“Transition is an integral part of life, whether it's personal, professional, or societal. It refers to the process of change from one state to another, and it plays a crucial role in shaping our lives. Transition is important because it allows us to grow and adapt to new circumstances, challenges, and opportunities. It also helps us to leave behind old habits, patterns, and mindsets that no longer serve us, and to embrace new ones that enable us to thrive. Without transition, we would remain stagnant, and our lives would lack the excitement and fulfillment that comes from exploring new possibilities. In short, transition is essential for personal and professional development, and for creating a better world.”

Program Director: Dr. Seth Pickens, Ed. D.

Social Work Director: Dr. Ana Alvarez, DSW

Program Manager: Manuel Gomez, B.A.

A picture containing text

Description automatically generatedSocial Work Intern: Elizabeth Ortiz-McGhee, B.A.

**Purpose**

The purpose of the transition plan for realization project students is to provide a clear and structured pathway that supports their academic and employment success. This plan is designed to help students transition from their current state to their desired future state, by identifying the steps and activities required to achieve their goals.

The plan focuses on academic and employment success, as these are critical areas for the students' personal and professional development. By providing a framework for academic success, the plan aims to ensure that students have the necessary skills and knowledge to succeed in their chosen fields of study.

Similarly, the plan focuses on employment success, by providing guidance on the skills and competencies required to secure employment in their chosen fields. The plan aims to support students in developing a clear understanding of their career goals and the steps required to achieve them.

Overall, the purpose of the transition plan for realization project students is to empower them to take ownership of their academic and professional journeys. By providing a roadmap for success, the plan aims to enable students to transition from their current state to their desired future state with confidence and clarity.

A picture containing text

Description automatically generated

**Objectives**

1. Develop a clear understanding of academic and employment goals: The transition plan should aim to help students identify and define their academic and employment goals. This includes helping them to understand the skills, knowledge, and experience required to achieve their desired outcomes.
2. Identify barriers to academic and employment success: The plan should help students identify any potential barriers to academic and employment success, such as financial constraints, lack of access to resources, or personal challenges. By identifying these barriers, the plan can help to develop strategies to overcome them.
3. Create a roadmap for academic success: The plan should provide a structured roadmap for achieving academic success, including identifying the courses, programs, and resources required to meet academic goals. This can include developing study plans, accessing tutoring or mentoring, and identifying relevant internships or experiential learning opportunities.
4. Create a roadmap for employment success: The plan should provide guidance on the skills, competencies, and experiences required to secure employment in the student's chosen field. This can include developing a strong resume and cover letter, identifying relevant job opportunities, and building a professional network.
5. Provide ongoing support and guidance: The plan should include provisions for ongoing support and guidance, including regular check-ins, access to academic and career advisors, and resources for personal and professional development. This can help students to stay on track and make necessary adjustments as they progress through their academic and professional journeys.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Academic and Employment Goals:

* Please describe your academic and employment goals, including your desired outcomes and any relevant milestones.

Barriers to Success:

* What potential barriers do you anticipate to achieving your academic and employment goals? (e.g., financial constraints, lack of access to resources, personal challenges)

Roadmap for Academic Success:

* Please describe your roadmap for achieving academic success, including the courses, programs, and resources required to meet your academic goals. (e.g., study plans, tutoring or mentoring, internships or experiential learning opportunities)

Roadmap for Employment Success:

* Please describe your roadmap for achieving employment success, including the skills, competencies, and experiences required to secure employment in your chosen field. (e.g., resume and cover letter development, job search strategies, professional networking)

Support and Guidance:

* How can we best support you in achieving your academic and employment goals? (e.g., regular check-ins, access to academic and career advisors, resources for personal and professional development)

Student Information: Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Major:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Expected Graduation Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Academic History:

* Please provide a summary of your academic history, including your GPA and any relevant academic achievements.

Academic Goals:

* Please describe your academic goals, including your desired outcomes and any relevant milestones.

Academic Challenges:

* What academic challenges have you faced in the past, and how have you addressed them? (e.g., difficulty with certain subjects, time management, study skills)

Academic Support:

* How have you sought academic support in the past, and what has been helpful? (e.g., tutoring, study groups, academic counseling)

Current Course Load:

* Please provide a list of your current courses and the number of credits for each course.

Academic Plan:

* Based on your academic goals, challenges, and current course load, please describe your academic plan for the current semester, including specific actions you will take to achieve your goals.

