

APRIL 2021

ALUMNI COUNCIL

NEWSLETTER

The CBO Alumni Council would like to welcome its new members! This group of outstanding individuals have demonstrated commitment and passion for giving back. The alumni council is collaborating to plan and execute events aimed to keep alumni connected and informed about opportunities that can contribute to their professional and individual success. The council met several times during the month to discuss different ideas on how it could best serve its members and give back to the CBO community , especially future graduates.

UPCOMING EVENTS

MAY 22nd @ 1-3 pm - Yoga (Deerfield, IL)

**JUNE 3rd @ 7 pm - Alumni Happy Hour
at Five & Dime in Evanston**

**AUGUST 23rd @ 9am-7pm - CBO Golf Outing
(volunteers needed)**

To RSVP & for more information please email
cboalumni@gmail.com

THANK YOU!



MEET THE COUNCIL



Cristal Roman
Class of 2020

Bachelor of Science in Psychology from Illinois State University

Currently working as an Outsourcing Assistant at Symphony Clinical Research

"I joined the alumni council because I want to have the opportunity to give back as much as I can. Throughout my college career, CBO was always there for me whenever I needed anything and I want to help out as much as I can."



Mari Najera
Class of 2011

Bachelor's degree in English from DePaul University and Master's in School Counseling from Northeastern Illinois University

Currently working as Director of College Access for College Bound Opportunities (CBO)

"I joined the CBO Alumni Council to stay in touch with my fellow CBO Alumni and to create a networking web to continue to enhance the skills CBO has equipped us with."



Amy Yi
Class of 2019

Bachelor of Science in Industrial Engineering from Northwestern University and soon to begin The Wharton MBA program at The University of Pennsylvania

Currently working as Senior Consultant at Roland Berger

"I joined the Alumni Council because I wanted to show my appreciation and gratitude for CBO after having gained so much from my own experience and building stronger relationships within the CBO network."



Zari Dobrev
Class of 2017

Bachelor's Degree from the University of Illinois at Urbana- Champaign & currently completing Master of Engineering in Mechanical Engineering from the University of Illinois at Chicago

Currently working as Technical Specialist for Spraying Systems Co.

"I joined the Alumni Council because I felt there was a large community of past CBO Scholars who were not connected anymore. I wanted to help bring them back into the organization one way or another while also finding ways to engage with the current members."

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Anna Aguilar

Class of 2011

Bachelor's degree in Political Science with minor in Italian from the University of Illinois- Urbana Champaign

Currently working as Family Law Attorney

"I joined to CBO Alumni Council as a way to help alumni remain connected to CBO and provide support as they enter their professional careers post-graduation."



Cecilia Limón Mejía

Class of 2020

Bachelor of Liberal Arts in Peace & Conflict Studies & Hispanic Studies from DePauw University

Currently working as Legal Advocate for Family Rescue

"I joined the Alumni Council because I wanted to continue to promote and grow with other CBO alums."



Nic Roti

Class of 2019

Bachelors of Science in Marketing from Illinois State University

Currently working as E-commerce and Shopper Marketing Specialist for Barilla America & Partner, Vice President of Sales and Marketing at Stupid Car Tray

"I joined the CBO Alumni Council due to wanting to give back to an organization they gave so much to me, while bringing back together alumni. I also want to help kids who are once in my position not feel alone like CBO did for me."



Justine Burchall

Class of 2016

Bachelor's in Digital Cinema from DePaul University
Currently working as Videographer/Photographer at Idea Booth

"I joined the alumni Council to reconnect with CBO classmates and the community!"



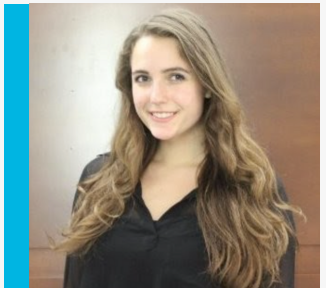
Enrique Diaz
Class of 2016

Bachelor's degree in Finance and Economics from the University of Wisconsin - Madison and incoming MBA student at Duke University
Currently working as Finance Associate at Arcesium
"I joined the CBO Alumni Council because I wanted to help others go through experiences that I didn't have anyone to guide me through!"



Adilene Garcia
Class of 2020

Bachelor of Liberal Arts in Spanish and Studio Art
Currently CEO of her small business: Solana Skin
"I joined the alumni council because I want to give back to the organization that gave so much to me."



Erin Reda
Class of 2020

Bachelor's degree in International Affairs; Global Environmental Policy from The George Washington University



Nicole Belmont
Class of 2016

Bachelor's in Public Relations and Advertising and minors in Graphic Design and Public Health from DePaul University, and later earned a certificate in Early Childhood Education.
Currently, completing a Master's degree in School Counseling and working as Research Assistant at NEIU. Also teaches yoga classes to children and adults.
"I joined the Alumni Council to reconnect with this awesome organization after moving back to the area. I am interested in building strong community connections and want to support CBO. I've been provided with so many opportunities thanks to CBO and am happy to take a more involved role as an alumnus."



Erica Castrejon
Class of 2020

Bachelor's in User Experience Design, Public Relations and Advertising from DePaul University

THANK YOU TO OUR NEW COUNCIL MEMBERS!

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!



Announcement: Student Loan Information

Written by: Anna Aguilar, CBO CLASS OF 2011

With the start of May, comes the celebration of school ending, surviving finals, and for some, graduation! While the excitement of graduation and figuring out those next steps after, be it grad school or entering the job world, many don't stop to think about what's next when it comes to their federal student loans.

While you celebrate graduation, make sure you don't forget about those federal student loans. You need to complete exit counseling, no matter what type of loans you got from the federal government. Normally, your payments are deferred for six (6) months, meaning that you are scheduled to begin your repayment of your loans, usually around November. Before the repayment period begins, the federal government sends a kind reminder to brace yourself that your first payment is coming.

The advantage right now is that due to the current moratorium in place, your loans won't accumulate interest thanks to all federal loans being at 0% until the end of September 2021.

Now, the process of completing the exit counseling itself not only helps you understand what your obligations will be and prepare for the repayment term as well as it helps you decide what the best repayment option is in itself, whether it's the standard repayment plan or one of the flexible plans, such as the income-based repayment plan. The exit counseling includes questions to help you choose what plan is best for you.

Now while the federal loan process is common across all schools, always make sure to check with your individual school to see what their requirements, if any, they have for completing their own exit counseling.

And again, Congratulations to the Class of 2021!

Health and Wellness

As the country begins to transition into re-opening, it is important that you continue to stay safe and healthy. Below are a few ways to improve your mental and physical health:

1. Get outside often

- Choose a day when the sky is clear and blue, dress warmly, step outside, and feel that warm winter sun on your face. Try to limit your time in public settings if you have not yet been fully vaccinated to prevent contagion.

2. Keep up exercise

- Spring is here which makes it exercising outside enjoyable again! Find a nearby track and go on a walk or run to alleviate stress. There is also an app you can download called Map My Fitness, that can help keep you on track! You can also do yoga by the lake!

3. Nutritious fruits and vegetables

- We all understand the struggle to include fruits and veggies, especially when they are over our grocery budget. Spring is full of in seasonal root veggies and fast growing fruits that can be perfect for your health and pocket. Remember to pick up some tasty strawberries, spring peas, and mangoes next time you visit your local grocery store.

4. Watch your vitamin D

- 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

- 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

- 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

- 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.