

# NEW YEAR, NEW NEWSLETTER...

BBBSCHI High Schooler Newsletter

January 2024

Created and Written by BBBSChi Team Member/Public Ally: Justice Plummer, Family Engagement Apprentice

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**Happy New Year, Teens!!! It is 2024 and time for 24+ resources to send your way!! So, with those resolutions on those vision boards, let this newsletter be the manifestation of everything you want to happen this year. And remember, if you have any questions, have any resources to share, or would like a feature in the newsletter, contact me at: [plummer@bbbschgo.org](mailto:plummer@bbbschgo.org) or (773) 234-4494.**

**Thank you!! – Justice Plummer 🍩 🍩 🍩 🍩**

# “FREE” RESOURCES OF THE MONTH



THE NEW  
COURANT

- **The New Courant** - The New Courant is a nonprofit publication for youth opinion writing, founded by 14-year-old Anne Rong. Modeled after a traditional newspaper, we accept opinion essay submissions from youth writers ages 13-21, work with writers to revise their essays, and publish completed essays on our website. Our mission is to empower youth to speak about the problems they see in their world and stand up for change. Ultimately, we hope that by publishing youth opinions, we can start conversations about what we need to make our world a better place.

Submit an opinion essay at [The New Courant](#)

**ELDER WISDOM CIRCLE**

## Don't know what to do?

**WE'RE HERE FOR YOU**

We are the Elder Wisdom Circle. Since 2001, our team of older adult volunteers has been supporting teens and young adults around the world. Every year, our elders answer more than 15,000 anonymous requests for advice, responding to each one with a thoughtful, personalized reply.

**Our services are FREE. Ask us anything!**

- ✓ Relationships
- ✓ Self-improvement
- ✓ Self-esteem
- ✓ Career
- ✓ School
- ✓ Family
- ✓ Anxiety and emotional well-being

**NO JUDGEMENT**

**JUST WISDOM**

### HOW TO GET STARTED

Head to: <https://www.elderwisdomcircle.org/ask-for-advice/>

Click on the "Ask for free advice" button.

Before you submit your advice request, be sure to check out the "How it works" section. You'll find easy-to-follow instructions along with tips for getting the most helpful response to your advice request.

[www.elderwisdomcircle.org](http://www.elderwisdomcircle.org)

- **Elder Wisdom Circle** – A free service, which provides free advice to teens about various topics and questions they may have. Head To: [Elder Wisdom Circle](#)

Click on the "Ask for free advice" button. Before you submit your advice request, be sure to check out the "How it works" section. You will find easy-to-follow instructions along with tips for getting the most helpful response to your advice request.

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# **COLLEGE ACCESS:**

## **FRESHMEN-SENIORS:**



## **BROWN** Pre-College Programs

- **Brown Pre-College Programs** - Brown Pre-College Programs are designed for high school students to explore the challenges and opportunities of the college experience. You'll enjoy the excitement and responsibility that comes from balancing challenging academics and enriching social activities—without the pressure of formal grades.

### Program Offerings:

- Summer @ Brown
- Brown Experiential Education (BEE)
- Brown Environmental Leadership Labs (BELL)
- Summer @ Brown Online
- Leadership Institute
- STEM for Rising 9th and 10th Graders
- Pre-Baccalaureate

**Application Deadline: Friday, May 10, 2024, 11:59 p.m. ET**

For more information, visit: [Brown Pre-College Program](#)



- **Illinois Tech Summer Programs** - Illinois Tech's one-of-a-kind Elevate College Prep summer programs allow middle school and high school students to take part in more than just a summer college prep program—you will broaden your knowledge and skills through an array of future-focused academic offerings, hands-on experiences, and mentorship. All students who complete their program will receive an official certificate of completion.

### Program Offerings:

- Chicago Residential Summer
- Chicago Commuter Programs
- Western Suburbs Commuter Programs
- Online Programs

For more information, visit [Illinois Tech Summer Programs](#)

## **SOPHOMORES-SENIORS:**



- **DigiPen Academy: Pre-College Programs** - DigiPen Academy offers four-week, online summer courses in Art & Animation, Game Design, Video Game Programming, and Music & Sound Design that introduce students to college-level coursework in their chosen field – along with the skills they need to be successful in the game industry.

