

2022 Challenge Results

30 interactive college & career activities offered
54 attendees in virtual events
54 participants completed at least one challenge activity
5 challenge levels available (ECE-adult)
4 languages supported (Dari, English, Spanish, Swahili)
3 counties engaged (Bernalillo, Sandoval, Torrance)
24 schools represented in registrations
16 community organizations and businesses participated
3 corporate shared purpose rewards committed
232 individuals registered (including individuals participating in school and community groups)
31 participants completed the challenge!

ECE Challenge Board

Choice Board Activities
I know and respect myself

Choose one activity to do today.

My strengths & assets



A picture you draw of yourself is called a self-portrait. Draw a self-portrait that shows who you are and what you like to do.

Activity

Submit a photo of your self-portrait to us. [Upload your work.](#)

My health



Become a MyPlate Champion! Visit the website to learn six ways to stay healthy. Choose one way you will keep yourself healthy.

Activity

Write or draw your plan for what you will do and share it with us. [Upload your work.](#)

I know and respect others

Choose one activity to do today.

Adopt a culture



Join us at Zoom for our International Culture celebration. Bring a picture or recipe of food, an activity, message or a symbol of your culture to share with the group.

Monday, March 20th, 4:30-5:30pm
Zoom Meeting ID: 894 053 7527
Passcode: 2888

Activity

Sign into the Zoom chat while participating and [complete the Challenge](#) to receive credit for this activity.

Be kind



The picture above is a Kind Acts BINGO board made by TSC for younger children.

Activity

Play Kind Acts BINGO this week to show kindness to others. Draw a picture or write a story to share with us showing the kind acts you did. [Upload your work.](#)

I am resourceful

Choose one activity to do today.

Be curious



What job do you want to have when you grow up? Sign up for a Zoom story & art time with Miss Erika to come to class and share your ideas.

Tuesday, April 5th, 4:30-5:30 pm
Zoom Meeting ID: 828 8244 0876
Passcode: 898257

Activity

Sign into the Zoom chat while participating and [complete the Challenge](#) to receive credit for this activity.

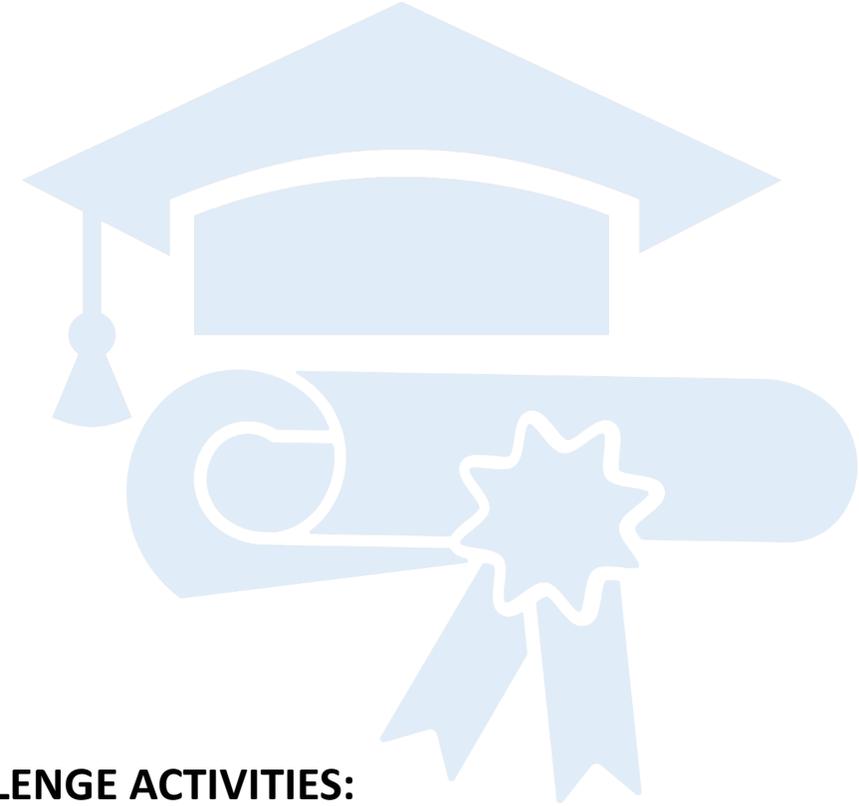
Explore your world - Earth Day



Make a list of items you use that can be recycled in your home. Then, select some of those items to make an Earth Day sculpture to remind people to recycle.

