

JANUARY 2025

OFFICE OF CHILD AND YOUTH SUCCESS

A CITY WHERE CHILDREN AND YOUTH THRIVE



Table Of Contents

1
**Newsletter
Sign-Up**

2
**Mission and
Vision**

3
**What You've
Missed**

4
**Did You
Hear?**

5
**Get
Connected**

6
**Career Opportunities
Await**

7
**Braille Literacy
Month**

8
**MLK Day
Parade**

9
**What's Your Budget
Plan?**

10
**Clothing
Resources**

11
**National Hobby
Month**

12
**Intern Hobby
Inspo.**

13
**Writing a Cover
Letter**

14
**Time Management
101**

15
**National Cut Your
Energy Costs Day**

16
**Inspiring Connections,
Building Leaders**

17
**Inspiring Connections,
Building Leaders Pt. 2**

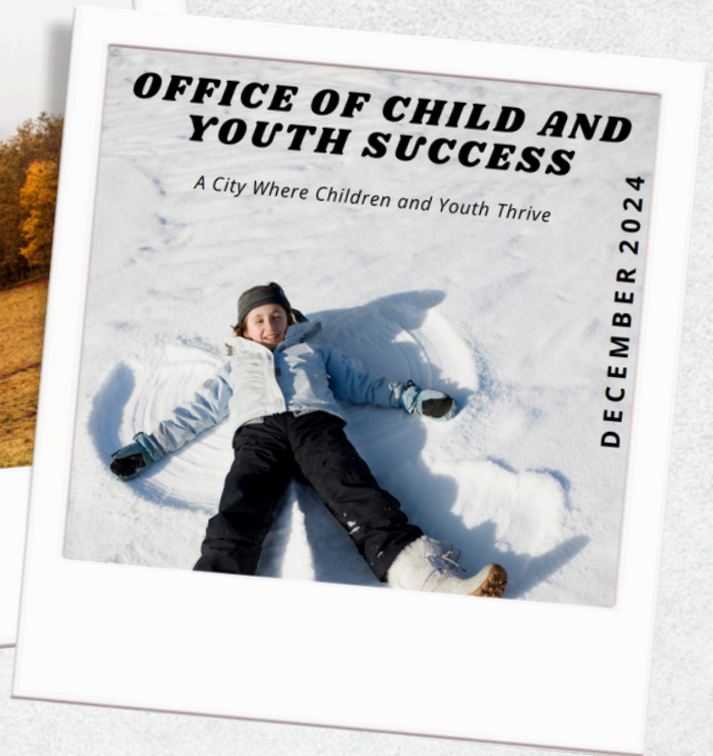
18
**Exploring Career
Interests**

19
**Technology
Day**

20
**Upcoming
Events**

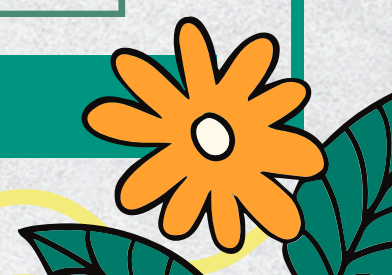


STAY IN THE LOOP!



OFFICE OF CHILD AND YOUTH SUCCESS

**SIGN UP TODAY FOR OUR YOUTH
INSPIRED NEWSLETTERS!**



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.

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.

MISSION

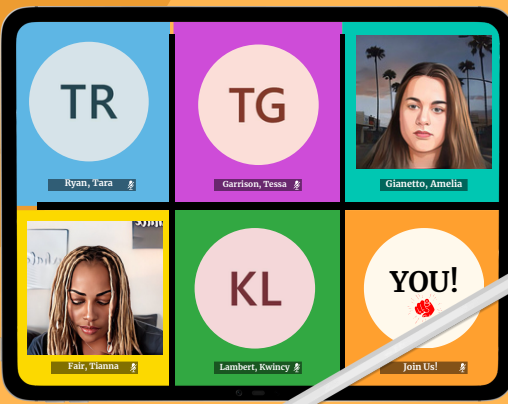
The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by providing access to resources, services and high-quality programs to improve social, health, and educational outcomes.

