



# COLLEGE CONNECT CHRONICLE

Issue No. 32 | December 2022

## What's Inside

A MESSAGE FROM  
DR. MORRISON

PROGRAM  
UPDATES

STUDENT  
SPOTLIGHT

TEAM  
SPOTLIGHT

HOLIDAY SELF-CARE  
LIST

FAVORITE HOLIDAY  
MOVIES

NOVEMBER SNAPSHOT

COLLEGE CONNECT  
CORNER

ANNOUNCEMENTS

## A MESSAGE FROM DR. MORRISON

College Connect Family,

It is incredible that we are close to the end of another amazing year of working towards our goals, creating new relationships, and personal discovery. I have so much admiration for all of you that have stayed committed to your goals through so many challenges. I am proud of all you have accomplished and will continue to accomplish. I want to express my appreciation for choosing to have us in your corner to support the many ambitions you have created for yourselves. Balancing school, work, personal, and social life is not easy! And yet you all have demonstrated to yourselves that despite some of the most difficult circumstances we have ever faced you continue to stay determined in not succumbing to negativity or discouragement. I want to especially congratulate those who met their benchmark by meeting that friend, passing that class, getting the job you wanted, and for the largest group of students graduating that College Connect has ever had!

As the year closes and we look to the next, we are so excited to welcome all of you back to in-person services. Nothing can replace the depth of relationship we create when we are together, and we are so happy to support you in the office, campus, and the community. Sometimes change can create apprehension and that is why we will be there with you every step of the way. When we get uncomfortable, we grow. I want to personally encourage you to continue to make sacrifices and choose the uncomfortable. When we choose the difficult, it always leads to better versions of ourselves. Every session, class, interview, social event, self-reflection, all add up day by day, week by week until we no longer recognize who we were before. Let us continue to create a culture of encouragement, fun, and positive support to help each other reach for more. We are so proud of all you have accomplished and even more proud of who you have become in the process. Excited to see you in person to continue your journey!



Sincerely,  
Christopher Morrison, PsyD  
Director of Clinical Services

## IMPORTANT DATES

### PAINT & SIP: HOT COCOA AND BOB ROSS

Friday, December 9 • 12:30pm - 2:30pm

### COLLEGE CONNECT SPIRIT WEEK

Monday, December 12 - Thursday, December 15

### WHITE ELEPHANT & MOVIE DAY

Friday, December 16 • 12:30pm - 2:30pm

### HOLIDAY BREAK CLOSURE

December 22, 2022 - January 1, 2023

College Connect will be closed for Holiday Break.  
We will resume operations on Monday, January 2nd.

Please note all College Connect  
services beginning January 1, 2023  
will be in person only

# STUDENT SPOTLIGHT

## Mary



College Connect Chronicle is excited to highlight our December student spotlight, Mary! Mary is currently majoring in Forestry and Wildland Management at Citrus College. She plans to transfer to Cal State LA to continue pursuing her education. Her goal is to be a park ranger in California and Arizona. College Connect is proud to highlight Mary's continuous academic and personal growth.

### WHAT DOES COLLEGE CONNECT MEAN TO YOU?

"College Connect means creating friends and gaining the skills to get me through college."

### WHAT WAS YOUR FAVORITE MOMENT BEING IN COLLEGE CONNECT?

"My favorite moments have to be the Halloween parties, spirit week in the winter and the summer BBQ!"

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

"My greatest challenge has been online classes. I reduced the number of classes I was taking so I could focus better on my classes."

# TEAM SPOTLIGHT

## Rocio Vazquez



College Connect Chronicle is pleased to highlight our Student Facilitator, Rocio! Rocio received her Bachelor's degree in Psychology from Cal Poly Pomona. Her goal is to become an academic advisor that helps students in transitioning from high school to college. We are excited to have Natalie as part of the College Connect team!

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

"My favorite moment at College Connect is meeting the other Facilitators when I was recently hired. I enjoyed interacting with them."

### WHAT ARE YOUR HOBBIES?

"My hobbies include reading anything that seems interesting, spending time with my sister when I have the chance, and sleeping."

### LIFE MOTTO OR MANTRA?

"Don't let anyone ever make you feel like you don't deserve what you want." - Heath Ledger

## The Holiday Self-Care List

- Reflect on the previous year. What are you proud of and what do you want to let go?
- Create a fun and festive holiday playlist.
- Have a cozy movie night in and watch your favorite holiday movies or read a new book.
- Get yourself a gift.
- Bake some sweet treats, make a gingerbread house, or craft a holiday project.
- Decorate your place with festive lights and holiday decorations.
- Take a stroll around your neighborhood.
- Make a list or create your own wellness toolbox. Use it in case you feel overwhelmed or when you need to unwind.
- Set 3 self-care goals for the next year.

# COLLEGE CONNECT'S FAVORITE HOLIDAY MOVIES

1 How the Grinch  
Stole Christmas

2 The Polar Express

3 Home Alone

4 Elf

5 The Santa Clause

6 The Nightmare  
before Christmas

7 Snow Dogs

8 Klaus

9 Home Alone 2

10 Rise of the  
Guardians



# [NOVEMBER SNAPSHOT]

November was another great month at College Connect! We celebrated 6(!) birthdays: Dr. David Morrison, Jung, Deja, Dr. Cabrera, Barbara, and Megan! College Connect got to participate in the Parent's Place Transitional Fair, where our Assistant Regional Manager, Megan, got to speak about the program to soon-to-be high school graduates. Our Citrus Campus Lead, Jennifer, and our Mt. SAC Campus Lead, Betteena were also present for the event and ran the College Connect booth. They even met the inspiring keynote speaker, Elijah Stacy, and received a signed copy of his memoir. Coming off of our Halloween Bash, our Campus Leads Betteena, Chelhsy, and Jennifer worked hard to put on a fantastic Friendsgiving feast, where students brought and shared delicious food with each other, created a "grateful tree" filled with their own leaves, and played Pin the Hat on the Turkey. We are so excited for December: Christmas-inspired outings, Spirit Week, and Winter Break! Woohoo!

## COLLEGE CONNECT CORNER

### HOLIDAY FUN FACTS

1

The crew of NASA's Gemini 6A space flight got into the holiday spirit and made history when they played "Jingle Bells" on December 16, 1965. It was then entered into the Guinness Book of World Records as being the first song ever played in space.

2

The tallest Christmas tree ever displayed was in Seattle, Washington. It measured 221 ft. tall!

3

It is a tradition in Japan to eat KFC for Christmas. Orders must be placed two months in advance.

4

The Statue of Liberty is officially the largest Christmas present in the world. Standing over 150 feet tall and weighing 225 tons, it is massive. It was considered a holiday gift when it was given to the U.S. by France in 1886.

5

Hanging stockings comes from the Dutch custom of leaving shoes packed with food for St. Nicholas' donkeys. He would leave small gifts in return.

6

Electric tree lights were invented in the US by Edward Johnson in 1882.

## ANNOUNCEMENTS

### New Year Resolutions

The new year is almost here!  
College Connect Chronicle wants to know what your New Year Resolutions are. We will feature them in the next issue. Please submit to your student facilitator or to Jianne at [oa@collegeconnectsupport.com](mailto:oa@collegeconnectsupport.com)

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

[College Connect Pop-up](#)

[College Connect Resource Guide](#)



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# Happy



FROM THE  
COLLEGE CONNECT TEAM,  
2022



# Holidays