Activity

Send us a photo of your list and sculpture. [Upload your work.](#)



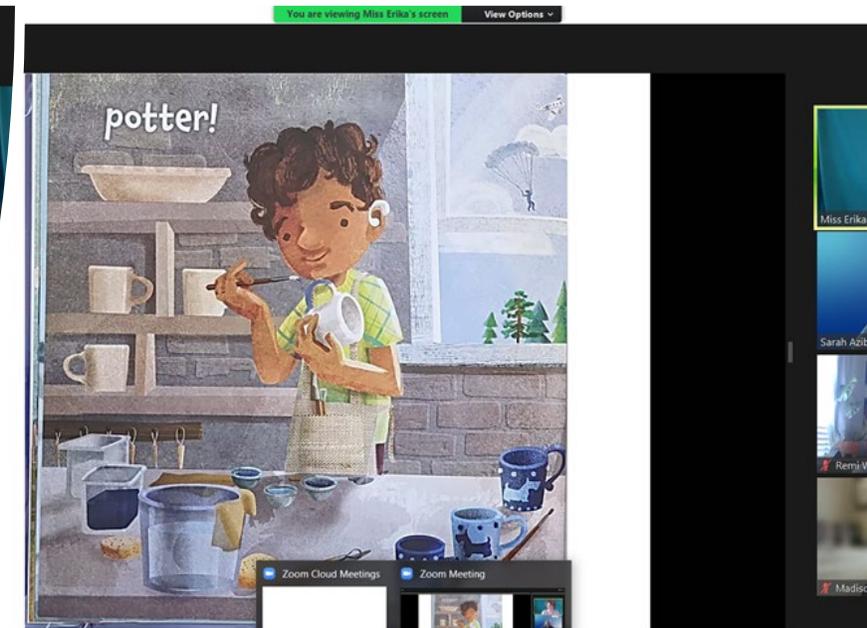
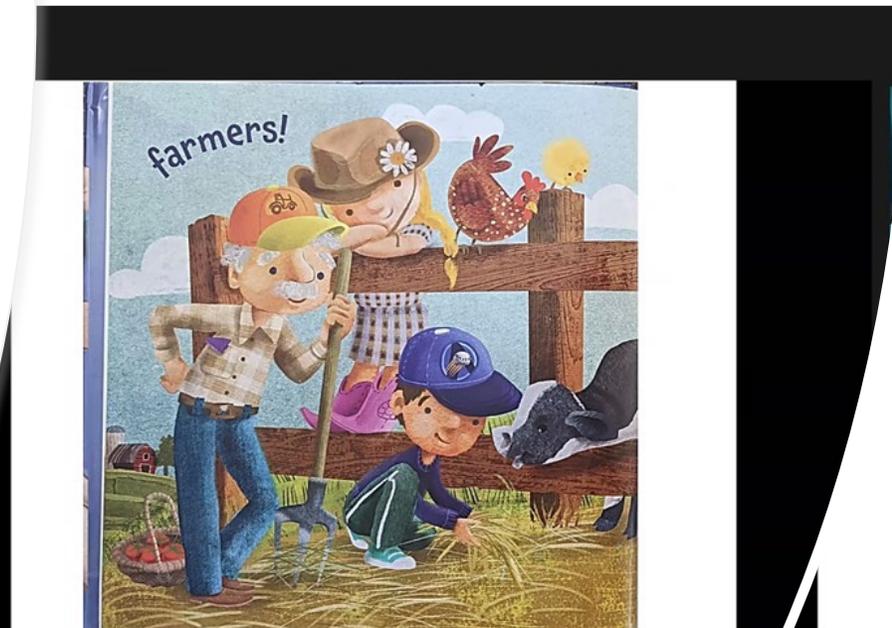
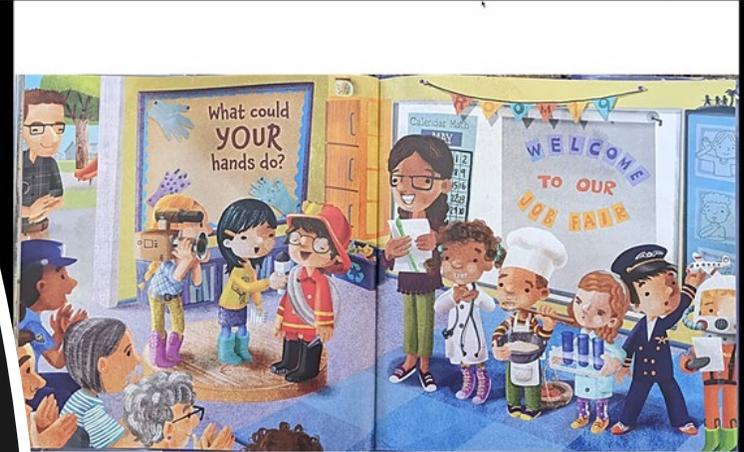
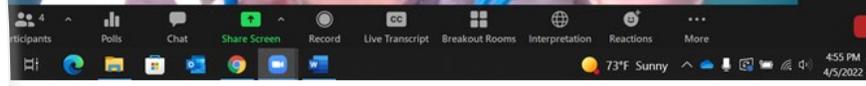
CHALLENGE ACTIVITIES:
Self-portrait
My plate
International Culture Celebration
Kind Acts BINGO
Career Art & Storytime with Miss Erika
Explore your world Earth Day sculpture

