



# Take Control of Your Future!

4-Week Workshops

## Independent Living Skills Workshops



### Mental Wellness

- Participants explore their mental and emotional health, identifying their starting point and building a foundation of confidence and resilience.
- They are supported in processing trauma, developing self-awareness, and setting meaningful personal goals in a safe, nurturing environment.



### Workforce Development

- By turning their experiences into motivation, participants discover their purpose and connect it to realistic, fulfilling career paths.
- Workshops on job exploration, resume building, and interview preparation equip them with the tools to succeed professionally.



### The Power of Education

- Our business bridges the gap between opportunity and accessibility by guiding participants to pursue educational and vocational training tailored to their career goals.
- Support includes assistance with school applications, financial aid navigation, and connecting them to scholarships, grants, and educational resources.



### Financial Literacy 101

- Financial literacy workshops teach budgeting, saving, understanding the cost of living, and making informed financial decisions.
- Participants learn to create sustainable financial plans for their desired lifestyles, ensuring long-term stability.



### Life Skills & Resource Navigation

- Life skills training provides the practical knowledge participants need to thrive independently, from cooking and household management to effective communication and utilizing community resources.
- They are taught to navigate systems like healthcare, transportation, and housing, empowering them to address life's challenges confidently.

## Prioritize Your Independence, Start Today!

Contact Espy at (909) 534-7064 to secure your spot in our next workshop!

### Unlock Independence and Thrive! Enroll in Our Independent Living Skills Workshops!

Prepare for the Real World

Hands-On Learning

Expert Guidance

Supportive Environment

Step Into Your Future

Master Critical Life Skills

Certificate of Completion

Don't wait—call today to enroll in our next workshop and take the first step toward independence!

Special Introductory Offer!  
In-person/Online Sessions

Originally priced at \$500, you can now enroll at a limited-time rate of just \$200!

## You have the power to embrace self-sufficiency.

(909) 449-9324 | MaryAliceServices@gmail.com | MaryAliceServices.com

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**ACTION PLAN**



**THE CAREER OPTION YOU ARE PURSUING, IS IT BASED ON THE FOLLOWING?**

- Your skills or hobbies.
- Job that is in demand.
- Highest paying job.
- The only job you qualify for and that is available.
- Something you are passionate about doing.

List your Career Option

**RESEARCH THAT JOB POSITION ONLINE TO FIND THE FOLLOWING:**

Number of years experience. (For those that have no experience, volunteer in that position)  
 Skills & Education Requirements

Certificate: \_\_\_\_\_ Degree: \_\_\_\_\_  
 (Research what schools offer those educational requirements.)

School Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

**WHAT ARE THE ADMISSION REQUIREMENTS FOR THAT SCHOOL?**

- |  |  |
|--|--|
| <p>1 If planning to go to a college or university within CA review the IGETC requirements.</p>                           | <p>3 Remember a community college (2 year college) is cheaper than a 4 year college.</p>   |
| <p>2 This form shows exactly the bare minimum classes you need in order to be accepted to the college or university.</p> | <p>4 Unless you have a scholarship, you should take your lower division requirements (1<sup>st</sup> 2 years of college courses) at a community college first before transferring to a 4 year college.</p> |

**IF YOU NEED TO PURSUE A 4 YEAR OR ABOVE DEGREE TO QUALIFY FOR THE POSITION THAT YOU WANT TO PURSUE, YOU CAN GO TO ASSIST.ORG TO FIND OUT WHAT CLASSES ARE TRANSFERRABLE.**



- Once you are on the site, select the 2 year college name (Institution).
- Then select the 4 year college (Institution) you would like to transfer to.
- Submit view agreements.
- Choose the major that you are pursuing.
- The site will then give you a list of all the lower division courses you should take within that major to pursue that degree.
- In some cases, if you do NOT know what you want to be then you should work towards your general education requirements. These classes will be found on the IGETC form. These are the basic classes you have to take regardless what major you choose.

**PARENTS OR GUARDIANS: ONCE YOU RETRIEVE THIS INFORMATION, TALK WITH YOUR CHILD'S COUNSELOR AND INFORM THEM THAT THIS IS THE EDUCATIONAL GOAL PATH YOU WANT YOUR CHILD TO TAKE.**

- Ask them what pathways will best fit your child's ed plan such as: AVID, IB, Concurrent, etc. These programs helps with a GPA boost and allow your child to earn credits towards their college degree. Depending on what you choose you maybe able to work towards more than one pathway.
- Ask them what type of requirements do they need in order to participate in these programs? Most programs are first come, first serve basis. Some schools choose students who are already in the program. Some of these programs are available in middle school! Start them off early!



