


# Foster & Kinship Care Education Program

## College of the Redwoods




# Turning Dreams into Degrees

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


October 25, 2022

# 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.*




L.A. OPPORTUNITY  
YOUTH COLLABORATIVE




UNITE LA  
Education Inspiration Through Collaboration



JOHN BURTON  
Advocates  
for Youth



FOSTER  
PARENT  
COLLEGE.COM™

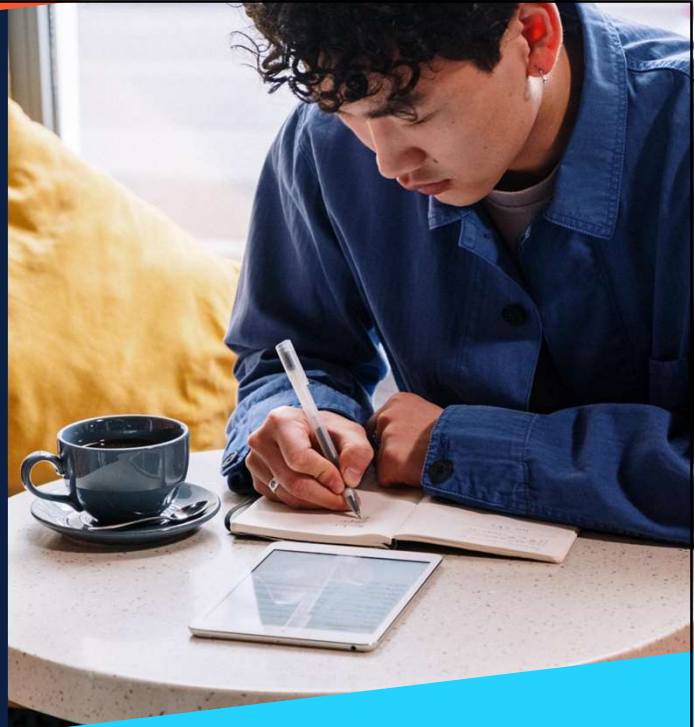


California  
Community  
Colleges

Foster and Kinship Care  
Education

## 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 6<sup>th</sup>-10<sup>th</sup> grade



## Supporting Materials

Found here:

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





# 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**  
Interim Chancellor,  
California Community  
Colleges



**Faith Hill,**  
Singer  
Attended Hinds  
Community  
College



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



**Simone Biles,**  
Olympic Gold  
Medalist,  
Attending  
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

Education Level	Median Annual Salary
High school Diploma	\$40,500
Associate Degree (2-year degree)	\$50,100
Bachelor's Degree (4-year degree)	\$65,400

**Education Pays Off**

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

Source: College Board, "Education Pays 2019"

## 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://kids-alliance.org/programs/education/educational-equity/high-school-enrollment-graduation-rights/>



