



COLLEGE CONNECT CHRONICLE

The Monthly Newsletter of College Connect

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A MESSAGE FROM DR. CABRERA:

Welcome Students to Spring 2022!

As we launch into the Spring semester, I am excited to see so many of you enrolled in classes, returning to campus, recommitting to your academic goals, and pushing forward with your personal ambitions. This spring, College Connect will remain as flexible as possible to provide quality and accessible services to our community and to meet you where you are. In effort to expand service options, College Connect will be adding individualized on campus support on select days as permitted by each college in addition to our current offering of in office and remote services. Schedules have already been sent out, but if you have any questions or need to make any changes, please partner with your facilitator.

I encourage you all to think of this spring as an opportunity for new beginnings, to reflect on previous semesters and take this time to refresh, refocus and set your intentions for the upcoming term. Partner with your facilitators, family, and friends to create a path for success and identify areas of growth and opportunity in your life. We will be on that journey with you, and we cannot wait to see what you will accomplish this term!



Sincerely,
Jeanette Cabrera
Program Director

COLLEGE CONNECT UPDATES

February 11, 2022: Valentine's Day Outing

12:30 pm - 2:30 pm

In-person or Zoom

February 18, 2022: National Pancake Day Outing

12:30 pm - 2:30 pm

In-person or Zoom

CAMPUS UPDATES

Spring 2022 Semester start dates are as follows:

Mt. SAC: February 22, 2022

Citrus College: February 23, 2022



STUDENT SPOTLIGHT

Matthew



Matthew
Mt. Sac Student

College Connect Chronicle is pleased to introduce our February student spotlight, Matthew! Matthew is currently majoring in Amination at Mt.Sac. He hopes to pass all of his classes this semester and to get a job after graduating. Matthew has been an active participant in College Connect events and group sessions, where he connects with his fellow peers. College Connect is proud to highlight Matthew's continuous academic and personal growth.

WHAT WAS YOUR FAVORITE MOMENT BEING IN COLLEGE CONNECT?

My favorite moment from College Connect is meeting new people and getting to know them well during group sessions. The facilitators are really nice and helpful and always give good advice."

WHAT HAS LAST SEMESTER TAUGHT YOU?

My last semester taught me to always do good in all of my classes and never fail a semester. Also, to always see a counselor for help and advice.

FUN FACT ABOUT YOURSELF:

Some fun facts about me are that I like to draw and I love to bake for my family events.

ALL ABOUT ME:

Selena Pasillas



College Connect Chronicle is pleased to highlight our Rio Hondo Campus Lead, Selena! Selena received her Bachelor's Degree in Psychology from California State University, Los Angeles. She has been with College Connect since 2019, starting out as a Student Facilitator. Since then, Selena has been able to grow professionally within College Connect and take on the leadership role of Campus Lead.

WHAT IS YOUR FAVORITE COLOR?

Currently, black is my favorite color.

WHAT IS YOUR FAVORITE MOVIE OF ALL TIME?

My favorite movie of all time is Avengers: Endgame

WHICH SUBJECT DID YOU ENJOY THE MOST AT SCHOOL?

I enjoyed Science class the most!

WHAT IS YOUR FAVORITE SPORT & WHO IS YOUR FAVORITE SPORTS TEAM?

My favorite sport is baseball and my favorite sports team is the Los Angeles, Dodgers!

WHAT IS YOUR FAVORITE FOOD?

My favorite food is tacos!

WHERE IS YOUR DREAM DESTINATION?

I would love to go to Greece one day.

