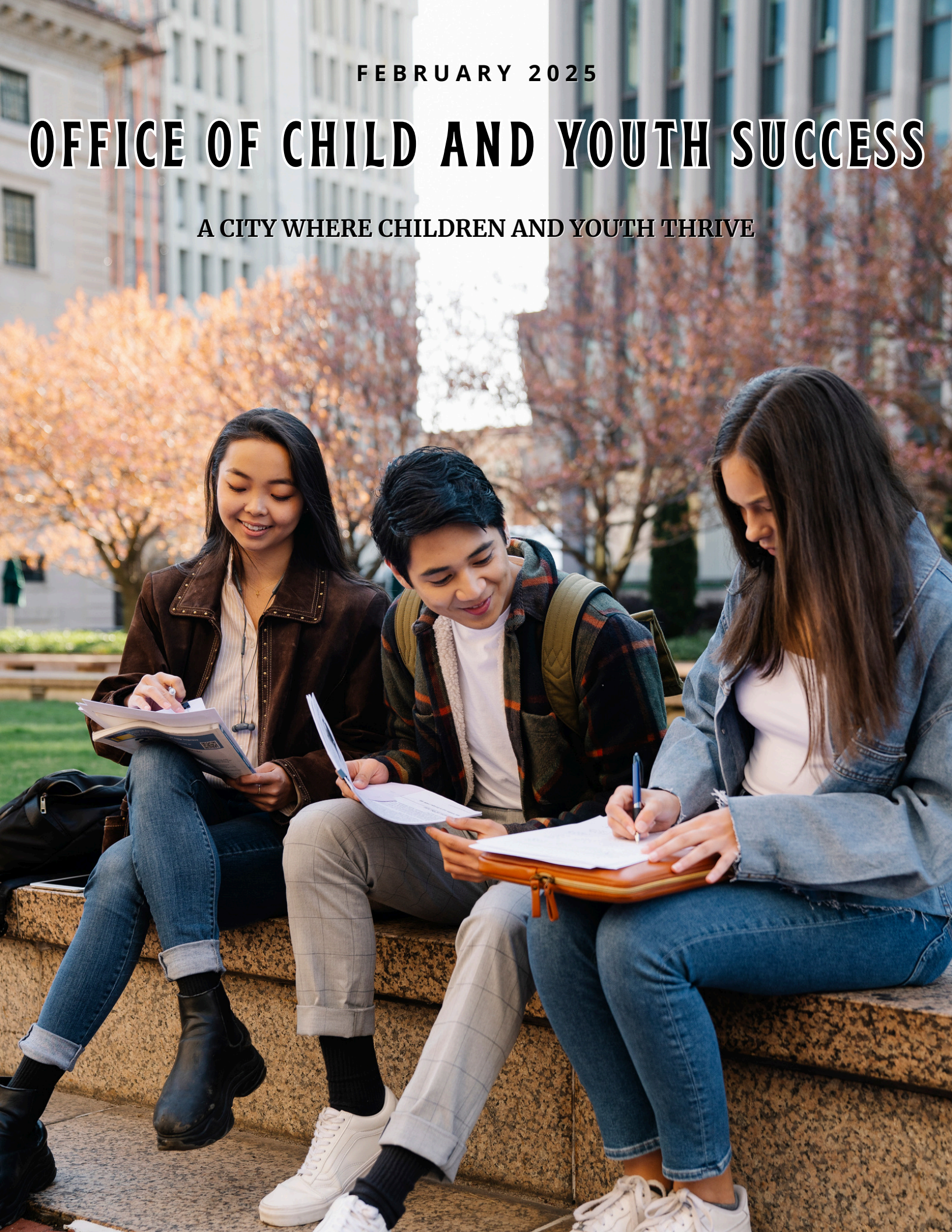
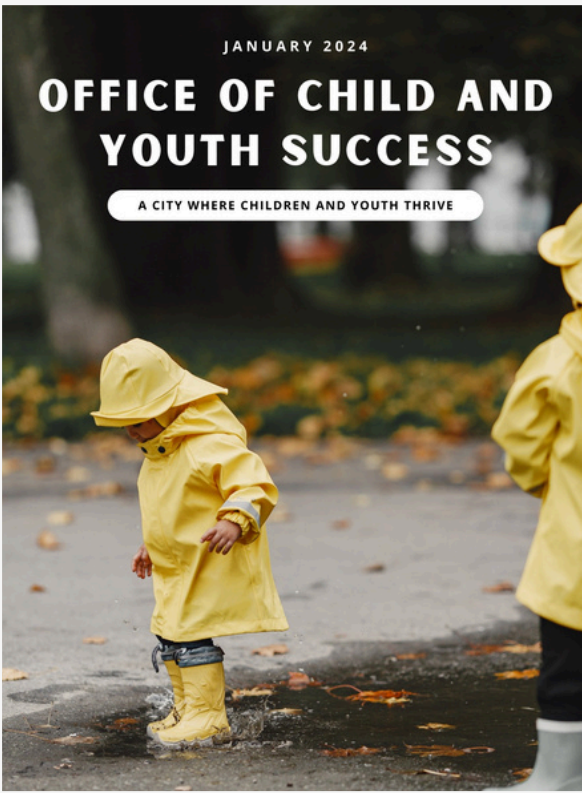


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YOUTH CRAFTED:

Did you know? The Office of Child and Youth Success newsletters are crafted by the talented Employ & Empower Youth interns!

