



VIRTUAL INFORMATION SESSION

FOR PROSPECTIVE VOLUNTEERS

1. Rename yourself on Zoom with your full name and preferred pronouns.
2. Introduce yourself in the chat!

ICEBREAKER

Please share your response to the following questions in the chat...



Did you have role models growing up? What qualities did they have?

AGENDA

- 01** Icebreaker & Introductions
- 02** Apex's Mission & Our Approach
- 03** Apex's Volunteer Programs
- 04** Application & Announcements
- 05** Breakout Rooms



APEX STAFF

ELEMENTARY



Beau Dorien

Elementary Program Manager, Manhattan

Fun Fact:

COMMUNITY PROGRAMS



Heather Lee

Community Network Manager

Fun Fact: I've been skydiving in the Swiss alps!



Created by N.Style from Noun Project



Created by Fasha Almous from Noun Project

MENTORING



Donna Poon

Associate Director of Mentoring Programs

Fun Fact: I've run the NYC Marathon 5 times!

ATHLETICS



Jason Howald

Athletics Program Manager, Queens

Fun Fact:

COLLEGE AND CAREER SUCCESS



Jia-Ming Tuan

High School Opportunities Manager

Fun Fact:

OUR MISSION

Apex for Youth **empowers** Asian American youth from low-income and immigrant backgrounds to unlock their **potential** today and a world of **possibility** tomorrow.

We are building a world **without limits** for **all Asian American youth**.

DID YOU KNOW...?

1 IN 2

of Asian American youth live in or near poverty in NYC.

LEAST LIKELY

of any racial/ethnic group, Asian Americans are in seeking mental health services.

75%

or more of Asian American youth feel less safe than before the pandemic.



OUR APPROACH: THE FOUR PRACTICES



CULTIVATING IMPACTFUL MENTORSHIP

Promoting long-lasting connections with mentors and adult role models



PROVIDING EXPOSURE & EXPLORATION

Offering access to opportunities and resources to close the opportunity gap and help youth to create the lives that they want



DEVELOPING INTERNAL STRENGTHS & MINDSETS

Fostering skills and providing support to pursue futures that reflect their own individual values, interests, and priorities



NURTURING POSITIVE SELF-IDENTITY

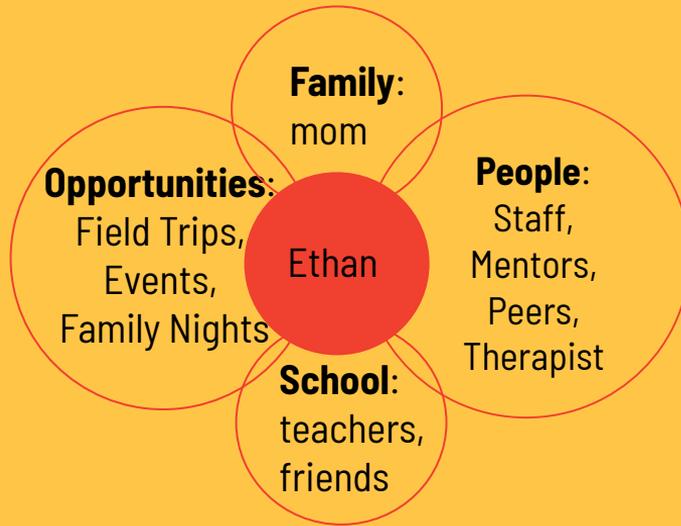
Encourage youth to value themselves, and embrace a growth mindset, defining what it means to be Asian American on their own terms

