Vagando Towards Empowerment

NEV BEST START & HER VAGA BOUND ROOTS PRESENT:

VAGANDO TOWARDS EMPOWERMENT

Educational Equity and Mental Health Awareness

> A series of workshops that promote post-secondary education preparedness and retention as well as mental health awareness.

Visit us at www.laep.org www.hervagaboundroots.com



NEV BEST START Y HER VAGA BOUND ROOTS PRESENTAN:

VAGANDO HACIA EMPODERAMIENTO

Equidad educativa y educación sobre la salud mental

Una serie de talleres que promueven la preparación y retención de la educación postsecundaria, y educación sobre la salud mental.

VAGÁ

Visitanos www.laep.org www.hervagaboundroots.cc

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Vagando Towards Empowerment

The <u>National Longitudinal Surveys</u> program states fewer students of color attend four-year colleges than white students do. Compared to 40% of white, only 30.6% of Latinx; and 27.1% of Blacks attend a four year college.

A 2002 study done by the Integrated Postsecondary Education Data System (IPEDS) showed 64.3% of white students finish a four-year degree within six years, compared to 55% of Latinx students and 39.8% of Black students. These alarming numbers demonstrate the systematic barriers that are still in place that impact the retention of BIPOC students in higher education.

More than one in five college students are parents, according to new analysis of data from the National Postsecondary Student Aid Study.

Several large-scale developmental studies, Duncan and Brooks-Gunn (1997) concluded that maternal education was linked significantly to children's intellectual outcomes. This study shows that more resources are needed to support college students who are also parents.



A vaga is often defined as a woman who wanders the streets without a purpose or mission. Stand with us as we reclaim what being a VAGA means; a strong, resilient and fearless woman striving to break glass ceilings, break gender norms and defeat all odds.

Founded in 2018, Her Vaga Bound Roots, Inc. supports and empowers BIPOC by increasing access, supporting retention, celebrating resiliency and bringing light to community voices. Recognizing the societal, systemic and familial barriers for community members in marginalized communities, and the stress of pursuing a path away from one's home due to cultural and gender norms, HVBR is reclaiming the term vagabond [Vaga] by celebrating resilience in pursuing a path towards self-improvement that ultimately promotes educational equity, thereby creating a better life for her family.

With this proposed project, HVBR will include a two-generation emphasis to move the entire family towards educational success and also destigmatize mental health and build parent power. The project will target and important subpopulation of our core demographic: low-income parents of children that are 0-5 years of age.



Increasing access to higher education for womyn of color

Granting merit based scholarships through the Vagas with Degrees Scholarship Foundation

Objectives

Building a community through in person and virtual platforms

Providing access to mentors and other academic and professional resources

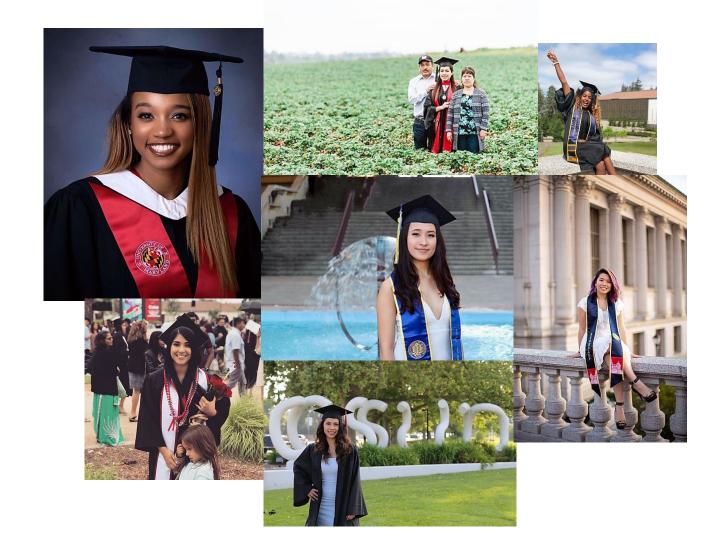
Advocating for professional and personal success and development

VAGAS WITH DEGREES SERIES



Vagas with Degrees Series is a platform that features trailblazers and highlights/celebrates the success of women of color earning degrees by sharing their untold stories with the world every graduation season.

> "It's SO important to highlight those that are on that path to success while simultaneously motivating and inspiring one another, so that young women have role models to look up to." - Jennifer Guzman, HVBR Secretary



Nationwide Movement



VAGA Graduates from following institutions:

- UCLA
- USC
- NYU
- UC Berkeley
- Columbia
- UCSB
- UCSC
- SFSU
- WSU
- Florida International University

With the following degrees:

- BS in Nursing
- BA of Science in Accounting
- BA in Sociology
- BA in Film & Marketing
- BA in Psychology
- BA in Anthropology and Education
- BA in Industrial/Organizational Psychology and Entrepreneurship
- BA in Social Work
- BS in Political Science
- BA Psychology
- BA in Liberal Studies and Spanish

- Cal State, Northridge
- Cal State, Los Angeles
- Cal State Long Beach
- Loyola Marymount University
- San Jose State University
- Mount Saint Mary's University
- University of Redlands
- Los Angeles Mission College
- Chapman University, School of Law
- Salisbury University
 - Masters in Social Work
 - Masters in Counseling Education
 - Masters in Speech and Language Pathology
 - Masters in Communications
 - Masters of Science in Counseling & School Psychology
 - Masters of Science in Human Resource Management
 - Masters in Education
 - Juris Doctor

Vagas With Degrees Scholarship Foundation

Financial challenges are a common barrier for students pursuing higher education, especially those from low income households or marginalized backgrounds.

Our goal is to uplift women navigating college by providing them with a merit and need based Vagas with Degrees Scholarship



*Our scholarships are made possible by charitable & taxable donations from the general public. We fundraise year round. Visit our website to donate today!



