

THE ALUMNI

NEWSLETTER

APRIL

This is an inclusive, diverse and national newsletter meant for the CBO alumni to learn more about each other, find support, and make great connections.

Our goal is to help every CBO alumni reach their full potential and to 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 safe in the current environment.

We don't know how long this pandemic will continue. We understand that this time has been very difficult on everyone. We, as the Alumni Association, are here for you if you need anything. We are all in this together so please don't hesitate to reach out to us.

In order for us 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 posted in the monthly newsletter.

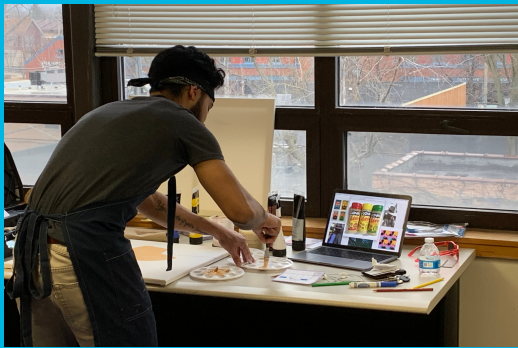
We appreciate your involvement!



EVENTS

Past Open House

CBO hosted an open house on March 11th, with great engagement from the attendees. There were several new faces that were interested in becoming mentors. All of the board members attended, as well as three of our current scholars, Ivan, Daisy, and Gloria!



Board Meeting

Right after the open house, there was a board meeting that Britney attended on behalf of the Alumni Association. She presented to the board how the association formed, who is on it, and everything they plan to do the rest of the year. They were very responsive and excited about everything that is planned.

ANNOUNCEMENTS

1. The CBO Gala will be going virtual! In this time of uncertainty, CBO is prioritizing health and safety of its community. We are in the planning stages, so please reach out to us with any suggestions you may have at intern@cbo4success.org.
2. All alumni and CBO events are postponed until further notice.
 - a. The alumni class reunion was scheduled for March 20th but was postponed due to the current situation with COVID-19. We plan to have this event further down the road when it is safe for us to do so. We will keep you informed once we know!
3. CBO is posting resources during this pandemic on the Facebook page.
4. The CBO staff are now doing online check-ins with high school and college Scholars. They are making sure their mentees are safe and doing well with their online learning.
5. Stressed about how to pay your bills? Get your online teaching degree, yoga instructor, etc. There are many different jobs that can be done online today, take advantage of this time to research a job that is right for you!
6. The CBO staff is dropping off groceries on the doorsteps of Scholars in need. Scholars can let the CBO staff know what they need and the staff will put together care packages. Every Friday the staff is going out to drop off the packages.



ALUMNI SPOTLIGHT



Zari Dobrev

CBO Alumnus, Class of 2017

U of I Urbana-Champaign,

Degree: Agricultural

Engineering / Technical

System Management

Mentors: Julie Palmer

How has being involved with CBO changed you?

"CBO pushed me to achieve my full potential. The guidance and support provided was invaluable to a first generation student who did not have a clear vision or idea of how college is supposed to work. The program taught me to be accountable for my future and not take for granted the position I was in. It is easy to feel sorry for yourself

coming from a different background than most, but CBO showed me that this can actually be my greatest advantage."

What is your fondest CBO memory?

"Rather than a single memory, I enjoyed the continuous reunions and gatherings throughout the years. It was exciting to watch a group of strangers become a bonded team of aspiring young professionals. CBO gives you a sense of belonging and home that lays the groundwork for a lifetime of success."

What advice would you give current and future Scholars?

"Make the most of your experience in CBO. Get involved, go to optional events, take tutoring seriously. Use all of the resources available, they are there for a reason! It's harder to see the value of the program while you are still in high school -- you will thank yourself later!"

Zari is working towards getting his private pilot license!

KEEP BUSY DURING QUARANTINE

Are you sick of having to stay inside? Here are a few tips how to stay safe but also have fun!

1. Learn Tik-Tok dances or dance in general (online classes free)
 - a. Tik-Tok has become a fun thing for people to do during this time. Download the app and start learning some dances!
 - b. If you want more structured dance classes, most companies are doing free online classes.
2. Keep up exercise (do fitness challenges, live chat)
 - a. A lot of trainers, celebrities, and body builders are giving free online training classes! Have a favorite? Go check out their Instagram, most are doing live classes!
3. Bake or cook new recipes
 - a. Get that cookbook out and try recipes that you've always said you'll do later! Eat some today and freeze the rest for another day.
 - b. Many bakeries and professional chefs are doing online classes as well, take advantage of it!
4. Do puzzle challenges with friends? Who can finish fastest
 - a. Doing Zoom or FaceTime calls with friends or family? Add a game into it! Have a puzzle that are the same amount of pieces and see who can finish the fastest.
 - b. All have a deck of cards? Play games together!
6. Go on a walk each day.
 - a. If you have a backyard or a pet go out! A breath of fresh air is good for you and keeps you from feeling so stuck and bored. Just remember to keep your social distance!
7. Paint and sip at home
 - a. You don't have to be a pro in order to color a stress book or put some paint on a canvas! Turn some music on or your favorite movie, pour some wine, and enjoy!
8. Write
 - a. Writing is a good way to relieve stress as well as get all of your thoughts out of your head and onto paper.
9. Virtual Happy Hour
 - a. Jump on a call with your friends and grab a glass of wine! Play some virtual games like Pictionary!

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

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!

We know that this is a difficult and very stressful time for many. We hope that you are staying safe, healthy and just know there is an end to all of this.

We really appreciate all of our alumni, and if you can think of any ways to help our current Scholars, or any of our alumni who might be struggling after this please let me know.

As a recent college alumna I am also very unsure as to what the future may hold. I hope you all know you are not alone, we are all here to support one another through the triumphs and the downfalls. If there is any way the association or CBO staff can help you please feel free to reach out to me.

We know people are losing their jobs, or working on new projects. We are currently working on ideas for the virtual gala, if you have any ideas, suggestions, or want to work on a project please let us know! This is a great time for collaboration and letting everyone know what CBO means to you and how it can continue to support its Scholars.

Thank you for being apart of the CBO alumni. I look forward to hearing from some of you! Once we know any updates we will let you know.



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