



**CSU SACRAMENTO**  
**FIRST STAR ACADEMY**

**2024**

**IMPACT REPORT**



# ABOUT FIRST STAR CSUS ACADEMY




**California State University, Sacramento Student Academic Success and Educational Equity Programs (SASEEP)** is a multi-faceted and dynamic unit working to ensure the success of all students on campus while closing the achievement gap.


The Sacramento State First Star Academy for Foster Youth is a collaborative effort by CSU Sacramento; First Star Inc.; the Sacramento County Child, Family, Adult Services Department (DCFAS), and other local stakeholders.

**Academy Director:** Latrice Madkins

 **Email:** [first.star@csus.edu](mailto:first.star@csus.edu)

 **Phone Number:** (916) 278-8721

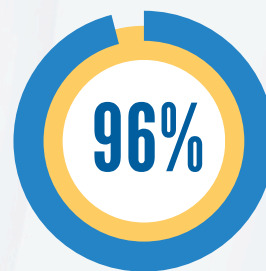
 **Website:** [www.csus.edu/student-affairs/retention-academic-success/first-star-academy.html](http://www.csus.edu/student-affairs/retention-academic-success/first-star-academy.html)

 **Instagram:** @fssacstate



## FIRST STAR MISSION

First Star provides high school youth in foster care with the opportunity, tools, and support to successfully transition to self-sufficiency through higher education or other viable pathways



**HIGH SCHOOL  
GRADUATION  
COMPLETION**

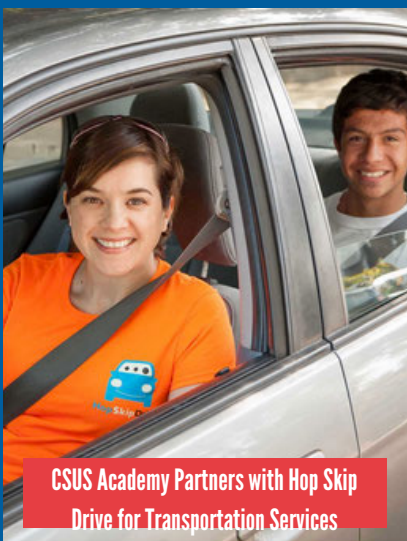
**COMPARED TO 50% NATIONALLY**



# FIRST STAR CSUS ACADEMY IN THE SPOTLIGHT



Sacramento State President Invests in Foster Youth



CSUS Academy Partners with Hop Skip Drive for Transportation Services

# THE ACADEMY MODEL

ACADEMY PROGRAMMING INCLUDES THE FOLLOWING:



### MONTHLY ACADEMIES

Monthly programming over four years for youth in foster care focused on academics and life skills while they are in high school.

### SUMMER ACADEMY

Intensive 2-4 week residential enrichment program on a university campus.

### CAREGIVER ENGAGEMENT

Seminars and workshops that provide tools to caregivers to become advocates for their youth.

### VIRTUAL ENGAGEMENT

Weekly mentoring and tutoring sessions, as well as an open environment to connect and build community through virtual hangouts.



### STEAM ACADEMY

Virtual Tech Talks and access to labs that focus on Science, Technology, Engineering, Arts, and Math.



### SCHOLAR ADVISORY COMMITTEE (SAC)

Leadership opportunity for scholars focused on becoming civically engaged and enacting change in their local communities.



### ALUMNI PROGRAM

Offered to scholars who graduate the Academy as a resource during their transition to adulthood.

# BRIGHT FUTURES AHEAD

## CELEBRATING SCHOLAR SUCCESS



### FIRST STAR ALUMNI PROGRAM

The First Star Alumni Program's goal is to remain connected and ensure Alumni have access to resources and the First Star network as they transition into adulthood, career, and advanced education.