2020 Scholarship Recipients



Her Vaga Bound Roots launched their first ever Vagas With Degrees Scholarship Foundation 2020-2021 scholarship recipients. We received over 75 applications, an impressive and extremely competitive pool of Undergrad, Graduate/Master, and Doctoral students representing 59 schools across 23 states. Our committee made decisions based on the applicant's need, merit, additional aid received, personal insight/self-reflection, and the letter of support attached.

Our 2020 Scholarship recipients from left to right, Gabrielle Smith, MS Ed. (She/Her/Hers) Old Dominion University, Higher Education Phd Program / Breanna Gomez (She/her/hers), University of California, Los Angeles, Bachelor of Science in Neuroscience / Sarahy Torres (She/Her/Hers), University of California, Los Angeles, Incoming Freshman / Brittney R. Davis, M.A.Ed. (She/her/hers), University of Miami, Ph.D. in Community Well-Being / Nangeli Abigail Alcantar (She, her, hers), University of Washington, Master of Social Work. Visit our website to learn more.

Building Vaga Dreams Workshops

Part of HVBR's mission is to empower and equip women with the necessary tools to succeed academically and professionally. Our career and development series of virtual events: Building Vaga Dreams, aims to do just that. Check out our workshops below and stay tuned for future events.



20 Questions Live Series

Our 20 Questions Live: 20 Questions Live Series is a LIVE segment hosted on our social media platforms geared towards raising awareness about an issue/topic while bringing visibility to women of color in various professional fields

20 Questions with **Dr. Vega**

Her Vaga Bound Roots pre

Join Gisela Vega, EdD. to learn about the herstory and the importance of advocacy in the LGBTQIA+ community.

> Thursday, July 23 4PM-PST | 7PM-EST via Instagram Live @hervagaboundroots

20 Questions with Wendoline Vargas, LMSW



Join Wendoline Vargas, LMSW (Licensed Master Social Worker), to talk about the importance of mental health.

> Thursday, May 28 6PM-PST | 9PM-EST via Instagram Live @hervagaboundroots



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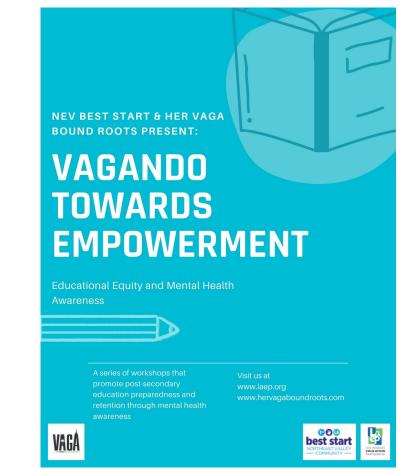
Vagando Towards Empowerment

Vagando Towards Empowerment is a series of workshops and scholarships that will uplift the NorthEast Valley community through educational equity and mental health awareness.

Participants will be given the opportunity to learn, network, and connect to discuss topics around college readiness including but not limited to: applying to college and financial aid, discussing the transition to predominantly white institutions where Black, Indigenous, and People of Color are not the majority.

Additionally, this project will bring awareness to Mental Health, discuss frequent topics, and help community members develop healthy coping skills. Resources will be shared, in addition to meals and office supplies.

NorthEast Valley members going to college will also be given the opportunity to apply for a one-time scholarship.



Workshop Series

Education Series

Overview of the Application process

A Review of the Personal Statement

> Financial Empowerment

Mental Health Series

Destigmatizing Mental Health

How to identify anxiety and depression in children and adults

Stress management different grounding techniques

Building Community Voices



HVBR recognizes that these strategies are important to break down systemic barriers and their historical implications. Perceptions of prosperity and opportunity begin in the home environment. Much like the mission of the Office of Head Start, HVBR's mission is to also seek to create and promote healthy cues to action in a home environment. HVBR also believes that the parent is the most important teacher in a child's life; a college bound parent that prioritizes mental health delivers many positive influences to a new generation that will be socialized and engrained to their behaviors.

Several large-scale developmental studies (Duncan and Brooks-Gunn, 1997), concluded that maternal education was linked significantly to children's intellectual outcomes. This study shows that more resources are needed to support college students who are also parents to build parent power and Two-Generation emphasis to move the entire family towards success.

Proposed Budget

Her Vaga Bound Roots is requesting \$25,000.00 to be utilized from July 1, 2021 and June 30, 2022.

The proposed funds will be utilized to plan and implement both series: Vagando Towards Educational Equity and Increasing Awareness to Mental Health.

The capital will be allocated towards:

- The development of workshops
- Compensation for consultants and guest speakers
- Creating assets and promotional materials to advertise events
- Rental fees for event space/venue
- Workshop materials.

Additionally, funds will also be used to grant a one-time merit and need based scholarships to Bipoc womxn from the North East Valley region; 6 recipients of \$500.00 scholarships and 5 recipients \$1,000.00.

Timeline of Utilization

Award 11 merit and need based scholarships this September 2021 for the 2021-2022 academic year HVBR will host the 3 part educational series from September 2021 to November 2021 The 3 part Mental Health Series will be held starting February 2022 through April 2022

Join the Movement

SPREAD THE WORD ABOUT HVBR & THE VAGAS WITH DEGREES SCHOLARSHIP FOUNDATION DONATE TO THE VAGAS WITH DEGREES SCHOLARSHIP FOUNDATION

SHOP OUR SITE ALL PROCEEDS GO DIRECTLY TOWARDS THE SCHOLARSHIP FOUNDATION

REFER WOMYN YOU KNOWN TO OUR MENTORSHIP PROGRAM









Connect



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Email Us: hervagaboundroots@gmail.com