Career art & storytime with Miss Erika

So many stories!

So many career possibilities!

SO MUCH FUN!!!

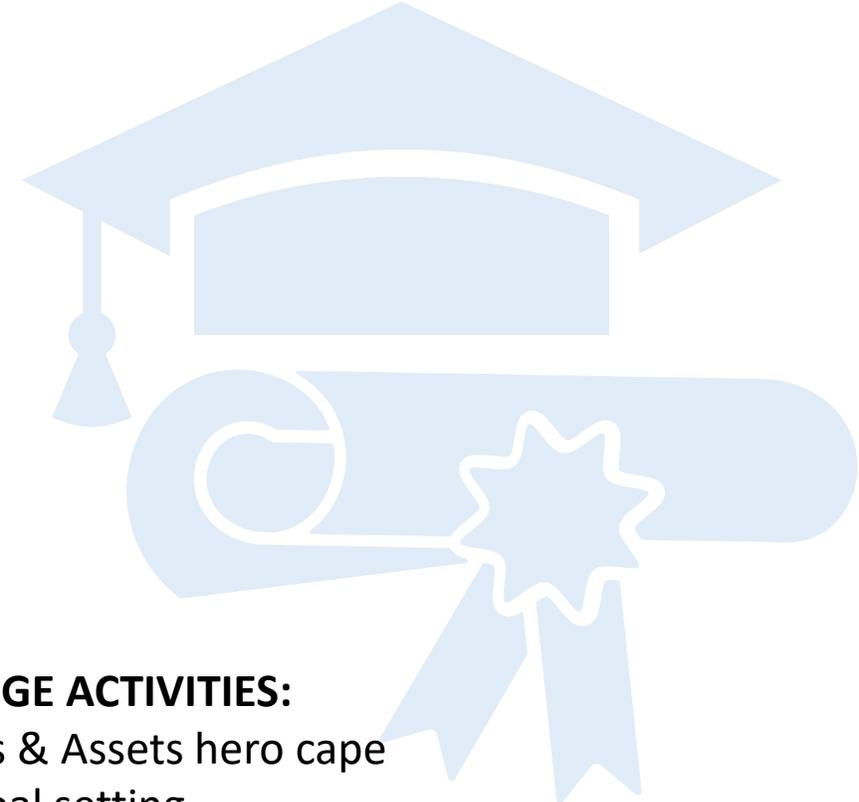


Elementary Challenge Board

The screenshot displays a digital challenge board with the following sections:

- I know and respect myself:**
 - My strengths & assets:** Includes an image of a hero cape and instructions to create one.
 - My goals:** Includes an image of a sign that says "DON'T GIVE UP" and instructions to set goals.
 - My work ethic & integrity:** Includes an image of a sign that says "RIGHT" and "WRONG" and instructions to create a survey.
- I know and respect others:**
 - Share customs:** Includes an image of a heart made of small photos and instructions to share a custom.
 - Be active:** Includes an image of a "KIND ACTS BINGO" board and instructions to create one.
 - Be engaged:** Includes an image of a group of people and instructions to create a survey.
- I am resourceful:**
 - Be curious:** Includes an image of a group of people and instructions to create a survey.
 - Be creative:** Includes an image of a hand holding a pencil and instructions to create a survey.
 - Solve a problem:** Includes an image of a hand holding a red cube and instructions to create a survey.

