



SEPTEMBER 2026

The Youth Bulletin

SAN DIEGO, A CITY WHERE CHILDREN AND YOUTH THRIVE!

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Office of Child and Youth Success

The Office of Child & Youth Success (OCYS) serves as a navigation and connection point for residents seeking supportive services and programming for youth ages 24 and below.

Vision

All of San Diego's children and youth thrive, are empowered, and feel successful. They are supported by a coordinated network of City and community partners with a shared framework to provide high-impact and equitable programs, services, resources, and opportunities.

LEARN MORE



Mission

The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by ensuring access to resources, services, and high-quality programs to support positive social, health, and educational outcomes for all children and youth.

Creators

Each of our monthly newsletters are supported by Brilly Gonzalez Corea and created by OCYS interns Ayleth Cruz, Frida J Cienega, and Ruth Pineda.

Stay Connected

The Office of Child and Youth Success newsletters are carefully crafted by the talented Employ & Empower Youth interns! Subscribe and follow us on Instagram to stay current on youth resources and more!



Newsletter,
CITY OF SAN DIEGO OFFICIAL WEBSITE

What is your favorite thing about fall?

AYLETH

My favorite
thing about
fall is the
beautiful
brown
leaves

FRIDA

My favorite
thing about fall is
definitely the
weather and the
lovely feelings
that follow.

RUTH

My favorite
thing about
fall is when I
can step on
the crunchy
leaves

Where would you like to travel to in the autumn?

I would love
to travel to
Redwood
National &
State Park!

I would like to
travel to Oregon
with dear friends
at some point. I
think during the
autum would be
lovely too.

I would like to
travel to
Montana to
witness the
oranges and
yellows of the
trees!

Youth Well-Being Report

WHAT YOU WILL FIND...

The Youth Well-being Report looks at how San Diego County's young people ages 0–24 are doing.

It tracks education, economic stability, physical and mental health, safety, and more to show where our community is making progress and where more support is needed.



PROGRESS IS BEING MADE

97%

of San Diego County kids are covered by health insurance, up from 88% in 2008.

[Read more →](#)

WE FACE NEW CHALLENGES

28%

of San Diego high-school students reported poor mental health in 2023.

[Read more →](#)

AFFORDABILITY OUT OF REACH

9%

of 18- to 24-year-olds earn a self-sufficient wage — down from 20% in 2008.

[Read more →](#)

DISPARITIES PERSIST

6×

Black students (24%) attend high-poverty schools at nearly six times the rate of White students (4%) in San Diego County.

[Read more →](#)



THE NUMBERS TELL A STORY...

INTERACTIVE WEB PLATFORM

Explore the interactive Youth Well-being Report to discover trends, facts, and insights about young people across San Diego County.



What Should You Pack for College? First-Year Must-Haves

First-Year Must-Have!!!

Heading off to college this fall? Whether you're moving into a dorm or student housing, packing smart is key to starting strong. Here's a detailed list of essentials to help you settle in and feel at home from day one:

Bedding & Sleep Essentials

- Twin XL sheet set (2 sets recommended)
- Comforter or duvet
- Mattress topper (memory foam for comfort)
- 1-2 pillows + pillowcases
- Blanket or throw for naps or cold nights

Academic Supplies

- Laptop + iPad w/ Digital pen (check college recommendations)
- Charging cords & extension cable
- Notebooks, folders, and binders
- Pens, pencils, highlighters, sticky notes
- Backpack or tote bag
- USB drive or external hard drive
- Desk organizer
- Calendar/planner



Personal Hygiene & Bathroom Item

- Medicine: Dayquil, Nightquil, Mucinex, etc.
- Shower caddy (portable for shared bathrooms)
- Flip-flops or shower shoes (shower use)
- Towels (2 bath, 2 hand, 1 washcloth)
- Toothbrush, toothpaste, floss
- Shampoo, conditioner, body wash, deodorant
- Razor, shaving cream, hairbrush/comb
- Nail clippers, tweezers, personal grooming tools
- First-aid kit (band-aids, pain relievers, allergy meds)

Laundry & Cleaning Supplies

- Laundry basket or pop-up hamper
- Detergent (Powder or Sheets), fabric softener
- Disinfecting wipes, all-purpose cleaner, paper towels
- Small broom & dustpan or handheld vacuum (or check it out at front desk)

Pro Tip: Don't overpack! Dorm rooms are small, and you can always purchase things later. Start with the essentials and personalize once you settle in.