### 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!

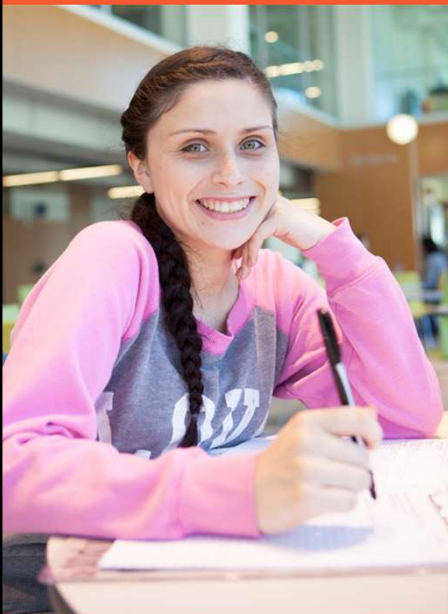


### Scenario #3

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**

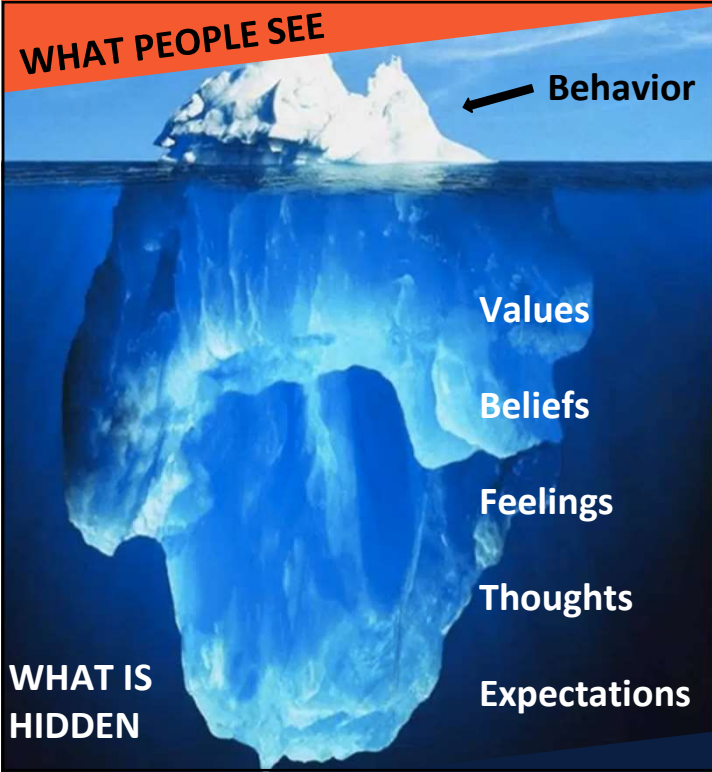
**Emotional Numbing**

**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**



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](http://www.implicit.harvard.edu)

**The Invisible Backpack**

“I don’t want to go to college”

I’m not rich enough.

I can’t trust anyone.

No one cares about me or my future.

I’m stupid.

No one will understand me.

I’m not good enough.

I’m scared.

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



**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

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## 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.