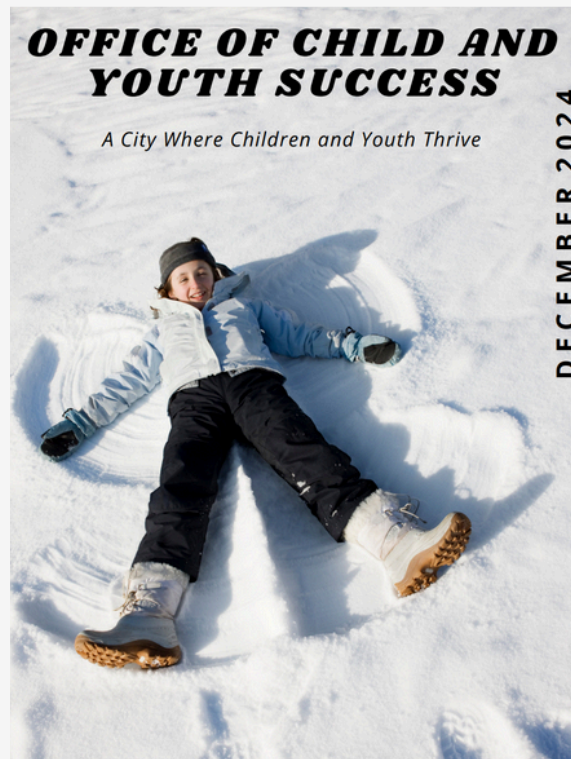
[EXPLORE MORE](#)

STAY IN THE LOOP!

YOUTH FOCUS:

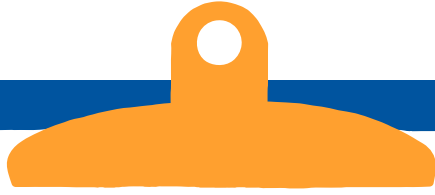
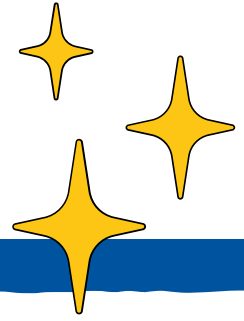
Each month, these interns team up to research and brainstorm topics that matter most to young people and their families.

[SIGN UP TODAY!](#)



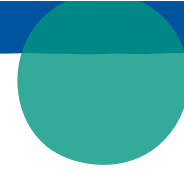
NEWSLETTER | CITY OF SAN DIEGO OFFICIAL WEBSITE

Our Mission + Vision



Mission

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



Vision

Through trust, transparency, equity, and inclusion, the City of San Diego, Office of Child and Youth Success will coordinate a network of community stakeholders that will provide a shared framework to deliver high-impact solutions to challenging circumstances for young people empowering them to thrive in the community they serve.



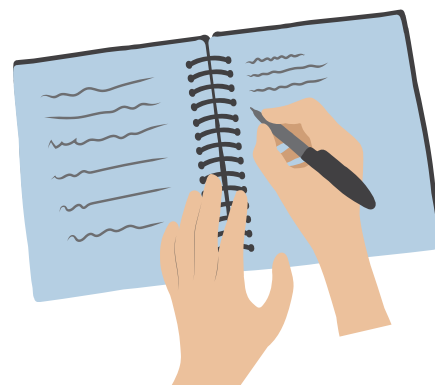
About Us

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.



Creators

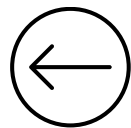
Each of our monthly newsletters is created by the OCYS Interns: **Tianna Fair, Amy Gianetto, Kwincy Lambert, and Tessa Garrison.**



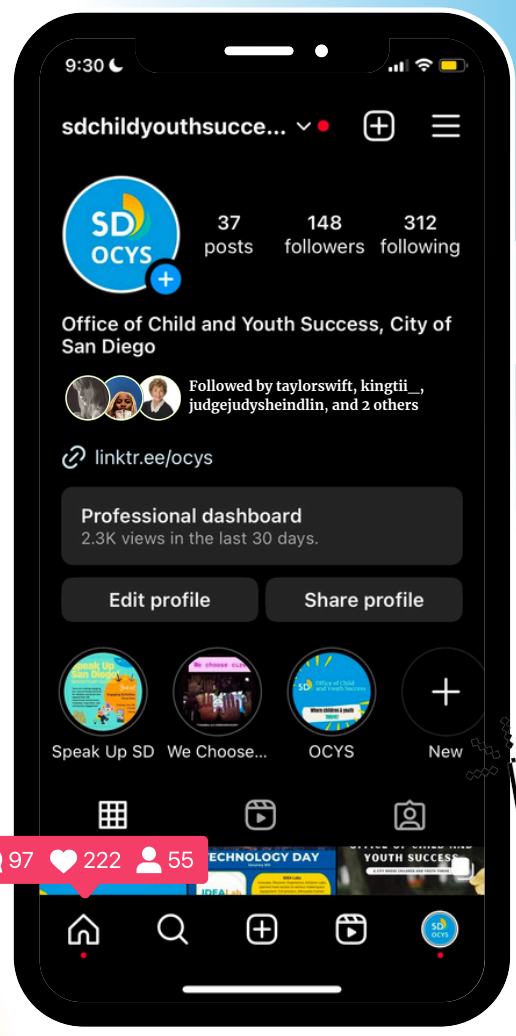
JOIN OUR COMMUNITY

STAY IN THE KNOW WITH OCYS

Where we connect with us on a personal level, share, and keep it real through trust, transparency, equity, and inclusion. Get your weekly updates on topics dedicated to empowering youth and supporting their families, all while building a stronger, more connected community! Get your weekly updates, insights, and a space that's all about empowering youth and building a stronger community together!



