



**URBAN
COLLEGE**
of Boston



LETTER FROM THE PRESIDENT

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DECEMBER 2022 NEWSLETTER

Volume 13



On behalf of all of us at UCB, we wish you a Wonderful Holiday Season and a Happy and Healthy New Year!



UCB will be closed for the Holiday Break from Friday, December 23, 2022 through Tuesday, January 3, 2022



Enjoy your time off!

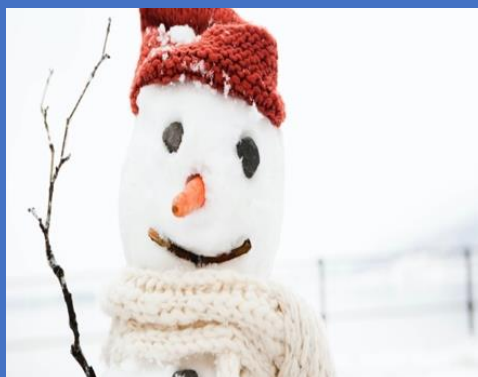
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MESSAGE FROM THE PRESIDENT



As we prepare for the end of the fall 2022 semester and the upcoming winter break, I would like to wish everyone a joyful and restorative holiday season and a happy and healthy start to 2023.

For me personally, my first six months as UCB's president have been incredibly busy and fulfilling. I am learning every day and feel fortunate to work at such a positive, dynamic, and collaborative college.

The future is bright for UCB!

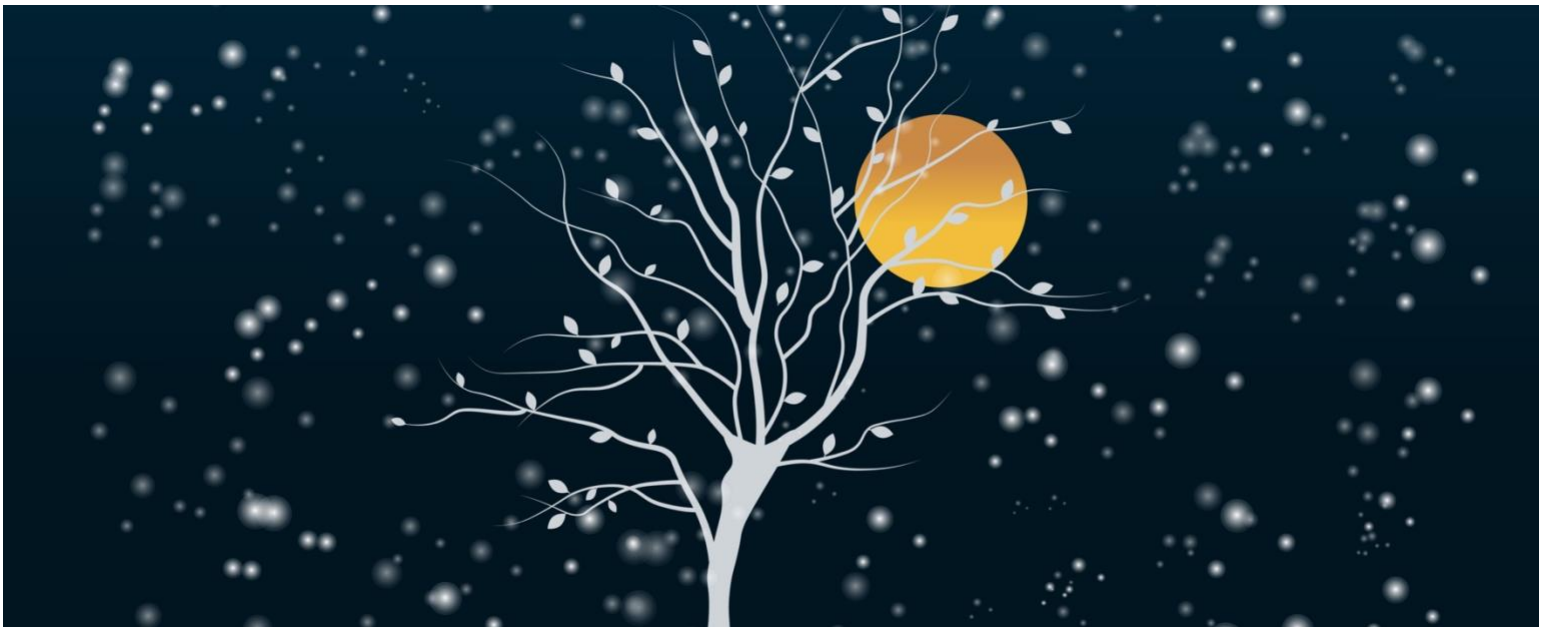
And thanks to all of you - our faculty, staff, community partners, and the talented and determined students who have chosen to attend The Urban College of Boston. All my best wishes for an enjoyable and safe holiday season spent in the company of family and loved ones, and I hope everyone finds time to relax, have fun, and recharge for the spring semester and the new year ahead.

Happy holidays!