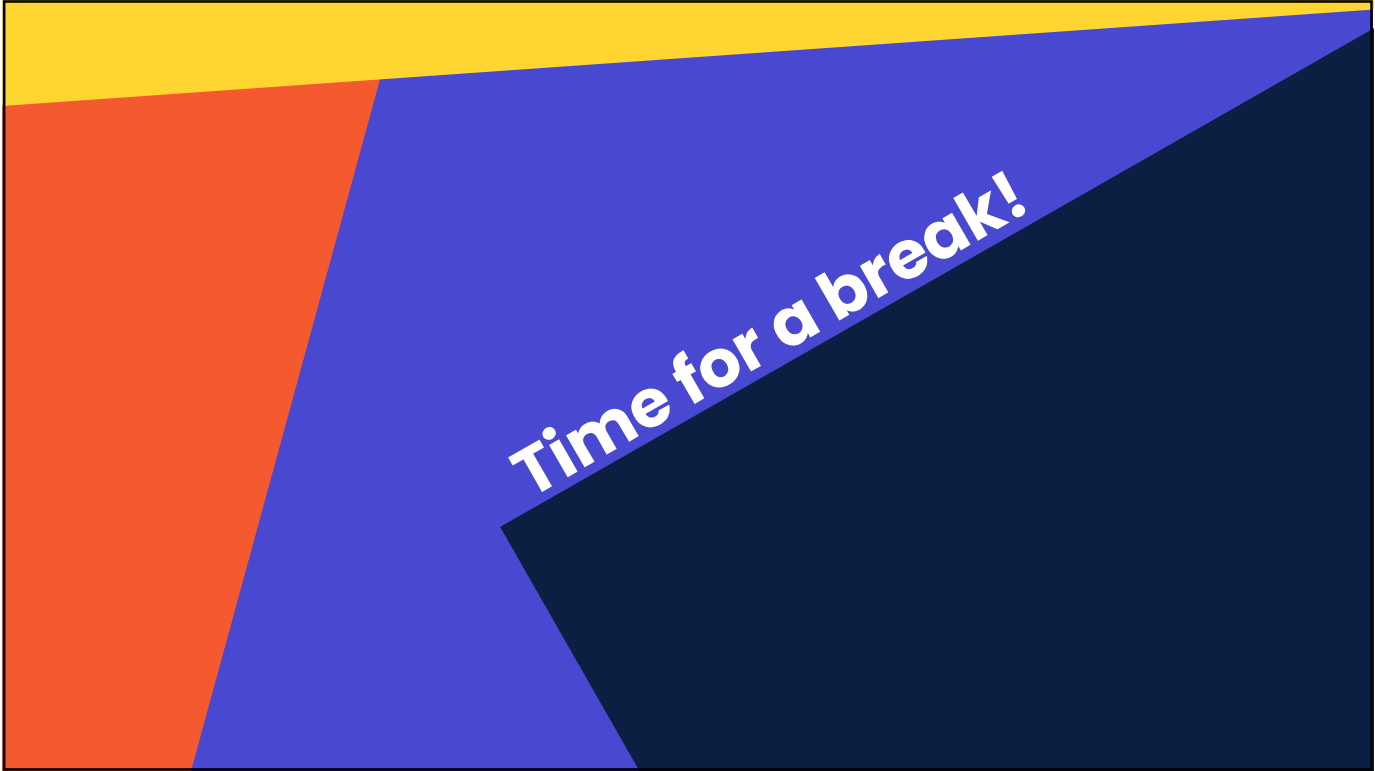


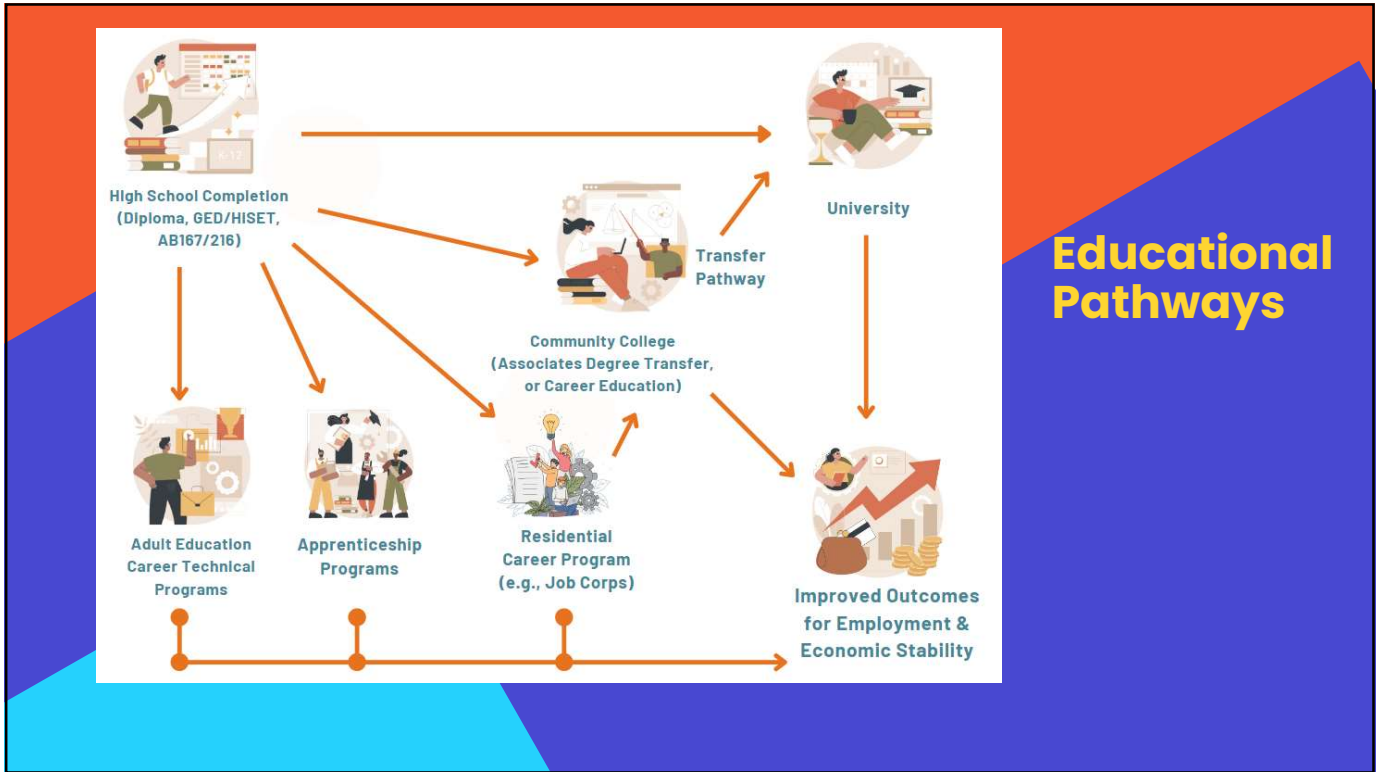
## Student Voices

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





## Difference Across Colleges and Universities

	University of California (UC) or California State University (CSU)	Private University	Out-of-State Universities	California Community College (CCC)
<b>Admissions Requirements</b>	<b>Selective admissions:</b> <ul style="list-style-type: none"> <li>- A-G Requirements</li> <li>- Academic GPA</li> <li>- Personal Statement (UC Only)</li> <li>- SAT/ACT no longer required</li> </ul>	<b>Selective admissions:</b> <ul style="list-style-type: none"> <li>- A-G Requirements</li> <li>- Academic GPA</li> <li>- Personal Statement</li> <li>- May require SAT/ACT</li> <li>- May request Letters of Recommendation</li> </ul>	<b>Selective admissions:</b> <ul style="list-style-type: none"> <li>- A-G Requirements</li> <li>- Academic GPA</li> <li>- May request a Personal Statement</li> <li>- May require SAT/ACT</li> <li>- May request Letters of