



HEROES



SPRING 2023
IMPACT
REPORT

TABLE OF CONTENTS

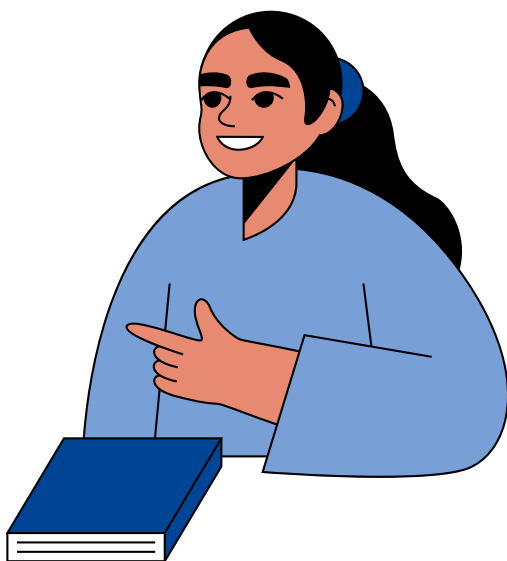
| | |
|--------------------------|----|
| 9TH GRADE EXPERIENCES | 1 |
| 10TH GRADE EXPERIENCES | 2 |
| 11TH GRADE EXPERIENCES | 3 |
| 12TH GRADE EXPERIENCES | 5 |
| ABOUT OUR MENTEES | 6 |
| FAVORITE SESSIONS | 8 |
| HELPFUL SESSIONS | 10 |
| WHAT OUR MENTORS DO WELL | 11 |

9TH GRADE STUDENT EXPERIENCES



9th grade student from Queens

My experience was great, I felt super comfortable. I was able to connect with my mentor very well, and she made it fun to be there. I learned more about my interests and the resources that are actually there for students. I learned about her journey to find her college and what she plans after college. Personally it was helpful and it is so interesting to be able to develop more knowledge into what college really is.



9th grade student from NYC

“My experience at heroes was really great. I learned to be a more organized version of myself. My mentor was very kind and gentle. Nina as filled with so much stories and great ideas. It was very great and life changing.

9th grade student from NYC

It was very helpful. I learned that although I did most of these things well, I learned how I can improve and make it even better. I learned how to do many things I was unsure about. This program was very helpful in my personal development. Overall, I had a great experience and I totally recommend it for anyone else.

10TH GRADE STUDENT EXPERIENCES



10th Grade Student From Brooklyn

"I learned that I have more potential than I originally thought! It makes me really happy to have the guidance I did from both my current mentor and previous one. HEROES helped me in my **professional development** by not only preparing me for college but also for the future."

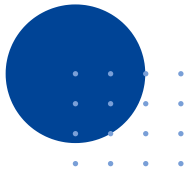
10th Grade Student From NYC

"My experience at HEROES was **amazing**. I enjoyed having a Mentor and getting to know what college would be like in the future for me. This program has made me see college from a different point of view. For example, I now know that I would feel more comfortable staying in the city for college. I learned a lot from my mentor especially things like knowing how to apply for colleges and knowing what a college essay is all about. I got to learn the different between majors and minors. This program was really helpful when it came to **time management and patience**"

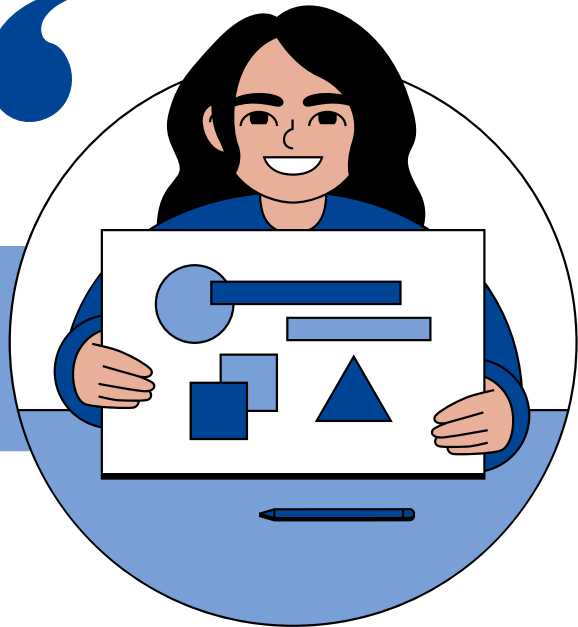


“ I learned a lot from my mentor like knowing how to apply for colleges and knowing what a college essay is all about.

