



COLLEGE CONNECT CHRONICLE

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A MESSAGE FROM MEGAN

Happy New Year, College Connect! I hope you all had a wonderful winter break and were able to relax as much as possible! I love celebrating the new year as it gives us a chance to reflect and set new goals to accomplish. We are extremely excited to be moving forward with in-person services and interacting with you all face-to-face.

I want to encourage our students taking Winter classes to keep going strong and remind our students starting in the Spring to start preparing for a successful semester now! Make sure you are checking in with your facilitator daily and using College Connect as a resource if you need assistance with anything.

I am so excited for all of us to go into the new year together, I can't wait to see what memories we create!



Warm regards,
Megan Genna
Assistant Regional Manager,
College Connect East

IMPORTANT DATES

FRIDAY OUTINGS:

Time Capsule Opening and Vision Boards

Friday, January 13 • 12:30 pm - 2:30 pm

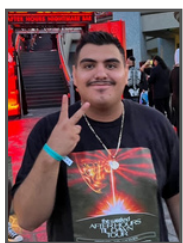
Location: College Connect Main Office

Movie Day: Puss in Boots: The Last Wish

Friday, January 27 • Time: TBD

STUDENT SPOTLIGHT

Edwin



College Connect Chronicle is excited to highlight our January student spotlight, Edwin! Edwin is currently majoring in History at Mt. Sac. He plans to transfer to a California State University in the Fall of 2023. His goal is to become a History teacher. College Connect is proud to highlight Edwin's continuous academic and personal growth.

WHAT DOES COLLEGE CONNECT MEAN TO YOU?

"College Connect helps gain the respect you need and build your confidence."

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

"My greatest challenges were when I was taking more than 12 units in the past 2 years. What I learned from the challenges was to have better time management and make sure to turn in my assignments on time."

FUN FACT ABOUT YOURSELF:

"A fun fact about me is that I like to play on the PS5 when I have the time."

TEAM SPOTLIGHT

Karina Rodriguez



College Connect Chronicle is pleased to highlight our Student Facilitator, Karina! Karina received her Bachelor's degree in Psychology from UC Santa Barbara. Her goal is to get her doctorate in Psychology and eventually have her own practice. We are excited to have Karina 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 has to be meeting all my students for the first time. Reflecting back on the first time I met them; I'm so proud of all the work they have accomplished"

WHAT ARE YOUR TOP 3 LIFE HIGHLIGHTS?

- Winning MVP for tennis in high school
- Living in Santa Barbara
- Singing karaoke

WHAT IS SOMETHING MOST PEOPLE DO NOT KNOW ABOUT YOU?

"I played the saxophone for 5 years!"

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."

Evaluate And Assess

"Take time to evaluate your habits (both good and bad) and eliminate the ones that feel like a waste of your time—or worse, requires more energy than it reciprocates or distracts you. Use the new year to forge ahead into good habits that will last long after you get started. Don't let yourself get discouraged; you've got this!"

2023

New Year's Resolutions

"To read at least 10 books this year and be outside more."

"To get a part-time job"

"I would like to lessen my screen time for the new year."

"Continue traveling to new places."

"Eat healthier and work out more."

"To pass my classes and get my driver's license."

"To save money for a vacation!"

"I would like to take more pictures."

"To be more organized and manage my time more wisely."

"Get a job soon and sleep earlier."

"My goal is to transfer to a University."

"To socialize more and make more friends."

[DECEMBER SNAPSHOT]

December was filled with celebration, winter fun, and holiday cheer. We ended 2022 with students graduating and completing their certificates. This was our highest graduating class yet! We also ended 2022 by ensuring we filled December with exciting activities and events to ring in the holiday cheer. Our Friday events and activities included creating elves while watching "Elf", a Paint and Sip where students enjoyed hot cocoa while painting beautiful holiday artwork, and a White Elephant Gift exchange while enjoying a screening of "Home Alone". We also celebrated our holiday Spirit Week where students enjoyed themed days such as pajama day, snow gear day, quirky beanie day, and sports gear day. Our Spirit Week activities included: drinking hot cocoa and watching "The Grinch", making snow, Santa's Workshop where students created holiday cards and stockings, and Winter Olympics where students played competitive holiday games such as the Oreo Cookie Race, Pick up the Candy Can race, and Pin the Carrot on the Snowman. College Connect Staff even had their own fun by having their White Elephant Gift Exchange, Holiday Trivia, and a holiday dinner. December is always the busiest time of the year, but glad we were able to also celebrate with so much fun!

COLLEGE CONNECT CORNER

STUDENT HIGHLIGHTS:

- **3** STUDENTS GRADUATED COLLEGE AND/OR COLLEGE CONNECT
- **2** STUDENTS RECEIVED THEIR CERTIFICATIONS
- **1** STUDENT GRADUATED COLLEGE AND TRANSFERRED TO A UNIVERSITY

ANNOUNCEMENTS LOVE SONGS

Valentine's Day is almost here! College Connect Chronicle wants to know what your favorite love songs are. We will feature them in the next issue. Please submit to your student facilitator or to Jianne at oa@collegeconnectsupport.com

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[College Connect Pop-up](#)

[College Connect Resource Guide](#)

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