

YWCA Girl

YWCA Delaware

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eliminating racism
empowering women **ywca**

YWCA Girl, a **four Year** College and Career Preparation Program for high school students, empowers young people to reach for their future with confidence and purpose. Participants create action plans to achieve educational and career goals and combine them with Individual Success Plans to track progress, acknowledge weaknesses and remediate those weaknesses before they become deficits. Through a strong working relationship with the school, YWCA advisors consult with the youth on scheduling, organization, accessing resources and planning their path. YWCA Delaware believes that all youth have the right to confidence, self-reliance and respect. Our program's focus is to build increased self-esteem, confidence, leadership and direction. Through small group and individual meetings, the girls are led through a series of workshops focused on increasing skills, gaining access to help and understanding how their academic studies will impact their future success. Through career exploration and interaction with college students and career professionals the girls gain an understanding of what is needed to succeed post high school and how to obtain those prerequisites. In addition our program aids students in accessing finance and scholarship opportunities, choosing a college, building networking opportunities and preparing them for a career, college or trade school that provides a foundation for personal satisfaction, financial security and economic stability for a successful future.

In Delaware, the data show that students of color, those from low-income backgrounds and students with special needs and English language learners have significantly higher remediation rates than their peers. These are our girls. YWCA Girl meets girls where they are and helps them become empowered to push their own boundaries and find success. We traditionally serve students from underrepresented backgrounds and low socio-economic levels. Our outcomes track trends from sense of purpose, a positive view of the future, to the number of college and scholarship applications completed.

Recommendation number 1 from the College Success Report addresses the need for targeted interventions before a student fails to meet 11th. grade benchmarks. The YWCA Girl program allows a student to become part of a high expectation, goal driven, success oriented group as a freshman. That focus encourages cooperation, self-reflection and the willingness to address academic and social needs as they arise, not after they have grown to the point, in 11th. grade, where they feel insurmountable.

YWCA Girl is a support system for the youth as she meets both challenge and success. This addresses Recommendation number 4; the need for equitable and accessible access to college and career preparation and success. The YWCA Youth Advisor is another voice and ear. Another adult who knows the guidelines and benchmarks for college readiness. Another person who not only believes the young woman can succeed, but is able to help her build her toolbox of success strategies that will see her through and beyond that success.

YWCA Girl sessions happen during the school day and/or after school. Led by YWCA Youth advisors, the groups consist of work sessions, panel discussions, college visits, mentoring experiences and guest speakers. Advisors meet with the girls to discuss and map out plans for increased success in academics, fewer behaviors write ups and less absenteeism. Youth are often not aware or equipped to access the number of resources available in their own school. YWCA Advisors help build those bridges between what the girls need and what they receive.

High School does not happen in a vacuum. YWCA Girl helps youth form the components of their life into a positive track for their future, success driven and empowered.



Monthly Workshops: Interactive sessions complemented by panel discussions, group activities and individualized tasks.

One on One Sessions: Guided by the individual success Plan developed by each student and Academic requirements.

Search Institute's 40 Developmental Assets: Correlation drives student growth and knowledge of external supports and internal strengths.

4 year Curriculum: Correlated with school and district as well as individual needs

National College Access Network's 6 Areas of Best Practice:

1. Academic Preparation and Enrichment
2. College Admissions Advising, Awareness, Support, Experience and Materials
3. Financial Aid Advising, Awareness, Support, Assistance and Materials
4. Personal Growth and Development
5. College Enrollment, Success and Retention Efforts
6. College Access Program Administration and Support