



Fostering Success Michigan

7 Life Domains

For Students
By
Students



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HOUSEKEEPING

- Attendees in listen only mode.
- Ask questions using the chat or questions feature.
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Goals for webinar:

- Provide overview of 7 Life Domains by Casey Family Programs for students by students
- Provide student experiences and tips on succeeding in postsecondary education



The 7 Life Domains



An Overview

- Casey Family Programs (2006) *It's My Life* Framework
- At WMU Center for Fostering Success, education is the center of the life domains
- 7 life domains make it easier to understand and respond to lived experiences of students

College?





The Education Domain

What is this domain?

Education is the knowledge you learn that will help you be successful.

Why do we talk about it?

Education is the blueprint for a successful life. Students with experience in foster care seeking a degree face many adversities when it comes to their learning. This is why we put education at the center of the seven life domains.



The Education Domain

Let's talk about feelings, fears, or worries you may have about education:

- Affording college
- Picking a major
- Not doing well academically in college

Tips to remember:

- Fill out the Free Application For Federal Student Aid, also known as FAFSA as early as possible.
- Talk to teachers and advisors, about their college experiences
- Volunteer in various job fields if possible



[Education Domain Toolkit](#)



Dear Brittney and Bri...





Finances and Employment

What is this domain?

Manage bank accounts, learn about saving, budgeting and understanding loans. Preparing for employment, whether it's a part time job or career, is important.

Why do we talk about it?

“57% of foster care alumni indicated they lacked people to loan them money in the event of an emergency.”





Finances and Employment

Let's talk about feelings, fears, or worries you may have about finances and employment:

- Not knowing where or how to start.
- Lack of knowledge about how to manage finances.
- Not knowing how to get a job.

Tips to remember:

- On campus jobs will work around your school schedule!
- Learn about the different types of money that can help you pay for college: loans, grants, scholarships etc.
- Try renting or buying textbooks from Amazon or Chegg instead of the school bookstore

MORE
INFO



[Finances and Employment Domain Toolkit](#)



Dear Brittney and Bri...





Life Skills

What is this domain?

Life skills are the abilities needed to navigate through every day living, including: time management, managing health and hygiene, and more.

Why do we talk about it?

Young people growing up from foster care often have to grow up faster than their peers.



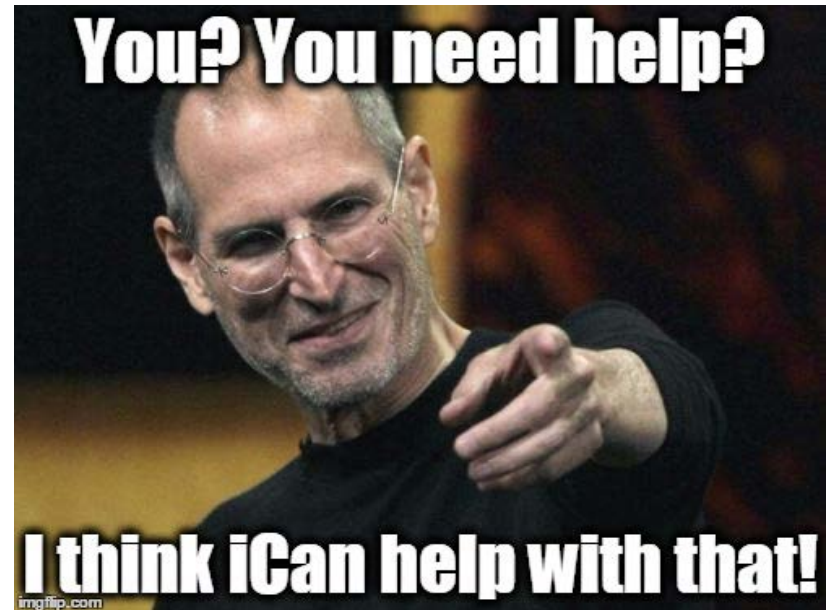
Life Skills

Let's talk about feelings, fears or worries you may have about life skills:

- Not knowing what skills are needed for life and college
- How to manage my time
- How to cook

Tips to remember:

- Watch YouTube tutorials for learning new skills
- Get a mentor
- Know how to use a computer
- Get a planner to manage your time better



[Life Skills Domain Toolkit](#)



Dear Brittney and Bri...





Identity



What is this domain?

How someone views themselves and what makes them who they are.

Why do we talk about it?

It's important to have confidence in yourself to build a healthy self-image of who you are.



