

Youth Career & College Excellence Summit

Day 2 - August 4, 2024

"Educating, Empowering, & Equipping Young Adults for Excellence"





Dr. Christie Murray

CEO Educational Excellence, Inc.
Author & College/Career Expert





Self-Excellence: Work Ethic







Housekeeping



- This event is being recorded.
- Please mute your lines to minimize disruptions.
- Use the chat or come off mute to ask questions.
- **❖** Please engagement and turn your cameras on for our guests.





Slides and Recordings Available at:

www.EdExInc.com/2024-ycces









Day 2 Agenda



Agenda Topic	Time (EST)	Speaker/Panel
Day 1 Recap	3:00 – 3:15 pm	Dr. Christie Murray, Author & CEO, Educational Excellence, Inc.
Your Voice & Vote Matters	3:15 – 4:00 pm	 Mrs. LaToya Williams, CEO and Social Justice Advocate Mrs. Andrea Bailey, Elected-Official
Money Matters for Young Adults	4:00 – 4:45 pm	Ms. Tanika Pierce, Financial Associate, Wright Time Financial LLC
Break (5 min)	4:45 – 4:50 pm	
Self Care & Mental Health Matters	4:50 – 5:35 pm	Dr. Felicia Pressley, Licensed Professional Counselor
Scholarship Winner Announcements & Closing Remarks	5:35 – 6:00 pm	Dr. Christie Murray



Day 1 Recap



Day 1

Career and College Planning Strategies I Wish Someone Had Told Me

College Funding & Scholarship Strategies I Wish Someone Had Told Me

Military ROTC Scholarship Opportunities

Apprenticeships: Earn While you Learn

Young Adulting Experiences (College & Beyond)

Closing Remarks & Scholarship Instructions

Scholarship Application by 10 pm EST



Scholarship Instructions



Application Link: www.EdExInc.com/2024-ycces

- Student Eligibility:
 - Attend both days of the summit
 - Camera on and engaged
- Complete the Scholarship Application by 10 pm EST tonight!
- Scholar Profile develop and upload (template on website)
- Photo (.jpg or .png) Upload a clear headshot photo
- Essay (250 words): "Describe an academic challenge you experienced, how you overcame the challenge, and what you learned about yourself."
- School/College verification high school (report card), college acceptance, college enrollment (admissions or verification letter)
- GPA Unofficial transcripts, report card, etc.
- "Scholarships for Scholars" FB or IG Screenshot





Application:

- Submit well ahead of the deadline.
- Allow room for question and technical difficulties.
- Reach out to get questions and issues addressed.
- Know how to get access to important documents quickly.

Scholar Profile:

- Watch formatting and grammatical issues.
- Capitalize (Name, Street Address, City, State).
- Add Years after employment, extra curricular, and community service. *Girl Scouts, Troop Leader (2023-Present)*





Scholar Profile:

- Add a more specific educational objective.
 - * To obtain a bachelors degree from an accredited college.
 - To obtain a bachelors degree in Electrical Engineering from an HBCU (or specific college, if known).
- Update your scholar profile to reflect your current status (i.e. college).
- Add certifications, if applicable.





Essay:

- Separated the applicants during scoring.
- ❖ Was your essay proofread?
- Watch grammatical errors & sentence structure.
- Answer *all* parts of the essay prompt.





Essay:

Applicants seemed to learn a lot about themselves through

challenges: Some learned...

- "...that true strength comes from facing difficulties head-on and using those experiences to help others."
- "...that comparison is the thief of joy and I simply need to run my race."
- "...that having a reliable support group to fall on in times of need...."
- "put my best effort into everything, not because I'm told to or even expected to, but because I want to."
- "...the importance of resilience and not giving up when faced with difficulties."
- "...that failure is not the end but a temporary setback."
- "...that hard work beats talent, when talent doesn't work hard."
- "...to continue to do what's best for you, don't worry what others think, ask for help when needed, and always strive for excellence."
- "...the value of persistence, adaptability, and seeking support when needed.
- "...it's not about how you start but about how you finish."