At the bottom, there is a "Complete Survey & Challenge - Upload Work" button and a "Thank you for your participation. Upload and/or turn in all completed activity work by April 16, 2022." message.



- CHALLENGE ACTIVITIES:**
- Strengths & Assets hero cape
 - Career goal setting
 - My work ethic and integrity
 - International Culture Celebration
 - Kind acts BINGO board creation
 - Kids' Life in NM forum
 - Career art & storytime with Miss Erika
 - Self-portrait creation
 - Problem solving plan

ECE and Elementary Resources

My Plate

<https://www.myplate.gov/life-stages/kids>

Kind Acts BINGO

<https://nm.pbslearningmedia.org/resource/kind-acts-bingo/kind-acts-bingo/>

Career Art & Storytime

Clothesline Clues to Jobs People Do? by Deborah Hembrook and Kathryn Heling

Who Will I Be? by Abby Huntsman (the girl realizes she wants to help people)

Professional Crocodile by Giovanna Zoboli (it has no words but shows a crocodile preparing for his day, riding the subway, etc to his job as a crocodile at the zoo. The illustrations are adorable!!!)

I Can Be Anything by Jerry Spinelli

As part of the challenge, United Way staff members joined in a virtual international food culture share.

Graphic illustration created by Baruch Campos-Gallardo



Middle School Challenge Board

CHALLENGE CATEGORIES & ACTIVITIES:

I know and respect myself

Personal expression, values exploration, my culture, personal introduction

I know and respect others

Cultural exchange, Empathy & Awareness, Community forum, Kindness chain

I am agile and ready to create my future

SMART goals, work ethic, career professional interview, High School preparation panel

I have unique strengths and interests

Asset mapping, career exploration, service project proposal, problem solving plan



Community Engagement

During our Life in NM Middle School forum, experiences, challenges and hopes for change were shared.

Graphic illustration of the conversation was captured by Sean Clark.



Middle School Resources

- Understanding culture

<https://www.youtube.com/watch?v=jt2tikGSu98&t=367s>

- Kindness chain reaction

<https://www.youtube.com/watch?v=CbY5Ez1mOxk>

- **HS Panel presentation**

[High Schoop preparation tips for success powerpoint](#)

- Setting SMART goals

<https://www.youtube.com/watch?v=i0QfCZjASX8>

High School Challenge Board

CHALLENGE CATEGORIES & ACTIVITIES:

- **I have unique strengths and interests**

Personal expression, values exploration, asset mapping, SMART goal setting

- **I am agile and ready to create my future**

Resume, personal statement, personal exploration, service project proposal

- **I know and respect others**

Empathy & Awareness, cultural exchange, community forum, healthy relationships

- **I am resourceful**

FAFSA, college preparation panel, careers for youth, career exploration





Community Engagement

High school students discussed their lives in NM, what matters to them and what activism looks like.

Graphic illustration of the conversation captured by Baruch Campos-Gallardo.



Graphic illustration created by Sean Clark

What challenges or barriers do you experience on a daily, weekly or monthly basis?



If you were to take a stand for something that matters to you, something you want to protect, what would it be?

Fighting for freedom all around the world -- for example education for girls in Afghanistan right now is limited after a certain grade. That's why I want to become a nurse and fight for girls

It doesn't make sense that they aren't allowed to do many things. If I ever get a chance I want to help fight for them.

Driving - to help others get rides

It's really hard and I don't understand why these bad things are happening in the world. If it wasn't so bad in Afghanistan, I wouldn't be here, I would still be there with family.

We want to learn and need people to help us learn and shape our dreams

Like what's happening in Ukraine. The children, people don't deserve this. Nobody deserves this

My family & New Mexico

Change the World

One youth participant proposed a service project to support Whitfield Wildlife Conservation Area after the Big Hole fire.