WINTER SOLSTICE



Thank you to everyone who attended the Winter Solstice on Campus on December 6th. Fun was had by all. Looking forward to additional events on Campus in 2023!



HELPFUL RESOURCES



EARLY LEARNING CENTERS AND FAMILY DAY CARE CENTERS

Activity Themes to plan for Winter

For those of you that are working with children...Do you want to offer learning opportunities in circle time for your children? Try these prompts!

Upper And Lower Case Matching

Match uppercase and lowercase leaf letters in this hands-on learning game! During large group time, engage young children in letter recognition with this letter match game!

Mystery Bag

Fill your cloth bag with items that represent a theme you are learning about. Be sure to include enough items for each child to choose one. During circle time, have each child reach into the bag, the child can feel the item inside the bag and then guess what it is before they pull it out to show the whole group. After they guess, they can pull the item out. They can keep their item with them at large group time until each child has had a turn.

Animal Cube

Get silly with this animal cube game! This fun group game allows children to show off their best animal impressions. Tape pictures of different animals on a soft cube. During circle time, allow children to take turns rolling the cube. Whatever animal the cube lands on, the whole group will make that animal sound.

HELPFUL RESOURCES (cont.)

HOW TO OPEN A DAYCARE CENTER

If you're starting your own daycare center, you're beginning an amazing adventure that will help parents and children during some of the most pivotal years of their lives. It's a noble goal but knowing how to get from where you are to where you're going can be difficult if you've never walked the path. That's why the folks at Hi Mama created this eBook: to help guide you on your journey to building a successful childcare business.

Click [HERE](#) to get the free eBook, "How to Open a Daycare: The Ultimate Guide

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UCB'S ADVISING RESOURCES WEBSITE

Have you seen it yet? Click [HERE](#) to check out our new **Advising Resources Website**.

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STUDENT DISCOUNTS

Students come and visit the ICA for Free!

The Institute of Contemporary Art\Boston University Membership: Urban College of Boston is a University Member of the ICA. Your students, faculty, and staff have unique access to Boston's leading center of contemporary culture. Our bold and groundbreaking exhibition program features artists from all over the world, and in our galleries, you are just as likely to see an incredible painting as cutting-edge performance art. With its stunning architecture, perched on the Boston waterfront, and anchoring one of the most exciting neighborhoods in the city, the ICA is the destination for the new art and new experiences your students are looking for.

University Members Receive

- Free admission with valid university ID for all students, faculty, and staff
- Student-rate pricing on tickets to ICA-produced public programs, performances, and films
- eNews highlighting upcoming exhibitions, dance and music performances, lectures, and other educational programs

For information about the University Membership program, please contact the Membership Office at 617-478-3102 or membership@icaboston.org.

The discount code for Urban College of Boston is UCB2022ICA

Students Faculty and Staff can learn more about the program [HERE](#).

HELPFUL RESOURCES (cont.)

HOUSING WORKS

HousingWorks aims to reduce or eliminate barriers to subsidized, affordable, and special needs housing by utilizing a unique ecosystem model, one that places state and federal oversight agencies, for-profit management companies, housing authorities, housing advocates, and the homeless in a position to render each other indispensable services.

> Click [HERE](#) to learn more.

BOSTON PUBLIC LIBRARY MUSEUM PASSES

The BPL offers limited numbers of free passes to a number of area museums including the Children's Museum, Harvard Museum of Science and Culture, New England Aquarium, and many more.

> Click [HERE](#) to learn more.

CRADLES TO CRAYONS

Their efficient and effective three-step model provides kids with the essentials they need, free of charge. This enables us to engage communities that have, connecting them with communities that need. Great volunteer opportunities as well.

> Click [HERE](#) to learn more.

OPERATION ABLE

Since 1982, Operation ABLE, Inc., a 501(c)3 organization, has provided job seekers with training programs and employment services. Our mission and passion is to empower our community of job seekers, the underemployed, those in career transition and military veterans who need job support services to re-enter the workforce.

> Click [HERE](#) to learn more.

ADDICTION AS A COPING MECHANISM AND HEALTHY ALTERNATIVES

From American Addiction Centers

“Coping mechanisms are compulsions, or habits formed over time, that serve to help a person manage with particular situations or stress levels. Not all coping mechanisms are maladaptive or destructive; however, addiction is both.”

> Click [HERE](#) to read the full article.

THE HOLIDAYS, STRESS, AND ADDICTION

From the Grayken Center for Addiction at Boston Medical Center



The holidays can be a very stressful and emotional time, but for those dealing with drug and alcohol use it can quickly become a harrowing ordeal. Thanksgiving to New Year's is a time when families come together to celebrate and enjoy each other's company. There's a lot of eating, hugging, and catching up to do, but for many individuals who struggle with substance use disorders the stress of worrying about things from money, gifts, parties, and obligatory family get-togethers just to name a few, can leave them feeling overwhelmed and confused.