CREATORS

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



WHAT YOU'VE MISSED



HERE'S WHAT THE YOUTH COUNCIL HAD TO SAY ABOUT "ECONOMIC AND WORKFORCE DEVELOPMENT" OBJECTIVE OUTLINED IN THE CHILD AND YOUTH PLAN:

Q1. What financial skills do you know, need to learn, or find daunting?

- Learned financial skills from family; lack of guidance can lead to setbacks.
- Key topics:
 - Bank accounts and budgeting
 - Investing and credit scores
 - Credit cards and overcoming fear
 - Saving and building wealth

Q2. What resources do you know for financial literacy education?

- Most participants were unaware of financial resources, indicating a lack of outreach.
- Known resources include:
 - **FAFSA workshops** through SDSU
 - **Primetime team** in Sacramento
 - **City of San Diego's budget simulation** via CAL Coast

Q3. What did your school and family teach you about financial literacy?

- Family was the main source of financial knowledge for all participants
- Schools should prioritize teaching financial literacy basics
- Economics is commonly offered in high schools, but financial literacy is not a graduation requirement

Q4. What financial literacy programs do you need from the city?

- Include financial literacy in high school curriculums, starting with basics to advanced skills
- Offer after-school programs as a temporary solution
- Provide financial advisors in schools for 1-on-1 support

Q5. What critical financial skills do youth need, and why?

- Understanding loans for higher education
- Learning how to use credit cards wisely

Q6. Does this time work, or would another be better for youth?

- Middle of the week, later in the day
- Avoid weekends
- 5 PM or 6 PM works well

DID YOU HEAR?



Oh wow! Tips on how to save money.



I should update my resume with these tips.



Hmm, a Youth Commissioner?



Oh right! I gotta sign up for Speak Up San Diego



FOLLOW US TODAY FOR MORE RESOURCES!

GET CONNECTED

INTERNSHIPS & VOLUNTEER OPPORTUNITIES

Why You Should Get Connected?

- **Develop Valuable Skills:** Build teamwork, leadership, and communication skills that are useful in both personal and professional life
- **Gain New Experiences:** Participate in activities that give you hands-on experience and boost your resume
- **Embrace Diversity:** Connect with different cultures and perspectives, fostering understanding and acceptance
- **Make a Difference:** Volunteering helps you give back to your community and make a real impact



San Diego Parks & Recreation Department

- Work with parks, recreation programs, and community events
- Improve local parks and outdoor spaces
- Gain valuable experience while making your community better

Junior Achievement of San Diego County

- Learn about business, entrepreneurship, and money management
- Hands-on, interactive programs to prepare you for the future
- Explore careers and build essential life skills

Employ Empower Internship Program

- Gain hands-on experience and build skills
- Explore different career paths
- Start your professional journey while making a difference

Feeding San Diego

- Help fight hunger in your community
- Volunteer to provide food to people in need
- Make a real impact while learning the importance of giving back

Hands On San Diego

- Volunteer to help people in need and support local events
- Develop leadership skills while giving back
- Get involved in meaningful projects and meet new people

Girls Inc. of San Diego County

- Empower yourself to be strong, smart, and bold
- Programs focused on leadership, education, health, and confidence
- Build skills for a successful future while having fun

CAREER OPPORTUNITIES

AWAIT

Internship and Work Readiness Programs!

#CaliforniansForAll

Youth Jobs Corps

Andy Field - Parks and Recreation Department Director

“ I am proud of my career with the City and am especially proud of joining as an intern, where I could learn so many job opportunities and ways I could give back. With interns and mentees learning from a wide variety of great mentors and gaining a heart of service for our City, I recommend internships and mentorships for any San Diegan looking to start a career in public service.”

READ MORE



Apply Now!



