

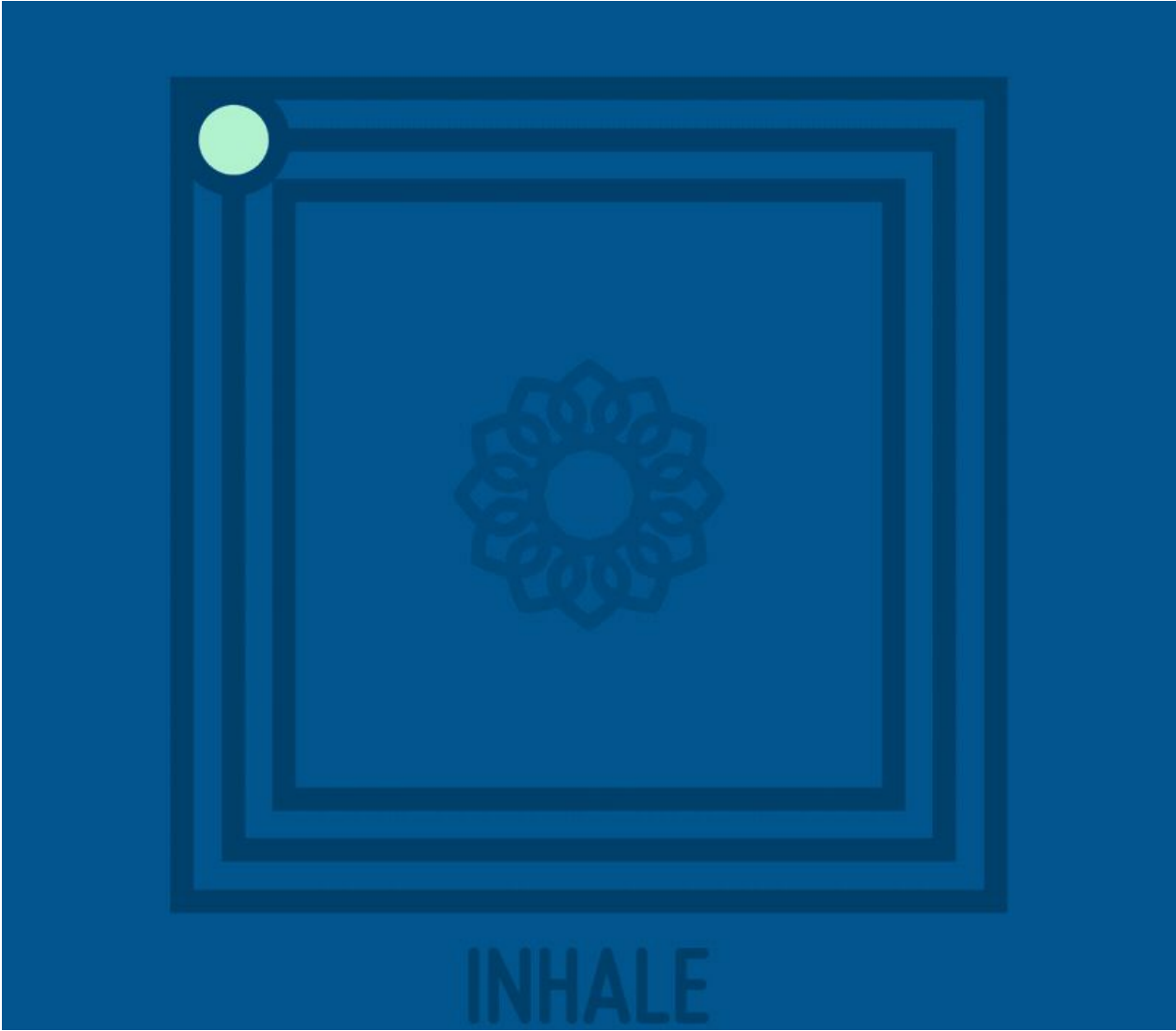
# Uplifting My Story

*Shining Light on the Voices and Narratives of BIPOC Students*

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— AND —  
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# What we hope you gain today

