



COLLEGE CONNECT CHRONICLE

The Monthly Newsletter of College Connect

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MESSAGE FROM KRISTINA

Hello Everyone!

As we move through 2021, restaurants, businesses, and places are slowly starting to open back up to everyone. Hopefully, this means that we are closer to being back on campus in person. Although we have been in a pandemic for about a year, I know you all have been very dedicated to school and participating with College Connect. I want to express my appreciation for your commitment and resilience during this time. We have all had different challenges during this time but, please remember, do not look at how long it will take you to accomplish those goals or how hard it will be, take it to step by step and know that one day it will all be worth it!



Sincerely,
Kristina Soken, M.S.
Campus Lead

CAMPUS UPDATES

Rio Hondo College: March 27 - April 2, 2021

Campus closed for Spring Break

Mt. SAC: March 31

Campus closed for Cesar Chavez Day

COLLEGE CONNECT UPDATES

COLLEGE CONNECT VIRTUAL CLUBS:

College Connect will be launching 2 new clubs starting March 26!

1) Video Games Club

2) Art Club

(music, drawing, creative writing, and more)

More clubs to launch in the upcoming month!

VIRTUAL FRIDAY OUTINGS:

March 12 - College Connect Campfire

We will be making s'mores and telling campfire stories!

March 19 - Virtual Spring Talent Show

If you would like to participate, please inform your student facilitator.

All outings will begin at 12pm via Zoom. See you there!



STUDENT SPOTLIGHT

Ridwan



Ridwan
Cal Poly Pomona

College Connect Chronicle is proud to highlight our March student spotlight, Ridwan! Ridwan is currently majoring in Nutritional Science at Cal Poly Pomona. His goal is to obtain his bachelor's degree and pursue a career in Nutrition. College Connect is proud to highlight Ridwan's continuous academic and personal growth.

WHAT DOES COLLEGE CONNECT MEAN TO YOU?

"College Connect is an important part of my college life. I started to meet my facilitators and peers from College Connect during the fall semester, which gave me a sense of belonging and confidence in this unknown."

WHAT HAS REMOTE LEARNING TAUGHT YOU?

"My first semester taught me how to adapt to the virtual setting. At the beginning of the fall, I was not even sure how college will look like virtually. Then, I figured getting help by going to the professor's office hours, learning resource center, and my individual session with College Connect, which benefited me to become confident."

FUN FACT(S) ABOUT YOURSELF:

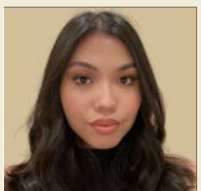
"1) I like to play volleyball and watch Basketball. I am a big Laker fan! 2) I like to play board games and watch movies with my family. 3) I like to cook for fun especially during this pandemic."

WHAT'S SOMETHING MOST PEOPLE DO NOT KNOW ABOUT YOU?

"I can speak in three different languages which are English, Spanish, and Bangla. I also like to listen to songs in different languages and visit different countries."

TEAM SPOTLIGHT

Megan Genna



Megan
Student Facilitator

College Connect Chronicle is pleased to introduce our new student facilitator, Megan! Megan graduated from Cal Poly Pomona with a Bachelor's degree in Psychology. She is currently looking into getting her teaching credential in Special Education. We are excited to have her be a part of the College Connect team!

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

"My proudest moment at College Connect so far is being able to connect with all my students in different ways. I love how different each day looks- some students need help on the academic side, and some students want to share more about themselves on a personal level. I feel extremely proud to be a resource and a shoulder to lean on for College Connect students!"

WHAT ARE YOUR HOBBIES?

I love trying new restaurants and taking walks with my dogs/going to the dog park. Over quarantine I got really interested in nail art!

WHAT IS SOMETHING MOST PEOPLE DO NOT KNOW ABOUT YOU?

"I'm Japanese, but both my parents were born in Peru! I am fluent in Spanish."

LIFE MOTTO OR MANTRA?

"Everything will be okay in the end. If it's not okay, it's not the end!"

