



**URBAN  
COLLEGE**  
*of Boston*



## LETTER FROM THE PRESIDENT

(more on p. 2)



## HAPPY HOLIDAYS

DECEMBER  
NEWSLETTER  
Volume 2



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 24, 2021 through  
Monday, January 3, 2022



## ENJOY YOUR TIME OFF!



## CAREER OPPORTUNITIES

(more on p. 5)

## THE HOLIDAYS, STRESS AND ADDICTION

(more on p. 7)



# LETTER FROM THE PRESIDENT



Dear UCB students,

For the past nine years, I have had the honor of serving as President of this incredible institution. I am writing today to let you know that after much thought and with immense gratitude, I have decided to retire at the end of this academic year. This decision has been a difficult one, but it is the right one, for my wife, daughter, extended family, and Urban College of Boston.

Over the past 20 months, I have been impressed by the resilience of UCB as we transitioned every part of our functioning online. The grit and determination of our students, the dedication of our faculty and staff, the commitment of the Board, the adaptability of our partners, and the generosity of our supporters have been extraordinary.

UCB is at a pivotal point in its nearly 30-year history, building on the foundation of its strong mission and looking ahead to new opportunities for growth and continued financial stability.

Recognizing the importance of steady, skilled leadership during this time of transition, the UCB Board of Trustees has appointed Clea Andreadis, Vice President of Academic and Student Affairs, as Interim President upon my retirement in late June. As most of you know first-hand, Clea is a remarkably effective leader and a tremendous asset to UCB. I am grateful that she has agreed to serve in this capacity for up to a year while the Board – in collaboration with other members of the UCB community – engages in a full search process.

I have often said that if you spend 15 minutes at UCB you will fall in love with the place. Clearly, I love who we are, and who we serve, it has been an exceptional journey these last 9 years. I look forward to being with you over the next seven months and I thank you for your role in making Urban College of Boston a special place.

For now, let me take a moment and wish you and your families holidays filled with joy and a hope filled, safe and wonderful New Year!

With gratitude,

*Michael*



## LETTER FROM THE PRESIDENT (cont.)

尊敬的波士顿城市学院的学生，

在过去的九年里，我有幸担任这所伟大学院的校长。我今天写这封信是为了让您知道，经过深思熟虑，怀着无比的感激之情，我决定在本学年结束时退休。这是一个艰难的决定，但我相信对于我的妻子、女儿、以及其他家庭成员和学院来说，这是正确的决定。

在过去的二十个月里，波士顿城市学院在线实现了教学和日常运作的功能，这种非凡的应变能力给我留下了深刻印象。我们的学生的毅力和决心，教职员工的奉献精神，董事会的承诺，我们的合作伙伴的适应性，以及我们的支持者的慷慨大方，都是卓越的。

波士顿城市学院正处于其近三十年历史的关键时刻，在其强大使命的基础上，展望新的增长机会和持续的财务稳定。

学院董事会认识到在这个过渡时期稳定、有技巧的领导的重要性，已任命学术和学生事务副总裁 **Clea Andreadis** 在我于六月底退休后担任代理校长。正如你们大多数人所知道的，**Clea** 是一位非常有效率的领导者，也是学院的巨大资产。我很感谢她将在未来一年出任这一职位。与此同时董事会将与学院其他成员合作进行一个全面的雇佣评估以找到一位永久的替代者。

我常说，如果你在学院待上十五分钟，你就会爱上这个地方。显然地，在我这九年来特别的亲身经历，我为我们学校和我的学生感到自豪。我很期待与你们一起渡过接下来的七个月，感谢你们使波士顿城市学院成为一个特殊的地方。

现在，让我在这一刻祝您和您的家人节日快乐，新年充满希望

感谢，

*Michael*

# LETTER FROM THE PRESIDENT (cont.)

Estimados estudiantes de UCB,

Durante los últimos nueve años, he tenido el honor de servir como presidente de esta institución increíble. Hoy les estoy escribiendo para decirles que después de mucho pensamiento y gratitud inmensa, he decidido jubilarme al fin de este año escolar. Esta decisión ha sido muy difícil, pero es la decisión apropiada para mi esposa, mi hija, mi familia extendida, y Urban College of Boston.

