

## Keeping the Promise

# COMMITTED to EQUITY in EDUCATION

As a Pittsburgh Promise student at Carlow, you'll have a personal success coach to help with your transition to college life and access to specialized tutoring, study groups, and stipends for internships.

## LEARNING OPPORTUNITIES

- + **Learning Skills:** reading college material, effective note-taking, test preparation, time management techniques.
- + **Financial Literacy:** understanding a credit score, impacts on credit scores, debt to income ratio, budgeting, saving.
- + **Career Preparation:** building a plan for your career, creating your resume, preparing for an interview and internship.
- + **FAFSA Assistance:** completing the Free Application for Federal Student Aid (FAFSA) with the goal of meeting deadlines and filing a complete and accurate FAFSA.
- + **Resiliency and Mindfulness:** managing stress, and setting and keeping personal goals.

**Join a Community:** The Promise students at Carlow make up all majors and class years! By joining them, you'll not only find a group of people like you, but you'll find classmates, mentors, and friends!

► **Learn more at [carlow.edu](https://www.carlow.edu)**



Carlow was ranked #15 in the North region by U.S. News and World Report in helping students improve their social mobility.

## PROGRAM BENEFITS

- + **Personalized Coaching Sessions:** Meet 1:1 with your very own Success Coach to learn about on-campus activities, connect with university resources, and gain the skills needed to excel in college.
- + **Success Activities:** Each week, participate in an online or in-person workshop focusing on learning skills, financial literacy, career preparation, FAFSA assistance, understanding financial aid, and more.
- + **\$\$\$ Incentives:** Earn up to \$200 per year for participation in the personalized coaching sessions and success activities!
- + **Internships:** Each Promise student can pursue a subsidized internship with one of our non-profit partners within their first or second year. This is a great way to build your resume and get real world professional experience.

**CARLOW**  
UNIVERSITY

# SUCCESS COACHING

## For Pittsburgh Promise Students

Sarah is a Success Coach to support Pittsburgh Promise students at Carlow in meeting their goals. Sarah can help you explore your strengths and challenges to become an effective, successful student and can assist you with:

- + Improving study and test-taking strategies
- + Alleviating obstacles to your academic success
- + Setting and meeting your goals
- + Developing time-management and organization skills
- + Self-advocacy
- + Using effective learning strategies specific to your needs
- + Referring you to additional support services/campus resources as needed
- + Ask Sarah about benefits Carlow offers for Pittsburgh Promise students—including incentives for meetings, attending programs and paid internships.



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**Schedule an appointment**  
**carlow.mywconline.com**

*Scan this code to schedule an appointment from your smart phone*