



COLLEGE CONNECT CHRONICLE

The Monthly Newsletter of College Connect

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A MESSAGE FROM DEJA:

Happy New Year, College Connect! A new year and a new start! I hope the holidays treated you well and you have started the new year with good health and positivity. I wish good luck and hard work to those that have started Winter classes. I also wish good luck and preparation for those that are waiting for the Spring semester to start. During this time, please make sure to schedule your counseling appointments, register for classes, buy your textbooks and materials, and seek help from tutors, professors, and facilitators. Cheers to starting the new year with success!



Sincerely,
Deja Duong
Assistant Regional Manager

COLLEGE CONNECT UPDATES

January 21, 2022: New Year Potluck

12:30 pm - 2:30 pm

In-person or via Zoom

*Please note: Packaged food only

January 28, 2022: Tie Dye Party

12:30 pm - 2:30 pm

In-person only

CAMPUS UPDATES

Spring 2022 Semester start dates are as follows:

Azusa Pacific University: January 10, 2022

Cal Poly Pomona: January 22, 2022

Rio Hondo College: January 29, 2022

Mt. SAC: February 22, 2022

Citrus College: February 23, 2022



STUDENT SPOTLIGHT

Joshua

College Connect Chronicle is pleased to introduce our January student spotlight, Joshua! Joshua is currently majoring in electrical engineering and communication. He is currently attending three schools: Rio Hondo College, Citrus College, and Tri-Community Adult School. He hopes to complete his educational and vocational goals and to work for an organization like Edison. College Connect is proud to highlight Joshua's continuous academic and personal growth.

WHAT DOES COLLEGE CONNECT MEAN TO YOU?

"It honestly means a lot because they take the time and energy to check in on students and for that, it is really cool."

WHAT WAS YOUR FAVORITE MOMENT BEING IN COLLEGE CONNECT?

"Taking advantage of their resources in order to be successful in my academics."

WHAT WAS YOUR GREATEST CHALLENGE AS A STUDENT? HOW DID YOU OVERCOME IT?

"People skills. I never liked talking to people or even sharing what was going on in my life but I told myself that having people skills is one of the most important skills to have."

WHAT HAS LAST SEMESTER TAUGHT YOU?

"The last semester taught me to be prepared."

TEAM SPOTLIGHT

Jennifer Soto

College Connect Chronicle is pleased to introduce our new student facilitator, Jennifer! Jennifer received her Bachelor's Degree in Public Health from California State University, Los Angeles. She hopes to find a career that can allow her to be a mentor to children/adolescents and help them achieve their goals and overall happiness.



Jennifer Soto
Student Facilitator

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

"I was very happy to have received my first holiday card from one of my students thanking me for being his student facilitator for the fall semester."

WHAT ARE YOUR TOP 3 LIFE HIGHLIGHTS?

- Graduating college with my bachelor's degree
- I was once president for a club on campus called Global Brigades at CSULA that allowed me to travel to Honduras and Ghana Africa for a medical & public health mission trip
- In 5th grade, I had one of my artwork placed at city hall and when I reached college I sold one of my drawings to a professor"

WHAT ARE YOUR HOBBIES?

"I might have done almost every hobby while growing up; piano, dance, sports, painting/drawing, photography, reading, writing poetry, snowboarding, gardening, volunteering at different locations throughout undergrad and I continue to look for new hobbies to keep me busy."

LIFE MOTTO OR MANTRA?

"There's no failure, only feedback."

TIPS TO DEVELOP GOOD HABITS

Start with Small Adjustments

"Focusing on one thing at a time is the best way to ensure consistency. If possible, make it as easy as possible for yourself by splitting a habit into smaller steps. Big life and behavioral changes can be very intimidating - it's much less stressful to focus on something small."

Build a routine that you can follow

"One easy way to develop and maintain good habits is to build a routine that you can follow. Create a routine where you are doing the same thing at the same time every day. When you designate a specific time to a specific habit, it is going to be a lot easier for you to actually maintain that task."