- ❖ Learn how to ask more inclusive questions to highlight the diverse and personal stories of **BIPOC** students
- ❖ You will learn how to utilize the “**Uplifting My Story**” template to help you write the counselor letter of recommendation (LOR’s)



# Differences between LOR's

Counselor's LOR	Teacher's LOR
Shed light on any circumstances or factors that may have influenced the applicant's school record	Identify the applicant's engagement, level of intellectual vitality and learning style in a particular class.
Overall academics and school rigor Career interests, academic and personal anecdotes	Anecdotal evidence describing how the student has worked as a leader and/or integral role player within the context of your class.
School leadership /peer interaction Character, integrity, etc... Share activities, projects, service, clubs Share awards or achievements	Context of the student's academic abilities when compared to other students in the class, and in the teacher's career, etc...Detail any academic obstacles they have overcome

# Uplifting My Story

Identity

Circumstances  
&  
Challenges

Authenticity  
&  
Values



# Identity: Who am I?

You are the only you there is. Your identity makes you unique, you are made up of your family, friends, community, what you feel, and your stories. Your identity grows and changes. Our many identities makeup who we are, help others learn who we are, and allow you to grow. Your identity gives you direction, and empowers you. The world will tell you who you are but you are only the person who gets to decide that. (Tiffany Jewel)

<b>Pick 1 or 2 personality traits. <a href="#">Click here</a> to look at examples of personality traits.</b>	
<b>My personality trait</b>	<b>How have you exercised this trait?</b>
<i>Helpful</i>	<i>I stay after school to help my peers with math and science. I go over examples with them and answer any questions they may have. I also help out at home by taking care of my siblings. I prepare food for them and help them with homework.</i>



# Identity: Who am I?

Your many identities are parts of the whole you, one part alone does not define who you are. Some of those parts are created by you. Other parts of your identity have been created by society. Much of our culture comes from the social identities and the groups we belong to (Tiffany Jewel).

<b><i>Pick 1 or 2 social identities that best describe who you are. Ex. Race, Ethnicity, Nationality, Cultural Heritage, Religious Beliefs, Abilities, Social Class, Age, Sexual Orientation, Family structure, language, Gender.</i></b>		
<b><i>My social Identity</i></b>	<b><i>This is important to me because:</i></b>	<b><i>How does this identity manifest in your everyday life?</i></b>
<i>Cultural heritage - being Latinx/Black</i>	<i>I will bring a unique perspective because I belong to two different cultures. I am proud of my heritage and I enjoy celebrating a wide range of traditions.</i>	<i>I joined M.E.Ch.A I joined Black Student Union I helped coordinate multicultural events at my school like Dia de Los Muertos</i>

# Identity: Who am I?

Pick 1 academic subject that you find interesting.	
Academic Subject	Explain one project or activity that inspired you in this class (be as specific as possible and if the class relates to your college major explain how)
History	<i>I enjoyed learning about the electoral process. It was interesting to learn about the history of voting rights in America. This inspired me to further research voter suppression in modern-day America. I enjoyed this class because I want to become a college history professor one day.</i>

Describe 1 or 2 extra-curricular activities you've participated in high school (Ex. food banks, chess club, non-profit organizations, art club, music, sports)	
Extra-Curricular activity (Add name of organization)	How have you contributed positively to your school or local community? What did you learn from that experience?
<i>Second Harvest Food Bank (1hr per week for 6 months) <u>Add website link if available</u></i>	<i>I choose this organization because being able to serve families experiencing homelessness is important to me. I learned that there are a lot of people who need help and are facing food insecurity. I realized the importance of the power of community and working towards a common goal.</i>

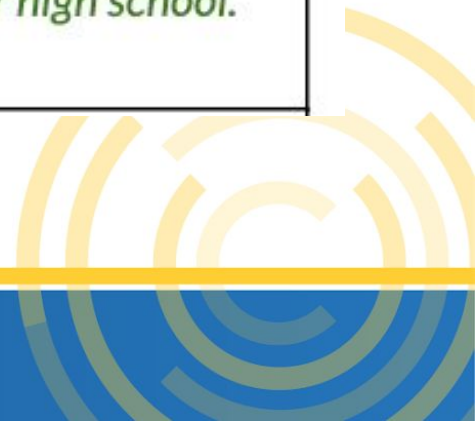


# Circumstances & Challenges: Where I've been?

"If there is no struggle, there is no progress" - Frederick Douglass

Describe 1 or 2 circumstances or challenges that you have faced, and discuss the ways you have responded to them. (Ex. experiencing the pandemic, divorce, illness, dips in academics, financial circumstances, grieving loss, experiencing homelessness, foster care, other personal issues).