HAVE YOU FOLLOWED US YET?



FOLLOW US TODAY



Putting Youth, Young Adults, & Families at the Heart of Every Pos.

GETTING CONNECTED

INTERNSHIPS & VOLUNTEER OPPORTUNITIES



Career Kickstart:

- Step Up with [San Diego Padres](#): ✨←
 - **What's Coming Your Way:** Intern in marketing, ops, events, or PR – perfect for sports fans!
 - **What's Awesome About It:** Gain real-world experience in event planning, media, and fan connections.
- Jump In with [Sharp HealthCare](#): ✨←
 - **Your Next Adventure:** Work in healthcare admin, nursing, and patient care – gain hands-on experience!
 - **Why It's a Must:** Perfect for those aiming for careers in healthcare or health management.
- Level Up with [San Diego City](#): ✨←
 - **What's on the Agenda:** Intern with city departments like parks, community relations, and public health – see how local government runs!
 - **What Makes It Stand Out:** Gain valuable experience in public service while making an impact.
- Discover Wildlife at [San Diego Zoo](#): ✨←
 - **Your Role:** Team up with animal pros, support conservation, and dive into wildlife preservation.
 - **Why It's a Game Changer:** Perfect for those who care about animals, the planet, and making a difference.

Offer Your Time:



- Give Back with [San Diego Food Bank](#): ✨←
 - **Your Mission:** Sort, pack, and distribute food to families, assist with food drives, and support special events.
 - **Why It Rocks:** Make a real impact in the fight against food insecurity.
- Make an Impact with [SAY San Diego](#): ✨←
 - **What's in Store:** Support youth mentorship, after-school programs, and community outreach in underserved neighborhoods.
 - **Why You'll Love It:** Join a team dedicated to empowering San Diego's youth and families.
- Explore with [Ocean Discovery Institute](#): ✨←
 - **What's Waiting for You:** Help with science programs and ocean conservation outreach, connecting with students and the community.
 - **Why It's Worth It:** Great for those passionate about science, the environment, and making a difference.
- Help Out at [San Diego Humane Society](#): ✨←
 - **Your Next Move:** Work with animals, assist at adoption events, and support care and outreach programs.
 - **What Makes It Epic:** Spend time with animals while making a difference in their lives



San Diego Zoo Intern Stories:

- **Claudia's Wild Summer**
 - Claudia Kightlinger spent a life-changing summer as an Animal Care Intern at the San Diego Zoo, working with exotic animals and learning from zookeepers. "It was surreal being so close to animals I'd only seen in documentaries," she said. The experience gave her new skills, confidence, and a clear path toward a career in wildlife management.
- **Rachel's Conservation Dream:**
 - Rachel Felton as an intern at the San Diego Zoo's Reproductive Sciences Lab, worked on projects to help save endangered species. "It wasn't just an internship; it was a chance to make a difference," she shared. The skills and mentorship she gained set her on a path to a rewarding career in conservation science.

Crush Every Opportunity:



1. **Take Initiative:**
 - Ask questions, explore tasks, and give it your all – the effort pays off.
2. **Build Connections:**
 - Network with your team to unlock future opportunities.
3. **Track Your Wins:**
 - Record projects and skills to boost your resume.
4. **Embrace Feedback:**
 - Use critiques to grow and highlight positive reviews.

BLACK HISTORY MONTH

Black History Month, founded in 1926 by Carter G. Woodson, honors African American contributions. San Diego's Black community has shaped the city's culture, economy, and society.

San Diego's Black Trailblazers:



YEAR 1963

George Walker Smith: First African American elected to public office in San Diego County, serving on the San Diego Unified School Board for 16 years and advocating for educational equality and inclusion.



YEAR 1996

Makeda Cheatom: Founded the WorldBeat Cultural Center. A hub for African diaspora arts and culture in Balboa Park, for community events, educational programs, and cultural exhibitions.



YEAR 1990's- 2000's

Lady Shaunté: Trendsetter in gospel music in San Diego, serving as the midday radio announcer on 1040 AM KURS, "The Soul of San Diego," and promoting gospel music and African American culture.



YEAR 2015

Dr. Suzanne Afflalo: A leading figure in community health, providing essential health services to underserved populations in San Diego and working tirelessly to improve healthcare access and outcomes for all.



San Diego's Black Legacy:

- **Black Com!x Day:**
 - Celebrate Black creators in comics, movies, and TV at the WorldBeat Cultural Center.
- **Project Ready:**
 - Boost your future with mentorship, career tips, and leadership skills.
- **African Museum:**
 - Explore African and African-American heritage through vibrant exhibits and artifacts.
- **San Diego Public Library:**
 - Discover Black history, culture, struggles, and achievements of Black Americans.
- **BIPOC Youth Science:**
 - Explore nature, protect the planet, and learn cool science with friends.

Celebrate Black Excellence:

- Volunteer: Engage with local organizations such as the **San Diego Black Nurses Association** or the **Black Resource Center at UC San Diego**.
- Support Black-Owned Businesses: Patronize establishments listed in local directories or community guides.
- Advocate for Educational Equity: Participate in initiatives aimed at leveling the learning field for all students in San Diego.
- Promote on Social Media: Share your experiences and support using hashtags like #BlackHistorySanDiego and #LevelingTheLearningField.