My cause is planting more trees at Whitfield after the Big Hole fire last week. Whitfield will need a lot of help with environmental restoration.



We will plant trees to begin restoring the land. We will work with Whitfield to identify what kind of trees need to be planted and where. We can begin planting right away. Future visitors will be able to appreciate the trees as they grow. Habits will come back because many animals are currently displaced. I think Whitfield lost 80% of its trees.

What is activism? What does it look like?

**Together for
Brothers --> transit
equity work**
Studied policy,
learned about issue,
connected with
others, brought
together resources

Upward Bound -->
helping high school
students with
preparing for
college, applying for
college, doing
activities

**Afghan & Arab
communities
supporting
each other,
raising money
for others**

Activism starts with
education -- finding
out more about an
issue and then
finding others that
share your interest.

Resources for engagement & activism

Resources you can access that are related to this event include:

- Youth Celebrate Diversity – student movement for inclusion and justice <https://ycdiversity.org/>
- Together for Brothers – building the capacity of young men of color to be leaders in their communities, developing public policy to address systemic issues <https://www.togetherforbrothers.org/>
- Working Classroom - provide young artists, actors, and media makers with professional training, as well academic support and opportunities to engage in social justice through art <https://www.workingclassroom.org/>
- 350 New Mexico – climate solutions youth activism groups to connect with <https://350newmexico.org/youth-activism/>
- Southwest Organizing Project (SWOP) - young activists of color empowering our communities in the SouthWest to realize racial and gender equality and social and economic justice.
- New Mexico Transgender Resource Center
- GSA and GLSEN
- Student Union groups in schools (gender equality, disability rights, immigrant & refugee rights...)