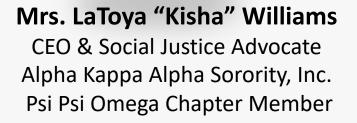


Your Voice, Your Vote Matters



Featured Guests







Mrs. Andrea Bailey
Elected Official, Potomac District Supervisor
Alpha Kappa Alpha Sorority, Inc.
Omicron Chi Omega Chapter Member



Voting is a fundamental right and a powerful way to shape the future of your community and nation. As a student, you have a voice and a responsibility to participate in the democratic process.

Importance of Voting

- **Voting Rights Evolution**: The right to vote in the United States has been significantly shaped by historical movements and legislative changes:
 - 19th Amendment (1920): Granted women the right to vote, significantly expanding the electorate.
 - Civil Rights Act (1964): Aimed to eliminate discrimination in voting and other areas, ensuring equal access to the polls.
 - **Voting Rights Act (1965)**: A landmark law that outlawed discriminatory voting practices, such as literacy tests and poll taxes, which had been used to disenfranchise African Americans and other minority groups.
 - **Recent Reforms**: Virginia has continued to expand voter access, including the implementation of no-excuse absentee voting and same-day registration, making it easier for all citizens, including young adults and college students, to participate in elections.

Steps to Ensure You Participate in the Democratic Process



Register to Vote

Make sure you are registered to vote in your home state or the state where you are studying. Each state has specific requirements and deadlines.



Stay Informed

Keep yourself updated about the candidates, policies, and issues that impact your community and the nation. Utilize reliable news sources and participate in discussions.



Plan Your Vote

Plan how you will vote, whether it's by mail, early voting, or on Election Day. If you are not in your home state, request an absentee ballot or register to vote in your new state.



Engage with Peers

Discuss the importance of voting and civic engagement with your classmates. Join or create groups that promote voter registration and education.



Exercise Your Right

Casting your vote is a powerful way to make your voice heard and advocate for the issues that matter to you, from tuition fees to national policies.

Make Your Voice Heard

Voting is a fundamental right that allows you to shape the future. Get informed, plan your vote, and engage with your peers to ensure your voice is heard.

Voting Basics For College Students and Young Adults

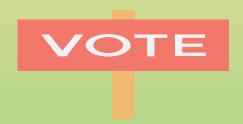


Am I Eligible to Vote?



- Be a resident of Virginia (a person who has come to Virginia for temporary purposes and intends to return to another state is not considered a resident for voting purposes).
- Be a U. S. Citizen.
- Be 18 years old (any person who is 17 years old and will be eighteen years of age at the next general election shall be permitted to register in advance and also vote in any intervening primary or special election).
- Not be registered and plan to vote in another state.
- Not currently declared mentally incompetent by a court of law.
- If convicted of a felony, your right to vote must have been restored





- Voter Registration: Must be completed by the registration deadline, typically 22 days before Election Day. Once you have submitted your registration form, you should receive an information card or other correspondence confirming your registration status. If you do not receive one, contact your local Registrar's Office to make sure that your application has been processed. Same-day registration is available; however, those registering late will vote using a provisional ballot.
- Where to Register:
 - Online Registration
 - Local voter registration office
 - State or local government offices when applying or re-certifying for Temporary Assistance for Needy Families (TÁNF), SNAP, WIC, Medicaid, or Rehabilitation Services.
 - Government offices in the State that provide State-funded programs primarily engaged in providing services to person with disabilities
 - Armed forces recruitment offices
 - Public libraries
 - Virginia Department of Elections office
 - Department of Motor Vehicles offices
 - **Voter Registration Drives**

METHODS OF VOTING



- Absentee & Mail-In Voting: Available to all voters without needing a specific reason. Request a ballot and vote by mail or online if you can't vote in person. The ballot must be received by your local general registrar no later than 12:00 PM on the third day following Election Day
- <u>Early Voting:</u> Offered from 45 days before Election Day through the Saturday before Election Day.
- <u>In Person</u> on Election Day.