Recommendation</li> </ul>	<b>Open access colleges:</b> <ul style="list-style-type: none"> <li>- HS Diploma not required</li> <li>- No minimum GPA</li> <li>- No personal statement</li> <li>- No SAT/ACT required</li> </ul>

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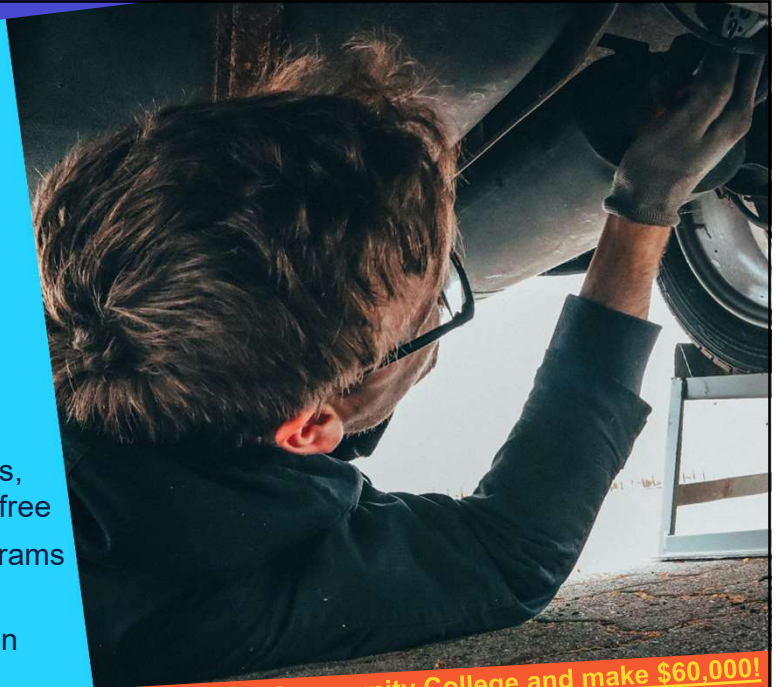
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Degrees Offered	<ul style="list-style-type: none"> <li>- <b>Bachelors (Arts or Sciences)</b></li> <li>- <b>Masters</b></li> <li>- <b>Doctorate</b></li> </ul>	<ul style="list-style-type: none"> <li>- <b>Bachelors (Arts or Sciences)</b></li> <li>- <b>Masters</b></li> <li>- <b>Doctorate</b></li> </ul>	<ul style="list-style-type: none"> <li>- <b>Bachelors (Arts or Sciences)</b></li> <li>- <b>Masters</b></li> <li>- <b>Doctorate</b></li> </ul>	<ul style="list-style-type: none"> <li>- <b>Certificate</b></li> <li>- <b>Associate of Arts, Science or Applied Science</b></li> <li>- <b>Associate Degree for Transfer (ADT)</b></li> <li>- <b><a href="#">17 bachelor programs</a></b></li> </ul>