### Summer Tracks:

- Art & Animation
- Game Design
- Video Game Programming
- Music & Sound Design

For more information, visit [DigiPen Academy](#)

## **JUNIORS:**



- **Princeton Summer Journalism Program** - The Princeton Summer Journalism Program is a **year-long college preparation program** for high school juniors who are interested in journalism.

All costs to attend the residential summer institute, including air or ground transportation to and from campus, housing, meals, and equipment for assignments, are covered by the program. PSJP does not provide technology during the virtual portion of the program but will work with students to address barriers to participating to the best of our ability.

**Application Deadline: Thursday, February 15, 2024**

For more information, visit [Princeton Summer Journalism Program](#)

# ENRICHMENT:

**ALL THINGS SUSTAINABILITY**  
WITH SUNNY ELEBUA AND COURTNEY CRENSHAW

**FIRESIDE CHAT**  
JANUARY 18, 2024  
THURSDAY, 5-6 PM CT/6-7PM ET  
REGISTER AND MEET US ON ZOOM!

**SUNNY ELEBUA**  
SENIOR VICE PRESIDENT AND CHIEF STRATEGY & SUSTAINABILITY OFFICER AT EXELON

**COURTNEY CRENSHAW**  
SENIOR ENVIRONMENTAL PROGRAM MANAGER AT COMED

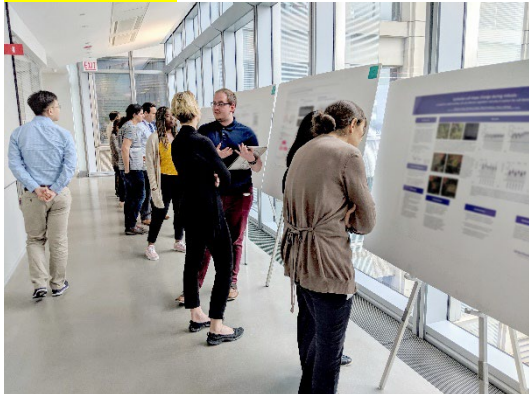
[HTTPS://EXELONSTEMACADEMY.ORG/STEM-DAYS/](https://exelonstemacademy.org/stem-days/)

- **STEM Academy Fireside Chat: All Things Sustainability** - Join Sunny Elebua, Exelon's Senior Vice President and Chief Strategy and Sustainability Officer, and Courtney Crenshaw, ComEd's Senior Environmental Program Manager, for an engaging talk about energy and sustainability strategies and practices and what the future of sustainability looks like. Bring your questions for these two visionary leaders in energy!

**MUST BE LOCATED IN: Illinois: In the ComEd service area of northern Illinois**

For more information, visit: [STEM Academy Fireside Chat](#)

## JUNIORS:



- **Kimberly Querrey Summer Research Program** - The Division of Pulmonary and Critical Care's Kimberly Querrey Summer Research Program offers a six- to eight-week paid, competitive research experience at Northwestern University for rising high school seniors and undergraduate college/university students interested in the biological sciences.

The following are required to apply:

- Online application, including:

- CV or resume (PDF format)
- Transcript(s) of your most current completed year\*
- Two letters of recommendation from faculty/teachers\*

\*Transcripts and letters of recommendation are not required for students who were previously accepted into the program and are applying for a second year.

**Application Deadline: March 1 at 11:59 PM CT**

For more information, visit: [Kimberly Querrey Summer Research Program](#)

**FOR STUDENTS AT LEAST 17 YEARS OLD:**



- **Public Health Ambassador Program** - Our Youth Public Health Ambassadors will learn about La Casa Norte's services and its programs that support youth and families experiencing homelessness. They will also be trained to become leaders and catalysts of change in their community. Youth will learn how to identify issues in their communities and develop a campaign to address them through collective power.

**Participants must commit to a minimum of 10 hours/week to receive a stipend.**

**The program will begin the week of January 15th and end in June.**

**It will consist of in-person work with independent/remote activities.**

**Public Health Ambassadors will be compensated with stipends for their participation.**

Please fill out the following form to apply! <https://forms.office.com/r/HFhd1Z9N91>

**FOR YOUNG WOMEN, SOPHOMORES – JUNIORS:**



ExelonFoundation.