A lo largo de los últimos 20 meses, me ha impresionado la resistencia de UCB cuando hicimos la transición a operar en línea. El coraje y la determinación de nuestros estudiantes, la dedicación de nuestra facultad y personal, la entrega de la junta directiva, la adaptabilidad de nuestros socios, y la generosidad de nuestra comunidad ha sido extraordinaria.

UCB está en un punto fundamental en su historia de casi 30 años, construyendo sobre la base de su misión fuerte y mirando hacia adelante a nuevas oportunidades para crecimiento y la estabilidad financiera continuada.

Reconociendo la importancia de liderazgo hábil y seguro durante este periodo de transición, la junta directiva de UCB ha nombrado Clea Andreadis, la vicepresidenta de asuntos académicos y estudiantiles, como presidenta interina al jubilarme a finales de junio. Como muchos de ustedes ya saben de primera mano, Clea es una líder extraordinariamente efectiva y una ventaja tremenda a UCB. Estoy muy agradecido que ella acordó servir en esta capacidad por hasta un año mientras la junta directiva – en colaboración con otros miembros de la comunidad de UCB – se dedican a un proceso de búsqueda completo.

He dicho frecuentemente que, si usted pase 15 minutos en UCB, se enamorará de este lugar. Claramente, amo quienes somos, y a quien servimos, como ha sido un camino excepcional estos últimos nueve años. Estoy deseando estar con ustedes durante los próximos 7 meses y les agradezco para su rol en hacer Urban College of Boston un lugar muy especial.

Por ahora, permítame tomarme un momento y desearle a usted y a su familia unas vacaciones llenas de alegría y un Año Nuevo lleno de esperanza, seguro y maravilloso.

Con gratitud,

*Michael*





## CAREER OPPORTUNITIES FROM ABCD

Hello! My name is **Laura Vanelli** and I work for **ABCD (Action for Boston Community Development)**.

ABCD is a community action-based organization that is the largest in New England, serving over 100,000 residents per year. I work in the Head Start and Early Head Start departments. Head Start is a family development program that offers comprehensive services for your child as well as your entire family. Part of a highly successful national program, ABCD Head Start has locations throughout Boston, Malden and Everett with operating hours based on your needs and eligibility. Our services concentrate on your child's education, nutrition, and physical and mental health. Those services provide childcare to the community. We are always looking for new teachers and human services roles. Here is a list of some of our current open positions:

- Cooks
- Early Childhood Education Mentor/Coaches
- Education Supervisors
- Education Trainee
- ERSEA administrator
- Family and Community Engagement Supervisor
- Family Advocates
- FCE Coordinator
- Health and Nutrition Services Manager
- Health Services Assistant
- Infant/Toddler childcare Trainees
- Infant/Toddler Teachers
- Intervention Support Specialist
- Mental Health Specialist
- Preschool Teachers
- Teacher Assistant



For more information and opportunities, please visit our careers page [HERE](#).



## HELPFUL RESOURCES

### 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.

## HELPFUL READING

# 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."

"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."

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)



## 2021-2022 Early Childhood Education (ECE) Scholarship

The 2021–2022 ECE application was due by the deadline on October 1<sup>st</sup>, 2021 (extended from August 1, 2021).

We understand the time has passed for you to apply; however, we would like for you to keep this in mind for next year. It is always a good idea to start early.

Website: <https://www.mass.edu/osfa/programs/earlychildhooded.asp>

## 2021-2022 FAFSA for the 2021-2022 Academic Year

The 2021-2022 FAFSA requires your 2019 Federal Tax return and W-2's. The 2021-2022 FAFSA MUST be completed if you are considering using Federal Student Aid for the 2021-2022 Academic Year. By completing the FAFSA, you may also be eligible for other State Grant programs for the 2021-2022 Academic Year.

Urban College of Boston's Federal School Code is: **031305**

Website: <http://fafsa.ed.gov/>