Academic Counseling Goals:

* What are your goals for academic counseling, and how can we best support you in achieving these goals?

By filling out this academic counseling plan/form, you will help us develop a personalized plan that addresses your specific academic needs and goals. This plan will provide a structured roadmap for your academic success and enable you to achieve your desired outcomes with confidence and clarity.

**Employment History:**

Work Experience:

Current or most recent job title: : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Company/Organization Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Start date: : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

End date (if applicable): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Briefly describe your main responsibilities in your current or most recent position: [textarea]

What is your current or most recent salary : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Future Employment Goals: : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This housing questionnaire is designed to gather information about your current housing situation and needs. Your responses will be kept confidential and will be used to help connect you with appropriate housing resources and services. Please answer the questions as accurately as possible.

Personal Information:

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_\_

Gender: Male / Female / Non-binary / Prefer not to say / Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Email Address (optional): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Phone Number (optional): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred method of communication (if applicable): Phone / Email / Text / None

Current Housing Situation:

7. Are you currently experiencing homelessness? Yes / No

If yes, how long have you been homeless? Less than 1 month / 1-3 months / 3-6 months / 6-12 months / Over 1 year

What type of homelessness are you experiencing? Unsheltered (e.g., on the streets) / Sheltered (e.g., emergency shelter, transitional housing) / Temporarily staying with friends or family / Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you currently living with any dependents (children, elderly, or disabled individuals)? Yes / No

Housing Preferences and Goals:

11. What type(s) of housing are you interested in? (Check all that apply) Apartment / House / Shared living space / Single-room occupancy (SRO) / Supportive housing / Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your ideal housing location (city or neighborhood)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any specific accessibility requirements or preferences for your housing (e.g., wheelchair accessible, ground floor)? Yes / No

If yes, please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your permanent housing goal? (Check all that apply) Owning a home / Renting a home or apartment / Securing stable, long-term housing / Accessing supportive services (e.g., mental health, substance abuse) / Reconnecting with family or friends / Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you currently receiving any housing assistance or support (e.g., vouchers, case management)? Yes / No

If yes, please specify the type of assistance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Resume Guide:**

Introduction: Drafting a resume can be a daunting task, but it doesn't have to be. This quick guide will help you create a well-structured and effective resume that showcases your skills, experiences, and qualifications to potential employers. Follow these steps to draft a resume that stands out in the job market.

1. Choose a resume format: There are three main resume formats: chronological, functional, and combination. Choose the format that best highlights your strengths and experiences.

* Chronological: Emphasizes your work history and lists your experiences in reverse chronological order.
* Functional: Focuses on your skills and abilities, ideal for those with limited work experience or gaps in employment.
* Combination: Combines elements of both chronological and functional formats, highlighting your skills and work experiences.

1. Add contact information: At the top of your resume, include your name, phone number, email address, and LinkedIn profile URL (if applicable). Make sure your email address is professional and appropriate for job applications.
2. Write a resume objective or summary: This brief statement (2-3 sentences) should highlight your career goals, skills, and qualifications. A resume objective is geared towards what you want to achieve, while a resume summary is a brief overview of your relevant experiences and skills.
3. List your work experience: Include your work history in reverse chronological order, with your most recent position first. For each position, list your job title, company name, location, dates of employment, and key responsibilities or achievements. Use bullet points and action verbs (e.g., "managed," "developed") to describe your accomplishments.
4. Showcase your education: List your educational background, including degrees or certifications, the name of the institution, location, and date of completion. If you have limited work experience, you may want to include relevant coursework, academic honors, or extracurricular activities.
5. Highlight your skills: Include a separate section to list your relevant skills. These can be both hard skills (e.g., programming languages, software proficiency) and soft skills (e.g., teamwork, communication). Be specific and concise, and tailor this section to the job you're applying for.
6. Add optional sections: Depending on your background and the job you're applying for, you may want to include additional sections, such as:

* Volunteer work
* Certifications or licenses
* Awards or honors
* Professional affiliations
* Language proficiency

1. Proofread and edit: Thoroughly review your resume for grammatical errors, typos, and inconsistencies. Ask a trusted friend or mentor to review it as well. Your resume should be polished, well-written, and error-free.
2. Customize for each application: Tailor your resume to the specific job you're applying for by highlighting the skills, experiences, and qualifications most relevant to the position. This will show potential employers that you are a good fit for the role.
3. Choose an appropriate file format: Save your resume in a widely accepted file format, such as PDF or Word document (.docx). Always follow the employer's instructions regarding the preferred file format.

