



MENTORING THIS MONTH

FEBRUARY 2024
VOLUME 2, ISSUE 2

February

January flew by, and now we're "leaping" into February! For all of our mentors and mentees who have an official day to celebrate your born day every four years, we say Happy Birthday to you on 2/29/24. Live it up, enjoy your day, and "party like it's 1999!" And, if you need another reason to "jump for joy," it appears that Punxsutawney Phil didn't see his shadow earlier this month and is predicting an early spring.

We have yet to breathe a sigh of relief with the FAFSA. So, with that said, please see the news section on the latest updates, twists and turns. In this issue, you will find information on mentoring, student mental health (in time for the Q3 Mentor Roundtable), and career exploration. In addition, see the article below that was originally published in the 1/21/24 *Dayton Daily News* edition.

MONTGOMERY COUNTY ESC

Students can use YouScience data, Sinclair resources to find career paths

Have you ever thought about your future self and wondered about how to best find your career "sweet spot" where your interests, values, and skills align? Finding your career sweet spot can lead to great job satisfaction, fulfillment, and success.

Bringing awareness of your aptitudes and interests as you begin your career path is essential. YouScience is an assessment created with a series of brain games that show your natural-born skills, and when combined with your career interests will be a tool used to create career pathways.

We are all unique and our aptitudes explain how our brain is wired. It highlights each student's skills and assets and how these can be applied to the best careers for the student. Once

the students see this personalized and meaningful data, it flips the switch on which courses to take or job shadowing opportunities they should take advantage of moving forward.

Using data to drive career decisions

Using the YouScience data, we are also able to identify the top aptitudes and interests of our high school students in select careers in the Dayton area. Using the data from July to December of 2023, our students currently have the highest aptitudes in advanced manufacturing, agriculture & natural resources and health science. On the flip side, our students have top interests in arts & media, human services and teaching.

The challenge now is to

use this data to provide opportunities for our students through job shadowing, apprenticeships, career development coursework and adjust our existing curricular offerings to reflect the students' needs.

For students and families across the region, the array of options can be overwhelming and leave one feeling unsure of which opportunity would be best for their future self. The truth is that there is not a one-size-fits-all approach to finding your path. However, knowing what is available empowers students to take the next step that is best aligned to their aptitudes and interests.

Sinclair programs leveraging cost savings

Sinclair College provides

students opportunities to take their next step in many areas. Students may take College Credit Plus courses and/or earn certificates (there are over 200 available!) that can empower them to begin working in their field while continuing towards a more advanced degree.

Students who earn 24 college credits (CCP or Advanced Placement) while in high school and maintain a 2.5 GPA, may be eligible for the Free to Finish Scholarship where they are able to complete an associates degree at Sinclair for free.

For those who obtain certification in their desired field, they can often obtain employment where career advancement opportunities and incentives exist. The state is currently providing scholarships for a variety of certificate programs.

Sinclair also partners with healthcare providers, for example the Premier Academy offers individuals opportunities to receive free schooling in high-demand roles to advance their career within the Premier Health system. Sinclair also offers apprenticeship programs for skilled trades.

Powerful partnerships

Additionally, Sinclair has numerous transfer agreements with various universities across the state, which provide assurance that the classes taken at Sinclair will transfer to another university. The UD/Sinclair Academy and Wright Path program are just two examples of these formalized partnerships which provide guid-

ance, support, and tremendous cost savings to students.

Sinclair has university transfer advising/support available to help students plan and successfully transfer. Students can also use the Ohio Transfer 36 in order to see which classes will transfer to all public universities in the state of Ohio. For specific guidance, it is advised that students meet with a Sinclair advisor to map out a plan that aligns to their needs and goals.

How to learn more

For more information, contact Katie Grothaus, Career Navigation Specialist, katie.grothaus@mcsec.org or Ashley Overman, College Access Coordinator, ashley.overman@mcsec.org

FEBRUARY

DISCUSSION TOPICS

- If you could have one superpower, what would it be? How would you use it?
- What is the best thing about school?
- In what ways are you generous? Could you be more generous?
- What do you worry about the most and why?