Need help or have questions about packing? Reach out to your residential advisor, academy coach, or an alumni mentor for tips!



Reality Changers prepares youth to become first-generation college graduates and agents of change in their communities.

As summer unfolds, many students look forward to relaxation, vacations, and spending time with family and friends. While taking time to recharge is important, July is also one of the most valuable months for students to prepare for a successful school year and take meaningful steps toward their college and career goals.

Comfort & Personal Touches

- Photos of family, friends, pets
- Favorite snacks or treats from home
- Reusable water bottle & travel mug
- Cozy blanket or plush for relaxing
- Small plant or decor items
- Headphones/earbuds
- Sleep mask (if you're a light sleeper)
- Raincoat, Jacket and Umbrella
- Outfit for interview (1st Impressions)

Important Documents

- Student ID, driver's license/state ID
- Insurance card (medical, dental, etc.)
- Bank info/checkbook
- Social Security Card (copy)

Room Essentials

- Desk lamp (with LED bulbs) (Included in dorm rooms)
- Power strip/surge protector (some dorms restrict extension cords) (Must be UL listed)
- Small Fan (box or tower style)
- Under-bed storage bins or drawers (Depends on bed)
- Command hooks or strips for damage-free hanging (Double check-in with campus restrictions)
- Trash can (Included in dorm room) and trash bags
- Microwave/Mini Fridge (Check with school restrictions)



Career Spotlight



According to the Occupational Outlook Handbook 2025:

Videos:

- [Social Worker](#)
- [School Guidance Counselor](#)

Calling ALL aspiring social workers, advisors, and school and career counselors!!!

2024 Median Pay
(Per Year)
(Per Hour)

Social Worker
\$61,330 per yr. | \$29.49 per hr.

School and Career Counselor
\$65,140 per yr. | \$31.32 per hr.

Typical Entry-Level Social Worker School & Career Counselor	Bachelor's & Master's Degree Master's Degree, Educational Specialist
Work Experience in Occupation	None None
On-the-job Training	Yes Yes
Number of Jobs, 2024	810,900 376,300
Job Outlook, 2024-34	6 % (Faster than average) 4 % (As fast as average)
Employment Change, 2024-34	44,700 13,300



Financial Aid & Scholarships Updates

- Deadline: Open - July 15, 2026 - September 15, 2026
[Apply](#) (Click Link to see more information and apply)

Scholarships:

- [College Scholarship program](#) | Application: Aug 19, 2027 - November 11, 2027
- [Undergraduate Transfer Scholarship](#) | Application: August 19, 2027 - Dec 9, 2027
- [Young Scholars Program](#) | Application: February 4, 2027-April 28, 2027
- [University of North Carolina Morehead-Cain Scholarship](#) | October 1, 2026
- [Georgia Tech Stamps President's Scholars Program](#) | October 15, 2026
- [Clemson University National Scholars Program](#) | October 22, 2026
- [National Space Club and Foundation](#): Deadline: October 30, 2027

Standardized Testing

- August SAT Score Release | September 4, 2026
- October SAT - [Registration Deadline](#) | September 18, 2026
- October ACT - [Registration Deadline](#) | September 11, 2026
- Oxford Admissions Tests - [Registration Deadline](#) | September 28, 2026
- September ACT Score Release | October 6, 2026

Contests and Competitions

- [Breakthrough Junior Challenge](#) [STEM] | September 15, 2026
- [Scholastic Journalism Week Poster Contest](#) [Journalism] | September 15, 2026
- [National Youth Cyber Defense Competition](#) [Computer Science] | October 1, 2026
- [National Young Arts Competition](#) [the Arts] | October 6, 2026
- [American Mathematics Competitions \(AMC\)](#) [STEM] | October 15, 2026
- [American Academy of Neurology Neuroscience Research Prize](#) [STEM] | October 21, 2026
- [JEA National Student Media Contests](#) [Journalism] | October 21, 2026