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## Career & Technical Education (CTE)

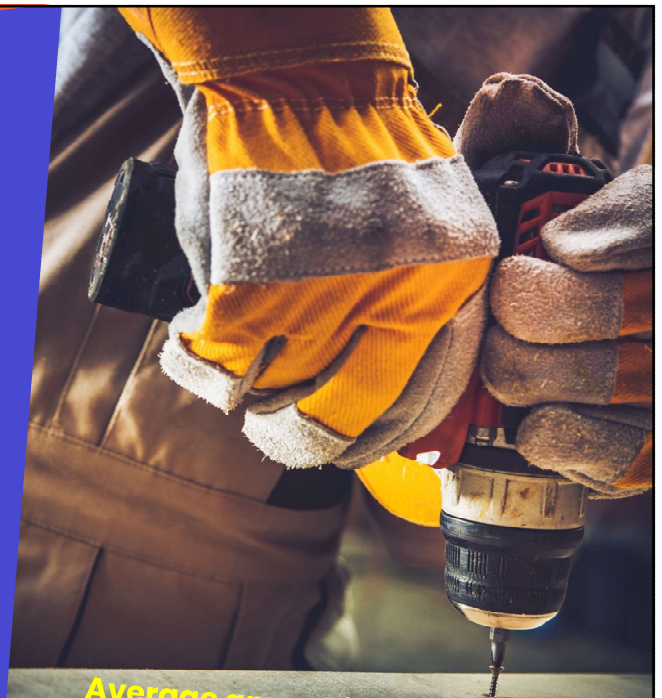
- Can be shorter programs (ex: 12 - 18 months)
- High-quality, career-focused programs leading to good-paying jobs
- Financial aid is available
- Many are offered at community colleges, which foster youth can often attend for free
- Adult Education Career Technical programs offer range of options
- Job Corps is a free residential education and job training program



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

## Apprenticeship Programs

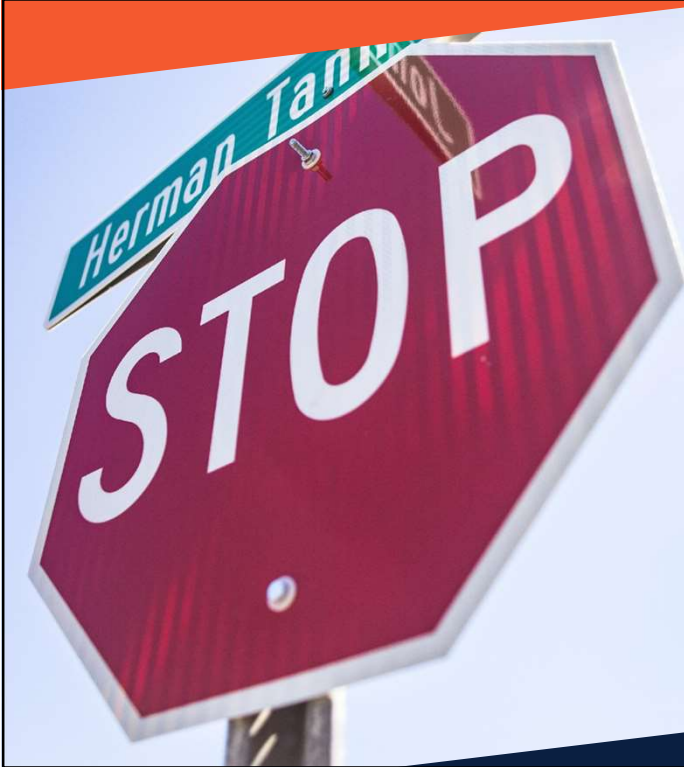
- 91% of apprentices retain employment after completing the apprenticeship
- Students earn an income while learning a trade
- Participants receive industry recognized credentials and can work towards a degree
- Students connect with mentors in a chosen industry
- Some programs may require an aptitude test and most require English proficiency



Average annual income is \$50,000!