National Girls and Women in Sports Day



Feb 5, 2025

This day is meant to inspire women and girls to play sports, be active, and recognize their power. It celebrates the achievements of women and girls in sports. It also celebrates those individuals and organizations who advocate for gender equality, athletes using their platform to inspire others, and coaches who support their players. [Read more here!](#)



D1 College Athlete Spotlight: Katie

“Athletics has brought me my closest friends, my fondest memories, and my most unforgettable experiences. Playing Women’s Basketball at every level, from 3rd Grade at the YMCA to Division I, has taught me confidence, the value of teamwork, and what it means to make a difference. Each level that I have played at has been fun in its own way, guiding me into the independent, compassionate woman I am today, and I cannot thank my teammates, coaches, and supporters along the way enough for encouraging me to pursue this passion. Anyone can be an athlete if you like having fun with others and taking on new challenges. Sports has been transformative for me, bringing me into a community of impressive women from all walks of life, and I hope everyone has an opportunity to try sports and join in the fun as well.”

-Katie Springs

UC San Diego Women's Basketball '24

You can get involved too!
Here are some opportunities in San Diego:

- [Girls Flag Football in San Diego](#)
- [Rising Stars San Diego](#)
- [San Diego Social Leagues](#)
- [Youth Sports at the YMCA](#)



SUPERBOWL SUNDAY



Watch Party!



- Game Day Snacks: Serve crowd-pleasers like chicken wings, nachos, sliders, and pigs in a blanket.
- Build-Your-Own Stations: Set up a DIY taco, burger, or hot dog bar with all the fixings.
- Football-Themed Treats: Decorate cupcakes or cookies to look like footballs.
- Drinks Station: Offer a mix of juices, sodas, and other favorites. Include a drink named after each team for extra fun



The average family now spends almost \$900 a year per youth athlete on sports.¹ At such a high cost, low income families are being left behind. In fact, only 23% of kids ages 6-12 from families making less than \$25,000 per year played a sport on a regular basis in 2019 compared to 34% in 2012. By comparison, 43% of kids from households making \$100,000 or more played sports in 2019.²

All Kids Play provides funding to families and communities who lack the resources to pay for youth sports. Grants are available to qualifying families with kids in grade K-12 and not-for-profit community-based recreational sports organizations in low income areas on a need and first-come, first served basis as funds are available. Individual grants can be used for registration, equipment and other associated fees for sports classes, recreational leagues, and travel sports. Please check out our FAQs below for more information on qualification and the process.

HAPPY Valentine's DAY



LEARN MORE >>

Valentine's Day has evolved into an occasion for expressing love through the exchange of handwritten notes and tokens. This practice laid the foundation for today's customs of gifting cards, flowers, and chocolates to loved ones.



Use printable templates for cards, decorations, or DIY crafts. Click here for a downloadable guide with fun games or scavenger hunts to do at home.



SAN DIEGANS: LA FIRE VICTIMS NEED YOUR HELP!



The recent LA fires have displaced many families in urgent need of support. San Diegans can help by donating to those affected.



Together, we can make a significant impact and help ease the hardships faced by those affected by the LA fires. Every little bit counts, and your generosity will go a long way in providing much-needed relief.



HOW YOU CAN HELP



1. CLOTHES & PERSONAL ITEMS

Donate clothing and essentials like socks, blankets, shoes, and hygiene kits at these San- Diego locations:

- [The Salvation Army \(San Diego\) Donation Center](#)
- [Goodwill San Diego Donation Center](#)

2. FOOD DONATIONS

Non-perishable food is needed. Donate to these food banks:

- [San Diego Food Bank Donation Center](#)
- [Feeding San Diego Donation Center](#)



3. MONETARY DONATIONS

Monetary donations provide critical relief. Donate online here:

- [American Red Cross of San Diego](#)
- [California Fire Foundation](#)
- [Altadena Girls Fire Recovery](#)



4. VOLUNTEER OPPORTUNITIES

Want to help directly? Join these San Diego volunteer efforts:

- [Team Rubicon](#)
- [Southern California Disaster Relief Fund](#)





BUILDING YOUR LINKEDIN PROFILE



Include a profile picture

This will help increase your credibility. Plus, **members with a profile picture receive up to 2X more profile views.**

You can add a background image as well for another visual element.



Add your work experience, school, and any other relevant certifications or experience such as volunteering

In this way, LinkedIn acts a lot like a resume. You can give an overview of your career journey, which LinkedIn lays out in a timeline.

For work experience and other activities or projects you've done, you can include descriptions of your responsibilities and what you achieved, similar to on a resume.

Read more:

- [Create a Good LinkedIn Profile](#)
- [20 Steps to a Better LinkedIn Profile 2024](#)
- [Why Your LinkedIn is As Important As Your Resume and How to Improve It](#)

Add a headline under your name

Using keywords in your headline is critical for others to search for and find your profile. Instead of a job title, **emphasize your target job(s) or industries, or unique credentials.** You can separate multiple titles with a vertical line.



Add a summary about yourself

This is a place to summarize yourself: what you are all about, where you are now, and perhaps where you aspire to be in your career.

List your relevant skills

LinkedIn already has a list of skills, so you can scroll through and pick which ones apply to each role you've held. You can choose all the different experiences a skill applies to, as oftentimes it carries over to multiple!



Tip: Look at other sample LinkedIn profiles for some examples of how they formatted their profile!



Is LinkedIn really that important?

Yes, and here's why: LinkedIn allows you to network! Building a professional network is super important because connections make it way easier to get recognized for a job. Plus, **87% of employers use LinkedIn when evaluating a candidate for a job.**

Check out our interns' LinkedIn profiles!