Discover

SEPTEMBER 2026 PROGRAMS

ALL PROGRAMS FREE OF CHARGE

CAREER PREP

Hire Me! Job Search Prep

Logan Heights Library
09/22/2026 | 5:00 - 6:00PM

COLLEGE PREP

Admissions 101

Pacific Highlands Ranch Library
09/01/2026 | 4:00 - 5:00PM

Navigating the College Application Process

Linda Vista Library
09/19/2026 | 1:00 - 2:00PM

FAFSA Frenzy

Balboa Library
09/19/2026 | 11:00AM - 12:00PM

Applying for Scholarships & Letters of Recommendation

Logan Heights Library
09/26/2026 | 3:00 - 4:00PM

LIFE MANAGEMENT SKILLS

Cooking For Teens

Central Library - Teen Center
09/10/2026 | 4:00 - 5:00PM

Back to School Survival: School Lunch Ideas

Pacific Highlands Ranch Library
09/10/2026 | 4:00 - 5:00PM
Paradise Hills Library
09/17/2026 | 4:30 - 5:30PM

Automotive Maintenance & Safety

Paradise Hills Library
09/15/2026 | 4:00 - 7:00PM



mysdpl.org/discoverU

These programs are funded in full or in part by the Andrew Carnegie Foundation, formerly Carnegie Corporation of New York, national Libraries as Pillars of Education and Democracy Program.



Public
Library

Andrew Carnegie
FOUNDATION

This information and program content can be made available in alternative formats upon request. For disability-related modifications or accommodations, please email Richard Cooper RACooper@sandiego.gov. For language access needs such as translation services please email Ady Huertas Ah Huertas@sandiego.gov.

ALVAREZ FAMILY SCHOLARSHIP



**Honoring the hard work and sacrifices
of our immigrant parents and families**



Open to current college students
from immigrant backgrounds



Home address must be in the
80th Assembly District



Apply by:

Sunday, September 13, 2026, at 11:59 p.m.

<https://tinyurl.com/AlvarezFamScholarship>

Let your immigrant story inspire your future!

Questions?

AlvarezFamilyScholarship@gmail.com

National Suicide Prevention Month

←.....→

The County of San Diego offers a variety of services and programs to meet people where they are and prevent and address suicide. These include resources designed for the entire community to promote mental health awareness and reduce stigma, programs tailored to groups at higher risk, and crisis response services for people with immediate needs.

Tailored Programs & Resources

Our Safe Place provides clinical and supportive services to LGBTQ+ youth up to age 21 and their families through an outpatient, community-based mental health clinic located in Hillcrest, and five drop-in centers located throughout San Diego County.

Courage to Call provides veteran peer support, community outreach, access to resources through information and referrals, and solution-focused brief counseling to Veterans, Active Duty, Reservists, National Guard, and their families.

BHS offers an array of services to meet the unique needs of children and youth, you can find more programs on the **Behavioral Health Services for Children, Youth, and Families** page. To find out if a program is offered on your campus, explore the **Live Well Schools Program Map** or reach out directly to your school or district.



For more resources in your city head over to:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/suicide_prevention_resources.html

You are not alone!

Hispanic Heritage Month

~ September 15 to October 15 ~

Hispanic Heritage Month

is a month long celebration of Hispanic & Latino Culture! we celebrate the many contributions made to the history and culture of the United States, including important advocacy work, vibrant art, popular and traditional foods, and much more!

Local Resources

- The Chicano Federation
- MANA de San Diego
- The San Diego LGBT Community Center
- Family Health Centers of San Diego
- Legal Aid Society of San Diego
- San Diego Immigrant Rights Consortium

Businesses

- **Galu** - Coffee shop in Chula Vista
- **Artlexia** - Unique Mexican gifts and home decor in North Park
- **The Sourdough Shoppe** - Bakery that makes handcrafted fresh bread in Hillcrest

see the many ways you can celebrate here in San Diego by checking out Local Resources, Small Hispanic Owned Businesses, and Events!

Events

- Barrio Logan Cultura Fest - Sunday, September 13th
- Hispanic Heritage Celebration at the Logan Heights Library - Friday, September 18th



LinkedIn 101

4 tips to get started on LinkedIn



What is LinkedIn & Why Should I Have a Profile?

LinkedIn is the world's largest professional network on the internet!

You can use LinkedIn to find the right job or internship, connect and strengthen professional relationships, and learn the skills you need to succeed in your career.



Professional Photo

Your profile picture is your first chance to make a good impression on your LinkedIn network connections!

- Pick a photo that looks like you
- Wear what you'd wear to work
- Use a high resolution photo
- Avoid distracting backgrounds
- Get someone else to take the picture for you



Headline

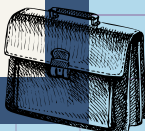
click title for examples!