- **Exelon STEM Academy** - The Exelon Foundation STEM Academy is a free, week-long in-person event. Learn from women working in STEM and business leaders. Visit energy facilities. Explore sustainability, energy efficiency, renewable energy, and climate change. Connect with like-minded peers.

**FREE TO ATTEND**

- All participants will receive an iPad to use during the Academy.
- All participants will receive t-shirts to wear during the Academy.
- All participants will stay on-campus at the University of Illinois Chicago for the week.

**TO APPLY: BE A YOUNG WOMAN LOCATED IN IN THE COMED SERVICE AREA OF NORTHERN ILLINOIS**

For more information, visit: [Exelon STEM Academy](#)

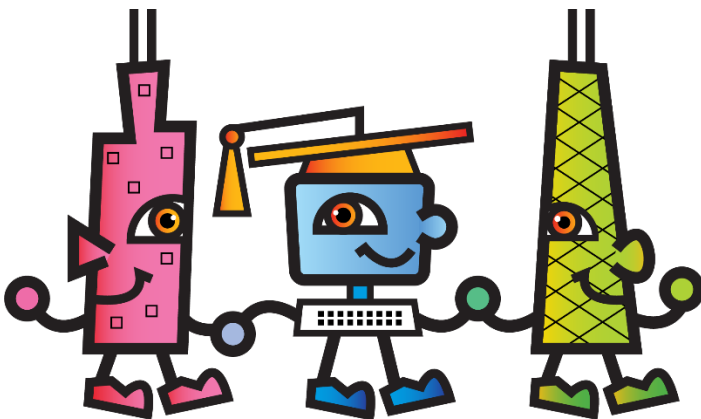
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## **TUTORING:**



- **Tutoring Chicago** - Long-term, one-to-one tutoring. Entirely free of charge. Our difference is our approach, which pairs individual 1st through 10th grade students with a single adult volunteer for the duration of the school year. Students receive all the benefits of regular, weekly instruction combined with the advantages of a steady, supportive relationship.

For more information, visit [Tutoring Chicago](#)



**CONNECTING → CHICAGO**  
Students Empowering Students

- **Connecting Chicago** – Connecting Chicago is dedicated to combating educational inequity by providing free virtual 1:1 tutoring for students in Kindergarten through 12th grade. The largest student-led nonprofit in Chicago!!!!

For more information, visit: [Connecting Chicago](#)



- **Chicago Public Library “FREE HOMEWORK HELP”** - Find answers to your homework needs at Chicago Public Library. We have resources to help.

**Resources:**

- **Teacher in the Library**
  - In Person
  - Online
- **Brainfuse**

For more information, visit: [Chicago Public Library](#)





- **Schoolhouse Tutoring** - Schoolhouse.world is a platform for free, peer-to-peer tutoring—where anyone, anywhere can receive live help, build their skills, and pay it forward by becoming a tutor themselves.

#### Why Learn with Schoolhouse:

- Attend sessions taught by volunteer peer tutors
- Get help in high school math and SAT Prep—completely for free
- Join series of other learners across the globe
- Build confidence and ask questions in small groups

For more information, visit [Schoolhouse Tutoring](#)

# TutorBridge



Free K-12 Tutoring

- **TutorBridge** - FREE online tutoring for K-12 students, provided by high school students, college students, or college grads. Subjects available are Math, Reading, or CS (you choose).

For more information, visit: [TutorBridge](#)

## SCHOLARSHIPS:



#### Center for Entrepreneurship & Innovation

- **Chicago Urban League Scholarship Program** - The Chicago Urban League annually awards scholarships to provide financial assistance for college students through a competitive application process. The scholarship is open to high school seniors entering an institution of higher learning and returning student up to 21 years old continuing their post- secondary education.

Scholarship Amount: **\$1,000 to \$10,000**

To qualify for a Chicago Urban League scholarship, you must:

- Be a permanent resident of the Chicagoland area
- Possess a minimum cumulative GPA of 2.5 (on a 4.0 scale)
- Demonstrate financial need
- Meet student status requirements for specific awards:
- Enrolled as a full-time undergraduate student in a degree-granting program or



Scholarship Amount: Tier 1 recipients are awarded up to \$100,000. Tier 2 recipients receive \$20,000 or \$10,000 and Tier 3 recipients receive \$5,000. Recipients are selected based on their academic achievement, community involvement, personal statement, and financial need.