Internship and Work Readiness Program Virtual Information Sessions - Mondays from 12:00 PM to 12:30 PM

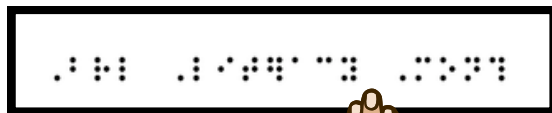
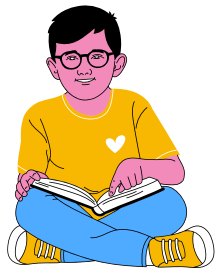


16+



The paid youth internship program is designed to employ and empower the next generation of public servants at the City of San Diego.

BRAILLE LITERACY MONTH



And World Braille Day on January 4th!



Braille is a raised dot system that can be read with the fingers for those who are blind or visually impaired. The dots represent each letter in the alphabet, plus other symbols and punctuation marks. January 4th is Louis Braille's birthday, the person who invented the Braille system. Braille was blind himself by the age of 5, and he invented the Braille system because he wanted to be able to read and write. [Read more about his story here.](#)

Tips on teaching Braille to young children

Sources of free Braille books and eligibility to receive them

California's libraries for the blind

Dots for Families: FREE, downloadable Braille lessons

See this [blog](#) for many more courses and learning resources for blind/visually impaired children, plus other resources!

OliverMcMillan I CAN! Center (located on first floor of the city's Central Library)



MLK DAY PARADE

JANUARY 19TH
11AM - 1PM



42nd Annual Parade ←

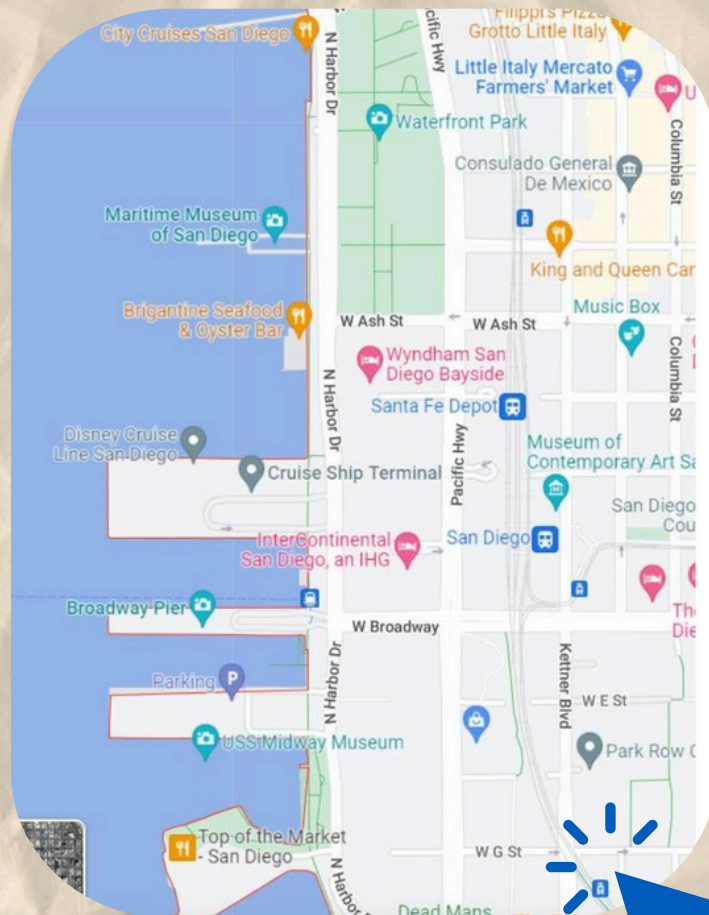
Join us on Harbor Drive & Grape St for the Annual Martin Luther King Jr. Parade. This is one of the largest celebrations of its kind in the United States in honor of Dr. Martin Luther King Jr. The parade is filled with dazzling floats, phenomenal High School Bands, Drill Teams, Colleges/Universities, Fraternities, Sororities, Churches, Peace and Youth organizations. This year's parade will feature a MLK 5k Walk/Fun Run and Festival. See map below!

