



COLLEGE CONNECT CHRONICLE

Issue No. 28 | August 2022

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A MESSAGE FROM JENNIFER

Happy back-to-school season everyone! Back-to-school just so happens to be one of my favorite times of the year for so many reasons. It's my favorite because you can look forward to so much, such as Fall activities and holidays, meeting with old friends and creating new friendships, you get to go shopping for school supplies, and new clothes to look your best! I know this all sounds exciting but I also know that many students might be nervous on the first day and this is okay! I like to say that being nervous shows how determined you are to do your best and not want to fail, so always remember you have come so far and you will do just fine! It is important to also remember that you have a strong support system by your side; your family, friends, and College Connect are all rooting for you to do your best. I hope you all have a wonderful school year I am excited to see you all succeed and reach your goals.



*Best regards,
Jennifer Soto*
Campus Lead

IMPORTANT DATES

College Connect

College Connect Parent Night

August 16th- Citrus College/APU/Harvey Mudd

August 17th- Mt. SAC/CPP

August 18th- Rio Hondo/ELAC/Trade School

Time: 5:00PM - 6:30PM

Location: College Connect Office and Zoom

OUTING - BIG SUMMER BLOWOUT

Friday, August 26

12:00pm - 3:00pm

Location: Dalton Park

Campus

Rio Hondo College

August 20, 2022

Fall Session Begins

MT. SAC

August 22, 2022

Fall Session Begins

Cal Poly Pomona

August 25, 2022

Fall Session Begins

Citrus College

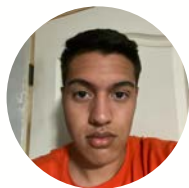
August 29, 2022

Fall Session Begins

STUDENT SPOTLIGHT

Isac

College Connect Chronicle is pleased to highlight our August student spotlight, Isac! Isac is currently majoring in Physics at Citrus College. His short-term goal is to get the most out of his education and earn good grades. His long-term goal is to transfer to Cal Poly Pomona and earn a Civil Engineering degree. College Connect is proud to highlight Isac's continuous academic and personal growth.



WHAT DOES COLLEGE CONNECT MEAN TO YOU?

"College Connect, to me, means where I can learn useful skills, have fun, and talk to people."

WHAT WAS YOUR FAVORITE MOMENT BEING IN COLLEGE CONNECT?

"My favorite moments are going to the in-person events such as Talent Show Day."

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

"I think my greatest challenge was writing long essays because I find it hard to get my thoughts onto paper. My facilitators helped me overcome this challenge by giving me encouragement and recommending that I contact the Writing Center at Citrus College."

FUN FACT ABOUT YOURSELF:

"I can play guitar and keyboard at a beginner's level."

TEAM SPOTLIGHT

Eric Ramirez

College Connect Chronicle is pleased to highlight our Student Facilitator, Eric! Eric is currently working towards his Bachelor's Degree in Criminology at Cal Poly Pomona. Eric has broad experience providing behavioral intervention and treatment to a vast age range of underserved psychiatric patients. We are excited to have Eric as part of the College Connect team!



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

"Seeing the students transition from where they started to gradually improving to where they are now through my support."

WHAT ARE YOUR HOBBIES?

"I like to go on hikes, explore new restaurants/places, and working out."

WHAT IS SOMETHING MOST PEOPLE DO NOT KNOW ABOUT YOU?

"Most people don't know that I like to collect sneakers."