# MARY ALICE SERVICES

**HERE ARE SOME FUNDING OPTIONS YOU SHOULD RESEARCH TO HELP PAY FOR YOUR EDUCATION. YOU SHOULD START APPLYING FOR THESE FUNDING OPTIONS DURING YOUR CHILD'S 11TH YEAR OF SCHOOL.**

- The Federal Grant (Financial Aid) at <https://studentaid.ed.gov>.
- The State Grant (Cal Grant) at <https://csac.ca.gov>.
- Ask the college you plan on attending if they have any other grants available such as the FSEOG Grant, TEACH Grant, Foster Youth Grant, Student Success Completion Grant, etc.
- Ask the college you plan on attending if they have programs available such as the EOP&S, CalWorks, DSP&S and other programs that offer tutoring and financial support.
- Ask the college if they offer the Federal Work Study program.
- Start writing your scholarship letter and start collecting reference letters.
- Setup an account at <https://fastweb.com> to start searching for scholarships that you may qualify for.

## CALIFORNIA KIDS INVESTMENT AND DEVELOPMENT SAVINGS PROGRAM

The State of California is proud to announce the launch of the CalKIDS. CalKIDS gives children in California a jump start on receiving up to \$1500 in savings for college or career training. For more info: [Calkids.org](http://Calkids.org)



**THE PURPOSE OF AN INDEPENDENT LIVING PLAN IS TO ASSIST YOU IN YOUR JOURNEY TOWARDS SELF-SUFFICIENCY. THE FOLLOWING ARE KEY POINTS THAT YOU SHOULD BE AWARE OF, PROVIDING GUIDANCE AS YOU NAVIGATE THE PATH TOWARDS INDEPENDENCE.**

### SELF-EMPOWERMENT

- Follower
- Employee
- Hobbies
- Motivation
- Passion
- Goals
- Obstacles
- Support Group
- Leader
- Employer
- Skills
- Inspiration
- Self-Pride
- Purpose
- Solutions
- Vision Boards

### CAREER

- Career Options
- Minimum Wage
- Education
- Cover Letter & Resume
- Job In Demand
- Temp, Part, Full-Time
- Job Experience
- Job Application
- Highest Paid Jobs
- Sick, Vacation, Personal-Time
- Criminal History
- Common Interview Questions
- Salary Range
- Grievance Procedures
- References
- Interview Clothing

### EDUCATION

- Attendance
- Grades
- School Programs
- HS Diploma/G.E.D.
- Trade School
- Certificate Programs
- Colleges & Universities
- Degrees
- Admission Process
- Registration Process
- Prerequisite Courses
- Educational Goal Plan
- Tuition & Fees
- Grants
- Student Loans
- Scholarships & Essay

### FINANCES

- Create Goals
- W-4 vs W-9 Forms
- Payroll Taxes
- Tax Write Offs
- Checking Account
- Bonus (New Account)
- Startup Balance Amt.
- Minimum Balance Amt.
- ATM Fees
- Mobile & Online Banking
- Overdraft Fees
- Balance Checkbook
- Savings Account
- Investment Account
- Value of a Dollar
- Cost of Living

### LIFE SKILLS

- Responsibility
- Accountability
- Good & Bad Habits
- Daily/Weekly Agenda
- Presentation/Laundry
- Basic Housekeeping
- Cooking/Recipes
- Shop: Coupon/Ut. Price
- Birth Certificates
- Social Security Cards
- I.D./ Driver's License
- Medical Records
- Forms of Transportation
- List of Resources
- National Hotlines
- Budget Plan

**CONTACT US FOR MORE INFO:**

**(909) 449-9324**

**MARYALICESERVICES@GMAIL.COM**



**REALISTIC CAREER GOALS: HOBBIES VS CAREER VS PASSION**



LIST 3 OF YOUR HOBBIES

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LIST 3 CAREER OPTIONS THAT YOU CAN OR WILL BE QUALIFIED FOR



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LIST 3 THINGS YOU ARE PASSIONATE ABOUT

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AFTER TAKING THE ABOVE INTO CONSIDERATION CHOOSE 3 CAREER PATHS THAT ALIGNS WITH YOUR PASSION THAT YOU WOULD LIKE TO PURSUE.