History

In early 1964, 1,500 men and women met a wall of state troopers during a march outside Selma. There, King led the marchers in prayer and avoided any confrontation with authorities. On July 2, President Lyndon B. Johnson signed the Civil Rights Act of 1964, outlawing discrimination based on race, color, religion, sex, or national origin. That same year, King became the youngest recipient of the Nobel Peace Prize for his unwavering work in the Civil Rights Movement.

Parade Route

1. Begin staging parade and 5k at Grape and Harbor Dr. - Ash St.
2. Parade to continue Southbound on Harbor Dr.
3. Parade will turn right on Pacific Hwy, going south.
4. Parade will disband on Pacific Hwy near Embassy Suites.





What's Your Budget Plan?



Budget Plan Sample:

Category	January	February
Check Before Taxes	\$2,500	\$2,500
Check After Taxes	\$2,000	\$2,000
School Refund	\$6,000	\$0
Tithe (10%)	\$-230	\$-230
Rent	\$1,950 x 3 = \$-5,850	\$0
Utilities	\$-150	\$-150
Car Insurance/Gas	\$-200	\$-200
Groceries	\$-250	\$-250
Laundry	\$-20	\$-20
Other	\$-100	\$-100
Savings	\$-960	\$-840
Total Expenses	\$-7,960	\$-1,990
Remaining Balance	\$240	\$210

Excel Budget Plan:

- **Set Up Columns:** Create headers like Date, Income, Expense Category, Amount Spent, and Balance.
- **List Categories:** Include items like Rent, Food, Utilities, and Savings.
- **Use Formulas:** Subtract expenses from income (=SUM(Income) - SUM(Expenses)) to track your balance.
- **Add Visuals:** Use graphs or charts to visualize spending.
- **Track Monthly:** Create a new sheet for each month and summarize totals on a dashboard.



Tips:

- **Track Every Dollar:**
 - Find an app or a system that works for you to record all your expenses to see where your money goes.
- **Try Cash-Only Days:**
 - Use cash for a day to control spending.
- **Set a Spending Limit:**
 - Avoid overspending by capping non-essential purchases.
- **Watch Online Tutorials:**
 - Learn budgeting tips on LinkedIn, TikTok, or YouTube.
- **Plan Meals in Advance:**
 - Meal prep to save money and reduce food waste.
- **Set Short-Term Goals:**
 - Save for specific things like tickets or gadgets.
- **The 50/30/20 Rule:**
 - Budget: 50% needs, 30% wants, 20% savings or debt.
- **Build an Emergency Fund:**
 - Save a little regularly for unexpected costs.



CLOTHING RESOURCES



A number of free clothing resources and closets, for those in need, that serve the greater San Diego area.



BROTHER BENNO'S



Fostering Family Hope



SAN DIEGO YOUTH SERVICES



manasd@manasd.org

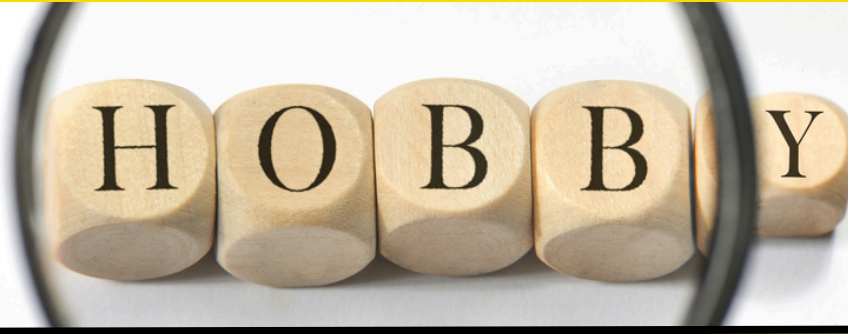


MANA de San Diego's professional clothing drive is a community effort to help their college student members reach their career goals by providing them with professional attire. Learn more about the college success program and membership below.

[READ MORE](#)



National Hobby Month



January is National Hobby Month, the perfect time to explore new passions, revisit old favorites, and embrace activities that spark joy and creativity! Whether you're into crafting, gardening, gaming, or sports, hobbies are a wonderful way to reduce stress, boost mental well-being, and connect with others.

