Student Voices

Self-Care 101 for Winter Break. Safiatou Hamadama, LEAP Peer Advisor
This semester might have felt very draining, with most new days feeling like yesterdays: wake up, study, eat, sleep & repeat... Not the best for our physical or mental health! So check out these simple ways to help you take care of yourself: (1) Get centered: Every day check-in with yourself and see what you need: play Among Us, get that new PS5, get your nails done, take a walk, the sky’s the limit! (2) Say no: You’ve been saying yes throughout the semester. This winter break “say no,” focus on you and the things that make you happy. (3) Physical care: Commit to 6-8 hours of sleep. Be sure to take care of your body: Eat, drink, and be socially active. (4) Environment: Use Feng Shui in your room! Change it up so you start this winter break with new and improved surroundings.

Industry & Skills

Winter Break Academic and Career Planning. Colin Wiggins, LEAP Senior Academic Advisor
Congratulations on getting through the most unique fall semester in John Jay history! You deserve to take a deep breath and enjoy the well-deserved time off. After some self-care time, remember that winter break is a great time to create a six-month plan. Where do you want to be in six months? What do you want to be doing outside of the classroom to help your future academic and career goals? Do you have a resume? Are you looking at internships? Faculty-led research? Networking events? Employment? Don’t worry—here are quick tips to help you out! First, visit the Experiential Learning Opportunities (ELO) webpage for information on internships, fellowships, service, leadership, and research and familiarize yourself with the different opportunities John Jay offers, and check out the LEAP curated ELO listings. Next, set up your John Jay Career Portal through Symplicity so it’s ready to go when you want to start looking for opportunities. Then, check your DegreeWorks to make sure you’re on track to graduate. Finally, schedule an appointment with your LEAP Advisor to discuss your six-month plan and how we can help you achieve your goals!

Experiential Learning Opportunities & Resources

NYC Accelerator Internship Program – The NYC Accelerator Boot Camp is a free, one-day remote training program for CUNY students who are interested in internships and careers in the fields of energy and sustainability, facilities management, and public policy. Students who complete the boot camp and a series of online training sessions will be eligible to apply for the NYC Accelerator Internship Program, which places CUNY students in PAID internships with various NYC companies. Apply by December 18, 2020. Register here.

LifeSci NYC Summer 2021 Internships – All majors are welcome for internships in the life sciences industry. Host companies and organizations range from early-stage startups to large pharmaceutical and biotech firms to businesses that serve the life sciences industry in specific capacities, including marketing, public relations, or capital investment. To date, over 80 companies have served as hosts. For more information, click here.

Check out LEAP Forward, an article spotlighting the LEAP program, students, and staff in the Fall 2020 issue of John Jay’s Justice Matters Magazine!