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

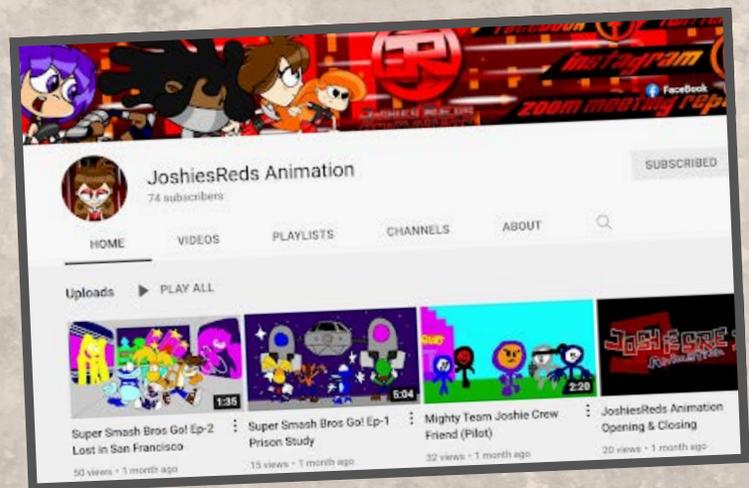
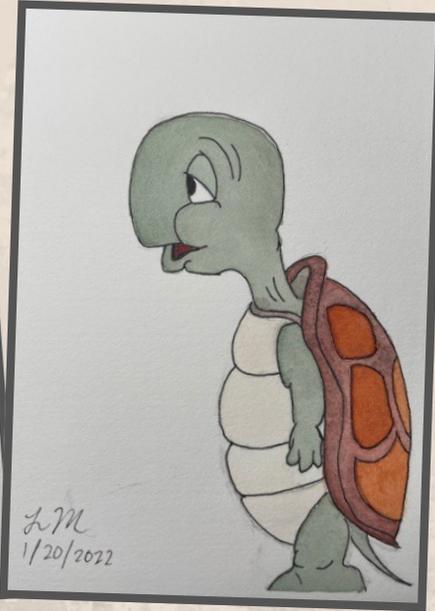
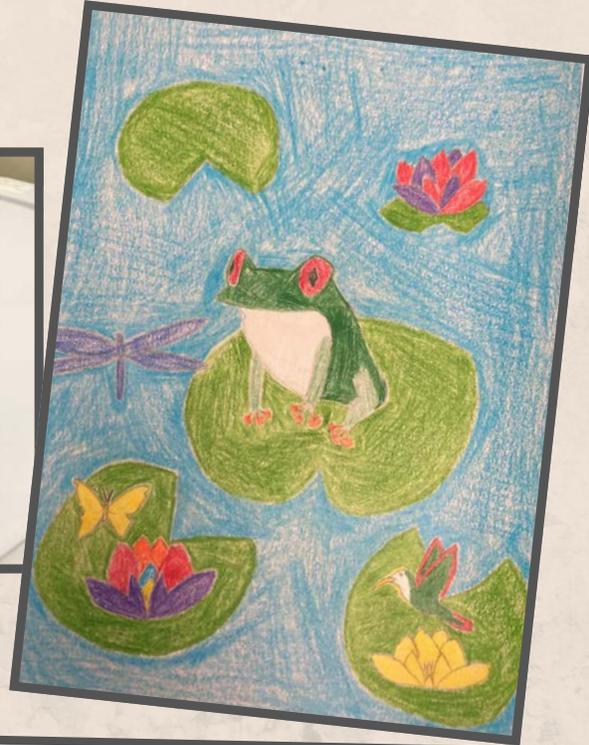
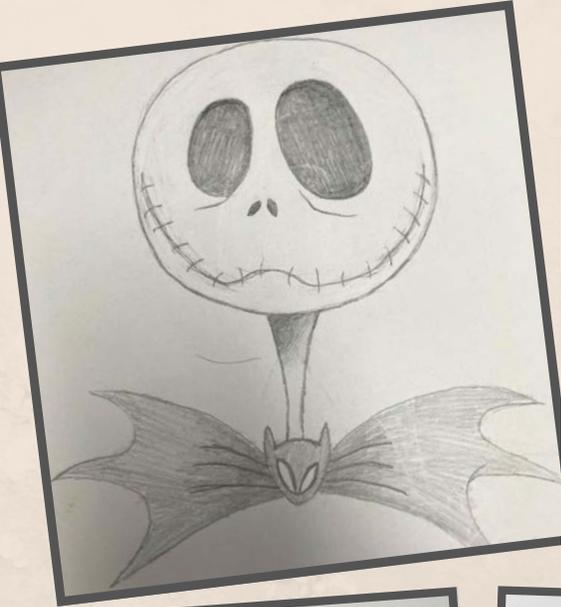
 - Set 1-2 academic and/or career goals that you want to accomplish for the semester. Knowing your goals will set you up for success by helping you focus on the prize.
- 4** Get Connected

 - 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.



Student/Staff Artwork



[College Connect January Snapshot]

We rang in 2022 with a successful and eventful January! We had our New Year's Potluck where students brought in delicious food like Raising Cane's, rotisserie chicken, shrimp, pizza, pie, cookies, cupcakes, and so much more. Not only did students share food, but they also shared what their New Year's Resolutions were and also shared their dance moves on the dance floor. We also had a Tie Dye Party where students tie-dyed and designed tote bags while listening to music and engaging with each other. The attendance is growing each outing we have and it's been nice to see friendships being made between new and familiar students. College Connect has more fun planned outings for February, so stay tuned! We have been having fun with our outings, but we also have been focusing on success as we prepare for Winter and Spring classes. Our Group sessions have been focusing on academic readiness. Some of us are doing in-person classes again for the first time and College Connect wants to help students prepare by going over campus resources, study tips, and tips on how to get organized and prepared. College Connect is also preparing to be on campus once or twice a week, which we are all very excited about.

THE COOKING CORNER

Valentine's Frosted Sugar Cookies

Ingredients

- 1 cup Butter (Salted Sweet Cream, softened to room temperature)
- 1 cup Granulated Sugar
- 1 Large Egg
- 1 tablespoon Vanilla Extract
- 2 teaspoon Baking Powder
- 3 cups All-Purpose Flour
- 2 1/2 cup of frosting

Directions

1. To make the Sugar Cookie dough, cream the softened butter and sugar until light and fluffy. Add the egg and vanilla and beat until thoroughly combined. Add the baking powder and mix. Finally the flour, one cup at a time and mix just until combined.
2. Roll out the cookie dough about 5/8" and use a small Heart Cookie Cutter to cut out the heart-shaped Sugar Cookie Bites.
3. Bake in an oven preheated to 350 degrees for 5-6 minutes (depending on how thick or thin you rolled the dough). Check on the cookies at the 4-minute mark, because you don't want to over bake them. The edges will be slightly golden when they are ready to come out of the oven.
4. Allow the cookies to cool completely before you frost them.
5. Frost the cookie bite hearts.
6. Sprinkle the top of the frosting with Valentine's Day NonPareils Sprinkles.



ANNOUNCEMENTS

Favorite Motivational Quote

We want to hear from YOU!
College Connect Chronicle would like to know your favorite motivational quote!
Please submit to Jianne at oa@collegeconnectsupport.com or to your student facilitator.

i COLLEGE CONNECT INFORMATION

[2021 Annual by the Numbers](#)

[College Connect Pop-up](#)

[College Connect Resource Guide](#)



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