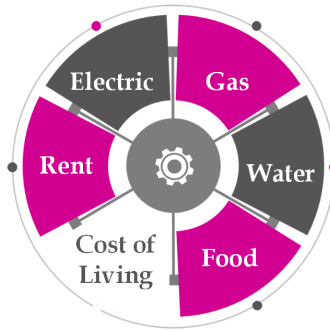


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**SPECIFIC**

- When choosing a career path, ensure it can adequately cover your cost of living in your area.
- Research the following:

1. Average Rent:
2. Avg Electric Bill:
3. Avg Gas Bill:
4. Avg Water Bill:
5. Avg Monthly Food Bill:
6. Minimum amount needed to pay for the basics monthly expenses:



This don't even include transportation costs, phone, internet, cable, entertainment nor miscellaneous costs.

**SALARIES**

- Research the starting salary for each career option that you would like to pursue.

CAREER CHOICE

SALARY



Checkpoint: Does it cover your cost of living in your area? If not, you may need to reconsider your career options.



If you decide to change your career options list it below, if not skip this section.

CAREER CHOICE

SALARY







## MEASURABLE

- College is NOT for everyone! For those that feel this way, you may just be in luck.
- Research the educational qualifications and required years of experience needed to be eligible for the career paths you are considering.



### CAREER CHOICE

### EDUCATION REQUIREMENTS

### EXPERIENCE NEEDED


Checkpoint: Everyone's circumstances are unique. Do your current circumstances allow you to gain the necessary experience and achieve the required educational goals? If not, what adjustments can you make in your life to reach them?



## ACHIEVABLE

- What Educational Facilities are within your area that you can attend to qualify for the career option that you are pursuing?
- Contact the Admissions Office for Enrollment Requirements.
- Contact the Financial Aid Office for Funding Availability.



### CAREER CHOICE

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### NAME OF EDUCATIONAL FACILITY

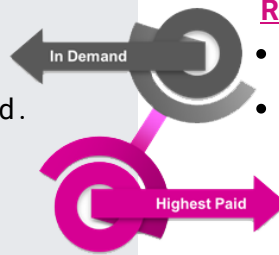
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## REALISTIC: IN DEMAND

- Jobs that are demand and in need to be filled.
- List the top 3 jobs that are in demand.


## REALISTIC: HIGHEST PAID

- Some jobs that pays the highest are not in demand.
- List the top 3 jobs that pays the most.

To search this information please go to the bls.gov (U.S. Bureau of Labor Statistics).

Checkpoint: Is the career option that you are pursuing in demand? How will you realistically get that job?

- Example: If there are current workers within a company who may qualify for the position that you are pursuing and want that position, what will you have to do to get that job? Think about substitute teachers and part-time teachers. Wouldn't they have seniority over you to get that full-time teaching position? What competitive advantage do you have to secure the career option that you are pursuing?



## TIMELY

- Create a circle of people that will help you achieve these goals. If you don't have any visit our office and meet some new people. We are here to help you along your journey towards independence.








THE POWER OF EDUCATION




**SPORTS** What are your odds of becoming a professional athlete? According to Sports Report (Please be aware that these statistics were accurate at the time this flyer was created and may have changed since then.)

 There are 1,083,617 in high school football. 72,788 are chosen to play in college. 256 are drafted to the pros and only 1 out of 4,233 are picked to play pro.

 There are 486,567 in high school baseball. 34,198 are chosen to play in college. 738 are drafted to the pros and only 1 out of 659 are picked to play pro.

 There are 541,479 in men's high school basketball. 18,697 are chosen to play in college. 46 are drafted to the pros and only 1 out of 11,771 are actually picked to play pro.

 There are 429,504 in women's high school basketball. 16,589 are chosen to play in college. 33 are drafted to the pros and only 1 out of 13,015 are actually picked to play pro.

Knowing this where does that lead you? **Plan B**. This goes back to investing in yourself so you can invest in your future. What can you do now to make sure that 10-20 years from now your worth will be more valuable?

