



COLLEGE CONNECT CHRONICLE

The Monthly Newsletter of College Connect

IN THIS ISSUE

MESSAGE FROM
CHELSY

STUDENT SPOTLIGHT:
NATHAN

TEAM SPOTLIGHT:
SARAH MILLER

DR. CABRERA'S TIPS TO
STAYING MOTIVATED

FAVORITE MUSIC TO
UNWIND TO

COLLEGE CONNECT
SNAPSHOT

THE COOKING CORNER:
STRAWBERRY STUFFED
FRENCH TOAST

COLLEGE CONNECT
ANNOUNCEMENTS

MESSAGE FROM CHELSY

Hello everyone,

The secret of change is to focus all of our energy/ attitude on the present; not on the past or what has happened, but on striving towards the best possible outcome for the future. There have been many changes happening these past few months, however, College Connect has maintained a strong bond and commitment to keep moving forward. It all starts by taking one step at a time no matter how big or small that may be. It is a change that will gradually become an accomplishment in life.

Seeing the motivation, momentum, and engagement from each student through online, hybrid, and in-person classes has kicked off the year in a great direction! Success is achieving our desired vision and goals which are gained through various avenues. For instance, using campus resources, informational events, professors, family, and friends are all ways to set the Spring Semester for success. Additionally, for the month of April, we will have some fun activities starting off with a Slime Party and ending with a creative Spring Mural! Let's keep up the good work!



*Best regards,
Chelsy Garcia
Campus Lead*

COLLEGE CONNECT EVENTS:

April 8, 2022: College Connect Slime Party

12:30 pm - 2:30 pm

In-person or Zoom

April 22, 2022: Spring Mural Painting

12:30 pm - 2:30 pm

In-person or Zoom

CAMPUS UPDATES:

Citrus College

April 18-23: Campus closed for Spring Break

Cal Poly Pomona

April 11-12: Registration for Fall 2022

Azusa Pacific University

April 14-17: Registration for Fall 2022



STUDENT SPOTLIGHT

Nathan



College Connect Chronicle is pleased to introduce our April student spotlight, Nathan! Nathan is currently majoring in Film at Citrus College. His goal is to transfer to CSULA or CSUF to get his Bachelor's degree in Film. Nathan has been active in College Connect outings and takes initiative in using campus and College Connect resources to achieve his goals. College Connect is proud to highlight Nathan's continuous academic and personal growth.

WHAT DOES COLLEGE CONNECT MEAN TO YOU?

"College Connect has helped me a lot, Jennifer is the reason that I got a McDonald's interview. College Connect is like a family to me and if it wasn't for College Connect then I wouldn't have gotten to know the group."

WHAT WAS YOUR FAVORITE MOMENT BEING IN COLLEGE CONNECT?

"One of my favorite moments of College Connect is going to the events because they can be fun. But that's not all, the students and facilitators are my favorite people and they're more than just a group, they are like a family."

FUN FACT ABOUT YOURSELF:

"I make SuperMarioNateDog videos and I post them on YouTube every other Saturday. The videos are usually made earlier so I can schedule them for Saturday."

TEAM SPOTLIGHT

Sarah



College Connect Chronicle is pleased to highlight our Student Facilitator, Sarah! Sarah received her Bachelor's Degree in Communications with a minor in Business along with an Associate's Degree in Social and Behavioral Sciences. Sarah is passionate about mental health and education and hopes to support others in reaching their educational goals and implementing the tools needed so that they can achieve their life goals.

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

"I loved the talent show. I already knew our students were talented, but I loved seeing it firsthand!"

WHAT ARE YOUR TOP 3 LIFE HIGHLIGHTS?

"Definitely finishing college, getting married, and finding my passion in life."

WHAT ARE YOUR HOBBIES?

- I love working out. I try to exercise as much as I can outside, such as hiking, running, etc..
- I love music and singing. I don't know if I am any good but I use it as a creative outlet.
- I love hanging out with my husband or our fur baby, Bean.

WHAT IS YOUR LIFE MOTTO OR MANTRA?

"I like to remind myself often that I am not in control of what happens around me, but I am in control of how I react to it."

Dr. Cabrera's Tips to: STAYING MOTIVATED

Create a study workspace

Having a dedicated study workspace can be difficult if everyone in your family is working or studying from home, but that doesn't mean it's impossible. You want to create a study workspace that when you sit down- you know it's time to work. Ideally, this space would be distraction free, but if that's hard to find, you can try to build a barrier between your study space and the television or other distracting things in your room or home.

