

THE ALUMNI

NEWSLETTER

Events of the Month

Alumni Class Reunion!

6-9pm

March 20th

Location TBD

Haven't seen other CBO alumni from your class of graduates in a while? Want to meet the newest members of the CBO alumni group? Join us for drinks, food, and games!

Open House

5:30-7pm

March 11th

CBO Office

Haven't been to the CBO office in a while? Want to meet some of our current Scholars and potential new donors? Join us for the CBO open house!

MARCH

This is an inclusive, diverse and national newsletter to help CBO alumni learn more about each other, find support, and make great connections. Our goal is to help every CBO alumnus reach their full potential and give back to an organization that gave so much to us!

In this issue, you will learn about upcoming events, recaps on past events, and how to stay healthy during the winter.

For us to be able to provide you with the best and most up to date information please contact cboalumni@gmail.com with any feedback or any information you would like to see in the monthly newsletter.

We appreciate your involvement!



PAST EVENTS

Cards for College

Alumna, Britney Wittes, Class of 2019, was asked to be the speaker at this event. She spoke of her experience in CBO, focusing mainly on her mentor, Cheryl and how their relationship over the past six years has helped to shape Britney into the woman she is today. She also provided an introduction to CBO for those who were new to the organization.

This was a very successful event with over 100 people in attendance to play cards and ten new potential mentors! We raised almost \$15,000 at the event from vendors, raffles, tickets, donations, and tribute cards.



UPCOMING EVENTS

Open House March 11th 5-7pm at the CBO office

Join us at the CBO office for Open House! This event allows new donors to meet the CBO staff, current board members, several CBO Scholars and alumni and see what CBO is about. Use this as an opportunity to come introduce yourself to the current Scholars, get to know them and their passions! You can drop by for a few minutes to say hi or stay for the whole event. Either way, we hope to see you there! Below are the three Scholars attending:



Gloria Rios
Northeastern
Illinois University
Class of 2021
Biology



Ivan Hernandez
Illinois State University
Class of 2022
Art Education



Daisy Lazcon
Lake Forest College
Class of 2022
Neuroscience

Alumni Class Reunion March 20th 5-9pm

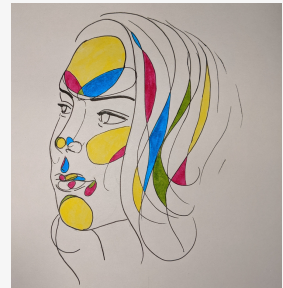
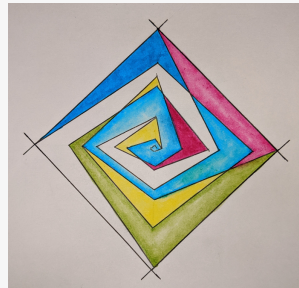
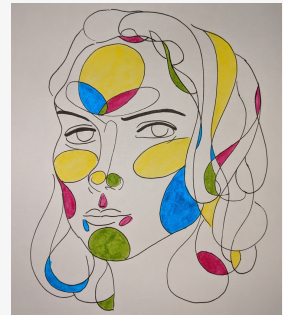
The CBO Alumni Association is excited to announce the first ever alumni event! This is the time to come grab food, drinks, and meet alumni from all 10 graduated classes! We wanted to create a community and space for alumni to have a chance to connect, meet people you have something in common with, network, and create friendships. Formal invitations will be sent to your email so keep a look out OR email cboalumni@gmail.com to RSVP.

ANNOUNCEMENTS



Katrin, a freshman at The University of Illinois at Chicago, designed eight different tribute cards for CBO to sell!

With the money raised, CBO is not only able to raise awareness about the organization but also is able to display student work to donors. The cards showcase Katrin as the artist and are left blank inside to be used for any occasion! All purchases will go directly to CBO. If you are interested in purchasing some email intern@cbo4success.org!



There are now 121 current alumni
18 seniors to become alumni in May
70 Scholars in High School
140 Scholars in College
Alumni represent 48 different colleges
This is CBO's 14th year!

ALUMNI SPOTLIGHT



Amy Yi
CBO Alumna, Class of 2017
Northwestern University,
B.S. in Industrial Engineering
Kellogg Certificate in
Managerial Analytics
Mentors: Susie and Joel Blau

How has being involved with CBO changed you?