OUR APPROACH: ETHAN'S JOURNEY

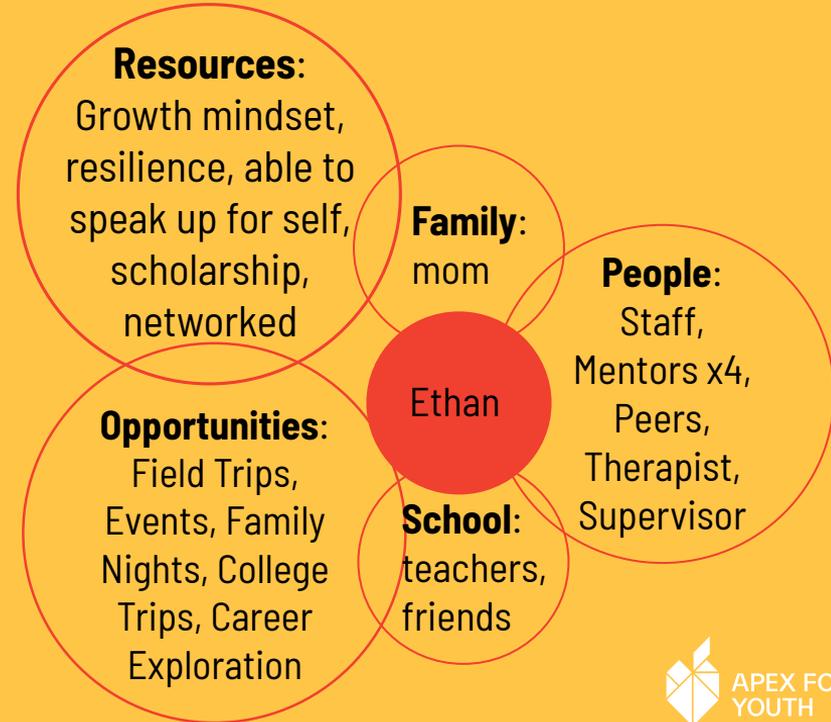
Before Apex



Start of Apex



End of Apex



OUR OUTCOMES: THE ABC'S

Agency

Apex shows youth that there is **no one path to success**, empowering them to envision a limitless future with the resources and connections to get there.



Belonging

The Apex community of caring adults uplifts **shared identities** to build transformative relationships with youth that combat isolation and disconnection.



Confidence

Apex youth move from **surviving to thriving** through our programming that helps them embrace their strengths and identities.



WHAT QUALITIES ARE WE LOOKING FOR IN A VOLUNTEER?

Collaborative

- Volunteers will work often with other adults in groups **to ensure that youth are being supported in a holistic manner**

Meet youth where they're at

- Strong intention on **building relationships** and **actively participate** in activities that cultivate and reinforce relationships

Reflective and Flexible

- Working with youth can be challenging but rewarding. Reflective volunteers are able to adapt and support youth authentically



VOLUNTEER OPPORTUNITIES

| GRADE BANDS | PROGRAMS | LOCATIONS | COMMITMENT | VOLUNTEER NEEDS |
|---------------------------------------|---|--|-----------------------|--|
| ELEMENTARY (K-5) | <ul style="list-style-type: none"> ★ Read with Apex ★ Elementary Explorers ★ Athletics | <ul style="list-style-type: none"> ➤ Virtual ➤ LES, Manhattan ➤ Sunset Park, Brooklyn ➤ Flushing, Queens | 2-3 Saturdays a month | High needs in Queens and Brooklyn |
| MIDDLE SCHOOL (GRADES 6-8) | <ul style="list-style-type: none"> ★ MS Mentoring ★ Athletics | <ul style="list-style-type: none"> ➤ LES, Manhattan ➤ Sunset Park, Brooklyn ➤ Virtual | 2 Saturdays a month | High needs in Brooklyn |
| HIGH SCHOOL (GRADES 9-12) | <ul style="list-style-type: none"> ★ HS Mentoring | <ul style="list-style-type: none"> ➤ LES, Manhattan ➤ Sunset Park, Brooklyn | 1-2 Saturdays a month | High needs in Brooklyn |
| YOUNG ADULT (AGES 17-24) | <ul style="list-style-type: none"> ★ College Access Program ★ Career Connections | <ul style="list-style-type: none"> ➤ LES, Manhattan ➤ Virtually | 1-2 Saturdays a month | Lower needs |



Take a screenshot!





