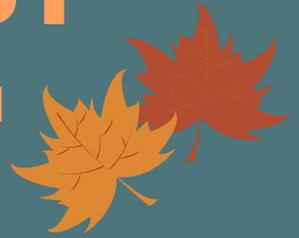


THE PACES POST



Newsletter Vol. 2 - Fall 2021
COMMUNITY ACCESS UNLIMITED



www.caunj.org

For more information, please contact PACES coaches or call (908) 354-3040

WELCOME ALL CHEERS TO FALL!

Welcome to the Fall 2021 issue of "The PACES Post," a seasonal newsletter that features important news, upcoming events, and a celebration of YOU, as you make progress towards your goals and achieve milestones that deserve to be acknowledged!

This fall marks a return to in-person school and to college campuses for many of you. That's not easy after a year of mostly virtual services during the height of the pandemic. As you navigate this academic year, the CAU PACES team is here for you every step of the way. Your coach will work with you to set quarterly goals, and to help you to achieve those goals. We are very excited to see all that you will accomplish in the year ahead.

Best wishes,

Stacy Marshall
Assistant Executive Director
Educational Services @ CAU



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FALL REFRESHERS

Teamwork makes the dream work!



ITS ALL ABOUT COMMUNICATION

Annually, youth meet with PACES Coach and DCPP Worker in order to discuss a plan of communication for the year.



WEEKLY OUTREACH IS FUNDAMENTAL

Coaches and youth are expected to communicate once a week (minimum) to ensure we meet all important deadlines.



STICK TO THE PLAN

Please notify your PACES Coach 24 hours in advance if you need to reschedule a meeting, so that we can do our best to accommodate your schedule.



BE IN IT TO WIN IT

Coaches will keep youth, case workers and supportive adults updated when a youth has been unresponsive or missed meetings, to provide adequate time for remediation and to make sure that you are safe and secure.



MEET YOUR DEADLINES

Education and career planning involves a lot of due dates and deadlines. Help us help you by meeting with your coach often, checking phone and email messages daily, and allowing us to assist you in time management and organization.

FRANCIS ANYANWU- BIO



Hello, My name is Francis Anyanwu and I am a PACES Coach at Community Access Unlimited (Region 4). I graduated from Rutgers University, Newark with my Bachelor's Degree and obtained my Master's Degree in Clinical Social Work (MSW) in 2016 from Rutgers University, New Brunswick. I see the inherent personal strengths in every youth that I have ever worked with since the beginning of the PACES Program. My goal is to assist our PACES youths with the skills and resources they will need to achieve their Academic and Career Goals. I am looking forward to many more positive experiences and success stories from our PACES youths.

TANAYA BRYANT- BIO



Hello all! My name is Tanaya Bryant and I am in my second year as a Region 4 PACES Coach for Community Access Unlimited. I graduated from Montclair State University in 2014 with a Bachelor of Arts Degree in Family and Child Studies: *Concentration in Family Services* and Minor in Psychology. Shortly after, I began working at CAU and have been here for 7 years! In 2017, I began my Masters Program and received a degree in Child Advocacy and Policy in May 2019. Since I can remember, I have always worked with the Youth population. I have volunteered at after school programs and Youth church, and have been employed in summer camps, early child care centers and in my community. Of all of the roles that I have experienced, being a PACES Coach has been the most meaningful. I truly enjoy working as a PACES Coach and watching you all grow professionally and personally. I am excited for what the next quarter will bring and cannot wait to see you all accomplishing your educational and/or career goals!

JAHKI HARRISON-BIO



Hello, my name is Jahki Harrison and I am a Region 4 PACES Coach. I am from Newark, New Jersey. I graduated from Rutgers University-Newark with my Bachelor's Degree and Master's Degree in Public Administration and Non-Profit. I have worked with youth in a mentorship role since I was 18 years old, and I've developed a passion for working towards the social advancement of young people. I see potential in every youth that I have ever worked with and my goal as a PACES Coach is to help direct the youth towards surpassing their own expectations. It has been over a year since I began as a PACES Coach and I am hoping for many more positive experiences!

STEPHANIE SAMPLE - BIO



Hi, I'm Stephanie Sample, a Region 4 PACES coach at Community Access Unlimited. I graduated from Kean University in 2020 with my Master's Degree in Social Work with hopes of one day working with young people. I have always wanted to be an inspiration to young adults in order to create a brighter future for generations to come. My lifelong dream is to open my own practice in which youth can meet with therapists to discuss their everyday issues and figure out different ways to obtain the best outcomes in life. I am so grateful to be a part of the PACES program in which I can work with youth and assist with their future career and educational endeavors.