Awareness and education can be the first line of defense not only for the person in recovery but also for their loved ones. "Sometimes just recognizing that a party or other social gathering situation will be stressful and making a mental game plan for how to navigate it can make all the difference", says Ted Park, MD at Boston Medical Center. "Avoiding stressful situations and triggers altogether might be easier said than done, but doing so is the most effective approach, particularly for those who are newly in recovery" Park continued. "If it's impossible to avoid the situation, then changing the situation to reduce stress is advisable, examples of changing the situation may involve only going to an event for a short period of time or only going to family events that you know there will be less stress."

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Those who are struggling with active addiction or are in recovery are best supported when others are empathetic to their struggle, especially in a family setting. For many, family serves as a trigger so being very aware of what may cause a person to relapse and trying to eliminate or lessen that stress may make all the difference. Make no mistake, the struggle that you or your loved one suffering from addiction faces should not be treated lightly. Communication is one of the best gifts a person in recovery can receive, or give to themselves and their loved ones, over the holidays. And, even though it may be easier to avoid and deny that someone is struggling, it is even more important and beneficial to support and pay close attention to what others may be experiencing and not just what's under the tree.

So, take some time and ask with genuine sincerity "how are you doing?" and then listen to the answer. It may seem inconsequential but expressing concern in a positive way could brighten someone's day or even lead to a more meaningful conversation.

For more information about addiction support services and treatment at BMC, visit [BMC.org/addiction](https://www.bmc.org/addiction)

VOLUNTEER RESOURCES



Hello, great people!

We're reaching out to folks I know who live or work downtown to share the invitation to help folks in need and have fun doing it on Christmas Day.

Would you like to volunteer your time this Holiday Season?

The cathedral has been asked to provide lunch on Christmas Day for common cathedral, a community of people experiencing homelessness or displacement who gather for worship on Boston Common each Sunday. We know and love many of the folks in the community, as well as the excellent staff who host the gatherings, so we are very glad for this opportunity to help. They are anticipating a need for about 75 lunches.

In addition to serving those in need, this is a great opportunity to be in community across all sorts of differences, to share the spirit of Christmas, and step away from the TV and the commercialism that can take over the day.

Click [HERE](#) to sign up to participate. Would you please share this opportunity with people and groups who might be interested?

CAREER OPPORTUNITIES



STUDENT INTERNSHIP AT EVERY LEARNER, EVERYWHERE

Every Learner Everywhere (everylearnereverywhere.org) is seeking two undergraduate students to work ten hours per week with the Every Learner Backbone Content Manager on special projects from February 1, 2023 through April 28, 2023. The work is remote, but we prefer students located in continental North American time zones.

Every Learner Everywhere advocates for equitable outcomes in U.S. higher education through advances in digital learning. Our mission is to help institutions use new technology to innovate teaching and learning, with the ultimate goal of improving student outcomes for Black, Latinx, and Indigenous students, poverty-affected students, and first-generation students.

Every Learner's expectations for student interns:

- Must have access to reliable internet, a webcam, and a means to do collaborative work on Google Drive
- Actively participate in weekly virtual meetings
- Set up or update their LinkedIn profile
- Provide one interview for a blog post that will be published on the Every Learner website
- Participate in one student panel webinar
- Review at least one publication in development by the Every Learner network
- Review network services in development by the Every Learner network
- Take part in at least one professional development activity hosted by the Every Learner network
- Advise the Every Learner network on issues related to the student experience
- Assist the Every Learner network with their weekly work. 1-3 hours of this work will be done in virtual meetings and 7-9 hours of this work will be done independently or in collaboration with other student interns.

>> Click [HERE](#) to learn more and complete the internship application.



BEAR CUB MANDARIN

Immersion Preschool Academy
and Infant and Toddler Center

bearcubmandarin.org

Bear Cub Mandarin Immersion Preschool Academy and Infant and Toddler Center offers a unique opportunity for children to experience the Chinese Mandarin language through an emergent curriculum in a Reggio Emilia-inspired, play-based, child-centered environment.

Infant/Toddler/Preschool Teacher positions

Full and part time positions with competitive salaries/benefits.

We are looking for native Mandarin-speaking child care professionals to join our team offering high quality childcare in our Mandarin language immersion classrooms.

Essential duties include:

- Collaborating with the teaching team to design a monthly curriculum and lesson plans and newsletter
- taking daily notes and pictures of observations of students for development reports, curriculum ideas, and daily notes to parents
- leading and supporting circle and activity times
- maintaining a clean and tidy classroom
- assisting children with using the toilet and hand washing
- assisting children with snacks and mealtimes including clean up
- pursue and maintain EEC licenses and professional development
- foster and maintain a child-centered environment
- take time to get to know each student and establish a relationship with both the child and their family

** Our teachers must be native Mandarin speakers, have a degree or background in an early childhood related field, and have or working towards EEC certification.

Email: contact@bearcubmandarin.org

Infant/Toddler Center age 3mo-2.8yr

Preschool age 2.9-6yr

Afterschool age 5-8yr

Hiring full
and part
time
positions
for infant,
toddler,
and
preschool
teachers!