With these steps, you're well on your way to creating a professional and compelling resume that will grab the attention of potential employers. Remember, your resume is an opportunity to showcase your best qualities and experiences, so make it count!

**Guide to Transferring from a Community College to a CSU or UC**

Introduction: Transferring from a community college to a California State University (CSU) or University of California (UC) can be a cost-effective and strategic way to pursue higher education. This guide will help you understand the process and steps you need to take to successfully transfer to a CSU or UC institution.

**Research transfer admission requirements:**

Start by researching the specific admission requirements for the CSU or UC campuses you're interested in. Each campus may have different requirements, so it's essential to be familiar with their criteria. Consult the universities' websites and speak with academic advisors to gather accurate information.

**Complete general education requirements:**

Both CSU and UC systems have general education requirements that you'll need to complete before transferring. For CSU, these requirements are called the CSU General Education Breadth, and for UC, they're called the Intersegmental General Education Transfer Curriculum (IGETC). Completing these courses at a community college will save you time and money.

Choose a major and complete prerequisite courses:

Select a major early on and research the prerequisites for that major at the specific CSU or UC campus you plan to attend. Completing these prerequisite courses will make you a more competitive candidate for your desired major and increase your chances of acceptance.

Maintain a competitive GPA:

Both CSU and UC institutions consider your GPA when evaluating your application. Aim for a competitive GPA, ideally above a 3.0 for CSU and 3.4 for UC, to increase your chances of acceptance.

**Utilize transfer admission programs:**

The UC system offers a Transfer Admission Guarantee (TAG) for students transferring from California community colleges. TAG guarantees admission to a UC campus if you meet certain requirements. The CSU system offers Associate Degree for Transfer (ADT) programs, which guarantee admission to a CSU campus with junior standing. Research and utilize these programs to improve your chances of admission.

**Meet with academic advisors:**

Regularly meet with academic advisors at your community college to ensure you're on the right track with your courses and requirements. They can help you navigate the transfer process and provide valuable guidance on course selection and planning.

Participate in extracurricular activities:

Get involved in clubs, organizations, and volunteer work at your community college to demonstrate leadership, teamwork, and commitment. These experiences can enhance your transfer application and make you a more appealing candidate.

**Prepare your transfer application:**

Begin preparing your transfer application early, as it can be time-consuming. Gather the necessary documents (e.g., transcripts, letters of recommendation), and write a compelling personal statement that highlights your accomplishments and future goals. Be sure to submit your application before the deadline.

**Apply for financial aid:**

Research and apply for financial aid opportunities, such as grants, scholarships, and loans. Complete the Free Application for Federal Student Aid (FAFSA) or the California Dream Act Application (for eligible non-residents) to determine your financial aid eligibility.

Stay informed and submit required documents:

Once you've applied, regularly check your email and the universities' websites for updates on your application status. Submit any requested documents promptly to avoid delays in the admission process.

By following this guide and staying organized throughout the process, you can successfully transfer from a community college to a CSU or UC institution and pursue your higher education goals.

Resource List for LBCC Students: Employment Assistance and Housing Supports

Introduction: Long Beach City College (LBCC) offers various resources and support services to help students succeed academically, personally, and professionally. This resource list includes employment assistance available through Pacific Gateway and housing support services for LBCC students.

**Employment Assistance - Pacific Gateway:**

Pacific Gateway offers a variety of employment and training services for job seekers, including LBCC students. Resources include:

**Workforce Development Center:**

This center provides access to job search assistance, career counseling, and workshops to improve job-seeking skills such as resume writing and interview preparation.

Website: https://www.pacific-gateway.org/

Address: 4811 Airport Plaza Drive, Suite 120, Long Beach, CA 90815

Phone: (562) 570-3700

Youth Opportunity Center:

For students aged 16-24, the Youth Opportunity Center offers career exploration, job training, and employment assistance services.

Website: https://www.pacific-gateway.org/youth

Address: 3447 Atlantic Avenue, Long Beach, CA 90807

Phone: (562) 570-4700

**LBCC Career Services:**

LBCC's Career Services office provides job placement services, career workshops, job fairs, and employer networking events for students and alumni.