For more information, visit: [McDonald's HACER® National Scholarship](#)



- **Gloria Barron Prize** - The Gloria Barron Prize for Young Heroes, a program of the nonprofit organization Young Heroes Project, celebrates inspiring, public-spirited young people from diverse backgrounds across North America.

Scholarship Amount: **\$10,000**

Application Deadline: April 15<sup>th</sup>, 2024, at 5:00PM MT

For more information, visit [Gloria Barron Prize](#)

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## **VOLUNTEERING**

**FRESHMEN-SENIORS:**



- **Luv Michael** - In 2020, Luv Michael launched a virtual volunteer program to inspire students to become advocates for autism acceptance. What began in NYC is now a global social movement. Students around the world are earning community service hours through digital outreach. Our volunteers educate their peers, friends, and families about the issues facing autistic individuals. With their service, they will create a more accepting world for all people.

Our program is one part learning about autism, one part advocating for autism acceptance, and one part creating meaningful work for autistic adults.

Now is the perfect time to complete your volunteer hours!

For more information and to Sign Up: [Luv Michael](#)



# Project ♥ Linus

- **Project Linus** - Our volunteers, known as “blanketeers,” provide new handmade, washable blankets to be given as gifts to seriously ill and traumatized children, ages 0-18. It is Project Linus' policy to accept blankets of all sizes, depending on local chapter needs. All blanket styles are welcome, including quilts, tied comforters, fleece blankets, crocheted or knitted afghans, and receiving blankets in child-friendly colors. Always remember that blankets must be new handmade, washable, free of pins, and come from smoke-free environments due to allergy reasons.

For more information and to Sign Up: [Project Linus](#)



SWEDISH  
AMERICAN  
MUSEUM

- **Swedish American Museum** - Volunteers have been an integral part of our Museum since our inception in 1976. We would not be here today if it were not for their hard work and dedication! The Museum is always hosting special events, workshops, and lectures providing cultural and educational programming to the community.

For more information and to Sign Up: [Swedish American Museum](#)



- **Lasagna Love** - Lasagna Love is a global nonprofit and grassroots movement that aims to positively impact communities by connecting neighbors with neighbors through homemade meal delivery. We also seek to eliminate stigmas associated with asking for help when it is needed most. Our mission is simple: feed families, spread kindness, and strengthen communities.

For more information and to Sign Up: [Lasagna Love](#)

**AT LEAST 15 YEARS OLD:**



## Carbon Reduction for Earth Wellbeing

- **Carbon C.R.E.W. Project** - Carbon CREW was founded in 2021 to bring actionable change to the climate crisis. By empowering groups (or CREWs) of people, CREW motivates and supports individuals to design and implement their own Personal Climate Action Plan (PCAP). Our mission is to reverse global warming from the bottom up by using a visionary, inspiring blueprint intended to shift behaviors. Collaboration with others increases accountability and ensures success in reducing carbon footprints, creating a cleaner, greener, regenerative future.

For more information and to Sign Up: [Carbon C.R.E.W. Project](#)

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## INTERNSHIPS

### JUNIORS-SENIORS:



STANFORD  
SCHOOL OF MEDICINE

*Stanford University Medical Center*

- **Stanford Institutes Of Medicine Summer Research Program (SIMR)** - SIMR is an 8-week summer internship program open to high school juniors and seniors. The program consists of hands-on research under the direct guidance of a one-on-one mentor at a top-class lab within the Institutes of Medicine at Stanford University as well as select departments.

### Institutes:

- Immunology
- Neurobiology
- Cancer Biology
- Bioengineering
- Stem Cell and Regenerative Medicine
- Cardiovascular Biology
- Bioinformatics
- Genetics and Genomics

**Application Deadline: Saturday, February 24, 2024**

For more information, visit [Stanford School of Medicine](#)

# SHTEM

SCIENCE, HUMANITIES, TECHNOLOGY, ENGINEERING AND MATHEMATICS

Stanford Summer Research Internships for High School and Community College Students.

