The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to practice leadership through action.

To find out more please visit the Institute for Women’s Leadership’s website at [http://iwl.rutgers.edu](http://iwl.rutgers.edu).
Bi-weekly leadership and mentoring program through which local foster care girls are paired with exceptional undergraduate women at Rutgers University to engage in an eight month long mentoring relationship.

Programming for GROW is fueled by research on:

- Resilience
- Empowerment
- Feminist (and gender based) mentoring programs
- Evidence Based practices
- Preventative and Protective Factors
Young Women in Foster Care: A Population At Risk

Young girls in the foster care system face various obstacles which often stem from educational barriers, lack of social support, and overall lack of consistent resources in their lives.

Because of these obstacles, young women in foster care are a high risk population for poor outcomes and risky behavior in adolescence, which often may carry over to adulthood.
The Facts

- Approximately one-fourth of foster children will end up homeless in 12 to 18 months after leaving foster care at age 18, and 34% will end up on welfare. (Vacca, 2008)

- Two to four years after leaving foster care, less than half of former foster children have jobs, and only about 40% have held a job for at least 1 year. (Vacca, 2008)

- Foster youth show less housing stability, poorer neighborhood quality, higher rates of incarceration, and more reliance on public housing assistance. (Berzin, 2011)
Social support is generally considered critical for health and well-being. It is particularly essential for vulnerable populations during times of transition such as adolescent years. (Collins, 2010)

The use of mentoring programs to improve outcomes for youth at-risk has grown steadily in recent years. This renewed interest in mentoring is partly fuelled by research on the process of resilience and the positive impact the role of a mentor can potentially have. (Osterling, 2006)
Mentoring has been proven to support the development of pro-social behaviors in girls and youth who may be at risk for a myriad of different negative outcomes that are far too common for the foster care population. (Williams, 2011)

Resilience research has consistently identified the presence of a supportive and caring non-parental adult in the lives of children and youth who succeed despite adversity and hardship. (Osterling, 2006)
Girls Realizing Opportunities in the World will provide a safe space for girls to connect and learn from one another, discuss anything that crosses their mind, and empower one another to grow and be resilient in hopes of overcoming barriers, and attaining all the life opportunities that are within their reach.
Throughout the development of my project, I have learned a lesson on the importance of Leadership Qualities when working for social change.

- Communication
- Flexibility
- Open Mindedness
- Passion
- Commitment