KEEP IN MIND



**VIRTUAL
INFO
SESSIONS**



- ★ May 7th
- ★ May 21st

**VOLUNTEER
APPLICATION**



MAY 31ST

**PRIORITY
DEADLINE**

**IN-PERSON
INFO
SESSIONS**



- ★ April 18th
- ★ May 2nd
- ★ May 17th

BREAKOUT ROOMS

ROUND 1 Pick your top choice

ROUND 2 Pick your second choice



| BREAKOUT ROOM # | PROGRAM(S) |
|-----------------|--|
| ROOM 1 | ★ READ WITH APEX ★ ELEMENTARY EXPLORERS |
| ROOM 2 | ★ MS MENTORING ★ HS MENTORING |
| ROOM 3 | ★ ATHLETICS |
| ROOM 4 | ★ COLLEGE ACCESS PROGRAM ★ CAREER CONNECTIONS |



THANK YOU!



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**VOLUNTEER
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MAY 31ST

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**SEE INDIVIDUAL
PROGRAM DECKS
AFTER THIS SLIDE**

ELEMENTARY

ENRICHMENT

VOLUNTEER RECRUITMENT



**APEX FOR
YOUTH**



Mentor Requirements

Requirements

- Be 14+
- 1 year commitment on Saturday mornings (Oct - May)
- Attend at least **75% of sessions** (15 of 20)
- Be **open minded**, be willing to **try new things**, be willing to **tap into your inner child** and **have fun!**

Support

- Mandatory trainings offered 2x a year
- Staff onsite for all sessions and regularly checking in throughout the year
- Volunteer morning and debrief meetings
- WhatsApp groups to connect with other volunteers

Locations

- **Chinatown, Manhattan**
 - Explorers
 - Read with Apex
- **Sunset Park, Brooklyn**
 - Explorers
- **Flushing, Queens**
 - Explorers
- **Virtual**
 - Read with Apex

Read with Apex (RWA)

Chinatown, Manhattan | Virtually on Zoom

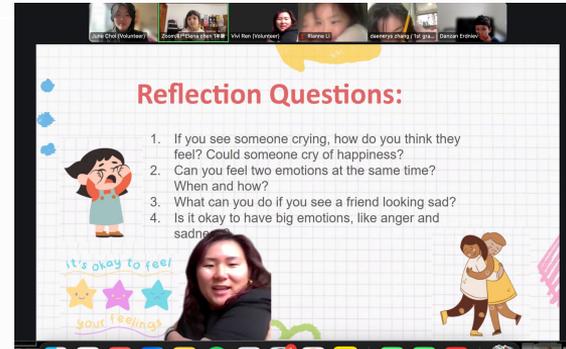
RWA works with K-2nd grade students. Mentors help youth **bond with peers and mentors** through **small group reading** and **storytelling-based, interactive activities** focused on community, identity, and culture.



Sculpting Communities



Pod Read Alouds



Chinese Shadow Puppets

Kindness Buttons



Theater Games

Elementary Explorers

Chinatown, Manhattan | Sunset Park, Brooklyn | Flushing, Queens

Elementary Explorers serves 3rd-5th grade youth. Mentors **leads youth in group activities** with their peers and co-mentors to **develop a sense of identity and community** by experiencing field trips, engaging in hands-on activities, and learning about community, identity, and culture.

Neighborhood Walk



Park Clean Up

Podcasting



Gardening and Planting Seeds



Mentoring Programs

Serving Grades 6-12

Locations: Brooklyn & Manhattan

Middle & High School Mentoring Programs



IN-PERSON WORKSHOPS

In-Person, staff-facilitated workshops take place 1-2X/month for 2 hours with hands-on activities for mentoring pairs. Program times vary by site.