**81%** of the 2024 graduating class enrolled in the Alumni Program

**79%** of enrolled Alumni engage with the program via resources, newsletters and events

**18%** of peer mentors are First Star Alumni

### FIRST STAR STUDENT ADVISORY COMMITTEE (SAC)

First Star encourages advocacy and engagement in social justice through the Scholar Advisory Committee (SAC). SAC is composed of current scholars from across the First Star Academy network and from the Alumni Program. SAC allows scholars to build community, freely share their ideas and opinions, and dialogue about important issues!



**80%** of SAC scholars were returners from last year

**100%** of SAC scholars stated they felt more confident taking on leadership roles.

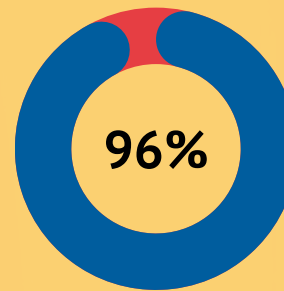
**100%** of SAC scholars stated they felt more confident in advocating for themselves



## NATIONAL FIRST STAR CLASS OF 2024

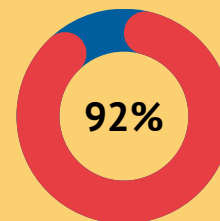


### National Graduating Class



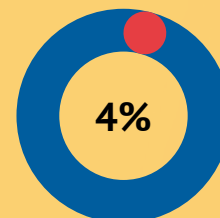
**H.S Diploma: 96%**  
**Credit Recovery: 4%**

### Post-Secondary Pathways



**4-year: 55%**  
**2-year CC: 33%**  
**Vocation/Trade School: 4%**

### Workforce Pathways



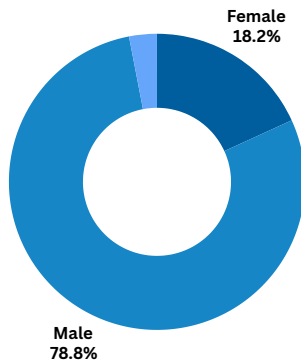
**Apprenticeship/Union: 0%**  
**Full-Time Employment: 4%**  
**Military: 0%**