Deja's Tips to: Staying Active

- 1 Get a good night's rest (6-8 hours) each night, especially the night before your workout/exercise.
- 2 Drink a lot of water before, during, and after your workout/exercise.
- 3 Move your body at least 30 minutes a day, whether that's walking around, cleaning and doing chores, dancing, as long as you're moving!
- 4 Stretch in the morning when you wake up and stretch at night before going to bed.
- 5 Schedule days when you want to work out. For example, you can schedule to work out Mondays, Wednesdays, and Fridays, and rest on Tuesdays, Thursdays, and the weekend.
- 6 The best time to workout and be active is in the mornings. Research shows that when a morning workout is equivalent to drinking coffee!
- 7 Last but not least, HAVE FUN WITH IT! If you do not like working out, do an activity that makes you happy. For example, dancing, any sports, skateboarding/skating, walking, hiking, biking, frisbee, catch, etc. Anything that causes you to move around and have fun.



College Connect Student Challenges and Overcoming them

"I struggled a lot with my math class. I overcame this challenge by turning in homework before the due date."

"My greatest school challenge was navigating the campus to find my classes. I overcame it by asking my dad to drop me off early on my first day of college so I can find my classes."

"At one point, I had 3 F's at the same time. I overcame this challenge by working hard and spending a lot of free time turning in missing assignments."

"My first semester, I took too many classes and could not manage the workload, which caused me to go on academic probation. I was able to overcome it by raising my GPA. I asked for help from my professors and made regular counseling appointments to plan out my semesters"

"My greatest school challenge was presenting and asking questions in my classes. My goal was to overcome my fear and having confidence in myself."

"My challenge was procrastinating and staying focused with remote learning. I overcame this by keeping track of assignments by referring to my syllabus as well as regularly attending class."

"My photography class in college was hard. I was confused about assignments and was falling behind. I overcame that challenge by visiting my professor's office hours and got clarification on any questions I had."

"My greatest challenge as a student is overcoming my disability. As a student being in the Autism spectrum, it is sometimes hard to explain detailed information, paraphrase, and infer information that is indirect. I overcame it by trying my best and believing in my slogan which is 'Never Give Up'."

"I overcame my fears of college by working hard and making sure that I do my homework and get good grades."

"Transitioning to online learning was challenging. Managing my time was hard to do with so much work to do from home. At the end of the semester, I did pass my classes with an A when I got help from my College Connect facilitators and from my professors."



[College Connect February Snapshot]

For the month of February, College Connect students finished their vocational unit by focusing on resumes and challenges in the workplace. We explored two more learning styles: mathematical and social learners. We examined methods on how to learn within those learning styles. We also covered topics relating to disabilities such as epilepsy and cerebral palsy; and how they may affect our schooling and jobs. With the start of the new semester, we launched into learning about nutrition and financial responsibility.

For our virtual outings, College Connect students learned about Chinese New Year and how it is celebrated through customs and cultures. Finally, our staff took on the Fear Factor food challenge. College Connect staff members, Justin and Deja, tried out all sorts of interesting food combinations such as English muffins with sardines, chips with ice cream, and sausage with honey. A lot of fun was had, though we are not sure the staff will soon be doing that challenge again.



College Connect Fear Factor: Food Edition

COPING WITH COOKING

Clover Rice Crispy Bars

Ingredients

- 3 tablespoons butter
- 4 cups large marshmallows (about 40)
- 1/4 teaspoon peppermint extract
- 6 cups crisp rice cereal
- 6 ounces white candy coating, coarsely chopped
- 4 drops green food coloring, optional
- Green sprinkles

Directions

- In a large saucepan, melt butter. Add marshmallows; cook and stir over low heat until melted. Remove from the heat; stir in extract and cereal. Press mixture into a greased foil-lined pan. Cool completely.
- Turn onto a cutting board; remove foil. Cut with a 3-in. shamrock cookie cutter; reshape shamrock stem if needed
- In a microwave, melt candy coating for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth.
- Stir in food coloring if desired. Spoon over cutouts and spread evenly. Decorate with sprinkles. Let stand until set.
- Enjoy!



ANNOUNCEMENTS

Favorite Jokes

We want to hear from YOU! College Connect Chronicle would hear your favorite joke to tell!

Please submit to Jianne at oa@collegeconnectsupport.com or to your student facilitator.

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 **COVID-19 RESOURCES**
[College Connect Resource Guide](#)

[Additional Resource Guide from Regional Center](#)

[Hot Lunch Meal Program](#)



STAY IN THE LOOP!

Visit our website for the latest updates and information at www.collegeconnectsupport.com



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