(*Sources for some questions: Family Talk game and Dayton Children's On Our Sleeves® conversation starter cards.*)

For more information about the On Our Sleeves® initiative, visit:

- <https://www.onoursleeves.org/>
- <https://www.onoursleeves.org/mental-wellness-tools-guides/conversation-starters>
- <https://www.childrensdayton.org/onoursleeves>



- **All-Class Mentors:** The next Q3 Mentor Roundtable is on Monday, 2/19/23 at 3 p.m. via Zoom: <https://us02web.zoom.us/j/89490917988?pwd=ZkZSMWtUjlvSWRlNmZJNi9tcll0dz09> (Meeting ID: 894 9091 7988; Passcode: 024786). You don't want to miss it, as there will be a special guest. We look forward to "seeing" you there!
- **All-Class Mentors:** In the Spring, we hope to schedule some more fun and fellowship with mentees and mentors as a group during the lunch period at the schools. Be on the lookout for additional details by mid-March.
- **All-Class Mentors:** We're in the process of selecting 55 mentees for our 14th cohort! If you know anyone who may be interested in becoming a mentor, please connect them with Patrick. Also, if you have a graduating senior and would like to extend your time as a mentor, let Patrick know. We would love to keep you on board!
- **Junior, Sophomore, and Freshman Mentors:** In the coming weeks and months, students will begin scheduling their courses for the 2024-2025 school year. Please chat with your mentee about the courses in which they plan to enroll and encourage them to connect with their guidance counselor about this process as soon as possible.
- **Junior Mentors:** Remember The College Promise Scholar Night on Thursday, 2/22/24 from 5:30 p.m. to 7:00 p.m. in UD's Kennedy Union Ballroom. Correspondence with more details was sent to students and their families. All mentees are expected to attend so that they can meet and interact with our college partners. Families and mentors are invited to attend as well.
- **Junior Mentors:** Miami University's Day of Champions will be Saturday, 2/24/24. **Please note that the registration deadline is Monday, 2/12/24.** Find more information and the Student Registration link here: <https://admission.miamioh.edu/portal/dayofchampions>.

Did You Know?

February Fun Facts and Dates to Remember



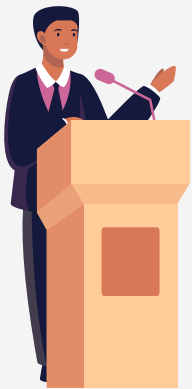
Of course we celebrate Black History Month, Mardi Gras, Valentine's Day, and Presidents' Day in February, but there are more interesting dates too! Here are some other ways to commemorate:

- Random Acts of Kindness Day, 2/17/24
- National Cherry Pie Day, 2/20/24
- National Tortilla Chip Day, 2/24/24
- National Tooth Fairy Day, 2/28/24



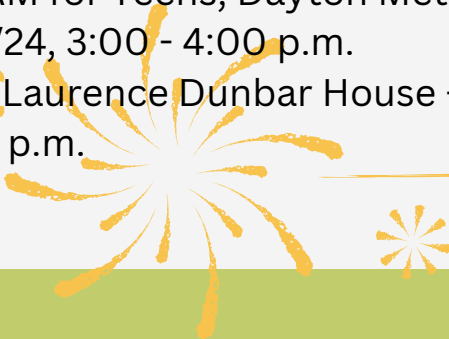
OUTSIDE OF SCHOOL...