3 Hobby Rule

1. **One hobby to make you money:** A pursuit that can be monetized, such as freelance work, crafting, or developing a skill like coding or teaching.
2. **One hobby to keep you in shape:** Activities that promote physical health, like running, yoga, hiking, or team sports.
3. **One hobby to stay creative:** Artistic or inventive pursuits such as painting, writing, playing music, or photography.



Ikigai

Ikigai, pronounced "ee-kee-guy," is a Japanese concept that unites the joy of life with a sense of purpose. The term is a combination of the Japanese words 'iki' (to live) and 'gai' (reason), which together signify "a reason to live." While there isn't a direct translation of ikigai in English, this concept encapsulates the idea of finding joy in life through purpose in a unique way.

INTERN HOBBY INSPO

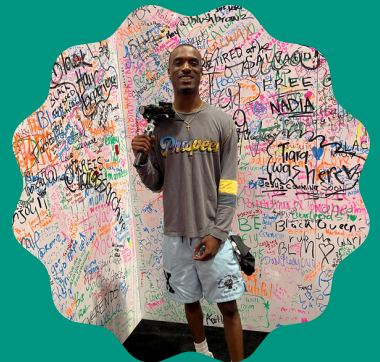
Tessa

Tessa absolutely loves camping throughout California. Here's a photo of her making pancakes at a dispersed campsite in the Anza Borrego Desert.



Kwincy

Kwincy developed a passion for photography. His time in college made him realize he loves making new memories and capturing moments.



Amy

Amy has always loved spending time around horses, and she enjoys volunteering at a rescue ranch in San Diego. Being around horses makes her really happy!



Tianna

Tianna creates inspiring content as a faith-based YouTuber, sharing her journey of living for Christ and striving to reveal a more personal side of God—one of grace, love, and relevance—while following wherever He leads her.



Heading: This is quite literally a letter. Include the name and position of the hiring person you're writing to, as well as the company/employer's address.

Salutation: Address them with something like "Dear [their name]".

WRITING A COVER LETTER

Introduction: Open with a strong hook about your achievements in high school or college (or work if you have relevant work experience), or a networking connection.

Sales Pitch: Write a few sentences on why the job you're applying for resonates with you along with a few accolades or previous knowledge you can bring to the table. Similar to a resume, the more specific the better: use numbers when possible, and include how you specifically contributed.

Conclusion: End on a call to action: invite the recruiter to contact you so you can discuss the position further. Finally, end with a salutation and sign your name.

What is a cover letter for?

A cover letter is an opportunity to highlight your skills and experience, while also mentioning what you couldn't in your resume.

Check out our previous newsletter issue from December to learn more about building your resume!

Tips

- **Research the company/employer.** What is their mission and vision? What do they do? Find a way to include this in your cover letter. Recruiters want to know that you've done your research, and that you resonate with what they're all about.
- **A cover letter is never optional.** Whenever a job application says a cover letter is optional, still submit one. Cover letters often act as the decision maker when hiring managers are torn between two or three qualified candidates.
- **If you have limited or no work experience, leverage your extracurricular activities from high school and/or college!** These come with their own responsibilities and are a great way for you to demonstrate your skills.
- **Length:** A cover letter should typically be between a half page and a full page. Keep it short and concise.

Resources

- [PurdueOwl](#)
- There are plenty of cover letter [templates](#) you can easily search for
- Utilize your career center if you are in university/college!
- [San Diego Workforce Partnership workshops](#)




National

LEARN MORE

CUT YOUR ENERGY COSTS DAY

January 10, 2025

DID YOU KNOW?
Not only does cutting down on energy usage help your pocket book, but it also helps out the environment!




The SDG&E Residential Energy Solutions (RES) Program helps families create more energy-efficient homes, which can lower energy costs and free up resources for other priorities, such as supporting youth activities and education. SDGE also encourages youth to adopt energy-saving habits and learn about the importance of protecting the environment for their future.

