The Linking Experience, Academics and Practice (LEAP) program provides students with customized major and career exploration, intensive academic advisement, and access to experiential learning opportunities such as campus-based leadership, community service and internships. LEAP supports second-semester freshmen through their sophomore year.

**Tips & Tricks During the Pandemic.** Johanna Molina, LEAP Peer Advisor

This pandemic makes us do many things in isolation, including celebrating birthdays alone, which raises the issue of ‘birthday depression’ (i.e., getting depressed on one’s birthday). Here are a few ways to still enjoy your birthday:

- **Start the day right** – Dress up for the day, make or order your favorite breakfast, and play your favorite music and dance to it.
- **Do something fun** – Set up video calls with family friends and have virtual game night.
- **Turn sadness into a learning experience** – although this birthday is different, it is your moment and you can learn a lot about yourself and the people who love you. (Re)connect with family and friends. Utilize the Wellness Center or reach out to someone you trust to discuss personal issues. Johanna took her own advice and enjoyed celebrating her February birthday!

**Industry & Skills**

**Accessing Career Exploration Resources.** Colin Wiggins, LEAP Senior Academic Advisor

LEAP sophomore Jaleel King is LEAPing into his future career with his John Jay alumni mentor, Marcus Walker. “It’s the greatest thing LEAP has done for me,” King said. Jaleel was matched in January 2021 with Marcus Greene, a 30-year veteran of the U.S. Marshall Service, through a partnership with the Alumni Relations office. His mentor allows Jaleel to feel “one step ahead of the game” when it comes to questions about career exploration, internship opportunities, even having someone to write him recommendation letters. The experience has inspired King to want to mentor future John Jay students. Through programs like Jay Chat, workshops and networking events, LEAP can connect you with alumni in a wide variety of fields. Contact your LEAP advisor for more information.

**Experiential Learning Opportunities & Resources**

**BRAC USA** is a leading international nonprofit whose mission is to empower people and communities in poverty, illiteracy, disease, and social injustice. Areas of internship opportunities include business development, communications, research, and adolescent development. To learn more, click here. The deadline to apply for opportunities is **Friday, March 19.**

**J. P. Morgan Chase & Co. North America Early Insights Programs.** Early Insights Programs are designed to introduce historically underrepresented students who are freshmen, sophomores, and juniors to the financial services industry, build professional development skills, and provide defined pathways to future opportunities. Students are encouraged to register for the program(s) of their choice here by **Monday, April 5.**

**Crisis Text Line: CUNY students who are struggling with any psychological or emotional challenges can text “CUNY” to 741741 to initiate a free and confidential conversation with a trained volunteer and receive a referral for further help if necessary. The support is available 24/7.**

Visit our [webpage](http://www.jjay.cuny.edu/leap-advisement) for more experiential learning opportunities!