WHERE TO VOTE

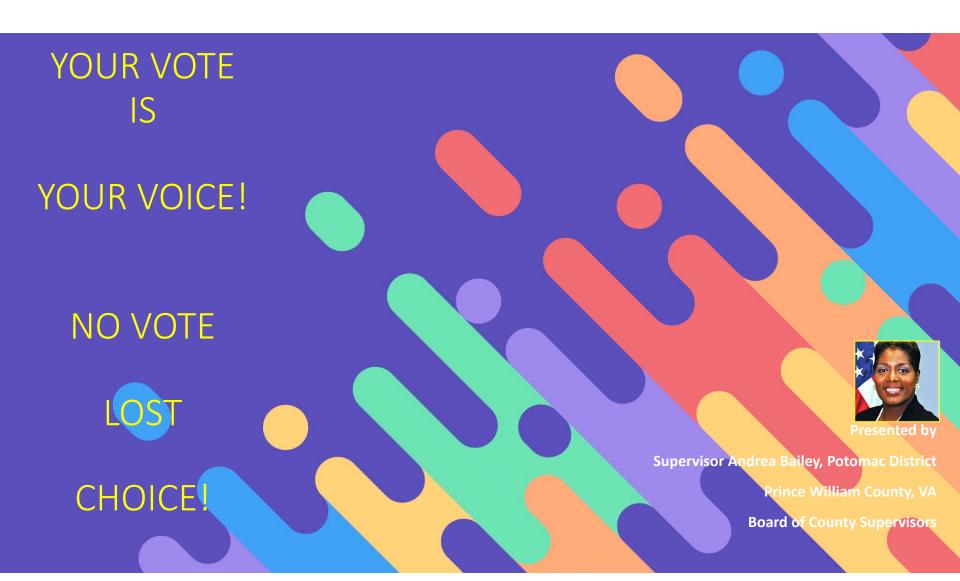


- <u>Polling Places:</u> Assigned based on your residential address. College students can vote either at their home address or register to vote using their college address.
- Voter ID Requirements: Acceptable forms of ID include a Virginia driver's license, U.S. passport, or student ID from a Virginia college or university. Virginia law requires all voters to provide either an acceptable form of ID or sign an ID Confirmation Statement at the polls. Voters arriving at the polls without an acceptable form of ID will be required to either sign an ID Confirmation Statement or vote a provisional ballot. If a voter votes a provisional ballot, they will have until noon on the Friday following the election to deliver a copy of identification to their locality's electoral board or sign an ID Confirmation Statement in order for their provisional ballot to be counted.

For more information on voting in your area...



Visit your state's Board of Elections website





It changes the world's view in our democracy!



Presented by

Supervisor Andrea Bailey, Potomac District

Prince William County, VA

It gives you an opportunity to select who will represent your voice locally, statewide, and federally!



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Supervisor Andrea Bailey, Potomac District

Prince William County, VA

It helps you to decide what policies, bills, programs, and protections are legislatively strong for ou nation!



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Supervisor Andrea Bailey, Potomac District

Prince William County, VA

It puts you, as a citizen, in the driver's seat to change the past, control the present, and build for the future!



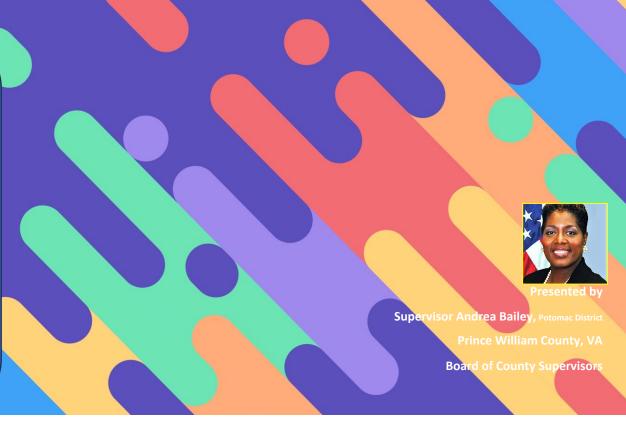
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Prince William County, VA

ALWAYS REMEMBER.....

