



## SOFY Curriculum, Career Coaching and Community:

Supporting Our Foster Youth and Alumni to Be the Change.



Welcome to Supporting Our Foster Youth (SOFY)! This program is for Foster Youth and Alumni on your campus or in your organization/agency. We support foster youth and alumni successes and provide SOFY tools to develop strategies for young adults in/from foster care interested

in pursuing post-secondary educational goals (University/College/Vocational/Apprenticeship, etc.). Fostering Change Network Foundation (FCN Foundation) developed and facilitated a successful pilot during the Summer of 2019 and we are ready to launch the program on your campus or at your organization/agency.

### SOFY Q & A

#### **What is the SOFY Mission?**

Foster Youth and Alumni of Foster Care (FY) access a comprehensive support system to achieve their goals.

#### **What makes SOFY unique?**

We have a proven model that combines curriculum, coaching and community development to support student success. We strongly anticipate increased retention, persistence and graduation rates for foster youth and alumni attending college and other traditional and non-traditional education and career pathways. SOFY was established by Alumni of foster care for Alumni of foster care and young adults transitioning from foster care and specifically focuses on a path from high school to college/university/vocational school to career, through intentional relationships. In addition to the SOFY program, FCN also has capacity for training staff and mentors at your college or organization.

Become a FCN Foundation Member to receive the Membership Rates listed below:

[www.fcnfoundation.org/membership](http://www.fcnfoundation.org/membership).



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**SOFY PACKAGE A (3 months) = Non-Members: \$5,500, Members: \$4500**

Access to the SOFY Curriculum, Career Coaching and Community. In addition to monthly webinars, your students will have three opportunities to meet with a career coach, individually and be invited to join FCN's general membership, as well as, a unique online community with access to resources. (Staff training: 2 hours)

**SOFY COLLEGE PACKAGE B (6 months) = Non-Members: \$10,000, Members: \$9,000**

Access to the SOFY Curriculum, Career Coaching and Community. In addition to monthly webinars, your students will have three opportunities to meet with a career coach, individually and be invited to join FCN's general membership, as well as, a unique online community with access to resources. (Staff training: 4 hours)

**ADD-ON: SOFY MENTORING CIRCLE PROGRAM = Non-Members: \$2,500 - \$5,000,  
Members: \$1500-\$4000**

**STAND ALONE= Non-Members: \$5000, Members: \$4000**

The SOFY Mentoring Circle program includes six weeks of One-hour Mentoring Circle Meetings with young adults in/from foster care on topics that will support them in establishing and pursuing their personal, educational and professional goals. Programs are custom designed. In addition to monthly webinars, your students/clients will have three opportunities to meet with a career coach, individually and be invited to join FCN's general membership, as well as, a unique online community with access to resources.

**SOFY Quick Overview**

**Five Pillars**

1. Create **transitions** that lead to success in college and career for alumni from foster care ages 18 to 30 years old (Retention, persistence, graduation, career pathway).
2. Develop support among young people aging out of foster care and alumni of foster care and create a safe space for growth (Webinars, SLACK and in-person activities).



3. Provide enriched opportunities for **reflection** via mentoring and career coaching.
4. Provide **transformational** opportunities to alumni from foster care and their support network to enhance their professional skill set through **educational** pathways (conferences).
5. Empower alumni from foster care by integrating experiences from students' past to build opportunities for their future through **action** plans (Letter of Agreement).

### Workshops

1. How to Advocate for Yourself and Build Self-Efficacy
2. How to Network and Build Meaningful Relationships
3. How to Align Your Passion with Your Education and Career
4. How to Build Your Resiliency Through Your Strengths
5. How to Develop Financial Security and Build Your Bank Account
6. How to Practice and Balance the 8 Dimensions of Wellness and Search
7. How to Navigate Conflict and Build Bridges
8. How to Step into your Future Career (Creating your Brand)

### SOFY Expectations

Every participant will . . .

1. Access monthly video webinars and have access to the Education Coordinator
2. Join a private online community and get access to resources and presentations
3. Meet monthly with a Career Coach and complete a Letter of Agreement (LOA)
4. Become a Registered FCN Member (for the duration of the contract; 4 to 12 months)
5. Receive invitations to special FCN events, including the Annual APNC conference.
6. Be nominated to speak at the annual conference and be recognized with a certificate of completion and be eligible for up to \$500 in financial assistance for educational expenses.

### SOFY Outcomes

1. FY **Adapt** to college life (SOFY creates effective transitions)



2. FY **Access** coach, specialist and resources (SOFY commits to removing and/or alleviating barriers)
3. FY **Aspire** higher (SOFY builds confidence for optimal growth)
4. FY **Achieve** goals (SOFY connects education and career development)
5. FY **Advance** self-care (SOFY prioritizes holistic wellness)
6. FY **Acquire** skills and degrees (SOFY cultivates strengths and leadership)