Website: https://www.lbcc.edu/career-services

Phone: (562) 938-3118 (LAC Campus) / (562) 938-3920 (PCC Campus)

Housing Supports:

**LBCC Housing Support Program:**

This program provides support to LBCC students experiencing housing insecurity or homelessness, offering resources, referrals, and assistance with finding stable housing.

Website: https://www.lbcc.edu/housing-support-program

Email: basicneeds@lbcc.edu

Phone: (562) 938-4759

**LBCC Emergency Aid Program:**

LBCC's Emergency Aid Program offers financial assistance to students in crisis, including those facing housing instability or homelessness.

Website: https://www.lbcc.edu/emergency-aid

Email: emergencyaid@lbcc.edu

**Long Beach Community Resources:**

The City of Long Beach offers various resources for individuals and families experiencing housing insecurity, including emergency shelters, transitional housing, and affordable housing programs. Visit the Long Beach Health & Human Services website to access a comprehensive list of resources.

Website: https://www.longbeach.gov/health/services/directory/homeless-services/

By utilizing these resources, LBCC students can access employment assistance through Pacific Gateway and housing support services to help them overcome challenges and achieve their academic and career goals.

Comprehensive Resource List for Community College Students in Los Angeles County

Introduction: Los Angeles County offers numerous resources and support services for community college students to help them succeed academically, personally, and professionally. This comprehensive list includes resources related to education, financial assistance, housing, mental health, and more.

**Education and Career:**

Los Angeles Community College District (LACCD):

LACCD oversees nine community colleges in Los Angeles County, providing a wide range of educational opportunities, support services, and resources for students.

Website: https://www.laccd.edu/

Phone: (213) 891-2000

Los Angeles Public Library (LAPL) - Student Zone:

LAPL's Student Zones provide a dedicated space for students, including community college students, to study and access resources such as computers, free Wi-Fi, and tutoring services.

Website: https://www.lapl.org/studentzone

Phone: (213) 228-7000

Los Angeles County Workforce Development, Aging, and Community Services (WDACS):

WDACS offers workforce development and job training programs for students and job seekers, including community college students, to help them gain valuable skills and find employment opportunities.

Website: https://wdacs.lacounty.gov/

Phone: (213) 738-2600

**Financial Assistance:**

Free Application for Federal Student Aid (FAFSA):

Community college students can apply for financial aid by completing the FAFSA to determine their eligibility for federal grants, loans, and work-study opportunities.

Website: https://studentaid.gov/h/apply-for-aid/fafsa

California College Promise Grant (formerly known as BOG Fee Waiver):

This grant waives enrollment fees for eligible California community college students who demonstrate financial need.

Website: https://www.icanaffordcollege.com/Financial-Aid/Types-of-Aid/California-College-Promise-Grant

Scholarships:

Many organizations, including community colleges and private foundations, offer scholarships for community college students. Check with your college's financial aid office and search online databases like Fastweb, Scholarships.com, and Cappex to find scholarship opportunities.

Housing and Basic Needs:

**Los Angeles County Department of Public Social Services (DPSS):**

DPSS offers various assistance programs for low-income individuals and families, including CalFresh (food assistance), General Relief (cash assistance), and housing support services.

Website: https://dpss.lacounty.gov/

Phone: (866) 613-3777

Los Angeles Homeless Services Authority (LAHSA):

LAHSA provides resources and support for individuals experiencing homelessness or housing instability, including emergency shelter, transitional housing, and rapid re-housing programs.

Website: https://www.lahsa.org/

Phone: (213) 683-3333

Los Angeles Regional Food Bank:

The food bank partners with local food pantries, soup kitchens, and shelters to provide food assistance to those in need, including community college students facing food insecurity.

Website: https://www.lafoodbank.org/

Phone: (323) 234-3030

**Mental Health and Wellness:**

Los Angeles County Department of Mental Health (DMH):

DMH offers mental health services, including crisis intervention, counseling, and referrals for community college students and other county residents.

Website: https://dmh.lacounty.gov/

Phone: (800) 854-7771 (24/7 Access Line)

Each Mind Matters:

This mental health awareness campaign offers resources, tips, and tools to help community college students and others maintain their mental well-being.

Website: https://www.eachmindmatters.org/

Campus Health and Wellness Centers:

Most community