August 6, 1965, President Lyndon B.
Johnson passed a landmark piece of legislation in the United States prohibiting any discrimination in voting. It has been ratified 5 times to expand our protections. During the civil rights era!
Currently, a stronger recognition is proposed on the voter's rights legislation named after Congressman John Lewis (civil rights icon now deceased) that restores and strengthens our protection!



It starts when you are 18, with a valid ID, as long as you are a citizen of these United States! All pieces must be legitimate!



Presented by

Supervisor Andrea Bailey, Potomac District

Prince William County, VA

You can even early vote! 2024 Presidential Election

All Early Voting Sites Available Begins: Sunday, October 13 Ends: Saturday, November 2

> www.pwcvotes.org/earlyvoting www.staffordcountyva.gov



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Supervisor Andrea Bailey, Potomac District

Prince William County, VA

You are required to do your homework on who's the best choice for your values!
WHO REPRESENTS YOU?
You are in the power seat!



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Prince William County, VA



2024 Candidates!

President of the United States
Vice President of the United
States

US Senate Candidates
US House Candidates



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Prince William County, VA

NO VOTE.... NO CHOICE.... NO VOICE!

You lose your power, your choice, your opportunities, and your voice if you do not vote!

IT'S
A RIGHT
AND
A CHOICE



Presented by

Supervisor Andrea Bailey, Potomac District

Prince William County, VA

IT'S A RIGHT AND A CHOICE!

The RIGHT...SIMPLE GO VOTEL

Your CHOICE...NECESSARVI
Be empowered to get engaged!
Have a say, YOU ARE THE FUTURE!
Your VOICE matters!



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Supervisor Andrea Bailey, Potomac District

Prince William County, VA

EMPOWER YOUR VOICE!

Virginia Board of Elections
Elections.virginia.gov

Stafford County Board of Elections Staffordcountyva.gov

Prince William County Board of Elections pwcvotes.ora

Fredericksburg Va. Office of Elections Fredericksburgva.gov



Supervisor Andrea Bailey, Potomac District

Prince William County, VA

Board of County Supervisors

www.supervisorandreabailey.com



ANDREA BAILEY

'PRIVATE' CITIZEN WITH A CHAP

WITH A VOICE AS A !!!!!

As a minority woman

As a daughter

As a wife

As a mother

As a professional

As a visionary

As a community lead

A sorority sister in the community

I MUST MAKE A CHOICE!









Money Matters for Young Adults



Ms. Tanika Pierce
Financial Associate
Wright Time Financial LLC





Why Money Matters

Importance of financial literacy

Impact of financial decisions on future goals



Financial Goals and Planning

SMART

- Specific
- Measurable
- Attainable
- Realistic
- Time-Based

Goals

- Short-Term
- Medium-Term
- Long-Term

Career Decisions

- What do you want to be/do/have?
- How will you know that you've accomplished this?
- If you really put in the effort and focus your energies, is this something you can reasonably believe you'll achieve by the deadline?
- Will achieving this help you in some meaningful way in your life?
- When do you want to achieve this?
- Does this put a "fire in your belly" (meaning, get you excited)?
- Have you set up several mini-milestones to reward yourself with plus to help with measuring results and seeing progress?

Budgeting Basics

Creating a Budget

1

Define your income sources

2

Track your expenses

3

Set financial goals (short-term and long-term)

4

Use budgeting tools/apps (e.g., Mint, YNAB)

Understanding Debt

Managing and Avoiding Debt

TYPES OF DEBT (CREDIT CARDS, STUDENT LOANS, ETC.)