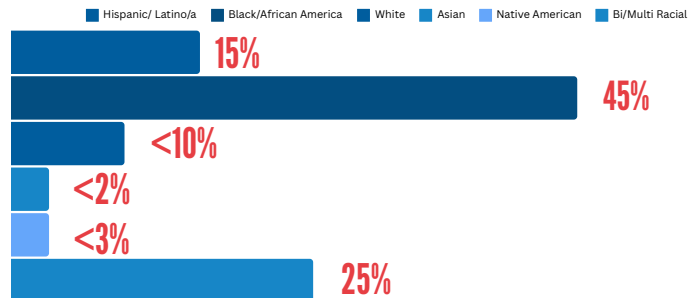
# FIRST STAR SACRAMENTO STATE ACADEMY

## SCHOLAR PROFILE

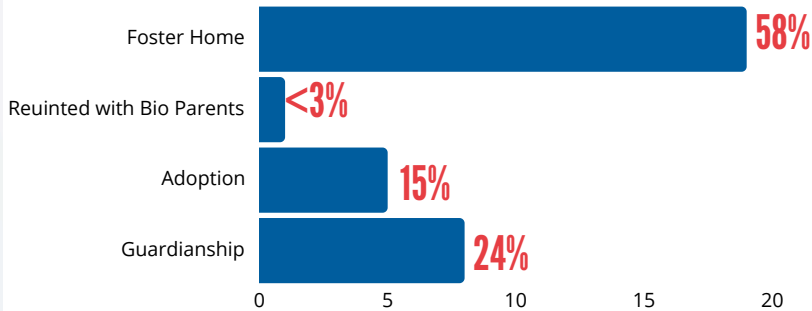
### GENDER



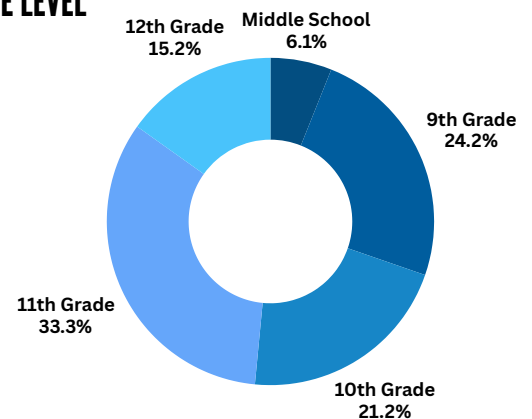
### RACE AND ETHNICITY



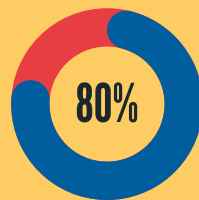
### PLACEMENT STATUS



### GRADE LEVEL



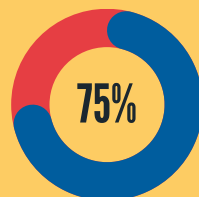
## Celebrating Class of 2024



of First Star CSUS scholars graduated High School on time!



of First Star CSUS graduates are pursuing post-secondary opportunities.



of First Star CSUS graduates will attend CSUS in the fall!

# FIRST STAR SACRAMENTO STATE ACADEMY

## 2023-2024 ACADEMIC YEAR



### LIFE SKILLS AND SELF DISCOVERY

- Scholars got to discover their Strengths through the Strength Finders evaluations.
- They engaged in the Motivational Systems workshop.
- Scholars attended Mindfully Exploring Substance Use workshops to support them on their self-discovery journeys.
- The Math & AI workshops helped the scholars understand new software to create a tiny home and to understand individual needs and costs.

### HEALTH AND WELLBEING

- Scholars obtained their food handlers' license after taking the two-day class and took part in the cooking class/lab and nutrition class.
- At the Gateway Mountain Retreat Center, scholars participated in sound bath meditations, Fitness- hikes, swimming, and mindfulness walks in nature.
- We took a trip to the Volocity Water Park, where scholars participated in water obstacle courses, soaking in the sun, or relaxing in the still water.

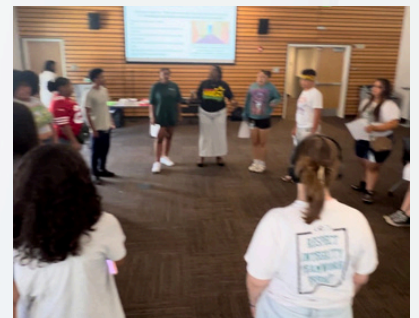


### CAREER EXPLORATION

- Scholars got to engage in and learn more about the career fields of Philosophy.
- Before lunch, our scholars engaged in a STEM activity where they made clocks out of fruit and vegetables and made flashlights with batteries and a popsicle stick.
- The Acting for Stage & Screen class allowed the scholars to work on their public speaking skills and open the doors to careers in the arts.
- Scholars had a hands-on opportunity to cook lunch and work with kitchen tools.

### LEADERSHIP AND SELF ADVOCACY

- Juneteenth Celebration: scholars got to engage in social justice & advocacy workshops.
- Scholars developed Haikus with cultural advocacy themes.
- Scholars had the opportunity to network with a Foster Youth Rights and Resource Fair.



### COLLEGE READINESS

- College tour: Campus & Residential Housing (check-in process & recreational opportunities)
- Scholars became familiar with all the on and off-campus academic buildings
- Youth Mentors demonstrated how to properly wash and dry laundry
- Scholars lived in the resident hall and experienced living with a roommate and following the resident hall protocols.

# FIRST STAR SACRAMENTO STATE ACADEMY

## BRIGHT FUTURES AHEAD

The National Bright Futures Survey was developed in partnership with Dr. Philip Hong from the University of Georgia to better understand our scholars' hopes and aspirations as it relates to their academic and future goals. In creating this survey and collecting feedback from scholars, we are embracing the challenge young people face and how we can be better stewards of their emotions and feelings as we support their growth in our Academies!