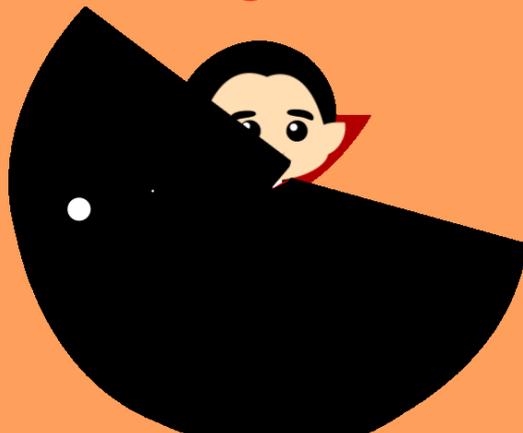
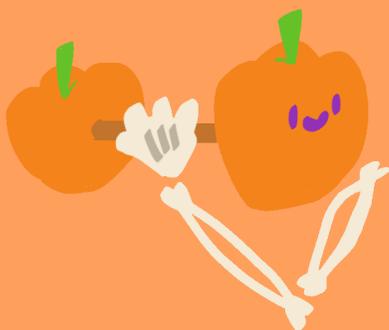


Knowledge is Power



BOO! HALLOWEEN ORIGINS

Halloween is a holiday celebrated each year on October 31, and Halloween 2021 will occur on Sunday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats. - History.com



Understanding your Syllabus

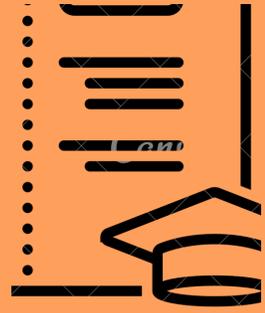


Organization, Planners, and To Do Lists

The examples below are all great tips to start your own method of organization.

Don't go overboard and attempt to try all of these, though.

Find the strategies that work for you!



- Buy a planner and write in all of your classes and assignments (including reading assignments).
- Make a weekly list of reading assignments and keep it somewhere you will see it.
- Buy a separate notebook for each class.
- Take notes and review nightly during study time.
- Write the dates and reading assignments on the inside cover of your textbooks. Every day you can open your book to see what needs to be done.
- The syllabus you receive on the first day of class includes your semester to do list. Use it to put deadlines on your calendar and to plan when you'll do the work to meet those deadlines.





TIPS FOR SELF CARE

REST: 7-8 HOURS OF SLEEP A NIGHT IS KEY!

STUDY: CREATE A SCHEDULE AND STICK TO IT; REMEMBER YOUR GOALS!!!

EAT: EATING 3 HEALTHY MEALS A DAY WILL KEEP YOU ENERGIZED AND FOCUSED.

EXERCISE: EXERCISING FOR 30 MINUTES A DAY INCREASES ENDORPHINES (FEEL-GOOD CHEMICALS IN YOUR BODY) AND DECREASES STRESS.

ASK FOR HELP: IF YOU NEED ASSISTANCE WITH YOUR COURSEWORK ASK A PROFESSOR, TEACHER, TUTOR, OR PAGES COACH FOR HELP!! DO NOT PROCRASTINATE, ACT QUICKLY!

REWARD YOURSELF: RELAX, GO OUTSIDE, BINGE WATCH A SHOW! YOU DESERVE IT!!!



SICK OF FAST FOOD?

FALL IS A GREAT TIME FOR A SIMPLE, YUMMY SOUP RECIPE!

Butternut squash – This soup packs in 3 pounds of squash, so look for a medium-large one at the store or farmers market.

Yellow onion and garlic – These veggies add delicious depth of flavor. **Fresh sage and rosemary** – Rosemary along with the sage makes this soup cozy and complex.

Ginger – Its warm flavor highlights the autumnal taste of the herbs and squash. **Extra-virgin olive oil** – 2 tablespoons add the perfect amount of richness. **Vegetable broth** – Because the blended squash becomes creamy on its own, there's no need for dairy, coconut milk, or nuts here! With veggie broth as its base, this is a vegan butternut squash soup recipe. **Salt and freshly ground black pepper** – Add them with the onion at the start of the cooking process, but make sure to taste and adjust at the end as well. That way, you'll make a soup you really love!



Butternut Squash Soup

This butternut squash soup recipe is the best! Made with squash, ginger, rosemary & sage,...

loveandlemons.com

LET'S CELEBRATE!