Learn more about apprenticeship programs by visiting:  
[www.dir.ca.gov/das/das.html](http://www.dir.ca.gov/das/das.html)





**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?

### Opportunity Youth Collaborative

- Youth Career Guide & Caregiver Companion Guide

### Career Activities:

- [www.cccmypath.org](http://www.cccmypath.org)
- [www.myplan.org](http://www.myplan.org)
- [www.cacareerzone.org](http://www.cacareerzone.org)
- [www.gladeo.org](http://www.gladeo.org)

California CareerZone  
powered by Headed2>

You are not signed in: [Sign In](#)

Explore ▾ Decide ▾ Grow ▾

## What's your plan?

**Discover Possibilities**

**Explore Industry Sectors**

**Your Career Hub**

## 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](http://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/](http://www.cacareerzone.org/budget/)

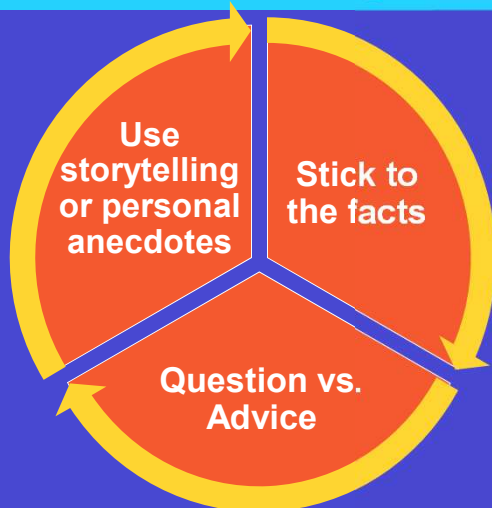
Customize your lifestyle to determine how much you will need to earn based on your preferences.



[salarysurfer.cccco.edu](http://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



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**Education Planning Milestones**  
Helping foster youth chart a course to their college pathway.

## Foster Youth Postsecondary Planning Guide

- Use the **Foster Youth Postsecondary Planning Guide** for step-by-step information on how to prepare and apply to college



Available at: [www.jbay.org/resources/ed-planning-guide/](http://www.jbay.org/resources/ed-planning-guide/)

## Helpful Tip!

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

## Educational Planning Milestones: Grade 6–8

See FY Postsecondary  
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

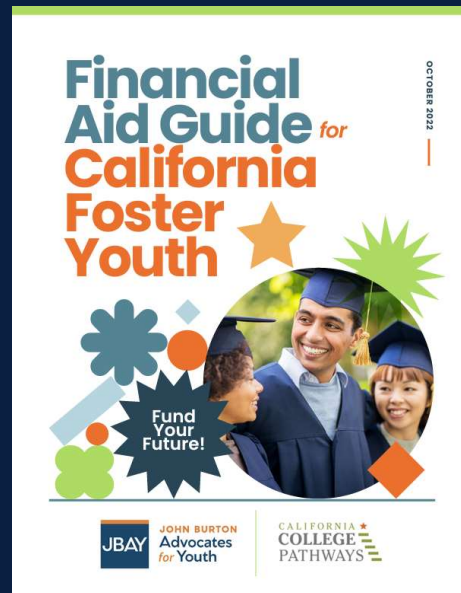
Maintain regular attendance

Seek tutoring as needed

Build career awareness through extracurriculars, electives and more!

### Financial Aid Guide for California Foster Youth

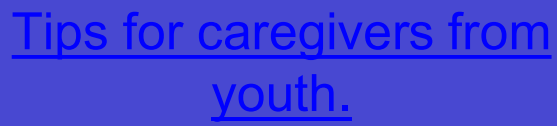
- Use the **Financial Aid Guide** for step-by-step information on completing the financial aid applications, what to do after they apply to ensure maximum financial aid awards, and how to stay in good standing and keep getting financial assistance for school
- Scholarship Resource for California's Current and Former Foster Youth is available to help identify scholarship opportunities



Available at: [www.jbay.org/resources/financial-aid-guide/](http://www.jbay.org/resources/financial-aid-guide/)



**Student  
Voices**



Tips for caregivers from  
youth.