“CBO helped me feel supported from the moment I became a Scholar to where I am today, almost three years post-graduation. CBO not only helped me feel more financially secure, but it also improved my emotional security by connecting me with my two mentors, Susie and Joel Blau, who I now consider family.”

What is your fondest CBO memory?

“My fondest CBO memory is when my family and mentors sat together during graduation since they all played their part in acting as my support system throughout college!”

What advice would you give current and future Scholars?

“You have likely overcome many obstacles to get you to where you are today. Your grit and perseverance will allow you to continue to manage future hardships, so keep your head up and know that you have an amazing community to lend a hand when you need one.”

Amy is currently working at Roland Berger and dreams of opening her own bakery in the future!

HEALTH AND WELLNESS

Are the winter blues getting to you? Use these tips to stay healthy this winter!

1. Get outside often
 - a. Choose a day when the sky is clear and blue, dress warmly, step outside, and feel that warm winter sun on your face. Staying inside is often why people actually get sick!

2. Keep up exercise
 - a. It can be hard to stay motivated when the days are shorter and it is very cold outside. Find a gym that is close to your home or work or a close yoga studio, something that fits your lifestyle. Schedule workouts like you would do an appointment and keep them. There is also an app you can download called Map My Fitness, that can help keep you on track!

3. Nutritious winter fruits and vegetables
 - a. Fill your plate with dark leafy greens, winter squash, citrus and pomegranate. They all have antioxidants, fiber, and nutrients to increase energy!

4. Watch your vitamin D
 - a. Did you know both our immune system and mood rely on vitamin D? It is common that during winter months people become vitamin D deficient.

6. Keep a regular sleep schedule
 - a. Exposing yourself to too much light at night (all electronics) decreases your quality of sleep and can make you feel sluggish the following day.

7. Make a joy list
 - a. Make a list of things that bring joy and happiness into your life and then do them! List people, places, things - It could be anything from a smoothie to a candle! At the beginning of every day (or the night before) make a plan to incorporate one of the items from the list.

8. Break your routine
 - a. It's easy for all of us to fall into a routine that can cause sadness. You wake up, it's dark, you come home from work, it's dark, but try to make plans in the middle of the week to break up the routine! Do something different each week: see a movie, make dinner with a friend, yoga class, etc.

WANT TO GET INVOLVED?

Volunteer: Join the Gala or Golf committee to plan the events! Attend the Internship Fair, help out with Mock Interviews, or join community service hours!

Become a Mentor: Want to give back to the next generation of CBO Scholars? Become a mentor!

Speak on a panel: Want to tell current Scholars what you wish you knew before college? Email zaridobrev@gmail.com.

Host a workshop: Want to inform our current Scholars on something you're passionate about? Email cboalumni@gmail.com for more information!



DON'T LIVE HERE?

Make sure you are apart of the Facebook / LinkedIn groups to help alumni no matter where they are!

Interested in doing more with current Scholars?
Do a Q & A with students via videochat!

Are there Scholars or alumni in your area?
Facilitate a group get together for coffee, dinner, or a fun activity while also being a resource!

OR

If a student is nearby for a college visit, get coffee with them to answer any questions about college life or the general area they may have.

One or many of these spark your interest? Have an idea that isn't on here?
Email cboalumni@gmail.com for more information!

NOTE FROM THE EDITOR

This issue of the Alumni was geared a bit more towards letting alumni know what is new at CBO! There are some alumni who haven't been apart of the program or haven't had a way to stay in contact, so I wanted to give everyone an opportunity to see all of the great new things about CBO!

Each month now, CBO is doing a spotlight on a mentor, alumni, and Scholar on the website to let people know a bit more about the program. A lot of people have gotten a chance to learn about CBO and what the organization does as a whole, but not a lot of have the opportunity to actually hear from the people at the heart of the program.

CBO is figuring out ways to incorporated the amazing talents the Scholars possess in a way that doesn't seem forced and they don't want the students to feel uncomfortable sharing. So, that is why they decided to have open houses with students that have presentations, artwork, or anything to help them converse with potential donors, mentors, and board members. They all want to get to know CBO Scholars and we want them to feel comfortable around a bunch of adults they don't know!

If you have any suggestions, comments, concerns, please feel free to reach out to me!

Thank you for joining us for another issue! If there are any events, ideas, or something going on in your life that you would like to share with us let me know!



Britney Wittes
Influence Pillar Lead
Core Member
Class of 2019
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