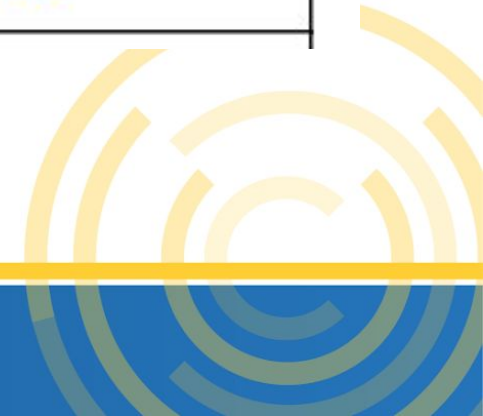
Challenge/ Circumstance	What actions did I take?	What have you learned so far?
<i>Under-resourced school</i>	<i>I've sought help from non-traditional resources and community-based programs. Like the YMCA and the Boys and Girls Club.</i>	<i>I learned to ask for help, and research local organizations in my community that could help me prepare for life after high school.</i>



# AUTHENTICITY & VALUES: Where do I want to go?

Authenticity means you're true to your personality and live your life according to your values and goals, regardless of the norms placed by society.

Identify your top 3 values. <a href="#">Click here</a> to view some examples of values.		
Value	Why is this value important to you? How does that value relate to the person you are?	How will this value prepare you for the future?
<i>Adventure</i>	<i>I enjoy exploring new places in my community like parks and supporting local businesses that I haven't been to before.</i>	<i>This value will help me learn how to network with other people and go outside of my comfort zone .</i>



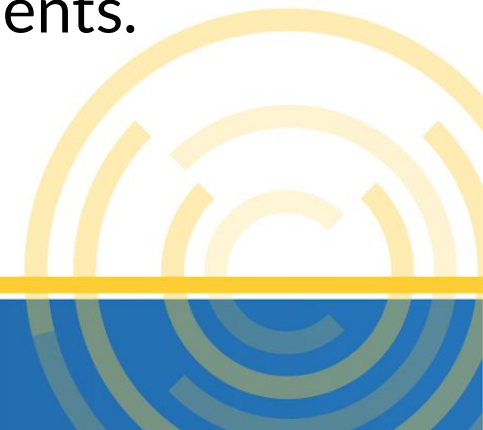
# AUTHENTICITY & VALUES: Where I you want to go?

What problem(s) do you want to solve in the world? Give an example of how solving this issue could benefit your community or society? Examples, social justice issues, ending homelessness, helping people through medicine.

Describe the experiences you've had so far in the major or career you wish to pursue? Examples: internships, job shadowing, college programs or a community college course.

# Recommended Format

- ❖ Paragraph #1 Introduce the student
  - Personality Trait(s)
  - Social Identities
- ❖ Paragraph # 2 Background
  - Challenges and Circumstances
  - Authenticity and Values
- ❖ Paragraph # 3 Choose your own topic
  - Class Subject(s)
  - Extra-curricular activities
  - Problems they want to solve
  - Experiences in their major or career
- ❖ Paragraph # 4 Conclusion
  - Description of anything that would indicate potential for success on campus and closing comments.





# Additional Resources

- ❖ [Flip a negative to a positive](#) by Quetzal Mama
- ❖ [Blog](#) by Quetzal Mama
- ❖ Naviance Assessment
- ❖ Career Zone- Interest Profiler <https://www.cacareerzone.org/>
- ❖ Ana C. Leonor [leonor.ana6@gmail.com](mailto:leonor.ana6@gmail.com)
- ❖ Fatima Segura [fatima.segura90@gmail.com](mailto:fatima.segura90@gmail.com)

