**Sophomore and Junior**

**Workshop Schedule for 2020-2021:**

**Session I: November 21, 2020 10am-2pm**

**Reality Check/What’s Your Plan?**

Topics include: Status of Teen Latinas in Kern County, Beating the Odds, Parental Involvement, College Admissions Process, Test Prep, Career Goal Planning, Financial Aid, and Training Alternatives

**Session II: December 19, 2020 10-11:30am**

**Making Your Mark**

Topics Include: Life Skills-Etiquette and Presenting Yourself

Money Management, and Financial Fitness

**Session III: January 23, 2021 10-11:30am**

**Taking Care of Yourself**

Topics Include: Sexual Attitudes-Teen Pregnancy, STDs, Relationships

Teen Health, Eating Disorders, Diseases

**Session IV: February 27, 2021 10-11:30am**

**Getting Fit**

Topics Include: Behavioral Health-Suicide, Domestic Violence, Date Rape, Abuse

Self Defense

**Session V: March 27, 2021 10-11:30am**

**Who Are You?**

Topics Include: Her/History-The importance of knowing where you came from, Introduction to Culture, Know your Community-Trip to Cesar Chavez Retreat Center

**Session VI: April 24, 2021 10-11:30am**

**What Do You See?**

Topics Include: Media Perception, Self Esteem

Exercises

***GRADUATION*  May 12, 2021 TBD**