Robert S. I am mentally fit to get through the toughest of situations. I got into college! I won an award/scholarship! I got a new job! I am celebrating myself and staying strong through all the challenges that I've faced the past year.

Alina M. I am talented and artistic. I like to draw, paint and do ceramics.

I graduated from UCC with an Associate's Degree in Science. I'm currently exploring my next academic goals.

Nia B. I like reading in my free time, learning new things and different cultures. I got into a Trade School and I'm on the path to obtain a certificate as a dental assistant.

Logan B. I'm a 20-year-old student that is just striving to be the best and find my true self. I prioritized my health and lost weight. I've gone from 330 lbs. in 2020 and I'm down to 215 lbs. in 2021.

LET'S CELEBRATE!

Zulaika H. I made improvement towards my employment goals, I gained employment and was promoted within 3 months. I am returning back to Essex County College to pursue a college degree in Early Childhood Education. I got a new job! And I was promoted to a supervisory position.

Jabez K. I like drawing, I play baseball. I got into Monroe College!

Kamora I. I am in college, and I continue to improve my GPA. I also improved my time management skills and self-advocacy. I'm on track to graduate college with a degree in Psychology.

Britney D. I am set to graduate from UCC with a college degree in December. I am on the path to graduate from UCC with an Associate's Degree.

Jasmine S. I am a mother to my 9-month old son, I have improved my decision making skills and I'm currently exploring my academic goals. I am currently practicing for my GED exam and hoping to enroll in college for a degree in Nursing. I'm on track to graduate college, and I stayed on track while becoming a new mom!

LET'S CELEBRATE!

Gemini R. I am currently interning at YMCA Newark. I am about to graduate from college with an Associate's Degree in Early Childhood Education.

Tiara R. I play basketball, softball, the trumpet, and I write poetry. I won an award/scholarship! I got a new job! I also fully recovered from a recent surgery.

Destinie B. I love cooking. I got into college!

Jacob G. I am passionate about music and hope to pursue music as a career. I was promoted from being a seasonal employee to a full-time employee

Elijah G. I got a new job!

Evan W. I am passionate about teaching and will continue to pursue a career in the field.

Al-amin O. I have been promoted to manager at my job.

Joshua P. My Job Corp application is in the final stages.

Jya D. I'm on track to graduate college!

LET'S CELEBRATE!

Antionette B. I'm on track to graduate college!

Tyree Y. I enrolled in the Leaders for Life program and am on track to obtain my GED.

Dashonda B. My number one motivation are my kids. I have two daughters and they are the reason I am pursuing a college education. I am going to Essex County College!

Mariah E. I am interested in having my own business one day and traveling the world. I got into college! I won an award/scholarship! I was recently approved for the NJFC scholarship after being rejected a few months ago. I am grateful to now have more money to pay for college expenses.

Nneze E. I have made so many friends on campus already. People seem to love my unique name and the fact that I am from Jersey. I obtained a partial scholarship to attend Chicago State University.

Monearah L. I have successfully completed my summer EOF program. I am excited for my journey at Kean University!

Seniya L. I am interested in working with people in the future. I love giving people advice and helping others. I won an award/scholarship! I was able to get supplies through the NJFC scholarship. I love my new Apple Laptop!

LET'S CELEBRATE!

Imani M. I am going to college to create a better future for myself and my future family. I got into Rutgers Camden!

Stephy M. I love the environment and animals. Hopefully one day I can work in this area. I am working with my PACES coach to apply to colleges and finish up my senior year.

Angela P. I am excited to go to college. I am on track to obtaining my GED.

Masiah T. I am interested in going to college in the future and become a mid-wife nurse. I am on the right track to starting a GED program.

Tashine W. I love food and cooking. My dream is to go to Culinary School and work for a classy restaurant. I am on track to finishing up my GED program and attend Bergen County College.

Anaixa R. I can play 7 different instruments. I graduated high school and got accepted into college in Florida.

Katherine M. Some of my interests include reading, drawing, and listening to music. I got into college! I won an award/scholarship!

LET'S CELEBRATE!

Danielle K.G. I got into trade school to become a Certified Medical Assistant!

Liza G.R. I'm so close to getting my first apartment. I am pursuing internships and securing my credentials.

Evelyn C. My interest is to work with the children, to learn about their development. I got into college!

**WANT US TO CELEBRATE *YOU* IN OUR NEXT NEWSLETTER?
SIMPLY FILL OUT THIS FORM BY DECEMBER 15, 2021:**

<https://forms.gle/H9s7eWH7xu57MUXbA>

Look out for our next newsletter in winter 2022!