Starting college can be an overwhelming experience. Often students have many questions and face many challenges: How do I decide which classes are best for me? What do I need to study to prepare for the job I want? What do I do if I have academic trouble? How do I prepare myself for the job market?

Now that you have made the decision to attend college, you need to take every step and use every resource to ensure your success.

The Coaches & Mentors program will help you prepare for your future and provide you with all of the support you need to get you through the challenges of college coursework.

A central goal of the program is to help you establish a personal connection with the college. As you meet with our staff, you'll establish a connection that extends throughout your stay at CCCC. The C&M staff genuinely cares about students, and you'll sense that there is a support network in place to help you achieve your goals.

Coaches & Mentors is recognized as an outstanding program by the Massachusetts Department of Education and is listed in 1,001 Exemplary Practices in America's Two-Year Colleges, McGraw Hill.

Funding for this program is provided by allocations to the college from the Massachusetts Department of Education through the Carl Perkins Vocational and Technical Education Act of 1998.

Coaches & Mentors provides students with a place to go to share their academic struggles and successes.

The Coaches & Mentors connection helps students develop a positive attitude toward themselves as they experience the challenges of college life.

COACHES & MENTORS STAFF:

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For more information, call
Program Director
Carol Dubay at
(508) 362-2131, ext. 4353
Coaches & Mentors Services are personal, comprehensive, and FREE . . .

College is easier with academic support and personalized advising.

ACADEMIC SUPPORT
Coaches & Mentors is committed to helping students meet and overcome all types of academic challenges. Academic support services include:

Tutoring
- Standing weekly tutoring appointments
- Drop-in tutoring
- Study skills instruction based on your individual learning style
- Monitoring of your progress through mid-term progress reports

Advising
- Permanent academic advisor throughout your college experience
- Help with planning your academic schedule
- Information on college programs and courses
- Assistance with choosing or changing program concentration
- Help with transferring to other colleges or universities
- Exploration of career and life goals

Career development and career planning activities play a vital role in your college success. Career support services include:

Career Counseling
- Identification of your skills, abilities, and values
- Career interest testing
- Guidance in goal setting

Preparation for the Job Search
- Resume writing
- Effective interviewing techniques
- Job search strategies
- Career-specific job availability and salary range information

Job Placement Assistance
- Cooperative education/internship referrals
- Resume bank
- Work readiness coaching

WORKSHOPS
In addition to one-on-one tutoring, mentoring, and advising, Coaches & Mentors offers workshops that will help you develop strategies for a successful college experience. These workshops are offered throughout each semester.

- Test taking
- Time management
- Test anxiety
- Career planning
- Resume writing
- Transfer process
- Positive thinking
- Learning styles
- How to write a research paper

Who is eligible for Coaches & Mentors?
You are eligible to receive services through Coaches & Mentors if you are enrolled in one of the following Associate degree programs:

- Accounting
- Business Administration (all concentrations including Associate in Arts transfer)
- Communication
- Criminal Justice
- Dental Hygiene
- Early Childhood Education
- English/Writing Rhetoric
- Environmental Technology
- Fire Science
- Graphic Arts
- Health & Recreation
- Human Services
- Information Technology
- Nursing
- Public Relations
- Science/Math majors who plan to apply to the Nursing program
- Theater/Dance
- Visual Arts

and technical certificate programs:

- Construction Technology
- Culinary Arts
- Diagnostic Tech
- Early Childhood Education
- Environmental Technology
- Fire Science
- Horticulture
- Information Technology (all certificates)
- Massage Therapy
- Medical Assisting
- Paralegal

Coaches & Mentors is ideal for non-traditional adult learners, students with disabilities, English Language Learners, students who were enrolled in a non-college bound concentration in high school, and any other students concerned with meeting the challenge of college life.

Call Carol Dubay at (508) 362-2131, ext. 4353 to sign up today!