- **SHTEM Summer Internships** - This internship is intended to provide early exposure to research transcending traditional disciplinary boundaries. Students will be grouped to multifaceted projects that will benefit from their existing interests and strengths, while exposing them to new areas. Projects will be mentored by students, faculty and staff of the Stanford Compression Forum and its affiliated organizations. Themes will span and combine the science of information and communication, engineering, the arts, linguistics, psychology, biology, neuroscience, computer science, technology, philosophy, and design, among other areas.

For more information and to apply, visit: [SHTEM Summer Internships](#)

**Deadline: February 23, 2024, 11:59 PM PT**

**AT LEAST 16 YEARS OLD:**



- **Hutton Junior Fisheries Biology Program (PAID)** - The Hutton Junior Fisheries Biology Program is an eight-week paid summer internship and mentoring program for high school students sponsored by the American Fisheries Society (AFS). Our vision is to stimulate interest in fisheries and aquatic science among underrepresented groups in the profession today. Participating students receive a \$3,000 stipend and an all-expense paid trip to the Hutton Scholars Summit. Through our network of mentors, we can place students in all 50 states, Canada, Mexico, and Puerto Rico within a 45-minute commute of the student's home.

For more information and to apply, visit: [Hutton Junior Fisheries Biology Program](#)

**Application Deadline: January 16<sup>th</sup>, 2024**

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## **JOBS/APPRENTICESHIPS:**

**FRESHMEN-SENIORS:**



- **AEOP High School Apprenticeship** - What do cutting edge research, state-of-the-art laboratory facilities and unparalleled access to professional scientists and engineers have in common? The AEOP High School Internship. Spend your summer in a university research lab or in one of the U.S. Army Research Laboratories and Centers through this unique internship opportunity.

For more information and to apply, visit: [AEOP High School Apprenticeship](#)

**Deadline: Applications accepted on ROLLING basis.**

**AT LEAST 15 YEARS OLD:**



- **Goldfish Swim School** - When you work at Goldfish, you are not just an employee. You are a part of something bigger. You are making an impact, a splash in the lives of the children in your community. You are an integral part of a team, working together to move forward a mission. You are also making waves in your future, learning life lessons in and out of the pool through mentorship, leadership, and passion. At Goldfish, it is more than a job - it is an endless pool of possibilities, opportunities, and life-changing moments!

For more information and to apply, visit: [Goldfish Swim School](#)

**AT LEAST 16 YEARS OLD:**



- **Bear Paddle Swim School** - Are you looking for a fun job, consistent schedules, and the chance to teach a child a lifesaving skill? We are currently hiring Swim Teachers, and we want you to be on our team!

At Bear Paddle, it is more than just a job. Our Swim Teachers work with children to learn swimming skills that will have a huge impact on their lives! We strive to hire dependable, family-oriented teachers that go above and beyond to ensure each child receives the best possible swim lessons.

For more information about Bear Paddle, visit [Bear Paddle Swim School](#)

To apply for a job, visit [Bear Paddle Careers](#)

### **AT LEAST 18 YEARS OLD:**



Windy City Dog Walkers

- **Windy City Dog Walkers** - Windy City Dog Walkers is looking for dedicated individuals to join our dog walking team in Chicago, IL. Are you crazy about dogs, cats, or animals in general? Do you love Chicago and working outdoors? Are you at your best when giving belly rubs? If so, then we have opportunities for you!

For more information and to apply, visit [Windy City Dog Walkers](#)



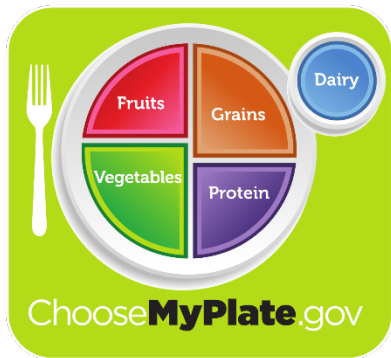
- **Glimmerglass Apprenticeship Program** - The Glimmerglass Festival is reinforcing the company's decades-long history of mentoring and educating theater professionals with the Glimmerglass Festival Apprenticeship Program. Apprentices work directly with noted professionals under the guidance of supervisors and staff from many of the top theaters, opera companies, and institutions in the nation.