SAN DIEGO 350
CLIMATE ACTION


The Youth4Climate (Y4C) is a program that empowers youth to become climate leaders working together for an equitable, sustainable, and resilient future.

CLICK HERE 

The San Diego Youth Will Climate Justice Action Team empowers young people to advocate for climate justice by creating policies and programs that benefit the environment and local communities.

youth will _____

READ MORE 



TIME MANAGEMENT 101

Benefits:

- Reduces Stress: Stay organized and avoid last-minute panic
- Boosts Productivity: Get more done in less time
- Improves Success: Achieve higher grades and stronger relationships
- Teaches Responsibility: Builds discipline and accountability
- Creates Balance: Balance school, hobbies, and downtime.
- Builds Confidence: Meeting goals boosts self-esteem

Tools & Resources:

- Apps:
 - ✦ [Todoist](#), [Trello](#), [Google Calendar](#)
- Free online workshops on time management:
 - ✦ [Coursera](#): Time Management for Personal & Professional Productivity
 - ✦ [MindTools](#): Time Management Toolkit
- Events:
 - ✦ [SCORE San Diego](#) offers free workshops and events designed to help with various skills, including time management, often focused on business and professional development. You can check out their events calendar for upcoming workshops on topics such as productivity and planning
 - ✦ [San Diego College of Continuing Education \(SDCCE\)](#) provides free career training programs, some of which may include time management workshops as part of their courses. They focus on helping individuals build skills necessary for career success

Everyday Tips:



Prioritize Tasks

- Focus on what's urgent vs. important.
 - Start your homework before scrolling through social media—it's important, but not urgent!



Use a Daily Schedule

- Organize your day with planners or apps.
 - Use a planner app to block time for studying, hobbies, and hanging out with friends.



Set Time Limits

- Allocate specific times for each task to stay on track.
 - Spend 30 minutes on math, then switch to reading for a fresh focus.



Limit Distractions

- Identify and minimize what interrupts you.
 - Put your phone on "Do Not Disturb" while working on a big project.



Set SMART Goals

- Specific: Clear and focused
- Measurable: Trackable progress
- Achievable: Realistic
- Relevant: Aligned with goals
- Time-bound: Set deadline



Practice Self-Care

- Ensure to include breaks and downtime to recharge
 - Take a 10-minute walk or snack break after studying to recharge.



Inspiring Connections, Building Leaders



Success Stories:

- **Youth Mentorship Initiative:**
 - Over 150 youth paired with mentors in fields like tech and arts, boosting confidence and career clarity.
- **Youth Leadership Academy:**
 - This program trains high schoolers in leadership. Alum Jessica R. became a Youth Commissioner and advocated for mental health initiatives.
- **Employ Empower Internships:**
 - Teens gain internships, scholarships, and job offers. Luis C. started his own business with the help of this program!
- **San Diego Youth Leadership Council (SDYLC)**
 - Alumni like Michael S. have gone on to work in city government and advocate for youth engagement, using leadership skills gained at the conference.
- **San Diego County Youth Court**
 - Lily A. participated as a youth court attorney and earned a scholarship to law school, growing her passion for legal advocacy.



Get the Most Out of a Conference:

- **Prepare Ahead of Time:**
 - Research speakers, topics, and workshops to prioritize your interests
- **Ask Questions:**
 - Engage with presenters and attendees to deepen your understanding and expand your network
- **Bring the Essentials:**
 - A notebook, business cards, and a charged phone or tablet will keep you ready to connect
- **Set Goals:**
 - Decide what you want to learn, who you want to meet, and how you'll use this experience
- **Follow Up:**
 - After the event, email or message new contacts to thank them and keep the conversation going

Upcoming Events & Resources:

- **Youth Empowerment & Leadership Program**
 - January 2025 | San Diego, CA
 - Unleash creativity through leadership workshops in music, media, and storytelling. Dates and details coming soon!
- **Leadership for Change Conference**
 - January 17–20, 2025 | University of San Diego
 - Be part of the movement! Join inspiring sessions, with extra opportunities on January 14 & 21 for the community
- **Our Time to Act'**
 - A guide to turning ideas into action and empowering youth to create lasting change in their communities
- **San Diego's Office of Child and Youth Success**
 - Empowers youth with skills, opportunities, and programs to create a brighter future