INTEREST RATES AND FEES

STRATEGIES FOR PAYING OFF DEBT (SNOWBALL VS. AVALANCHE METHODS)

TIPS FOR AVOIDING UNNECESSARY DEBT

Building Your Savings

- Emergency fund
- Savings accounts vs. investment accounts
- Automating savings
- Setting up and using savings goals

Credit Scores

Understanding Your Credit Score

- What is a credit score?
- Factors affecting your score
- How to check and improve your credit score
- The impact of a good vs. bad credit score

Navigating Taxes

- Basic tax terms and concepts
- Common tax forms (W-2, 1099)
- Filing your taxes (DIY vs. using a professional)
- Deductions and credits

Resources and Tools

Useful Resources

- Financial education websites (e.g., Investopedia, NerdWallet)
- Books and podcasts on personal finance
- Financial advisors and planners

Best Budgeting Apps

https://www.forbes.com/advisor/banking/best-budgeting-

apps/#:~:text=Quicken%20Simplifi%3A,for%20Simple

%20Finances

Tanika Pierce Wright Time Financial

Home | Wright Time Financial, LLC

- ► College Savings
- Financial Planning
- Life Insurance
- **►** Annuities







Any Questions



Break (5 minutes)





Self-care & Mental Health Matters



Dr. Felicia PressleyLicensed Professional Counselor



Self-Care & Mental Health

Dr. Felicia Pressley, LPC

Pressley Counseling & Wellness, Owner

www.feliciapressley.com

703-539-2313 office

Introduction Mental Health Self- Care

What Is Mental Health?

What is mental health? Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

What Is Self-Care?

Self-care is the act of consciously taking care of your health, particularly your mental health. It involves activities that ensure physical, mental, and emotional well-being.

Research by The American Psychological Association suggests that engaging in self-care activities like mindfulness, physical exercise, and healthy eating habits can reduce stress, improve mood, and enhance well-being.

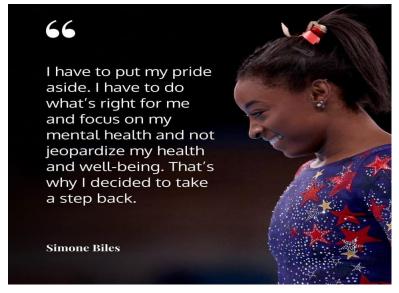
August 4, 20224





Symptoms of Stress





Symptoms of Stress

Physical

- Headaches/ Back pain
- Fatigue
- Panic attacks.
- Blurred eyesight or sore eyes.
- Sleep problems.
- Nausea
- Muscle aches
- Chest pains and high blood pressure.
- Indigestion or heartburn.

Behavioral

- Bite your nails
- Find it hard to make decisions.
- Unable to concentrate.
- Unable to remember things, or make your memory feel slower than usual.
- Constantly worry or have feelings of dread.
- Snap at people.
- Social Withdrawal/Substance Use
- Grind your teeth or clench your jaw.

Emotional

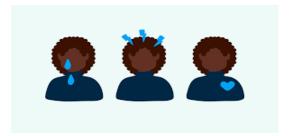
- Irritable, angry, impatient or wound up.
- Over-burdened or overwhelmed.
- Anxious, nervous or afraid.
- Like your thoughts are racing and you can't switch off.
- Loss of motivation
- Depressed/worried
- Uninterested in life/activities
- Like you've lost your sense of humor.

Mental Health in Youth

Recognize the Signs

The first step in supporting a loved one is recognizing the signs of a mental health and/or substance use crisis. These signs can vary depending on the individual and the specific crisis, but some common indicators include:

- Expressing thoughts of self-harm or suicide.
- Sudden and extreme changes in behavior or mood.
- Isolation from friends and family.
- Neglecting personal hygiene and responsibilities.
- Increased substance use or dependency.
- Disrupted sleep patterns.