[Tianna \(Ti\)](#)

[Kwincy](#)

[Tessa](#)

[Amy](#)

BREAKING BARRIERS IN LEARNING

Disciplinary Actions

Black students in San Diego are twice as likely to face out-of-school suspensions compared to their white peers.

[READ MORE](#)



Access to Advanced Courses

Latino students in North County school districts receive lower Academic Performance Index (API) scores than other major ethnic groups, indicating disparities in access to advanced coursework.

[LEARN MORE](#)

Technology Access

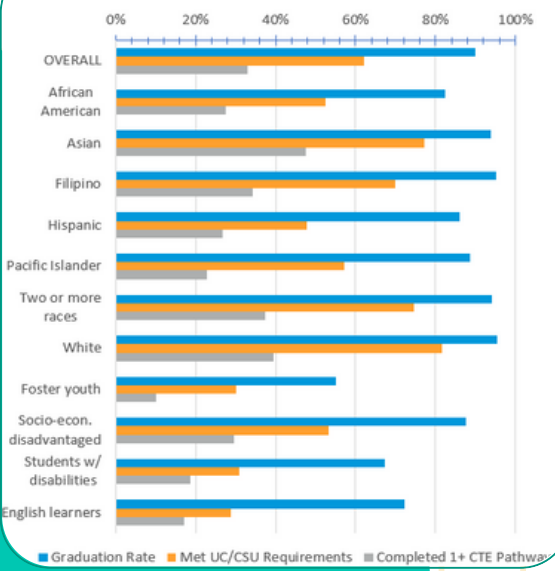
There are notable gaps in home computer and internet access among students from different racial and socioeconomic backgrounds, affecting their ability to complete assignments and engage in online learning

[CLICK HERE](#)

20 YEARS VOICE of SAN DIEGO

This article examines persistent disparities in San Diego's educational system. Despite efforts over the past eight years, significant inequalities remain, particularly affecting schools predominantly attended by students of color.

College & Career Readiness Rates - SDUSD (10)



The Preuss School

UC San Diego



[READ MORE](#)

A charter school dedicated to serving low-income students with the potential to become first-generation college students. The school has been recognized for its commitment to diversity and inclusion, receiving the Inclusive Excellence award from UC San Diego.

RESOURCES!



Junior Achievement™
of San Diego County

Junior Achievement of San Diego County provides youth programs in financial literacy, work readiness, and entrepreneurship.



The San Diego Promise Zone provides valuable resources to support youth and education, focusing on improving academic outcomes and career readiness in underserved communities.



Reality Changers and their programs support students from racial, ethnic, socio-economic, and academic backgrounds that are typically underrepresented on college campuses and overlooked by institutions.



SAN DIEGO
COLLEGE OF
CONTINUING EDUCATION

Provides noncredit courses in areas like vocational training, basic skills, and enrichment classes across seven campuses.



San Diego Unified
SCHOOL DISTRICT

Offers community resources, including crisis support services, sexual health education, and support for LGBTQIA+ students and more!



YOUR CITY, YOUR VOICE

A WORKSHOP ON YOUTH LEADERSHIP AND CIVIC PARTICIPATION IN SAN DIEGO

JOIN US TO LEARN ABOUT THE YOUTH COMMISSION AND
HOW YOUTH CAN TAKE AN ACTIVE ROLE IN THEIR
COMMUNITY!



13 FEB 2025

🕒 4:30-6:30PM

📍 City Heights Rec Center
4380 Landis St, San Diego, 92105
🔗 bit.ly/YCYVI



27 FEB 2025

🕒 4:30-6:30PM

📍 Kearny Mesa Rec Center
3170 Armstrong St, San Diego, 92111
🔗 bit.ly/YCYV2



12 MAR 2025

🕒 4:30-6:30PM

📍 Hilltop Rec Center
9711 Oviedo Way, San Diego, 92129
🔗 bit.ly/YCYV3



27 MAR 2025

🕒 4:30-6:30PM

📍 MLK Jr. Rec Center
6401 Skyline Drive, San Diego, 92114
🔗 bit.ly/YCYV4



For more info. email us at OCYS@saniego.gov

youth will



Office of Child
and Youth Success

FROM DISCONNECTED TO EMPLOYED

Roadblocks to Jobs:



- **Education & Job Training:** Limited access to job skill programs makes it harder to find work.
 - **Example:** Some schools lack career resources.
- **Transportation:** Without reliable transport, getting to interviews or jobs is tough.
 - **Example:** Public transit unavailable.
- **Career Connections:** Without mentors or networks, finding job opportunities is harder.
 - **Example:** Lack of industry connections.
- **Financial Barriers:** Money struggles can prevent you from focusing on work or training.
 - **Example:** Housing issues.
- **Job Skills:** You may not have learned key skills like resume writing or interview prep.
 - **Example:** Dressing or acting professionally.

Who's Got Your Back?



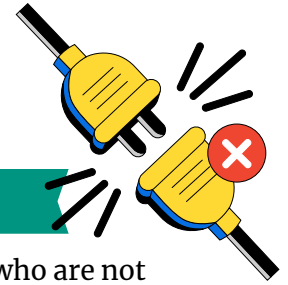
- **San Diego Workforce Partnership:** Connect with career programs, apprenticeships, and training through Work Ready and YouthBuild.
- **Reality Changers:** Empower yourself with college prep and job readiness programs to access education and career opportunities.
- **Youth Employment Services (YES San Diego):** Explore careers, gain internships, find mentorship, and get support with resumes and transportation.
- **San Diego Youth Services:** Access housing, job training, mentorship, and financial literacy support to overcome homelessness and employment barriers.