Set a schedule

I know we've covered this one before, but it is super important to follow a schedule and build routine. Remote learning might seem easier for some, but it actually takes a lot more focus and dedication than we realize. Without creating a schedule or to do list, we can find the days and weeks passing by without really tracking what we have completed and what's left to complete. Here are a few tips for building routine and setting a schedule:



- Try waking up at the same time everyday
- Create your schedule the day before and review it with your parents or College Connect staff to see if you have missed anything (if you're feeling really motivated, create your schedule for the week!)
- Schedule in breaks! Juggling coursework, family responsibilities, work, College Connect and anything else can feel overwhelming, which is why building in breaks throughout the day can help keep you focused and energized. They don't need to be long breaks- five minute breaks scheduled throughout your day will make a huge difference.



Have Regular Check-Ins

Regular check-ins are a great way to make sure things are still on track. Whether its passing a class, finding a job or completing a project- checking in with parents, siblings, College Connect and friends can help you stay focused on your goals. Sometimes we might not want to share our fears about missing an assignment, or not doing well in a class or in our job search, but checking in can help you find new solutions to your situation. It can also be a great time to brag about all your hard work!

Brainstorm New Activities

Have you ever wanted to make a short film, write a book, film a music video or maybe learn some new dance moves? Partner with your parents, friends and College Connect to identify a new hobby or skill you want to work on. Brainstorm the steps you need to take to achieve that goal and get to work! Think about how rewarding it will be when you have completed all those steps and developed that new skill or picked up a new hobby!





Favorite Music to Unwind to

05.55

24.30



Smashing Pumpkins -
1979

LoFi Music

Batman/Dark Knight
Soundtrack

Justin Bieber Songs

We Come Running -
Youngblood

How Sweet it is-
Marvin Gaye

Yesterday -
The Beatles

BTS Songs

80's + 90's
Music

A-O-K -
Tai Verdes

Japanese Pop

Here Comes the Sun -
The Beatles

Dreams -
Fleetwood Mac

My Forever Love -
LeVert

Feel Good -
Gryffin

Classical Instrumentals

[College Connect March Snapshot]

March was another fun month filled with social events and spring breaks that we all enjoyed. In honor of World Music Therapy Day, we hosted our Spring Talent Show. Many students showcased their talents through singing, dancing, magic tricks, and artwork. It was so nice to see all these talents, but it was also incredible to see how much support and encouragement you all gave to each other during this talent show. In honor of St. Patrick's day, we hosted a St. Patrick's party where we drank green lemonade, ate delicious green-colored cupcakes and cookies, and also learned about the Irish culture, specifically an Irish dance called the Jig, which everyone loved! During the month of March, our group sessions and activities have been focused on vocational readiness as we went over job skills, resumes, and job applications. As spring is here, new and fresh opportunities are opening up, for school and work, so make sure to take your chances and let your Student Facilitators know so we can assist you. We are so excited for you to see what April has in store!

THE COOKING CORNER

Strawberry Stuffed French Toast

Ingredients

- 8 ounces whipped cream cheese
- 2 tablespoons honey
- ¼ cup diced strawberries plus more for serving.
- 12 slices brioche bread one loaf
- 1 cup milk
- 4 eggs
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 3 tablespoons butter



Directions

- In a medium bowl, combine the whipped cream cheese with the honey and strawberries, set aside.
- In a large shallow bowl, add the milk, eggs, vanilla extract, cinnamon and salt and whisk to combine.
- Spread the cream cheese mixture on 6 slices of brioche, then seal with the other 6 slices.
- Heat a medium non-stick skillet over medium heat. Add ½ tablespoon butter to the skillet.
- Dip the stuffed brioche in the egg and milk mixture, dredging them well on both sides so they are coated in the batter. Immediately transfer from the bowl to the skillet. Cook for 3-4 minutes until edges become golden brown, then flip and cook on the other side for an additional 3-4 minutes. Repeat for the remaining 5.
- Remove from heat and serve with extra strawberries and maple syrup and powdered sugar, if desired.
- Enjoy!

ANNOUNCEMENTS

College Connect Chronicle 2nd Anniversary Issue!

May is the College Connect Chronicle 2nd Anniversary Issue!

We would like to know what is your biggest life accomplishment is so far!

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

COLLEGE CONNECT INFORMATION

[2021 Annual by the Numbers](#)

[College Connect Pop-up](#)

[College Connect Resource Guide](#)



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