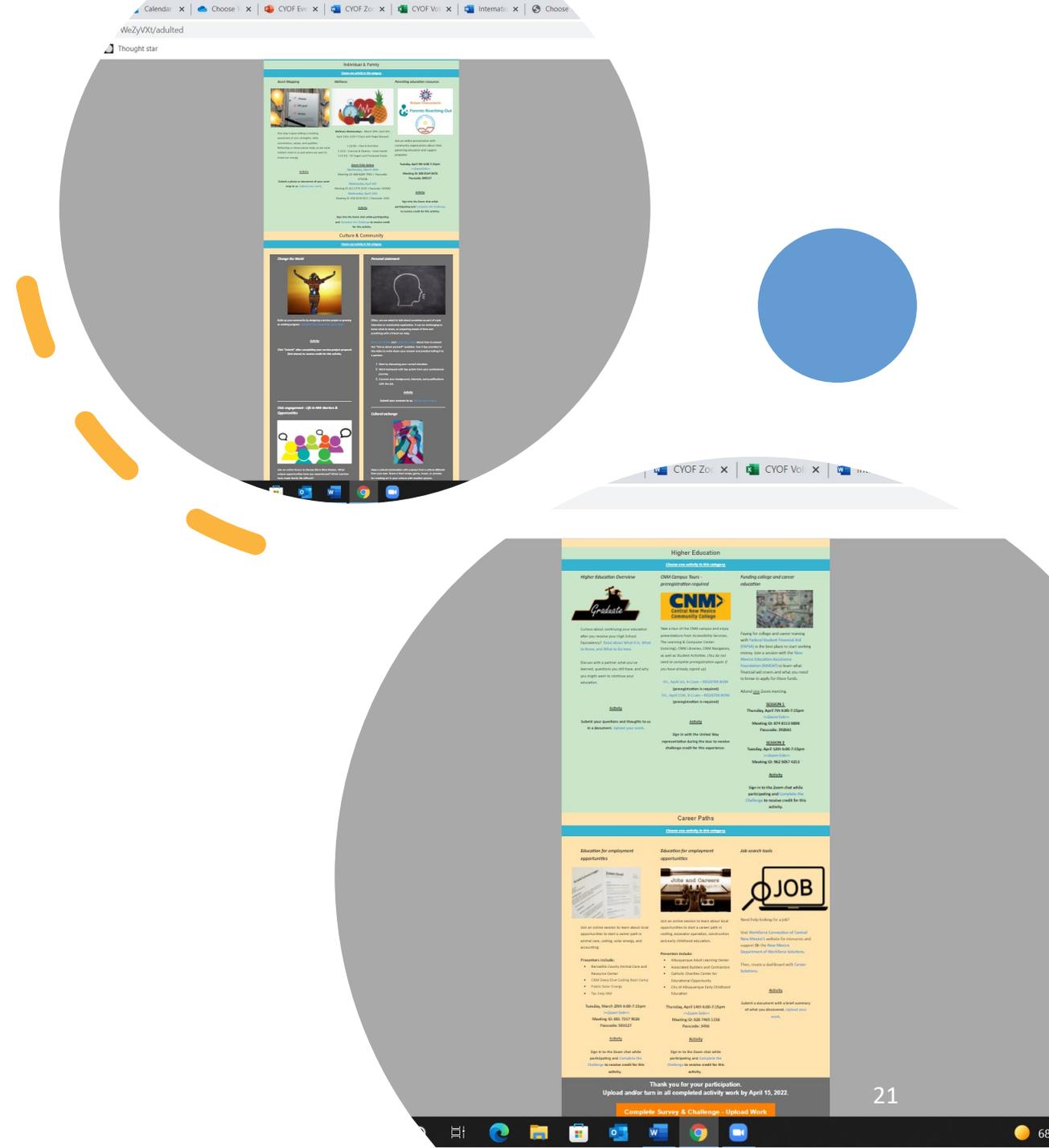
High School Resources

- **Healthy Relationships**
Enlace Comunitario – Training sessions available, Youth Leader positions open
Youth Leaders serve as community educators who provide outreach and bilingual (Spanish/English) presentations at youth conferences, public schools, and other venues.
<https://www.enlacenm.org/youth-leaders/>
- **New Mexico Educational Assistance Foundation**
FAFSA Money Mondays – every Monday 3:00-6:00pm
<https://www.nmeaf.org/fafsa-fund-your-future>
<https://www.nmeaf.org/>
- **College preparation panel presentation recording:**
[College Panel.mp4](#)

Adult Challenge Board

CHALLENGE CATEGORIES & ACTIVITIES:

- **Individual & Family**
Asset mapping, Wellness Wednesdays, Parent Education Resources
- **Culture & Community**
Service project proposal, personal statement, community forum, cultural exchange
- **Higher Education**
Higher education overview, CNM campus tours, FAFSA
- **Career Paths**
Education for Employment opportunities, job search tools



Community forum with adults with language support in English, Dari, Spanish and Arabic sharing experiences of "Life in NM: Experiences, Barriers and Opportunities"

Graphic record of the conversation captured by and created by Sean Clark



If you could change one thing about life in NM, what would it be?

Universal pre-K and free childcare for all

Less crime

Better access to better education state-wide

More plants - green plants, not so much brown

More tech companies & expressway which goes around the entire city

More parks and spaces for kids to play

More awareness of water - a resource we don't have as much as other places - to conserve water, to love water (that way we can have green plants!)

That we wouldn't be so food insecure

Affordable housing for everyone

Safety in the school

Not being dependent on the oil & gas industry and switching to renewables.

To invite my parents here to be together

Learning driving

Family Friendly Park!

Difficulty in affording rent & ability to buy a house

Reduce vandalism

Parks for kids 13 and under only

Inside park, not too crowded, safe

Adult Wellness Resources

Wellness Wednesday
sessions generously
provided by Health
Educator, Paige Maxwell

