

QUEST BRIDGE

2021-2022 QSN Monthly Themes

<p>September Welcome</p> <p>Welcome new chapter members and support their successful transition to college. Prepare yourself to transition back to college life.</p>	<p>October Self Care</p> <p>Promote habits that prioritize physical, emotional, and mental wellbeing. Cultivate resources that help Scholars be their best selves.</p>	<p>November Belonging</p> <p>Encourage building healthy relationships with peers, roommates, family, and mentors. Participate in National Quest Day and events that promote community.</p>	<p>December Career</p> <p>Use winter break as a time to define career goals, update resumes, practice networking skills, and apply for summer opportunities and funding.</p>
<p>January Setting Intentions</p> <p>Look forward to the upcoming year and determine the practices that will help you succeed. Develop and strengthen support networks.</p>	<p>February Finances</p> <p>Share knowledge about financial aid forms, tax deadlines, and other funding resources. Discuss best practices about budgeting.</p>	<p>March Storytelling</p> <p>Encourage the sharing of stories and learning from the past academic year. Reflect on your accomplishments and identity as a QuestBridge Scholar thus far.</p>	<p>April Giving Back</p> <p>Celebrate the impact of giving back by participating in National Service Month. Bring awareness to the wonderful contributions Questies make to their communities.</p>
<p>May Appreciation</p> <p>Take a step back to appreciate all the people in your community that supported you this year.</p>	<p>June Celebration</p> <p>Congratulate yourself and your peers on completing a successful year and making the most of growth opportunities! Prepare for a fulfilling summer.</p>	<p>July</p> <p>There is no theme this month. Enjoy your summer!</p>	<p>August</p> <p>There is no theme this month. Enjoy your summer!</p>