Inspiring Connections, Building Leaders Pt. 2



Youth Commissioners:

- Milan Shah, Chair
 - A San Diego high school student leading Reel Voices, a film project amplifying youth voices. Milan advocates for equity through nonprofits, fellowships, and the San Diego Youth Commission.
- Sarah Gao, Vice Chair
 - A senior at Canyon Crest Academy and Youth Commission Vice Chair. Sarah presents environmental research, studies biochemistry, and leads Catalyst Science Magazine, with a passion for photography and filmmaking.
- Princess Dunn
 - A freshman at East Village Middle College High School, Princess co-founded the “I AM ME” scholarship, served as ASB President, and advocates for mental health and youth safety. She aims to specialize in crimes against children.
- Vinayak Venugopal
 - A Mission Bay High School sophomore and US Chess Federation Candidate Master, he coaches chess, works part-time at the County Clerk’s Office, and leads a school Finance news segment. Active in STEM, leadership, and community service, he strives to make an impact as a Youth Commission member.
- **YOU**
 - Driven by a passion for leadership and community service, you care about my community, enjoy working with others, and want to make a difference—qualities that make me a great fit to become a Youth Commissioner

Why a Youth Commissioner?

- Make a real impact:
 - Share your voice and ideas on important issues affecting youth in your community. This is your chance to help shape policies and decisions that affect your future!
- Develop leadership skills:
 - Gain hands-on experience in leadership, government, and public service that will set you up for success in whatever career path you choose.
- Collaborate with other young leaders:
 - Connect with other motivated teens and young adults who are passionate about making a difference. Together, you can create lasting change.
- Get your voice heard:
 - Influence the Mayor, City Council, and other officials with your perspective on youth issues, ensuring that young people are part of the conversation at City Hall.

How will you shape the future?
[Click here](#) to learn more and apply!

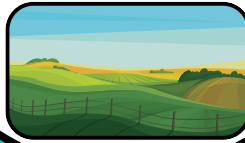


Exploring Career Interests

Questionnaire: Take this questionnaire from My Next Move that will help you decide what careers you might want to explore.

Utilize [these resources](#) from My Next Move if you have a better idea of what career you want to pursue.

Realistic:
practical, hands-on problems and solutions



Investigative:
ideas, thinking, and figuring things out

Conventional:
data, detail, and regular routines



WHAT ARE
YOUR
INTERESTS?

Artistic: creating, designing, and making your own rules



Enterprising:
leading, making decisions, and business



Social: helping people, teaching, and talking



Careers by Interest: Browse different careers under each category to help you find what jobs align most with your interests.

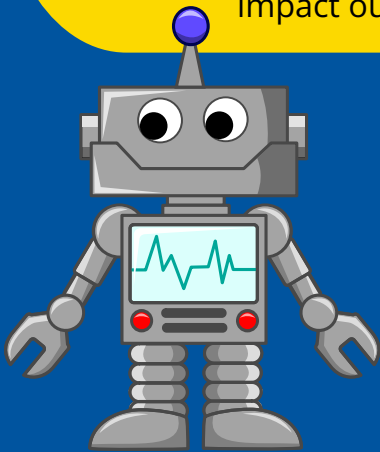
Check here for more resources for job seekers! Find career centers, get assistance with your job search, take trainings for in-demand industries, and more!

TECHNOLOGY DAY



January 6

National Technology Day on January 6th recognizes how technology changes the world and looks to the future of technology. Each year, from the wheel to smartphones, the day honors technological achievements that impact our daily lives.



IDEA Labs

Innovate, Discover, Experience, Achieve: Labs patrons have access to various makerspace equipment: 3-D printers, Silhouette Cameo desktop cutters, sewing and embroidery machines, Glowforge laser printers, and dye sublimation printers.