FIELD-TRIPS

Pairs can join in on 2 FREE, annual field-trips each year to support bonding outside of workshop hours.



COMMUNITY EVENTS

Pairs can join in on various community events, participating in group activities from cooking, playing board games, to craft making with AAPI creators.



MENTOR SUPPORT

The Mentoring team provides training and ongoing support for all mentoring pairs. They also work closely with the Mental Health Services team.

Mentoring Opportunities:

**Middle School Mentoring
Program Brooklyn
(MSMP BK), gr. 6-8**
**Accepting Applicants
High Need**

Sunset Park, Brooklyn



**Middle School Mentoring
Program Manhattan
(MSMP MN), gr. 6-8**
**Accepting Applicants
High Need**

Chinatown, Manhattan



**High School Mentoring
Program Brooklyn (HSMP
BK), gr. 9-10**
**Accepting Applicants
High Need**

Sunset Park, Brooklyn



**High School Mentoring
Program Manhattan
(HSMP MN), gr. 9-12**
Nearing Capacity

Chinatown, Manhattan



Program Requirements

YOU are:

- 21+ years old
- Able to attend at least 75% of workshops:
 - Meet with your mentee ~2X/ month on Sat. Oct-June
 - Commit to at least 2 full years

We are looking for:

- Reliable communicators
- Care, consistency, and patience
- Caring adults able to meet young people where they're at and provide the support they need





Thank you!

Q&A



APEX FOR YOUTH

ATHLETICS

VOLUNTEER RECRUITMENT



**APEX FOR
YOUTH**



ATHLETICS PROGRAMMING



SCHOOL YEAR ROUND BASKETBALL

(October - May)

**Elementary School Basketball,
Yoga & Zumba**

(Sites in Brooklyn & Queens)

12U & 14U Apex Ballers Team

(Sites in Manhattan)

Middle School Basketball

(Sites in Manhattan, Brooklyn)



SUMMER PROGRAMMING

(July - August)

**We Run As One Summer
Basketball League**

(Manhattan)



COMMUNITY EVENTS

**Hoops Over Hate 3v3
Basketball Tournaments**

(Queens & Brooklyn)

Asian Athlete Speaker Panel



SPECIAL EVENTS

WNBA/NBA Sporting Events &
Basketball Clinics

Other professional sports ticket
opportunities

ATH Volunteers

Apex for Youth Athletics programs are designed to encourage physical health and well-being through play and team sports. Volunteer coaches and trainers work with our youth in order to explore their interests and athletics skills in sports and fitness activities to foster positive youth development.



What are we looking for?

- 16+ years old
- Open-minded and willing to learn
- Passion about coaching team sports for youth
- Provide fun and engaging sessions using various workout routines
- Encourage students to practice hard work, teamwork, and sportsmanship
- Discover and develop students' strengths
- Enhance students' beliefs in their own potential and capacity for growth
- You do not have to be a great athlete in order to be a great coach

Volunteer Program Requirements

Volunteer Requirements

- 16+ years old
- 1 year commitment
 - (Oct - May)
- Attend at least 75% of sessions (14 of 18)
- Be open minded and willing to try new things

Volunteer Support

- Training offered 2x a year (Fall and Spring)
- Staff onsite for all sessions
- Regular volunteer debrief meetings
- Staff checking in throughout the year

Locations

- **Chinatown, Manhattan**
 - 12u & 14u Basketball Team
 - Middle School Basketball
 - Summer We Run As One
- **Sunset Park, Brooklyn**
 - Elementary Basketball
 - Middle School Basketball
 - HoH 3v3 Tournament
- **Flushing, Queens**
 - Elementary Basketball
 - HoH 3v3 Tournament

COLLEGE

AND CAREER

SUCCESS



**APEX FOR
YOUTH**



College and Career Success Programs



COLLEGE ACCESS PROGRAM (CAP)

College Application Mentoring Program for 11th and 12th graders



GENERAL COLLEGE ACCESS SUPPORT

College Trips
High School Opportunities
Scholarships



CAREER EXPLORATION PROGRAMS

Career Exploration Panels and Professional Development Workshops
Internships



ALUMNI PROGRAMS & CAREER CONNECTIONS

Academic and Career Support
Career Mentoring Program for College and Early Professionals
Scholarships

CAP Volunteers

Support high school students with the College Application process from a holistic perspective that encourages curiosity and focuses on students' strengths and interests.