Breaking Through:



- **Job Training & Certification Programs:** You can gain skills in fields like tech, healthcare, and hospitality.
 - **Example:** [San Diego Adult Education](#) offers job-readiness training.
- **Mentorship & Career Counseling:** Mentors help with resumes, interviews, and career advice.
 - **Example:** [SAY San Diego's Youth Mentoring](#) connects you with professionals.
- **Paid Internships & Apprenticeships:** Paid opportunities offer hands-on experience and career connections.
 - **Example:** [Employ and Empower](#) offers paid internships in various industries.
- **Transportation Solutions:** Discounted transit passes, or ride-sharing help you get to work.
 - **Example:** [MTS Youth Pass](#) provides affordable transit.
- **Community Partnerships for Job Placements:** Schools, nonprofits, and businesses collaborate to create job opportunities.
 - **Example:** [The San Diego Chamber of Commerce](#) partners with businesses to create internships and job opportunities for you.

The Struggle is Real:



- Disconnected youth are those who are not currently in school or employed, often facing challenges like economic instability, lack of support systems, and limited job readiness. In San Diego, this group represents a significant portion of the population, and overcoming the barriers they face is crucial to empowering the next generation.
- According to the San Diego Workforce Partnership, over 40,000 youth in the region are considered disconnected, impacting their long-term potential for success. ([Learn More Here](#))
- Addressing these barriers is key for both youth and San Diego's economy. Providing job access and support helps reduce unemployment, reliance on social services, and builds a stronger workforce. ([Learn More Here](#))

Get Connected:



- **You've Got Skills:** Take training programs to build skills that open doors to jobs.
- **Network and Grow Your Circle:** Attend career events and connect with mentors for advice and job leads.
- **Mentors Are Here to Help:** Find a mentor to guide you with resumes, interviews, and career insights.
- **Internships Are Your Stepping Stones:** Internships give you hands-on experience and build valuable connections.
- **You Don't Have to Walk Alone:** Use resources like youth passes or ride-sharing to get to interviews and work.

DIGITAL FOOTPRINT

What is it?

A digital footprint is the unique trace of data that each user leaves behind while using the internet. All the data accumulated from your social media posts, emails, search engines and more all make up your unique digital footprint



What for?

A digital footprint is important because it shapes your online reputation, influences opportunities, and impacts privacy and security. It reflects your personal and professional image, with long-term consequences since online content is often permanent. A positive footprint can open doors to education and career opportunities, while a negative one can harm relationships and prospects. Managing your footprint responsibly enhances security, prevents oversharing, and encourages ethical behavior, allowing you to showcase skills, connect with others, and protect your personal data.

How?

- Active footprint: Information you intentionally share online, like posts or comments.
- Consider the long-term impact of posts—what you share may stay online forever.
- Avoid oversharing personal information (e.g., address, travel plans).
- Post thoughtful, professional, and positive content.
- Regularly review and delete old posts that no longer reflect who you are.

Mental Health Tips

1. Curate Your Feed
 - Follow accounts that inspire, educate, or bring positivity.
 - Unfollow or mute accounts that make you feel stressed, inadequate, or unhappy.
2. Set Time Limits
 - Use app timers to manage the amount of time spent on social platforms daily.
 - Avoid excessive scrolling, especially before bedtime.
3. Engage Mindfully
 - Limit passive consumption of content.
 - Be intentional by interacting positively and engaging with supportive communities.
4. Take Regular Breaks
 - Step away from social media periodically to recharge.
 - Consider taking a “digital detox” for a few days or even weeks.

Security tips

- Avoid sharing sensitive personal information like your address, phone number, or financial details.
- Avoid clicking on suspicious links or attachments, even from known contacts.
- Check for unusual activity, like unauthorized logins or posts you didn't make.
- Enable Two-Factor Authentication (2FA): Add an extra layer of security by requiring a second form of verification.



RESOURCES FOR JUSTICE-IMPACTED YOUTH

Did you know?

In San Diego County:

- Black youth in San Diego are incarcerated 13 times more frequently than white youth.
- Latino youth are 3 times more likely to be in custody than white youth.

Read more [at this article](#) which includes a dynamic bar chart showing the change in youth incarceration over time by race/ethnicity.



Youth Empowerment provides:

- Intervention (youth in-school and after-school programs: mentorship, social-emotional development, career exploration facilitated by those who have had similar experiences)
- Reentry programs (case management, guidance, resources, help with employment and personal development, etc.)
- Parent/Guardian classes (aimed at parents helping to connect with/understand their children)



Community Wraparound provides trauma-informed mentoring services for gang-involved youth, facilitated by community members with lived experience.



- Community Assessment Team (CAT) provides individualized case management to connect youth at risk of juvenile involvement with resources.
- Alternatives to Detention (ATD) offer an alternative to an institutional setting. Cool beds offer a place to “cool off” during a stressful or challenging time.
- CHOICE is a program that provides guidance for youth on probation. It also includes an after-school rehabilitative program.



Programs for prevention, supporting youth during incarceration, and reentry assistance after release.

- STRIVE Future LEAP helps justice-impacted young adults develop life and job skills so they can become employed.
- Youth Garden is an 8 week program of hands-on urban farming, nutrition classes, and workforce training. Participants earn a weekly stipend!



LINK UP: MENTORSHIPS

What's In It For You?

Mentorship helps shape the future by offering guidance and support. Studies show mentored youth are more likely to graduate, attend college, and succeed. In San Diego's growing industries like tech, healthcare, and green energy, mentorship builds skills, confidence, and connections for success.

[Click Here To Read More!](#)

Who's Involved?