BACK to SCHOOL

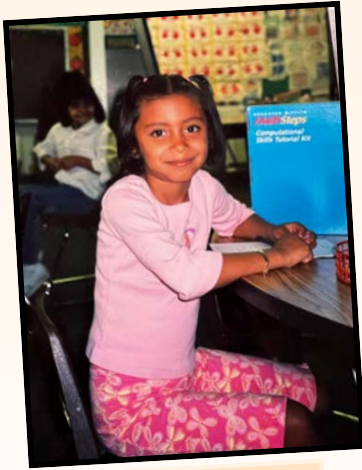
Deja's Tips for a Successful Spring Semester

- 1 Plan Ahead:** A week or few days before your first of class, get to bed and wake up early, eat your meals at the same time you do when you're in school, and practice your self-care routine. By doing this, you're preparing and adjusting your body to your regular school routine ahead of time.
- 2 Set Goals:** Before the Fall semester starts, set goals that you want accomplish during the new semester. Be realistic and set short-term and long-term goals that will keep you motivated.
- 3 Prepare your Schedule:** On a planner or calendar, plan out your class days and times, College Connect sessions, homework time, breaks, meals, and sleep routine. Having a visual of your schedule will keep you organized and on time. This is something you can definitely plan out with your Student Facilitator.
- 4 Identify Your Distractions:** Reflect back on the previous semester and make a list of the things/activities that distracted you from your assignments. When you are aware of your distractions, you are able to find solutions. For example, if endless scrolling on social media is a distraction for you, you can find an app blocker that will restrict your social media apps at certain times. You can also set up 10-minute alarm for a social media break.
- 5 Review Syllabus:** Some professors post class information and syllabus on Canvas a week or few days before the first day of class. Check your Canvas and review the syllabus so you know what to expect on your first day of class.
- 6 Prioritize your Physical, Mental, and Emotional Health:** Make sure to drink water, eat healthy foods, exercise, practice self-care, and socialize regularly. Prioritizing your health will help you have the energy and focus to keep up with your academics.
- 7 Identify your Support System and Ask for Help:** Make sure to seek out help from your support system. Your support system are people that you can turn to when needing assistance. This can be your parents, siblings, friends, and College Connect facilitators. Remember, you are not alone on this journey to success!



BACK-TO-SCHOOL

STAFF SCHOOL PICTURES



CINDY



BARBARA



SHANE



BETTEENA



MEGAN



YANYEE

[JULY SNAPSHOT]

We can't believe how fast time is flying this summer! In July, College Connect kept the summer celebrations going all month long. Some students started summer school and have been doing an amazing job at staying on top of their assignments during the accelerated semester. Great job students, and keep up the great work! At the beginning of the month, students joined us to make grilled cheese and had "Game Day." We also invited students to come and paint their own Jenga block to make our own special College Connect custom Jenga set. College Connect continued to expand in July and welcomed four new facilitators, Emory, Melissa, Natalie, and Rachel. We also celebrated the promotions of Jenn to Citrus Campus Lead and Jianne to Admin Assistant! We are still soaking in the sun and expect to have a great August!

COLLEGE CONNECT CORNER

FAVORITE SUMMER MOVIE ANSWERS

- Dr. David Morrison: **Skyfall**
- Dr. Christopher Morrison: **Moonrise Kingdom**
- Dr. Jeanette Cabrera: **Ferris Bueller's Day Off**
- Deja: **Little Miss Sunshine**
- Megan: **Grown Ups**
- Jianne: **High School Musical 2**
- Betteena: **The Lizzie McGuire Movie**
- Barbara: **Spiderman: Into the Spiderverse**
- Shane: **Friday the 13th**
- Yanyee: **The Parent Trap**
- Cindy: **Howl's Moving Castle**
- Jennifer: **The Notebook**
- Meredith: **The Conjuring**
- Salina: **The Sandlot**
- Melissa: **Cars**
- Chelhsy: **Booksmart**
- Eric: **A Bronx Tale**
- Sarah: **Coco**



ANNOUNCEMENTS

Favorite Summer Jams

We want to hear from YOU! College Connect Chronicle wants to know your favorite summer music to listen to! Please submit to Jianne at oa@collegeconnectsupport.com or to your student facilitator.

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COLLEGE CONNECT INFORMATION

[2021 Annual by the Numbers](#)

[College Connect Pop-up](#)

[College Connect Resource Guide](#)

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STAY IN THE LOOP!

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



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