Celebrate Your Small Wins

"Celebrating small wins brings you the motivation towards achieving something bigger. It not only helps you in minimizing the chances of slipping back into the old habit but also pushes you towards making a good habit part of your life. So, it's a good practice to reward yourself after every successful step towards victory because it boosts your strength and power to make even the impossible happen."

Replace Self-Judgment with Self-Compassion

"Self-judgment occurs when you take the responsibility for various mistakes on your shoulders which creates the feeling of guilt and shame. These feelings tend to have negative consequences. That's why it's better to think towards a good habit with self-compassion instead of self-judgment so that you can give yourself some empathy and love, using which it gets easy to make a good habit a part of your life."



2022 New Year's Resolutions

- Go to the gym
- Eat healthier
- Listen to more music
- Get my drivers license

"Pass my Spring semester classes"

"Continue to balance my life and figure out what I want to do after college"

"Stop worrying what others think about me"

"Find opportunities for my occupational future"

"Be happier and stop comparing myself to others"

"Be more independent and responsible with my car"

"Travel to a new state by the end of the year"

"Eat healthier and focus on getting my degree"

"Be healthier and work out"

"Socialize in a bigger setting and be more talkative"

"Pass all of my classes"

"Obtain a job soon"

"Be active for at least 30 minutes a day"

"Start saving money"

- Read more
- Plan a vacation
- Drink more water

"Prioritize my mental health"

"Keep track of my life by consistently using my planner"

"Finish my last year at Citrus College with my ceramics certificate"

"I would like to focus on my health, practice driving, graduate, and get a job after college."

"Spend more time with my friends and family"

"Learn Spanish"

"Explore new places"

- Complete my chores consistently
- Work out
- Eat healthier food

"Capture moments by taking more pictures"

"Start journaling"

"Spend less time on social media"

"Try new food"

"Transfer to CSULA after completing my classes at Rio Hondo"

"Find a significant other and become a fashion illustrator"





[College Connect December Snapshot]

December was a fun-filled month with so much fun, joy, and cheer. We started off the month with a Pebble Painting party, where students painted and decorated pebbles with their artistic and creative skills. We continued with our art and creativity the following week by having a Mini Canvas Painting Party, where students turned blank mini canvases into masterpieces! We also hosted our annual Holiday Winter Spirit Week on Dec. 13-22nd, where students engaged in themed days and fun activities. We enjoyed each other's company through games, movie days, and a Talent/Karaoke show. Students also made thankful jars, ornaments, and vision boards to display their gratitude, holiday cheer, and future goals. Students and staff also enjoyed delicious tacos together! We ended the year and semester with tons of fun and we cannot wait for you to see what we have in store for the new year!

THE COOKING CORNER

Smoothie Bowl

Ingredients

- 1 heaping cup organic frozen mixed berries
- 1 small ripe banana (sliced and frozen)
- 2-3 Tbsp light coconut or almond milk
- 1 scoop plain or vanilla protein powder of choice (optional)
- Toppings: 1 Tbsp shredded unsweetened coconut, 1 Tbsp chia seeds, 1 Tbsp hemp seeds, Granola (optional), Fruit (optional)

Directions

1. Add frozen berries and banana to a blender and blend on low until small bits remain
2. Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency.
3. Scoop into 1-2 serving bowl and top with desired toppings (optional): chia seeds, hemp seeds, and coconut, but strawberries, granola, and a nut or seed butter.
4. Best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.



ANNOUNCEMENTS

Artwork Submissions

We want to hear from YOU! College Connect Chronicle is looking for student artwork to feature in our upcoming issue! Please submit to Jianne at oa@collegeconnectsupport.com or to your student facilitator.

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i COLLEGE CONNECT INFORMATION

[Annual by the Numbers](#)

[College Connect Pop-up](#)

[College Connect Resource Guide](#)

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