**Help is Available for Caregivers**



## Supplemental Resources

- Educational Planning Supports and Resources
  - K-12 Education Supports
  - Child Welfare Resources
  - Community College Benefits
  - CSU/UC Programs and Benefits

## 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://ca.collegepathways.org>  
 CALIFORNIA COLLEGE PATHWAYS  
 College Planning Financial Aid Campus Support Programs Resources About Find Support

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.collegepathways.org](http://www.collegepathways.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!**

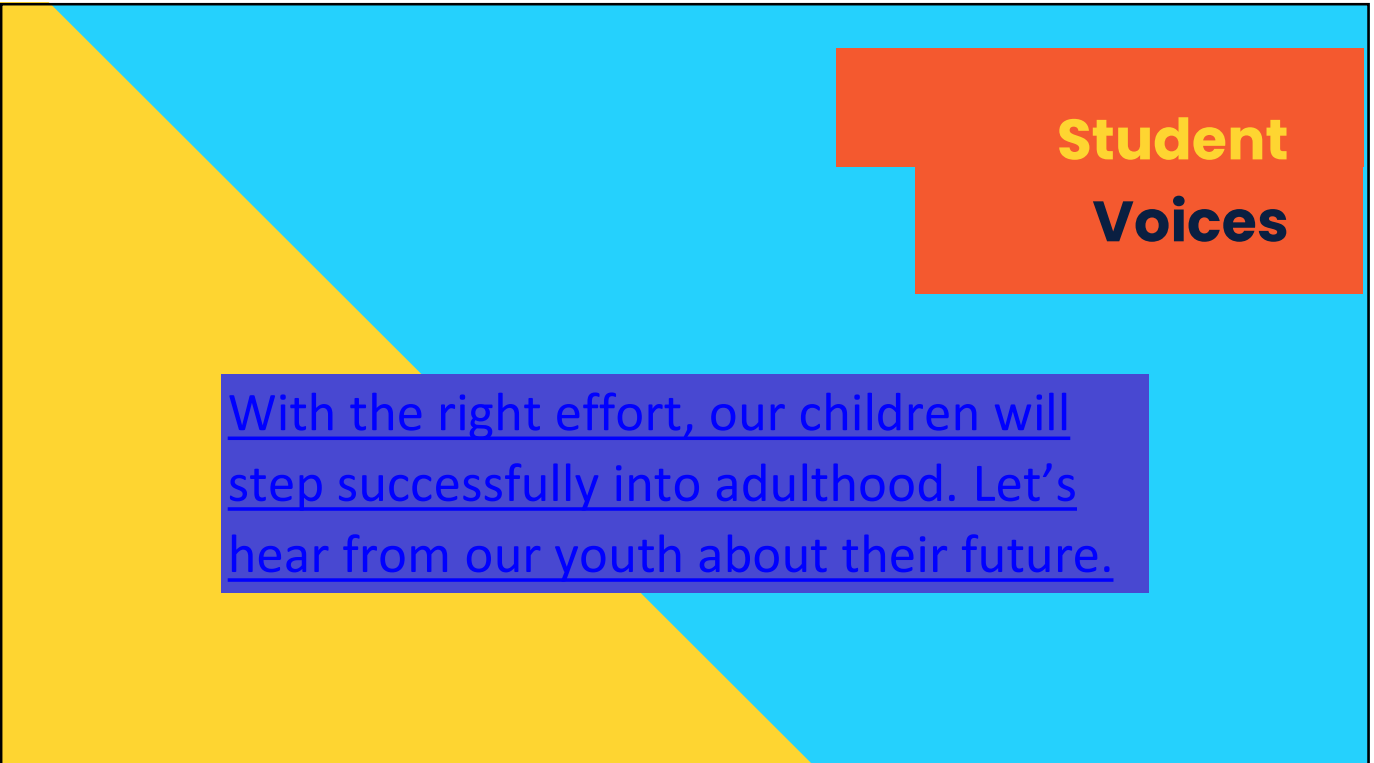


**Let's  
Practice**

**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!**