Mental Health in Youth

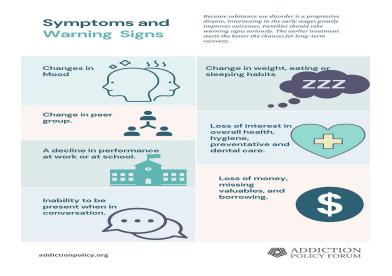
Next Steps

- Initiate a Conversation- open communication is best and BELIEVE THEM!
- DO NOT/ DON'T WAIT!!!!
 - Trusted Adult/Coach/Teacher or Mental Health Licensed Therapist
- Get the person an evaluation.
 - Hospital or Therapist
 - Substance Use Testing
- Start Treatment ASAP!

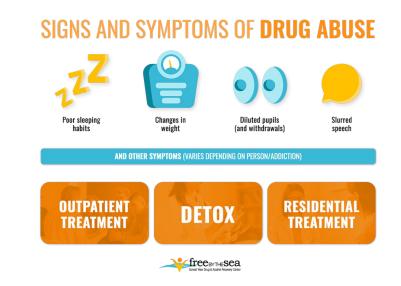


Substance Use and Mental Health

Warning Signs



Phases of Treatment



August: National Wellness Month

NATIONAL WELLNESS MONTH

- Celebrate National Wellness Month during the entire month of August. It's time to prioritize your self-care, reduce stress, and create healthier habits to feel like your best self!
- What plan will you make for this month?

Self-Care

Do you practice?

What is your monthly practice?

What is you weekly Practice?

What is your daily practice?

Is it Intentional?

Do you have boundaries on your practice?





Pressley Counseling Team



Dr. Felicia Pressley, LCPC

Owner/ Therapist



Sherie Luevano

Pre-Licensed Counselor

Questions????



Summary

Self-Care should be developed individually. Always really check in on persons who are caregiving, recently loss someone, on the anniversary of the death, significant person's birthday.

Grief affects everyone differently; depression is not just sadness. It can be anger, using substances (marijuana, etc.) to cope because of the lack of healthy coping skills.

Lastly, counseling is for healthy relationships, unhealthy/ unhappy relationships and any life transitions







Thank you

Dr. Felicia Pressley, Licensed Professional Counselor

Counselors.4you@gmail.co m

www.feliciapressley.com



Closing Remarks



Dr. Christie Murray
CEO
Educational Excellence, Inc.





Reflections

- Key Takeaways?
- What is Summit Valuable?
- Would You Encourage Others to Attend?







Our Sponsors





- Educational Excellence, Inc.
- Buffy Foundation, Inc.
- Magnus Temple No. 3, Ancient Egyptian Arabic Order Nobles Mystic Shrine of North and South America and its Jurisdictions
- Gospel Worship Experience Scholarship Program
- Ultimus IT
- Boys & Girls Clubs of Greater Washington, CoT
- Chamblis Consulting LLC
- Wright Time Financial LLC



Give-a-Way Winner Announcements





Give-A-Way 1 Hour Free Financial Consultation



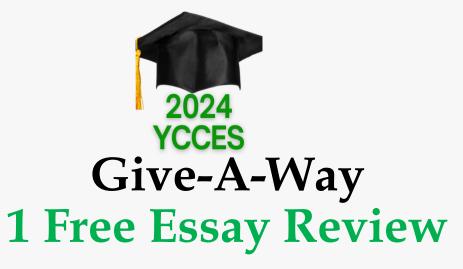
Jakayla Banks

WRIGHT TIME FINANCIAL

Jonathan Wright, CEO contactus@wrighttimefinancial.com https://www.wrighttimefinancial.com





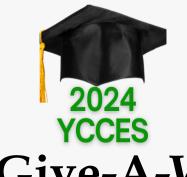




Morgan Hamilton

Dr. Christie Murray, CEO Educationalexcellenceinc@gmail.com https://www.EdExInc.com