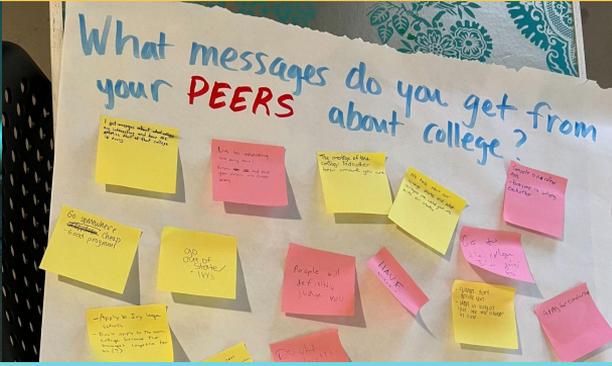
A College Guide will work with students in a small group setting, supporting two students over two years (11th→12th).



What are we looking for?

- Caring and supportive adults comfortable with working with high school youth
- Ability to lead and manage a small group (2 youth)
- **Commit to a 2-year program**
 - Attend 75% of Saturday workshops : ~8/12 sessions from September - June
 - 10:30-12:30 AM at the Apex office in Manhattan
 - Two mandatory Volunteer Trainings

What do CAP Volunteers do?



CAP Small Group Team Building

Engage in team building activities that build trust and a collaborative relationship.

College Knowledge Support

Build an understanding of the application process that allows the students to authentically engage and be open and curious.

1:1 College Application Advisement

Provide 1:1 application support to your team members based on their strengths, interests, and personal goals.

Career Connection Volunteers

Support college students and young adults as they plan for their futures through 1:1 mentorship. You'll be matched with someone who is pursuing your current profession, and students can explore their fit with your career, receive guidance on how to enter your field, and begin building the skills necessary to succeed.

NOTE: Application opens August 1st. Recruitment for this program starts Fall 2026; Program starts March 2027.



What are we looking for?

- Caring and supportive adults willing to share your network, encourage risk-taking, and meet mentees where they're at
- **Commit to a 4-month program (March - June)**
 - Attend 5 of 6 monthly, evening workshops on Zoom
 - One mandatory virtual Volunteer Training
 - One mandatory in-person meeting

Interested? Email

collegeandcareer@apexforyouth.org

APEX STAFF

COMMUNITY PROGRAMS



Heather Lee
Community Network Manager

Fun Fact: I've been skydiving in the Swiss alps!

ELEMENTARY



Khrystalie Le
Elementary Reading Programs Manager

Fun Fact: I can play 4 instruments - piano, violin, guitar, + ukulele!



Created by Lumen Design from Noun Project



Created by Victoria Piant from Noun Project



Created by N.Style from Noun Project



Created by Fasha Almous from Noun Project

ATHLETICS



Stephen Lai
Athletics Program Manager, Brooklyn

Fun Fact: I ran the NYC marathon last year.



Created by George from Noun Project



Created by Mirada from Noun Project

MENTORING



Emily Chow
Middle School Mentoring Program Coordinator, Brooklyn

Fun Fact: I had 2 radio shows for my college radio station.



Created by Robert Lo from Noun Project



Created by mangung kim from Noun Project

COLLEGE AND CAREER SUCCESS



Phung Ninh
College and Career Success Program Manager

Fun Fact: I am one of six sisters.