Use the headline field to say a bit more about how you see your role & why you do what you do!

Work Experience

You should share any current work experience!

- aim for three bullet points about your main responsibilities you had in your role
- list any accomplishments while you were there
- brief explanation of the company



About Section

Your About section is your chance to tell your own story!

- Talk about what inspires you
- Think about what excites you most professionally
- Choose stories and words that show who you are as a person
- Ask for what you want - what do you want your audience to do after reading your summary

Click the Titles for examples!



Office of Child
and Youth Success

DO YOU NEED SERVICE HOURS?
DO YOU WANT TO SUPPORT YOUR COMMUNITY?

SEPT,
2026

VOLUNTEER OPPORTUNITIES



THE PRINCESS PROJECT \$5 Dress Fundraiser



100% of the fundraiser proceeds will go towards our free Spring Prom Dress Giveaways
Volunteer duties include: check-in, check-out, accessories, go-backs, fitting room attendant and floater.



I LOVE A CLEAN SAN DIEGO 42nd Annual Coastal Cleanup Day



Be part of the largest, international cleanup day. This year, our countywide Coastal Cleanup Day will have around 100 + locations for volunteers to choose from, inland and coastal.



SAN DIEGO PARKS & REC Community Tree Giveaway



Join the County of San Diego for a community tree giveaway at Live Oak County Park.

Volunteers duties include: event setup, check-in, tree loading, sharing tree care information, and cleanup.

Free Upcoming Events!



SDRC Resource Fair at San Diego 2026

September 26 ~ 9AM-3:30PM

San Diego Convention Center, San Diego, CA

A family-focused event to spend amongst self-advocates, community partners, and service providers to explore and discover helpful resources.

Blanket Sounds: Free Live Music, Art, & DJ Pop-Up

September 20 ~ 3PM

Waterfront Park, San Diego, CA 92101

A family-friendly outdoor event with live music, DJ Sets, free kids art activities, vendors, pop-ups, and more!



BirdStock Music Festival 2026

September 19 ~ 10AM-7PM

5509 La Jolla Blvd, San Diego, CA

An event for all ages that include 5 stages of live music, food, drinks, and various activities for all ages!

Future-Proofing Your Career

September 22 ~ 5PM-8PM

Pacific Center Sterling Bay San Diego, CA

Interactive workshop for navigating your career and the job-market. Networking dinner will also be included featuring tables from local companies, talent acquisition teams, and industry partners.



North Park Community Fair: Crafted by Hand

September 5 ~ 10AM-4PM

North Park Way (29th St. - Ray St.) San Diego, CA 92104

A hands-on community event for families to walk around outdoors and choose from various activities and crafts the catch your eye. Some booths will be held for different skill levels and ages!

****THIS IS NOT A FREE SHOW,
BUT WE ARE OFFERING PAY
WHAT YOU CAN/ SLIDING
SCALE (\$5-\$10 donation but No
Lack of Funds Turned Away)****

Sound & Out - Live Concert Series: The Mixed Bag

September 12 ~ 4PM-8PM

Soul Side Vinyl, 3535 Adams Ave. San Diego, CA 92116

An event for all ages to come together and enjoy live music, food, and amazing vendors to check out!



CITY HEIGHTS

CAREER ST.

Youth

Resource Fair



MID-CITY GYM

4302 LANDIS ST, SAN DIEGO, CA 92105

10AM-2PM

September 12, 2026



Karen Organization of San Diego



City Heights Village

PRICE
PHILANTHROPIES

Build your future today! Whether you're looking for your first job, exploring career options, planning for college, or connecting with community resources, this event is for you. Join us and take the next step toward success!

For more information, contact Eiliana Miramontes at emiramontes@saysandiego.org

HOPE & JUSTICE'S MONTHLY ART PROMPT

We're all unique with different likes, dislikes and emotions. Sometimes we may appear happy on the outside, but on the inside we're feeling lonely, anxious, or feeling self doubt. No one can see what's really going on inside our minds, but, what if we gave each other permission to take a peek?

September's prompt asks youth to reflect on who or what in your life keeps you going and reminds you to stay hopeful when you are going through a tough time.

- Entries are due by September 30, 2026
- All art forms accepted
- Open to all youth ages 12 to 25 in California
- Win up to \$300 in prizes

Get started at:

hopeandjustice.art/contest/monthly-prompt/



YOUTH CREATING CHANGE

