

BEFORE & AFTER Trinity@McCormack

STUDENT FEEDBACK, MAY 2022

How do you **think differently** since your Trinity@McCormack experience?

BEFORE

AFTER

I would just stay home until [Trinity's counselor] explained why it is important I come to school.

When I am tired in the morning, I still come to school because I know it is important.

When I was younger, I got bullied a lot (when I first moved to the US). People tried to kick me around like a bag or something, and I let them.

Now I know how to respond to bullies and how to stand up for myself. I am more mature. I do my work more and think more about my behaviors and how I treat others. I know my worth.

I used to do whatever I feel like.

I think before I do things. I think about what will happen next, about the consequences...well...most of the time, I do :)

I used to get in trouble all the time because I always skipped or left class.

I get in trouble a lot less. Now, I still want to skip, but instead, I come to Trinity to check in and reset, and I really want to pass 8th grade. So even when I want to skip now, I think about it more and make a different decision that will help me pass.

I used to ignore people before.

I still struggle with meeting people. I'm still pretty shy. Now I'm a little more respectful, even if I feel shy. Also, now I have real friends- if I needed to talk with someone, I could.

How do you **manage relationships** since your Trinity@McCormack experience?

BEFORE

AFTER

I still feel nervous with new people. I don't know how they will act, so I don't trust them.

I do have better relationships with teachers this year. They worked to get to know me, and I now trust most of them - but not all.

[My dad and I] really clashed in 6th grade.

My relationship with my dad is much better. I'm nicer to people at home now, even though things are still really stressful where we live (due to homelessness). I have better relationships with teachers. I understand now that they want to help me, and so I let them help me more. I ask for help, or I take suggestions.

How do you **respond differently** since your Trinity@McCormack experience?

BEFORE

AFTER

I wouldn't respond to people in the best way.

When I saw I wasn't progressing, I took advice from Trinity and began responding to people differently and changing my attitude. I am more respectful.

I used to scream at people when they made me mad.

Now I just walk away and figure out how to deal with it in a better way ... and then go back when I am calm and tell people how I feel. I don't stress things as much anymore. I am better at managing my emotions and stress because it's not worth it to get in trouble or scream back and forth with someone.

I used to fight.

I realize [fighting] doesn't help me, and so I try to calm myself down and think about the consequences of continuing an argument, and then usually I choose to walk away and go somewhere to calm down.

When I was younger, and I got upset, I would just keep yelling until I got suspended.

At the beginning of the year, you guys said, "Come here if you need a break." So now I walk away and go to Trinity, and that helps a lot because I get calmer in Trinity, and then I'm better when I leave and go back to class.

How do you **set goals** since your Trinity@McCormack experience?

BEFORE

AFTER

I used to be really lazy and didn't really care about schoolwork or school.

I understand my responsibilities way more and how they impact me later. Because of the goal-setting work, I did with [Trinity's counselor], I have learned that I can accomplish my goals. I just have to stay committed and understand why the goal I am trying to achieve is important to me.

In 6th grade, I really didn't care at all. I used to get suspended all the time.

I really want to pass this year. Now I come to school more, even though I am late a lot and still miss sometimes, I come a lot more than I did, and I do my work. I let my teachers help me when I am stuck or when I am behind. I don't get in trouble as much, and that has helped me reach my goals. Now because I can go to Trinity and get support and [Trinity's counselor] helps me create plans, I have more goals now; I don't get in trouble anymore, and when I am behind, I can catch up. I follow through on things now. Thinking about what I do before I do it has helped me achieve more goals.

How is your **confidence** about your future evolving?

BEFORE

AFTER

I used to always have an F in Math.

I feel like I'm good at Math for the first time ever. I am doing better in all my classes except science, but I need to keep working because sometimes still I just don't feel like doing school, so I don't do my work, and I get behind. I am somewhat hopeful.

I couldn't play ball this year because of my grades.

I'm passing all my classes. I feel confident that next year I can get the grades I need to be on the basketball team.

I really didn't want to be in school this year. I used to skip.

Trinity helped me be in class more doing my work. I know I can take a break when I need to, so I can go to class and know if I need a break, I'll get one instead of just skipping the whole class. I'm in trouble less and doing more work. I feel confident about next year because I did better this year.

I didn't see much future after 18. Last year, I had an image of like being in a small room. I didn't hear anything. It was dark.

I sort of see something. I'm still in a room, but I can see a light. I can hear some people, some voices around.