

## **Here is what a typical day at CC is like for Bonners!**

### **Who are you, where are you from, and what drew you to the Bonner program at CC?**

- Min: Hi, my name is Min and I'm in the Bonner class of 2022. When I applied to Bonner, I was looking forward to the support of having a community once I got to CC. I had never visited CC prior, so I really didn't know anyone here and I saw Bonner as an opportunity to meet people.
- Sunderland: Hi! My name is Sunderland, I am a Bonner Fellow '23 here at CC. I am originally from Lansdale, Pennsylvania, but have spent several years just north of Denver, Colorado. I was born with a rare genetic condition that led to my inability to walk, and my experiences have inspired me to support the holistic health of communities. I knew that Bonner was the perfect program to catapult and give purpose to my impact.

### **What does your day-to-day look like at CC as a Bonner Fellow?**

- 8:45am - Be ready to leave the dorm for class
- 9-12pm - Class
- 12-1pm - Lunch (there are always events going on during lunch, which is a great time to get free food)
- 1-5pm - Mix of going to workshops, going to work, office hours, doing homework, taking a nap, Bonner meetings on Wednesdays (3:30-5pm)
- 5-6:30pm - Dinner and "break time"
- 7pm and later - Homework
- \*I've volunteered at our local soup kitchen on the weekends; personal tip: be flexible!
- 8:15am - Get up, get ready, and leave the dorm to eat breakfast or finish homework.
- 9:00-12:00pm - Class
- 12:00-1:00pm - Lunch with friends, very important time to not think about class.
- 1:00-4:30pm - Volunteering at local hospital, lab, nap time, or office hours with professor.
- 4:30-6:00pm - Begin working on my homework with peers or individually, depending on how hard the assignments are.
- 6:00-7:00pm - Dinner with friends, very important time again to get away from classwork.
- 7:00pm-10:00pm - Finishing up homework for the night!
- 10:00-12:00am - Hang out with my roommate and just relax before studying/sleeping.
- \*I agree with Min, flexibility is key! I tend to do a lot during block breaks, too, if my class is too demanding.

## **How do you manage your time, regarding schoolwork and Bonner-related work, given the block plan?**

- During fall semester, I took Mathematical Models in Biology, a coding-heavy and biology-heavy course. I would have class from 9-12pm, the occasional lab, and then about 4 hours of coding homework a night. At that time, I was commuting all the way to Denver for work at the department of public Health during the weekends and volunteering at a local hospital one a day a week. I learned to be very resourceful but also prioritizing my own health. Although I was busy, I still had time to take naps everyday and do my homework in the evening/night after my service ended. I would not have traded this experience for anything, as my coding experience from that class has informed how I understand and visualize public health data at my partner site now!
- I try to write down a plan in my agenda and also set calendar reminders for meetings/events. With the block plan, it's like trying to manage a new schedule each month, and it really helps to learn how to be flexible in planning a schedule and being realistic on how much personal and academic time I set for myself. In my first year, I had more of a set time for Bonner - we had Monday meetings, I went to Boys and Girls Club on Tuesdays and Thursdays, and volunteered at the soup kitchen on Saturday. Having this set structure helps me to plan my days around them. You'll realize that you're the one in control of your own time!

## **What have you been involved in (on and off campus)?**

- I'm in my room most of the time - it doesn't help when my friends are in the same dorm. Otherwise, I work for Sports Medicine as the Physical Therapy Aide, which is a fancy title for cleaning up and restocking tapes. I will hopefully work with a sports team next year, which means I'll be working more hands-on with athletes. I'm also part of Bridge, which is a (mentoring) program for first-generation/low-income/minority students. They sometimes have events with Admissions, and I really enjoy meeting new students through their fly-in program. I've also been on BreakOut trips - going to Habitat for Humanity over block break was the most memorable :)
- If I am not in my room napping, which is more frequent than I'd like to admit, I am involved with a few things on and off campus since they interest me! On campus, I am an Inclusion Representation for the Student Government Association to champion a sense of belongingness for all. I am also a member of the Accessibility Resources Student Leadership Council, where we discuss pertinent issues related to accessibility and ableism on our campus. I also serve on the Scientific Analysis Curriculum Subcommittee, where we decide which courses satisfy this designation for the new graduation requirements. To satisfy my love for fine arts, I am also involved in Theatre Workshop, a student-run group that writes and puts on plays, as well as Chamber Chorus. Off campus, I hold a few jobs at the Colorado Department of Public Health and Environment,

where I champion comprehensive sex ed policies in rural schools as well as youth empowerment. Lastly, I am an alumni ambassador for the Boettcher Foundation, which just means I go to local schools and mentor students on scholarship opportunities.

### **How has Bonner and/or the CCE supported you?**

- I love the CCE because it is a holistic office that wants to see you succeed. Although Bonner as a national entity has a defined structure, at CC, we build our Bonner program and tailor it to support us best. I have had many meetings with the staff at the CCE to help me when I am stressed, sick due to chronic illnesses, or feeling a lack of direction, and they always help me regain clarity while championing flexibility. I suppose it's an advantage of going to a small school where you are a human over a number!
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- The staff support at the CCE is amazing; I've met some of the most genuine people here at Bonner and at the CCE. I really appreciate that the staff has always been so patient in listening to me rant, patient in listening to student voices and taking our thoughts into consideration to develop the Bonner program to be one that is for the students.