



COLLEGE CONNECT CHRONICLE

Issue No. 34 | February 2023

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A MESSAGE FROM DEJA

Dear College Connect family,

Happy February! Another month into 2023 and we are preparing for the Spring 2023 semester, while some of us are already a few weeks into the Spring 2023 semester. Not only are we transitioning into Spring, but we have fully transitioned back onto the campuses for in-person sessions. We are now able to provide more support in helping students navigate the campus, utilize the campus resources, and have face-to-face interaction with others. Although this transition may be difficult at first, these benefits are long-lasting academically, socially, and vocationally. We want to see students thrive on campus and out in the community. There's a whole world out there to engage in and we are happy to join you all in that journey.

To our students, we are thankful for your ability to adjust and your resiliency through these changes. To our parents, guardians, and families: we are thankful for your collaboration, modified schedules to get your students to campus, and your trust in them to navigate their campuses and communities. Thank you all for your commitment to your overall development and success, as well as your trust in us as we support you all. Woo-hoo!



Best Regards,
Deja Duong
Regional Manager,
College Connect East

IMPORTANT DATES

FRIDAY OUTINGS:

Valentine's Craft Station

Friday, February 10 • 12:30 pm - 2:30 pm

Location: College Connect Main Office

Valentine's Dance

Friday, February 17 • Time: 12:30 pm - 2:30 pm

Location: College Connect Main Office

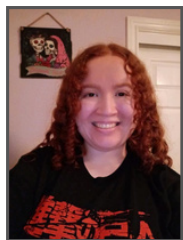
Raising Canes Outing

Friday, February 24 • Time: 12:30 pm - 2:30 pm

For more information, please contact your student facilitator

STUDENT SPOTLIGHT

Sarah



College Connect Chronicle is excited to highlight our February student spotlight, Sarah! Sarah is currently majoring in Art at Rio Hondo College. Her goals are to receive her certificate in ASL and get her Bachelor's degree in Art. College Connect is proud to highlight Sarah's continuous academic and personal growth.

WHAT WAS YOUR FAVORITE MOMENT BEING IN COLLEGE CONNECT?

"My favorite things are the College Connect outings and parties/events."

WHAT ARE YOUR HOBBIES?

"I have always drawn since I was a little girl and now I'm finally getting better at art in my sketchbooks and Canvas. My future dream goal is to start my business by becoming an Art instructor/teacher for teens and adults in the future."

FUN FACT ABOUT YOURSELF:

"I have watched anime since I was in high school."

TEAM SPOTLIGHT

Angie Verdugo



College Connect Chronicle is pleased to highlight our Student Facilitator, Angie V! Angie received her Bachelor's degree in Organizational Communications from Cal State LA. Her goal is to receive her Master's degree from USC. We are excited to have Angie V. as part of the College Connect team!

WHAT HAS BEEN YOUR PROUDEST/FAVORITE MOMENT AT COLLEGE CONNECT SO FAR?

"My favorite memory at College Connect would be the Friendsgiving outing that we hosted for the students. Seeing the students get so excited for yummy food and hanging out with friends brought me so much joy."

WHAT ARE YOUR TOP 3 LIFE HIGHLIGHTS?

- Having my daughter, Ayla
- Graduating college
- Getting my new car

LIFE MOTTO OR MANTRA?

"I am exactly where I need to be."

BACK to SCHOOL

Deja's Tips for a Successful Spring Semester

- 1** Get organized

 - Organize and set up a routine and schedule for your classes, time for assignments, time for breaks, and set up a bedtime/wake-up schedule.
 - Organizing and scheduling your time will help you focus and stay on track.
- 2** Get Prepared










 - Check your Canvas and syllabus for information on supplies and textbooks that you will need for class.
 - Send your professor your accommodations before and/or the first day of class.
 - Know your professor's contact information and office hours for when you have questions and need help.
- 3** Set Goals

 - Set 1-2 academic and/or career goals that you want to accomplish for the semester. Knowing your goals will set you up for success by helping you focus on the prize.
- 4** Get Connected

 - Build a support system by finding friends you can study with and whom you can talk to. Having friends who also go to college helps you feel more at ease that you are not doing this alone.
 - Meet with your College Connect Facilitator regularly.
 - Get connected to campus resources such as tutoring and counseling.
 - Participate and engage in school clubs, organizations, and activities.
- 5** Self-Care

 - Make time for your hobbies, interests, and activities that spark your joy.
 - After working hard on your classes and assignments, make time to relax your mind and body through mindful breathing, exercise, body movement, and eating food that will nourish you.
 - Make sure to get enough sleep at night and make time for naps.

FAVORITE *Love Songs*

- | | | |
|---|--|-------|
|  | L-O-V-E
Nat King Cole | 04.15 |
|  | Thinking Out Loud
Ed Sheeran | 04.22 |
|  | You've Got A Friend In Me
Randy Newman | 03.41 |
|  | Let's Stay Together
Al Green | 04.00 |
|  | Count On Me
Bruno Mars | 04.15 |
|  | You'll Be In My Heart
Phil Collins | 04.22 |
|  | Love Story
Taylor Swift | 03.41 |
|  | Better Together
Jack Johnson | 04.00 |
| <hr/> | | |
|  | I Will Always Love You
Whitney Houston | 04.15 |

[JANUARY SNAPSHOT]

January was a month filled with lots of fun! We returned from our holiday break and slowly started transitioning to in-person services. We saw a lot of familiar and new faces! We encourage you all to continue coming in-person for your sessions and meeting your peers/College Connect staff face-to-face! Groups in January were a lot of fun too- we covered how to create various healthy meals, reviewed classroom etiquette, practiced our socialization skills, reviewed safety tips in the community, and learned new, fun productivity tips, like treating your life like a video game. We also set up our year for success with our first outing of the year! We opened up our Time Capsules from last year and got to reflect on the progress of the goals we set for ourselves back in 2022. We also got to go into the community to watch Puss in Boots: The Last Wish at the movie theater. We are keeping the momentum going and are looking forward to all the fun February has in store for us!

COLLEGE CONNECT CORNER

VALENTINE SNACK MIX

Ingredients

- 4 cups Rice Chex cereal
- 2 cups small pretzel twists broken into pieces
- 1 11 oz bag of Valentine Day colored M&M's
- 1 bag of white chocolate chips
- ¼ cup Valentine Day sprinkles

Directions

- Place the first 3 ingredients into a large bowl, set aside.
- In a small microwave safe bowl heat the white chocolate chips on 50% power for 1 minute.
- Stir very well.
- Microwave on 50% power for 30 additional seconds.
- Stir until all the chips are melted.
- Pour over the cereal mix, using a rubber spatula, stir until all the pieces are coated.
- Pour onto two large sheets of wax paper, creating a single layer.
- Sprinkle with the sprinkles.
- Allow to cool.
- Store in an air tight container on your counter.
- Enjoy!



ANNOUNCEMENTS

Share Pictures of your Pets!



We want to hear from YOU! College Connect Chronicle would like to see pictures of your pets! We will feature them in the next issue. Please submit to your student facilitator or to Jianne at oa@collegeconnectsupport.com

i COLLEGE CONNECT INFORMATION
[2021 Annual by the Numbers](#)

[College Connect Pop-up](#)

[College Connect Resource Guide](#)



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