- [San Diego Unified School District \(SDUSD\):](#)
 - Explore career pathways and gain hands-on experience in IT, health, and the arts through SDUSD's "Career Pathways" initiative.
- [San Diego Workforce Partnership:](#)
 - Access internships, job training, and mentorship in healthcare, tech, and hospitality to kickstart your career.
- [Junior Achievement of San Diego:](#)
 - Receive mentorship to develop financial literacy, entrepreneurship skills, and career readiness.
- [San Diego Chamber of Commerce:](#)
 - Tap into local business networks, mentorships, and job shadowing opportunities to boost your career.

What's In It For You?

- **Personal Growth:** Mentors guide students through challenges, offering emotional and motivational support. This boosts confidence and resilience, helping students tackle obstacles.
- **Career Prep:** Mentorship provides real-world advice from professionals, showing students what skills are needed for different careers. It can help shape their education and career choices.
 - **Example:** Students in mentorships with companies like Scripps Health or Qualcomm gain hands-on experience in healthcare and tech, helping shape their career paths.
- **Networking:** Mentorship connects students with key people in their community and industry, opening doors to internships, job shadowing, and post-graduation opportunities.
 - **Example:** An environmental science student could be mentored by experts at Solar Turbines or Sustainable San Diego, building key industry connections.

[Click Here To Read More!](#)

Let's Connect

Join a local mentorship program like Pathways to Success to connect with professionals for career guidance. Look for internships and job-shadowing opportunities in your area to gain hands-on experience.

Scholarship Opportunities Available!

We are excited to share an incredible opportunity for San Diego students!

San Diego Foundation is thrilled to announce that the [2025-2026 Common Scholarship Application](#) and our new [National Rainbow College Fund](#) scholarships are open.

How to Apply

How to Apply
Access the 2025-2026 Common Scholarship Application at SDFoundation.org/CSA. Or, learn more about the National Rainbow College Fund at RainbowCollegeFund.org.

The deadline to apply is Wednesday, March 5 at 2:00 p.m. PST.

For questions about the Common Scholarship Application, please contact the Scholarships team at scholarships@sdfoundation.org or call (619) 814-1343.

For questions about the National Rainbow College Fund, please email nrcf@sdfoundation.org.

Why Apply

[Our online application](#) gives students access to more than 100 scholarship opportunities, including specialized funds like the National Rainbow College Fund (NRCF), designed to support LGBTQ+ students in San Diego County and throughout California with awards ranging from \$1,000 to \$5,000. Some scholarships are renewable, providing ongoing financial support throughout a student's undergraduate journey.

Scholarship Preparation

Guidance Summit (Formerly Counselor Convening)
To help your schools and students prepare, we will be hosting a webinar on Wednesday, January 22, 2025. This session will equip counselors, advisors, and teachers with the tools and knowledge needed to navigate the CSA process successfully. If you have any questions about the application, this webinar will be a great opportunity to get answers! [Sign up here.](#)

Who can Apply?

Our scholarships are open to a wide range of candidates, including:

- Graduating high school seniors
- Current college students (undergraduate or graduate)
- Adult re-entry students
- Students with financial need (including middle-income families)
- Students attending 4-year universities, community colleges, or career/technical schools

Spread the Word

Please share this information with students, parents, colleagues and anyone else in your network. Together, we can help more students unlock their potential! Thank you for supporting the dreams of students in our community.

THE YOUTHPRENEUR'S GUIDE



Harmonium's YEEP program is designed to teach youth the skills needed to develop a business from conception of the business plan to production, marketing, and sales of the actual product.



This program offers entrepreneurship training, technical assistance, and micro-grants for refugee and immigrant entrepreneurs, aiming to support new business ventures.



Located on the third floor of the Central Library, The StartUp offers a collection of business planning resources, including reference books, online databases, and advice from business representatives.

Local Success Story



Jorge, a Navy veteran, and his high school son Ethan, founders of Ascender Systems, recently won \$100,000 in the Accelerate California Entrepreneurship (ACE) Pitch Competition. The video, linked to the left, highlights how they leveraged resources from organizations like the Small Business Development Centers, Veterans Business Outreach Centers, and SCORE San Diego to grow their business. Jorge shares insights on applying military skills to entrepreneurship, while Ethan discusses balancing school and business.



Special Focus Grant Funding



JUMP IN: MENTORS

What You Can Do:

- **Create Structured Mentorship Programs:**
 - Schools and trade organizations can create mentorship programs where professionals meet with students regularly. These programs should include:
 - Career exploration mentoring
 - Job shadowing
 - Internships and apprenticeships in key industries in San Diego
- **Host Industry-Specific Career Fairs:**
 - Schools can partner with local organizations to host career fairs focused on industries like tech, healthcare, and green energy, where professionals offer mentorship and career insights.
 - Example: Partner with San Diego Gas & Electric for a career day in the energy sector, where students meet engineers and consultants.
- **Offer Virtual Mentorship Programs:**
 - With digital learning growing, virtual mentorship connects students to professionals no matter where they are.
- **Platform Suggestion:**
 - Use LinkedIn or Zoom to host monthly virtual sessions where professionals share industry trends and skills.
- **Real-World Projects and Mentorship:**
 - Work with trade organizations to let students tackle real-world projects with professionals.
 - Example: Students could work with the San Diego Regional Economic Development Corporation to solve local business challenges and get mentorship from community leaders.

