

Making Decisions that Impact Tomorrow for the Better

— A FIVE-PART VIRTUAL SERIES

with **Danisha Keating, PhD**



HOST —
Cerelia Barbato, M.Ed.

Dr. Danisha Keating has 12 years of experience working with students and 7 years working within higher education. She has instructed students with diverse backgrounds in various programs. From teaching students in their doctoral programs to coaching students on their dissertation and success coaching for undergrad students, Dr. Keating works at the students' pace and with their learning styles.

She completed her research on best practices of foster youth support programs at community colleges in California. Her background of being a foster youth and guardian to her siblings gave her a passion for bringing awareness on how to better support foster youth.

Dr. Keating has a podcast called "Psych with Dr. DK" and is an author. Her book is on her journey as a foster youth student going through her educational path to a PhD. "From Foster to PhD" is her journal entries from the time she was in High School through finishing her PhD degree.

APRIL 28TH

IMPORTANCE OF NETWORKING

MAY 5TH

DOOM AND GLOOM, FEAR OF FAILING, AND SURVIVAL-MODE

MAY 10TH

BECOMING AN ADVOCATE FOR FOSTER YOUTH — BEST PRACTICES

MAY 19TH

TRAUMA-INFORMED TRAINING AND WORKING WITH CHALLENGING INDIVIDUALS

MAY 26TH

BENEFIT OF JOURNALING AND REFRAMING TOUGH SITUATIONS WITH YOUTH

Register at https://www.surveymonkey.com/r/D_Keating

— All classes are 5:30 - 7:30pm

Discussing the do's and don't's of networking, and why it is important to learn how to network while you are working through your education.

Discussing why we may feel like things will never get better. How to avoid thinking negatively all the time, and how to start to think positively when things are difficult.

Discussing how to help foster youth by connecting them to the correct person. Learn 6 best practices to help foster youth remain in school and graduate.

How to recognize youth that may have had a hard life, and how to work with them in a positive way.

The power of writing your story and seeing how far you've come. Reframing how we think, to help impact the future.



>> The lucky first 10 to register will receive Dr. Keating's book and a bag!

Questions? 530.841.5874