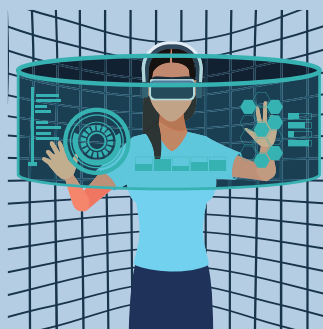


How To Observe

- Exploring technologies of the past. Which ones would you bring back if you could?
- Share your favorite technologies.
- Discuss how technology improves your life.
- Test out new technology.
- Share your ideas for new technology.



LOCATIONS



Central Library

City Heights

La Jolla

Mira Mesa

Mission Hills

Pacific Highlands

San Ysidro

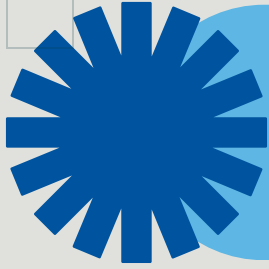
Mirmar Ranch

Skylines Hills

Valencia Park

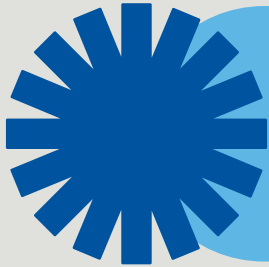


UPCOMING EVENTS



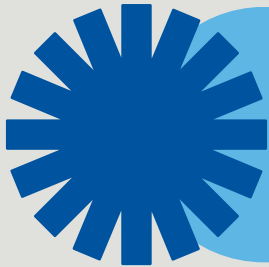
Rady Children's Ice Rink at ARTS DISTRICT (Jan 1-5, 10 am - 10 pm)

Go ice skating at the Rady Children's Hospital outdoor Ice Rink! Tickets are \$20 for adults and \$15 for kids, and the money raised goes toward kids with cancer.



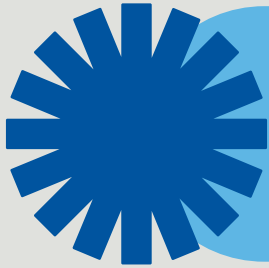
35th Annual Martin Luther King Jr Day (Jan 15, 12 pm - 6 pm)

Worldbeat Cultural Center, located in Balboa Park, is celebrating the life and legacy of Martin Luther King Jr with a family festival. With live music, dancing, vegan food, an outdoor cultural arts & craft vendors marketplace, and more.



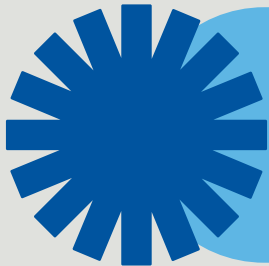
Snow Day at Tecolote Recreation Center (Jan 18, 11 am - 1 pm)

Enjoy arts and crafts, exciting games, artificial snow making, warm hot cocoa, a lively DJ, and a fun jumper!



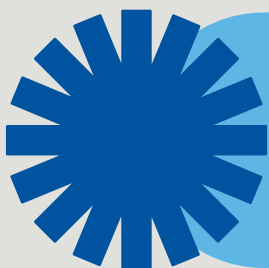
42nd Annual Martin Luther King Jr Day Parade (Jan 19, 10 am - 12 pm)

Come join this parade along Harbor Drive that celebrates Martin Luther King Jr, complete with floats, high school bands, drill teams, colleges and universities, fraternities and sororities, peace and youth organizations, and more!



Do Your Homework at the Library/Haga Su Tarea en la Biblioteca (Mon-Thurs 3-6 pm, Sat 10 am - 1 pm)

Get help with your homework at your nearest library! You will have access to digital resources, including computers. Multiple locations offer this service - check [here](#) to find which ones, and filter by month if needed.



PAWS to Read!/Perros para leer! (Jan 11, 25, 10 am - 11 am)

Come by and read to some cute doggos! The San Diego Humane Society will be bringing furry companions to the Logan Heights library. Kids learning to read can read them a story!