For more information and to apply, visit [Glimmerglass Apprenticeship Program](#)

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## **WELLNESS:**





- **MyPlate.Gov** - MyPlate is a visual reminder to make healthy choices from each of the five groups. MyPlate.gov offers tips and resources that support healthy dietary patterns. Learn how to make MyPlate work for you with the Start Simple with MyPlate mini poster in English or Spanish.

You can download the app in the App Store or Google Play store.

For more information, visit [MyPlate.Gov](http://MyPlate.Gov)



- **POW! Gym for Teen Boxing & Fitness Classes** - Join us at POW! Gym for Teen Boxing & Fitness classes that will help you build strength and agility, become more flexible, learn practical self-defense skills, and connect with members of our West Loop Community! Learning the fundamentals of boxing, participating in strength and conditioning training, and making new friends with other youths from across Chicago will help to bolster confidence and create a foundation for lifelong success!

For more information and to sign up for a trial class, visit [POW! Gym](http://POW! Gym)

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**CULTURE/FUN ACTIVITIES:**



- **Chicago History Museum** - Explore the city with our expert guides, delve into our exhibitions through thematic programs, or discover Chicago history through family-friendly activities.

**Upcoming Event:**

**FAMILY EVENT | MARTIN LUTHER KING JR. DAY**

**MON. JAN. 15,**

**10:00 A.M.–3:00 P.M.**

**INCLUDED WITH ADMISSION, FREE FOR IL RESIDENTS**

**Join us to celebrate the enduring legacy of Dr. Martin Luther King Jr. This family-friendly day features musical performances, interactive activities, community organizations, and more!**



- **The Escape Game Chicago** - Our games are more like movie sets with multiple rooms to explore and with puzzles that connect to the theme. They are light-hearted, family-friendly, and you can ask for as many hints as you want.

To book an Escape Room, visit [The Escape Game Chicago](#)

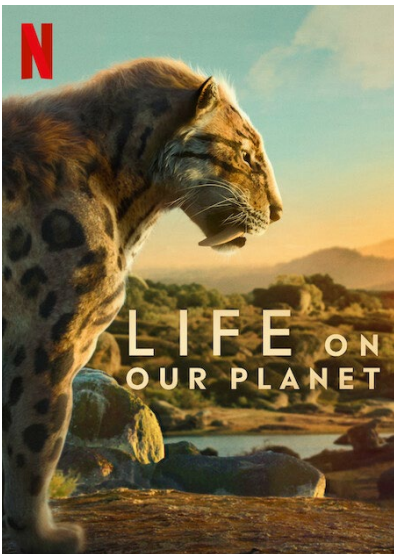


- **Museum of Ice Cream Chicago (MOIC)** - EAT UNLIMITED treats in nostalgic flavors, across 5 different ice cream shapes and forms. LEARN all about ice cream and its history across 12 multisensory installations. CONNECT with your loved ones in a holiday wonderland hosted by our talented guides. PLAY in the world-famous sprinkle pool, pink forest, and enter a magical, giant snow globe!

To reserve tickets, visit [MOIC](#)

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## NEWS:



- **Life on Our Planet Documentary** - Life's extraordinary journey to conquer, adapt and survive on Earth across billions of years comes alive in this groundbreaking nature docuseries.

Stars: Morgan Freeman

Executive Producer: Steven Spielberg

Watch: Netflix



NBC Nightly News: Kids Edition – A digest of the top headlines, broken down for kids to best understand the world today.

Watch – [NBC Nightly News: Kids Edition](#)

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## **FOOD:**



- **Eli's Cheesecake** - What started in Eli's humble restaurant kitchen has blossomed into a third-generation family-owned bakery, specializing in cheesecake and desserts that can be shipped nationwide and purchased across the country.

Price: \$\$

Location: 6701 W Forest Preserve Dr, Chicago, IL 60634

Website: [Eli's Cheesecake](#)



- **Insomnia Cookies** - A chain of bakeries in the United States that specializes in delivering warm cookies, baked goods, and ice cream.

Price: \$\$

Location: Locations throughout Chicagoland.

Visit [Insomnia Cookies](#) to find a location nearest you.



- **Te'Amo Boba Bar** – Organic and naturally made drinks and sweets.

Price: \$\$

Location: Locations throughout Chicagoland.

Visit [Te'Amo Boba Bar](#) to find a location nearest you.