80%

of First Star scholars are feeling hopeful about the future and expect to complete further education after high school!



70%

of scholars feel a sense of belonging and connection since joining First Star!

70%

of scholars are confident that they have the necessary skills to succeed in college since joining First Star!



## SUMMER ACADEMY

Summer Residential Program Dates: June 17- June 30, 2024

Summer Academy Showcase: June 30th

Official  
Food Handler  
Certificate

eFOOD HANDLERS<sup>®</sup>  
A TPC COMPANY

Certificate Courses



Certificate Courses



Campus Community Service Day

# FIRST STAR SACRAMENTO STATE ACADEMY

## COMMUNITY IMPACT



### Peer Mentor Recognition

First Star recognizes the positive impact peer mentors have on our scholars. The First Star Academies awarded peer mentors this summer for their years of service and unwavering support of the academy.

**83%** are current students or alumni of host university

**65%** identify as first generation

**32%** identify has current or former foster youth

**18%** identify has former First Star scholars

### Community Service & Civic Engagement

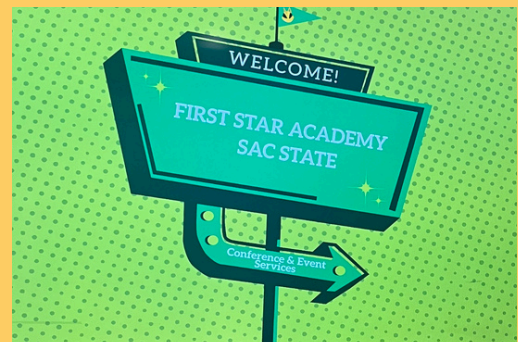
First Star CSUS scholars participated in a Health Awareness Day: Literacy & Food



### Caregiver Engagement

First Star CSUS Academy hosted two Caregiver Orientations, one for the beginning of the year and another for our Summer Immersion Program.

100% of families at CSUS Academy receive regular check-ins on their scholar's participation in the program and are involved in their student's academic case management meetings.



### Foster Care Awareness Month Advocacy

This spring First Star scholars and peer mentors from the UCLA BGSA and Sacramento State Academies attended the California Foster Youth Education Summit in Sacramento, California.



# FIRST STAR SACRAMENTO STATE ACADEMY

## THANK YOU TO OUR PARTNERS



## Community Stakeholder Acknowledgments

### Academy Programming Partners

Black Youth Leadership Project Team  
Dr. Hajra, Math Literacy  
UC Davis SAYS program  
Queen Sheba

### Scholar Recruitment Partners

Denisha "Coco" Bland, SAYS Associate Director  
Felicia Bessent, and the Mosaic School of Integrated Arts  
Alpha Kappa Alpha Sorority, Inc.  
Celebration Arts, Sacramento CA  
Gateway Mountain Center

### Funding Acknowledgements

Sacramento County Office of Education  
First Star  
Continuity Consulting



## 2024 RECRUITMENT DAY

The Sacramento State First Star Academy is a free, comprehensive four-year college readiness program for students currently experiencing foster care who will receive guaranteed admission into Sac State upon completion of the program

- 8th & 9th grade Foster Youth
- Saturday, April 13, 2024
- 9:30 AM - 3:30 PM (Lunch provided)
- SAC STATE CAMPUS  
6000 J Street, Sac, Ca 95819
- FREE** SNACKS & PRIZES
- FOR MORE INFO/RSVP  
Latrice Madkins, Academy Director  
L.madkins@csus.edu or 916.278.8721

**SPECIAL GUEST**  
Kevin Bracy

## HOW TO GET INVOLVED



REFER A STUDENT.



VOLUNTEER.



DONATE.