Let's Connect

- **For Educators:**
 - Reach out to local trade organizations and businesses to create structured mentorship opportunities.
 - Facilitate regular check-ins and support for students participating in mentorship programs to ensure they gain the most out of their experiences.
- **For Professionals:**
 - Volunteer to mentor students through organizations like Junior Achievement, SAY San Diego, or San Diego Workforce Partnership.
 - Offer job-shadowing opportunities or internships within your company to give students a firsthand look at your industry.
- **For Local Organizations and Businesses:**
 - Partner with local schools and educators to offer mentorships in your industry. Your expertise and guidance can help shape the next generation of leaders in San Diego.

[Click Here To Read More!](#)

Make A Difference:

Your mentorship opportunities can inspire confidence, guide career exploration, and provide the skills needed for future success.



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
 WELL-BEING
 & BELONGING**

YOUR VOICE MATTERS: HELP IMPROVE HOUSING SERVICES IN SAN DIEGO

YMCA YOUTH & FAMILY SERVICES



Are you 18-25 years old, living in San Diego County, and have experienced homelessness or housing instability? The Youth Homelessness Systems Improvement (YHSI) Project aims to improve access to housing and homeless services for young people in San Diego County. We want to partner with YOU to improve housing and homeless services for young people in our community.

All participation opportunities are **paid**—your voice matters, and your time is valued!

Ways to Get Involved:

- Focus Groups – Contribute to in-person, recurring group sessions and earn \$75 per group.
- Work Groups – Join virtual, recurring discussions and earn \$50 per session.
- 1:1 Interviews – Participate in virtual or in-person interviews and earn \$50. Surveys – Share your insights in a quick survey and earn \$20.

Your experiences can inspire real change. Help us create a better future for youth in San Diego County.



Complete our quick Interest Survey
 today to get started!

Let's work together to improve access to housing and support for young people in need.

For questions, contact Shiwani Lata:

yhsi@ymcasd.org
 (619) 827-1829

BREAKING NEWS

Reality Changers

GET PREPARED

SUPPORTING FIRST-GENERATION FUTURES

YOU'RE ALMOST THERE!



Financial Aid for College:

This year, it's crucial for students and parents to discuss informed consent, as the Department of Education has warned about potential data security concerns.

The [2025-2026 FAFSA](#) application opened on December 1, 2024, after successful beta tests. California students should submit by March 3, 2025, to meet state deadlines. To maximize [financial aid](#), Reality Changers encourages applying by February 15.

After processing your FAFSA or California Dream Act, sync your [Cal-Grant](#) application via [CSAC WebGrants](#) for Students. Create an account, sync with your application, and update your school choice. If you change schools, remember to update your [WebGrants](#) portal.

Parents, open a [CalKids](#) Savings account today and give your student up to \$1,500 for their education! Open before they turn 18 and graduate high school to qualify. Don't miss out!

At [Reality Changers](#), we support **YOU**. We are offering two sessions for students to get support:

- February 1: Drop-In Support for Financial Aid: FAFSA/Dream Act Support - 10 AM to 3 PM @ 1400 Park Blvd
- February 8: Drop-In Support for Financial Aid: FAFSA/Dream Act Support - 10 AM to 3 PM @ 1400 Park Blvd

We stand with all the communities we serve!

[Sign-up here.](#)

Important Dates:

- **Financial Aid Update & FAFSA Application**
 - Deadline: March 3, 25
- **Cal-Grant Application (2025-2026).**
 - Deadline: March 3, 25
- **Cal-Kids**
 - Deadline: By student's 18th Birthday

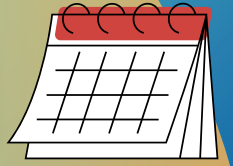
PREPARING FOR COLLEGE AS A FIRST-GEN STUDENT CAN BE HARD. LET US HELP!



UPCOMING EVENTS



FEB 2025



04

FEB, 2025

BUTTON AND ZINE MAKING PARTY

Celebrate Black History Month by getting creative. Come make buttons and zines at the Teen IDEA Lab in the Malcolm X Library.

07

FEB, 2025

ENTRY LEVEL VIRTUAL JOB FAIR (EL CAJON)

Attend this virtual job fair where you can be matched with employers seeking your skills! Click the link to learn more about how to prepare. If you can't make this one, check out other JobFairX job fairs - they have a lot!

08

FEB, 2025

HISTORY EXPLORERS: STORY QUILTS

Come learn about the African American tradition of story quilts. Make your own paper quilt square!

MON - THURS

FEB, 2025

BLACK HISTORY MONTH FILM SCREENINGS

Come watch films that center Black voices and Experiences at the Legler Benbough Teen IDEA Lab. Check the link for all the dates - they're offering a lot!

13

FEB, 2025

YOUTH COMMISSION RECRUITMENT: DISTRICT 9

Learn about the City of San Diego's Youth Commission and how you can get involved in this civic engagement opportunity. This event, hosted by Youth Will, will be held at the City Heights Community Rec Center from 4:30 - 6:30 PM.

27

FEB, 2025

YOUTH COMMISSION RECRUITMENT: DISTRICT 7

Learn about the City of San Diego's Youth Commission and how you can get involved in this civic engagement opportunity. This event, hosted by Youth Will, will be held at the Kearny Mesa Community Rec Center from 4:30 - 6:30 PM.

27

FEB, 2025

JOB FAIR

Attend this job fair in Mission Valley to meet and talk with hiring employers! Click the link to read about all the different industries that will be attending and to learn more.

EVERY FRI

FEB, 2025

ARTS AND CRAFTS AT MISSION HILLS LIBRARY

For preschoolers and elementary age kids - join us at the Mission Hills Library for an hour of hands-on, creative activities for little ones.