



# IMPACT REPORT

## C5's COMPREHENSIVE YEAR-ROUND CURRICULUM

*focuses on:*

- Leadership Development
- College Readiness
- Career Guidance
- Arts & Culture
- Community Service
- Emotional Support

**C5 Youth Foundation of Texas changes the odds** for high-potential youth from risk-filled environments, inspiring them to pursue personal success and preparing them for leadership roles in college, work and their communities.



### ACT NOW SUMMIT

For this summer's **Actively Changing Tomorrow (ACT) Now Summit**, C5 seniors choose **Teen Mental Health** as their topic because of the increased mental health issues teens were facing as a part of the COVID-19 global pandemic. The seniors recognized that many teens were struggling to effectively communicate with parents, teachers and friends and had begun self-isolating themselves from the outside world. Teens had become more comfortable making friends on-line and were nervous about interacting face-to-face. Teen mental health hit home for a lot of teens and increased mental health issues became prevalent such as depression and social anxiety.

### CAMP LEADERSHIP U

We welcomed the class of 2026 to their first year of summer camp at C5 Texas. New Leaders spent 18 days in Killeen, Texas, leaving their families and friends behind and without the convenience of cell phones and other technology. During their time at camp, youth participated in character and leadership development sessions, activity clubs, group challenges and a half-day hike through the hills of Parrie Haynes Ranch.

### OUR LEADERS

**93% ARE FROM COMMUNITIES OF COLOR**

**61% FEMALE  
39% MALE**

**83% WILL BE THE FIRST IN THEIR FAMILIES TO ATTEND COLLEGE.**



c5texas.org

### ROAD TO COLLEGE TOUR (Hybrid Edition)

Many universities and colleges limited visitations to their campuses over summer 2021. C5 Compasses hosted a hybrid Road to College tour at Parrie Haynes Ranch. **Students visited several colleges virtually**, all while participating in sessions focused on time management, healthy relationships, financial aid and budgeting, college admission process and making the most of college.

**C5 Medallions created a website** that teens could use to identify mental health resources and the creation of student-led mental health club at various high schools. The student-led clubs would provide an outlet for students dealing with depression, anxiety, and other mental health issues, as well as provide social activities to help them re-engage in the community.

## CHARACTER DRIVEN

The C5 Texas Leadership Summit and Graduation serves as the culmination of our program year. Youth participate in a professional conference filled with educational sessions focused on college, high school transition, financial literacy, and service learning. The day ends with a Graduation ceremony as C5 Texas welcomes new Leaders, transitions students to the next stage of our program, and graduates Leaders who committed five years with our organization when they were 7th graders. **Congratulations to the Class of 2022! We're so proud of you!**

### What our five C's mean!

Character Driven

Community Focused

Challenge Ready

College Bound

Committed to a Better Future

## COMMITTED TO A BETTER FUTURE

Throughout the year, C5 hosts Leadership Roundtable in partnership with companies and small business. During these hour-plus sessions, Executives help youth make informed career decisions by exposing them to career possibilities they may have never considered. It also provides youth an opportunity to observe a variety of "corporate cultures" helping youth develop accurate expectations of a typical work environment. Interested in hosting a Leadership Round-table at your company? It's another great way to volunteer with C5 Texas. Addressing the social and emotional needs of C5 Youth!

In 2020, in response to our students' distress over the pandemic and the state of the world, we implemented a "Talk About It Tuesday" monthly series addressing current issues facing our young leaders during the COVID-19 crisis via Zoom calls and online presentationsc by experts in the field. In 2021, we added an online Mental Health series providing tips from mental health experts on how to deal with stress and anxiety related to the Pandemic. We'll continue to adjust our programming when needed to ensure we're meeting the social and emotional needs of C5 Leaders.

## COMMUNITY FOCUSED

Leadership Project at Frasier Dam Recreation Area C5 10th graders planned and hosted a community action project for our 8th and 12th graders at the Frasier Dam Recreation Area. Leaders collected over 17 bags of trash weighing more than 545 lbs. Youth learned the impact that plastics have on the environment and animals. From the experience, Leaders made a commitment to reduce plastic usage and litter waste.



## CHALLENGE READY

Bridges Trek

Every year, C5's rising 10th graders participate in a seven-day hiking trek in the Rocky Mountains. The trek is the "Bridge" between youth learning about leadership and applying leadership skills to real situations and real community projects. Bridges builds the experience and confidence needed to lead. This year, twenty-two C5 Leaders split into two groups hiked an average of 35 miles before reaching the Summit.



## COLLEGE BOUND!



C5 Texas spends a lot of time on college campuses, so Leaders have a better understanding of the college environment. C5 Leaders come from diverse ethnic backgrounds with more than 90 percent of Leaders representing BIPOC communities **This year, we had the opportunity to partner with the College of Architecture Diversity Council at Texas A&M University.** C5 seniors spent a day touring the campus, meeting with the students from the Department of Multicultural Services and exploring majors and careers within the College of Architecture.