

Supported Education Update

Student Highlights

We are happy to recognize our five graduates who recently completed educational milestones. The areas of study include degrees in automotive technology, communications, general studies and a certificate in culinary arts. Of the 5 graduates, 4 are continuing to pursue their education in a master's, bachelor's and associate's degree program and one is employed full-time in his career of choice. We wish our graduates success moving forward and hope they inspire other students to pursue their education goals.

Norwalk Community College Collaboration

To offer support to students, Laurel House has teamed up with Norwalk Community College to promote mental health awareness through events such as the Wellness Pit Stop and Fresh Check.

The Wellness Pit Stop is an event that takes place during exam time for students to take a break, grab a snack and talk about healthy stress reduction while making a stress ball.

Fresh Check is an annual event funded by the Matthew Porco Foundation and hosted by Norwalk Community College for the purpose of spreading awareness about suicide and mental health through a carnival-like festival. This year Laurel House facilitated the "Paint Your Art Out" booth. The activity allowed students to express themselves in creative ways by painting an inspirational word.



**Congratulations to our
2015 graduates!**

Upcoming Events

- Every last Thursday of the month join us for the **Education & Employment Pizza Dinner** at 5:30 at Planet Pizza, 920 Summer St, Stamford, CT.
- Keep your eyes & ears open for our **Halloween Lunch** on Friday 10/30/15 & **Mid Semester Check In Party** in November.
- Stop by our **Wellness Pit Stop** at NCC on 10.21.15 from 12-2 pm to make a ninja stress ball and inspire you day with a motivational quote!



Supported Education Update Cont'd

Thinking Well: Preparing Students by Improving Cognition

Imagine that you are a college student trying to study for an upcoming exam. You read and re-read, but cannot focus long enough to grasp the information; you're frustrated, tired, and worried that you won't do well. This occurs to many students in Supported Education each semester, and can be a major barrier to success.

Fortunately, Laurel House has an answer to what many Supported Education students experience every semester: *Thinking Well*.

Thinking Well is Laurel House's Cognitive Remediation program which helps individuals (many of whom are attending or would like to attend college) improve their thinking skills, such as Attention, Speed of Processing, Working Memory, or Reasoning & Problem Solving. By improving just one area of cognition in a significant way, such as Attention, a student might increase the amount he/she can read from 15 minutes to 30 minutes or more. Thinking Well helps students feel more confident in themselves, connects them to other students who may be experiencing similar frustration, and improves their cognition—all of which lead to positive outcomes and changes lives!

If you would like to learn more about Thinking Well, please contact Gregg Pauletti at gpauletti@laurelhouse.net

Students' Quotes

"They were relentless in their aid to help me through. I enjoyed school very much and it was tiring to do school and work at the same time but the help got me through". -*Recent Graduate*

"I love the support system from Laurel House, they inspired me to challenge and move forward." -*NCC Student*

"I already have my cap and gown, I can't wait to graduate and have my family see this achievement". -*NCC Student*

October 2015



Past Events

We organized the **Back To School Bash** to kick off the beginning of the semester for our 44 students enrolled in the Supported Education program. The students began their Fall 2015 semester at UCONN, Norwalk Community College, Westchester Community College, Southern New Hampshire University, Housatonic Community College, Bullard Havens Technical School, and Marinello Beauty School.



Supported Education Update Cont'd

Student's Success Story

“Laurel House has helped me with my success at NCC. Laurel House helped me build academically and emotionally by helping me whenever I was down. In regard to academic skills, they helped me with time management and organization, which I am still applying now at UConn Storrs.”

Arlene first joined the Supported Education program in the fall of 2013 while enrolled at Norwalk Community College. During her time at NCC, Arlene received several academic awards and maintained a work-study position in the admissions office from the start of her academic enrollment until her graduation in May 2015.

After completing her associate's degree at NCC, she has continued her education and is currently pursuing a bachelor's in communications from the University of Connecticut at Storrs. Due to Arlene's academic success she was awarded a scholarship from NCC as well as tuition assistance from Laurel House that was applied to her overall tuition. Arlene has joined the programming and events committee division of student government, karate club, archery club, WHUS radio, while also maintaining two part-time jobs. Arlene hopes to pursue a career in non-profit advertising or talk radio after completing her degree.



Meet Our Supported Education Team

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Contact us for more information!!