Give-A-Way

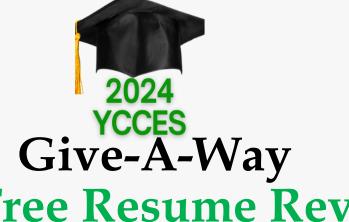
1 Free Essay Review



Dr. Christie Murray, CEO Educationalexcellenceinc@gmail.com https://www.EdExInc.com Joy Coker







1 Free Resume Review

Chamblis Consulting, Professional Resume and Career Services

Casandra Chamblis, CEO chamblisconsulting@gmail.com https://www.chamblisconsulting.com **Bethany Taullie**







Scholarship Winner Announcements





Scholarship Opportunities



Types of Scholarships

Scholarship Donor & Criteria	Donated Amount	No. of Awards
Magnus Temple No. 3 (College Freshmen, VA resident and attending a VA HBCU)	\$2,500	1
The Buffy Foundation, Inc.	\$2,000	4
Gospel Worship Scholarship Program	\$1,000	2
UltimusIT	\$500	1
Boys & Girls Clubs of Greater Washington, Center of Transformation (Rising High school senior attending a BGCGW Club, CoT Teen, funds will be sent directly to college)	\$300	1
Chamblis Consulting LLC	\$150	1
Total	\$6,450	10



Chamblis Consulting LLC Scholarship

\$150





Scholarship: Chamblis Consulting LLC - \$150



- Yazmin Goodrich
- Chesapeake, VA
- ❖ Age: 19
- College Level: Sophomore
- Pre-Nursing/Pharmacy
- Hampton University
- **❖** GPA: 3.17





Boys & Girls Clubs of Greater Washington

Center of Transformation Scholarship - \$300

Raising Global Climate Change Awareness





Scholarship: Boys & Girls Clubs of Greater Washington, CoT - \$300



- Vera Ofosuaa
- Alexandria, VA
- Murraygate Club
- ❖ Age: 17
- Grade: 12th
- West Potomac H.S.
- **❖** GPA: 3.5





Ultimus IT Scholarship \$500 (1)





Scholarship: UltimusIT- \$500



- David Wong
- Apopka, FL
- **❖** Age: 22
- College Level: Senior
- Computer Science
- Florida Polytechnic University
- **❖** GPA: 2.66





Gospel Worship Experience Scholarship \$500 (2)





Scholarship: Gospel Worship Experience - \$500



- Jayden Ryland
- Bowie, MD
- **❖** Age: 17
- Grade: 12th
- Bowie High School
- **❖** GPA: 3.78





Scholarship: Gospel Worship Experience - \$500



- Chancellor Anderson
- Upper Marlboro, MD
- **❖** Age: 16
- Grade: 12th
- Acellus Homeschool
- **❖** GPA: 4.0





The Buffy Foundation, Inc. Scholarship \$500 (4)







- Mariangely Ponce-Rivera
- Tony, AL
- ❖ Age: 17
- Grade: 12th
- Alabama School of Cybersecurity Technology & Engineering
- **❖** GPA: 4.20







- Aneyhia Stokes
- Woodbridge, VA
- ❖ Age: 17
- Grade: 12th
- Colgan High School
- **❖** GPA: 3.60







- Gabriel Cordero Arrieche
- Sarasota, FL
- ❖ Age: 18
- College Level: Freshman
- Majoring in Aerospace Engineering
- University of Central Florida
- **❖** GPA: 3.85







- Madison Prather
- Woodbridge, VA
- **❖** Age: 22
- College Level: 2- Year, Grad Student
- Masters of Education in School Counseling
- Virginia Commonwealth Univ
- **❖** GPA: 3.88





Magnus Temple No. 3 Scholarship

\$2,500 (1)





Scholarship: Magnus Temple No. 3 - \$2,500



- Jessica Coker
- Hyattsville, MD
- **❖** Age: 18
- College Freshman
- B.S. in Elementary Education
- Bowie State University
- ❖ GPA: 3.18 (H.S.)





Thank You for Attending

Slides and Recordings Available at:

www.EdExInc.com/2024-ycces