[Learn more about Resilience](#)



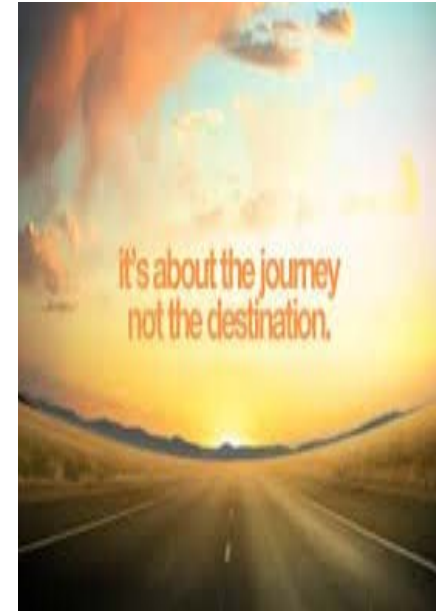
Identity

Let's talk about feelings, fears or worries you may have about identity:

- Fitting into a group of people
- Someone labelling you
- Someone treating you differently based on your experience

Tips to remember:

- Hard times build your character.
- College creates a chance to explore.
- Be yourself. Pace yourself.



[Cultural and Personal Identity Domain Toolkit](#)
[Your Self Series](#)



Dear Brittney and Bri...





Supportive Relationships and Community Connections

What is this domain?

Connecting with others, sharing your experiences, and working together towards the same goals.

Why do we talk about it?

Healthy supportive relationships are important to your health and helping you be successful in your life.



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Supportive Relationships and Community Connections

Let's talk about feelings, fears or worries you may have about relationships:

- It's hard to make new relationships
- It's hard to trust people
- Fear of losing people in your life

Tips to remember:

- Put yourself out there
- Keep an open mind and ask for help.
- Networking can create job opportunities, connections, and more knowledge.



[Supportive Relationships and Community Connections Domain Toolkit](#)



Dear Brittney and Bri...





Physical and Mental Health

What is this domain?

It is important to stay healthy and know health care resources in your area.

Why do we talk about it?

Physical and mental health build awareness of how to take care of yourself.





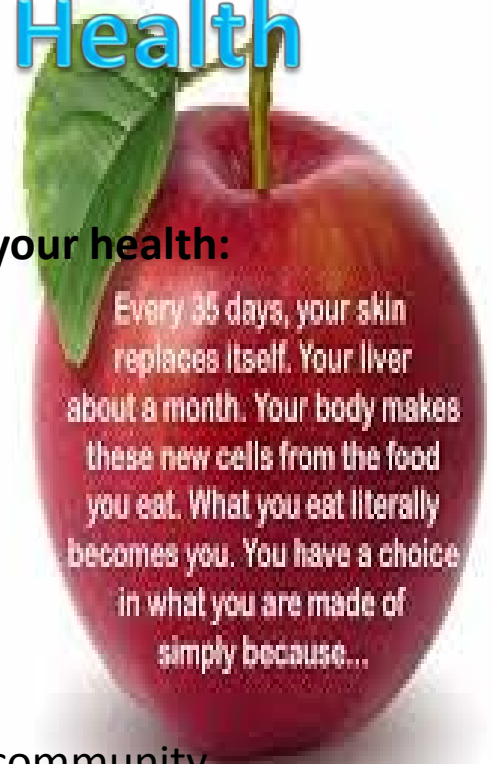
Physical and Mental Health

Let's talk about feelings, fears or worries you may have about your health:

- 'Freshman 15,' gaining weight.
- Having money to buy healthy foods
- Worrying about being alone

Tips to remember:

- Pay attention to how your body feels.
- Learn to let go of things you can't control.
- Ask supportive adults about health service within your community.



YOU ARE WHAT YOU EAT. 



[Physical and Mental Health Domain Toolkit](#)



Dear Brittney and Bri...





Housing

What is this domain?

Learning how to live on your own and navigating transportation.

Why do we talk about it?

It is important to have safe and stable housing and access to transportation.



AFFORDABLE HOUSING

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Housing

Let's talk about feelings, fears or worries you may have about housing:

- Finding housing close to campus and your job.
- Becoming homeless
- Learning how to get from here to there

Tips to remember:

- Try to have open communication with your roommate(s)
- Learn about rentals, leases, and insurance
- Download the bus schedule to your phone



[Housing Domain Toolkit](#)



Dear Brittney and Bri...





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Fostering Success Michigan is a statewide initiative that aims to increase access and success in higher education and post-college careers for youth with experience in foster care. Learn how you can contribute to building a holistic network that insulates (i.e., strengthens protective factors and reduces risks) the education to career "pipeline."

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