Below, please find some suggested ideas for activities to do with your mentee in the coming weeks. These links provide a more comprehensive listing:



- <https://www.daytonlocal.com/things-to-do.asp>
- <https://www.dayton.com/events/#/>
- <https://downtowndayton.org/things-to-do/>
- <https://www.daytoncvb.com/things-to-do/>
- <https://dayton937.com/>
- <https://dayton.bibliocommons.com/v2/events>
- <https://www.metroparks.org/programs-events-finder/>

- MetroParks Ice Rink -- Now through 3/1/24
- Skateworld of Vandalia or Skateworld of Kettering -- Ongoing
- Edward A. Dixon Gallery (downtown Dayton) is hosting the African American Visual Artists Guild's latest traveling exhibition, "What's New?" -- Now through 3/3/24
- Teen Cuisine, Dayton Metro Library Trotwood Branch -- 2/20/24, 3:30 p.m. - 5:00 p.m.
- STEAM for Teens, Dayton Metro Library Main Library -- 2/22/24, 3:00 - 4:00 p.m.
- Paul Laurence Dunbar House -- Fridays - Sundays, 10 a.m. - 4:00 p.m.



FAFSA Updates

- <https://www.npr.org/2024/01/23/1226406495/families-colleges-remain-limbo-education-department-promises-fix-fafsa-mistake>
- <https://www.nbcnews.com/business/personal-finance/fafsa-financial-aid-new-delays-processing-error-corrections-rcna136408>

Mentoring

- <https://www.psychologytoday.com/us/blog/the-moment-youth/201906/why-all-teenagers-need-non-parent-mentors>

Youth Mental Health

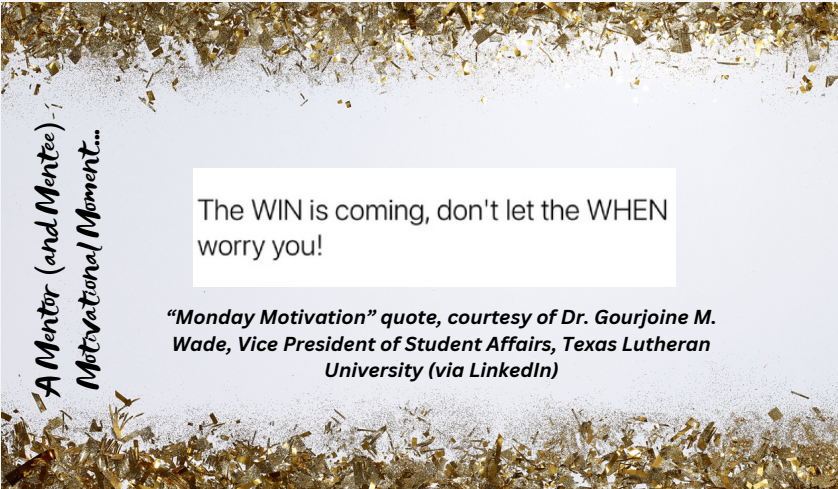
- <https://hechingerreport.org/opinion-our-college-students-are-struggling-emotionally-we-need-to-understand-how-to-help-them/>
- https://www.diverseeducation.com/health/article/15663142/survey-students-cite-mental-health-concerns-and-anxieties-as-possible-deterrents-for-college?utm_campaign=DIV24+DAILY+JAN.+29++-+FEB.+2+FINAL&utm_medium=email&utm_source=Eloqua

Career Exploration

- <https://workingnation.com/opinion-when-we-fail-to-talk-about-career-exploration-in-schools-students-pay-the-price/>

Podcasts

- *Application to Admission* episode 39, “Parenting & College Admissions: What You Need to Know with Lisa Heffernan” -- https://castbox.fm/episode/Episode-39--Parenting-and-College-Admissions%3A-What-You-Need-to-Know-Now-with-Lisa-Heffernan-id5064078-id663103820?utm_campaign=a_share_ep&utm_medium=dlink&utm_source=a_share&country=us
OR <https://castbox.fm/vb/663103820>



The WIN is coming, don't let the WHEN worry you!

“Monday Motivation” quote, courtesy of Dr. Gourjoine M. Wade, Vice President of Student Affairs, Texas Lutheran University (via LinkedIn)



- <https://sites.google.com/mcesc.org/college-access/home>
- <https://grownandflown.com/>