Wellness Wednesday

- My Plate

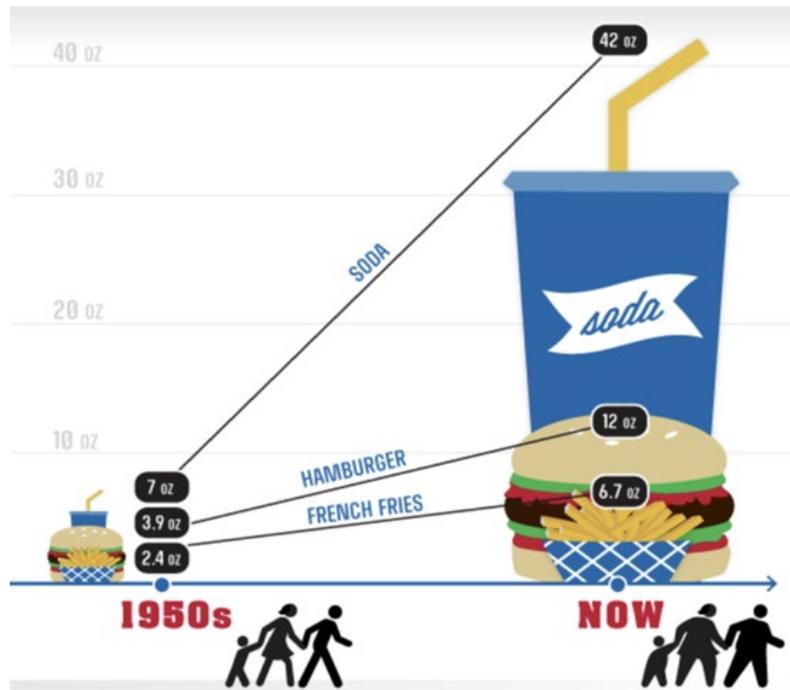
<https://www.myplate.gov/>

- Diet & Nutrition

English: [https://myplate-prod.azureedge.us/sites/default/files/2022-01/SSwMP%20Mini-Poster English Final2022 0.pdf](https://myplate-prod.azureedge.us/sites/default/files/2022-01/SSwMP%20Mini-Poster%20English%20Final2022%200.pdf)

Spanish: [https://myplate-prod.azureedge.us/sites/default/files/2022-01/SSwMP%20Mini-Poster Spanish Final2022.pdf](https://myplate-prod.azureedge.us/sites/default/files/2022-01/SSwMP%20Mini-Poster%20Spanish%20Final2022.pdf)

Nutrition tips



Go for healthy cooking methods



PORTION CONTROL Cheat Sheet

 meat/poultry	=	 deck of cards	 grains	=	 baseball
 fish	=	 checkbook	 bread	=	 CD case
 legumes	=	 lightbulb	 nuts/nut butters	=	 golf ball
 veggies	=	 baseball	 cheese	=	 9 volt battery
 fruit	=	 baseball	 salad dressing	=	 shot glass

Portion size

Change the World!

An adult participant's service project proposed a gymnasium with childcare to support the health & wellness of parents with young children.

Mi causa es el poder ayudar a madres jóvenes como yo a tener una vida más saludable ya que aveces por tener nuestros hijos y no tener quien nos ayude.

Si yo tuviera los recursos yo aria un gimnasio con cuidado infantil incluido por qué las personas que tenemos hijos y queremos asistir aún gimnasio y no podemos por esa razón sería de mucho beneficio principalmente para madres o padres que no tienen quien cuide de sus hijos.

What gets in the way of you, your family and friends meeting their goals and reaching their dreams?

Don't have college programs I'm interested in here in NM

My dream and my goal is to learn English, to drive, have a car to take my kids to school and they can get a good education.

**Need
\$\$\$**

My dream is about education. My older daughter is going for nursing classes. My son wants to become a physical therapist. I want my kids to finish their education.

I don't have the freedom to go to school in another state

Lack of fundamental resources in rural areas -- clean water, electricity, grocery stores, educational opportunities

No resources for family to get a house

Open a good Afghani restaurant for every person to come and buy food from me

I want to work to have my own house

I want to learn to drive and to buy a car to get where I need to go

My dream is to have big house

Driving is an obstacle, places for restaurant, money

Parent Education Resources

PRESENTATION RECORDING: [video1450992388.mp4](#)

- Enlace Comunitario
www.enlacenm.org
Relaciones Saludables Wednesdays 6-8pm via zoom or
in person
Maribel Garza, mgarza@enlacenm.org
Ana Lopez Salazar, alopez@enlacenm.org
- Parents Reaching Out
www.parentsreachingout.org
505-247-0192
- NAPPR (Native American Professional Parent
Resources, Inc.)
www.nappr.org
505-345-6289

What are YOU doing to make our community a better place?

Tutoring a
middle
school
student

Helping
out
younger
people

Volunteering
with local
organization

I help my
grandpa

Kids
volunteering

I help with a
community
garden

Change the World!

Community members in the south valley proposed reviving a baseball field to create a safe space for community little leagues to practice on.

We want to provide a safe field for the teams to practice, this would include dirt and chalk for lines... As of now it is an uneven grassy field. It is a regulation zoned baseball field, however, we want it to be safe and resemble the actual field they will be competing on.