**FIRST, LET'S TAKE A LOOK AT THE AVERAGE PAY BASED ON YOUR LEVEL OF EDUCATION.**

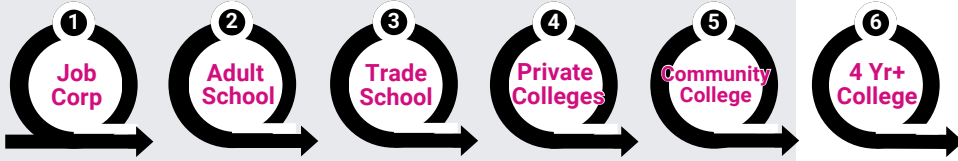
<b>GED (General Educ. Development)</b>	<b>High School Diploma</b>	<b>Certificate (Trade/Technical Program)</b>	
Average annual earnings: \$30,000 - \$35,000	Avg annual earnings: \$35,000 - \$40,000	Average annual earnings: \$40,000 - \$50,000	
<b>Associate's Degree</b>	<b>Bachelor's Degree</b>	<b>Master's Degree</b>	<b>Doctorate/Professional Degree</b>
Avg annual earnings: \$45,000 - \$55,000	Avg annual earnings: \$60,000 - \$75,000	Avg annual earnings: \$75,000 - \$90,000	Average annual earnings: \$90,000 - \$120,000+

**LIST 3 CAREER OPTIONS YOU'RE INTERESTED IN, ALONG WITH THE EDUCATION REQUIREMENTS FOR EACH**

<u>CAREER CHOICE</u>	<u>EDUCATION REQUIREMENTS</u>



## WHICH EDUCATIONAL INSTITUTION DO YOU NEED TO ATTEND TO MEET THE EDUCATION REQUIREMENTS FOR THE CAREER PATH YOU'VE CHOSEN?



Checkpoint: When pursuing higher education, there are key factors to take into consideration. Review the list below, and if you're still in school, ask your counselor for guidance. For those who are not currently in school, reach out to the admissions counselor at the institution you wish to attend for assistance.

## EDUCATIONAL EXPENSES

- Tuition and Fees
- Books and Supplies
- Transportation
- Health Insurance
- Internships
- Room and Board
- Personal Expenses
- Technology
- Application Fees
- /Fieldwork

Choosing between in-state and out-of-state options based on your residency can affect your educational expenses. Make sure to choose the path that's right for you.

## FUNDING RESOURCES FOR EDUCATION EXPENSES

Funding that do not require repayment if criteria are met.

<b>Federal Grants:</b>	• Pell	• TEACH	• Iraq and Afghanistan Service Grant	• GEAR UP
	• FSEOG	• Federal Youth	• Federal Work-Study	
<b>California Grants:</b>	• BOGFW	• DSIG	• Middle Class	• Cal-HBCU
	• Cal Grant	• Chafee	• SWD	• SSC
			• Golden State Teacher	• 1st Responders & Family

## SCHOLARSHIPS

Funds donated by organizations, foundations, or individuals to support students in their pursuit of higher education. They do not require repayment.

## LOANS

If you require extra funding after exhausting all available grants and scholarships, you can consider applying for a loan; however, be aware that it will need to be repaid. When seeking loans, please consider the following:

• Federal vs Private	• Subsidized vs Unsubsidized	• Graduate vs Undergraduate Limits	• Direct Plus	• Loans that are eligible for forgiveness programs
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## INFORMATION AND DOCUMENTS REQUIRED FOR PURSUING HIGHER EDUCATION

<b>Information</b>	• Personal Information	• Educational History	• Extracurricular Activities
	• Social Security Number	• Financial Information	
	• Family Information	• Intended Major/Field of Study	
<b>Documents</b>	• Transcripts	• Letters of Recommendation	• Scholarship Applications
	• Financial Aid Application	• Personal Statement or Essay	• Identification
	• Tax Returns	• Proof of Residency	

- Please understand that you are competing on a global scale, not just with those around you. Consider what opportunities you have that can provide you with a competitive edge in your pursuit of success.
- For those currently in school, are you aware that you can engage in multiple pathways? You have the chance to complete college courses, which can fulfill the required classes for high school graduation—essentially allowing you to accomplish two goals at once.
- Did you know that taking certain classes can also boost your GPA? Are you familiar with other programs your school offers that can give you an advantage beyond just earning your high school diploma? Be sure to ask your counselor.
- The more competitive advantages you possess, the better positioned you will be compared to others. Your education is an asset that no one can take away from you. Embrace every opportunity to learn, making yourself more marketable and setting the stage for a successful life.