Higher Education – College Resources

- New Mexico Educational Assistance Foundation (NMEAF)
FAFSA Money Mondays, every Monday 3:00-6:00pm
<https://www.nmeaf.org/fafsa-fund-your-future>
<https://www.nmeaf.org/>
- College preparation panel
[College Panel.mp4](#)
- CNM
(505) 224-3000
contactcenter@cnm.edu
<https://www.cnm.edu/students/apply-to-cnm/apply-to-central-new-mexico-community-college>



Career Paths



March 29th panel presentation recording: [Education for Employment March 29th](#)

- Bernalillo County Animal Care and Resource Center
- CNM Deep Dive Coding Boot Camp
- Positive Energy Solar
- New Mexico Workforce Connection

April 14th panel presentation recording: [Education for Employment April 14th](#)

- Associated Builders and Contractors
- Catholic Charities Center for Educational Opportunity
- City of Albuquerque Early Childhood Education

Career Path Resources & Contacts

- Bernalillo County Animal Care and Resource Center
3001 2nd St SW, Albuquerque, NM 87105
Candace Sanchez
[\(505\) 468-7387](tel:(505)468-7387)
cansanchez@bernco.gov
- CNM Deep Dive Coding Boot Camp
Office: 505.224.4000 X54437
info@deepdivecoding.com
<https://deepdivecoding.com/>
<https://cnmingenuity.org/>
- Positive Energy Solar
3651 Princeton Dr NE, Albuquerque, NM 87107
[\(505\) 344-0071](tel:(505)344-0071)
<https://www.positiveenergysolar.com/about-us/careers/>
- New Mexico Workforce Connection
<https://www.wccnm.org/employers/contact/>
www.wccnm.org

Career Path Resources & Contacts

- Associated Builders and Contractors (ABC)
2821 Broadway Blvd NE
Albuquerque, NM 87107
www.abcnm.org
(505)830-4222
- Catholic Charities Center for Educational Opportunity
2010 Bridge Blvd. SW, Albuquerque, NM 87105
Taylor Stanton, taylor@ccedu.org
office (505) 724-4672 / cell (505) 600-9488
[Adult Education Courses](#)
GED, ESL for Childcare Careers, Heavy Machinery Operation courses
- Joseph Montoya
Safety Zone Credentialing LLC
NCCER ATU & AAS
209 County Road A4A Sapello, NM 87745
Cell: 505-795-0930
email: josephmontoya777@live.com
- City of Albuquerque Early Childhood Education
City of Albuquerque Early Childhood Navigator Services: trtaylor@cabq.gov
505-768-9344
[City of ABQ Early Childhood Workforce.pptx](#)

Gratitude for Partners, Supporters & Sponsors

Associated Builders & Contractor (ABC)
Baruch Campos-Gallardo, Graphic Notetaker
Bernalillo County Animal Care and Resource Center
Catholic Charities Center for Educational Opportunity
Catholic Charities' Center for Refugee Support Interpretation
City of Albuquerque Early Childhood Workforce
City of Albuquerque Community Services Division
CNM Admissions
CNM Deep Dive Coding
Enlace Comunitario
Explora
Miss Erika, Storytime

Native American Professional Parent Resources
New Mexico Educational Assistance Foundation
New Mexico Workforce Connection
Nickoloff Foundation
Paige Maxwell, Health Educator
Parents Reaching Out
Positive Solar Energy
Safety Zone Credentialing LLC
Sean Clark, Graphic Notetaker
Traducciones e Interpretaciones
United Way of Central New Mexico staff
Youth Celebrate Diversity
Young Leaders Society

A special thank you to Leona Davis-Brown for designing a website that made this challenge shine!

CYOF Webpages

- Event page: <http://ow.ly/Vk9U50liPoZ>
- English Registration: <https://www.surveymonkey.com/r/QRCDQQN>
- Spanish Registration: <https://www.surveymonkey.com/r/2FBJBQ3>
- Submissions Upload link:
<https://www.dropbox.com/request/RGRT1wJ90aiYWzf7kMHT>



THANK YOU FOR YOUR PARTNERSHIP!

**CHANGE DOESN'T
HAPPEN ALONE.**

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