11TH GRADE STUDENT EXPERIENCES



"I also loved that I had a voice and say on what I wanted to learn about."



"My experience at HEROES is very memorable to me, I got to learn numerous new things about the whole college application. I got to connect with my mentor very well and share a few common interests. To add on, I've learned that my family means the most to me, I truly cherish them. This program definitely helped me with my professional and career path development, I got to further research the major I wanted to pursue. Additionally, I got to explore other career options that I could be interested in and it was an enlightening moment."- 11th grade student from Queens

"I feel like I'm way more prepared for college. Not only for college also to get a job and do things on my own. It was also really good just to have someone to talk to. Every single session we had, We had a great connection and she really helped me understand the whole process of getting into college. we also just had a lot of fun between these sessions together." - 11th grade student from NYC

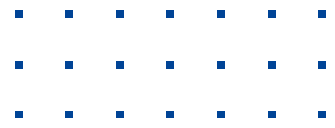
"My experience at Heroes was beneficial and enjoyable. My mentor was really friendly and helpful to me as she led the workshops, it was easier to build a relationship and trust with my mentor. I learned through this program that it's good to **think ahead** and find ways to figure out what's best for me and also know when to stop and do a check in on myself. From my mentor I learned planning ahead and thinking out of the box can push me to work harder, but also that **mental health** is also necessary to have because you need to stop and take a breath every now and then. This program was helpful, personally and professionally, because it opened my eyes to new topics I didn't think of or topics I've known about but haven't really tackled; it also helped me start my college journey since I have started my college list and I'm working on parts of it before senior year." - 11th grade student from NYC

"My experience was great! I learned that all these different topics are doable for me and there are **resources** out there for me to research if I put the time to it! I learned from my mentor that **communication skills** are needed even in school, since it's very beneficial when I comes to interviews, jobs,...Yes, this program helped a little, where I was able to learn a lot more, practice some of the skills in the sessions, and give me more of a boost on my own!" - 11th grade student from NYC.



"My experience was great. I find that this program helped me clear up all questions I had for college. I learned a lot from my mentor. He taught me so many things about college that I didn't even know. It was very helpful with **personal and professional development** because it helped me see other things about college I had no knowledge of before the program." - 11th grade student from NYC

12TH GRADE STUDENT EXPERIENCES



"GREAT ADVICE"



"My experience at HEROES was amazing, I felt like I got a mentor who has similar liking as me and we were just so similar to each other it was amazing. I learnt that I would definitely be interested in a job in the medical field and I learned from my mentor so many things about life and just great advice in general. It was definitely very helpful and I can't wait to carry this knowledge with me."

"HELPFUL"



"HEROES has helped me tremendously when it comes to the college process. I was educated on admissions, scholarships, and even colleges themselves. Before HEROES, I was lost and discouraged by my fellow classmates as I wasn't as prepared or "college ready" as they were. However, after Omar I have worked on my resume, organized my thoughts and actions and overall my mental health. Omar highlighted the importance of having a stable mindset and it has helped me become a better person. This program was helpful in both my personal and professional development"

"EYE OPENING"



Heroes was a very loose-ended program set up to help students with whatever worries them for their future. I appreciated that not all the lessons were set in stone so I could give feedback and ideas for our next sessions. I learned a lot about job application processes, how to be financially responsible, and how I can research/explore opportunities for after high school. I learned very useful techniques to use for procrastination and other mental blockage's. It was very eye-opening to what the real world is really like."

ABOUT OUR MENTEES



I was born in the Dominican Republic. At the age of 3 my father thought it would be best to chase the “American Dream” and move to New York for a better life and better opportunities. I grew up in the Bronx with my step mother, learning English from my older brothers and sisters. I struggled at first, but I soon became the top of my class and graduating elementary school as salutatorian. After middle school, I moved to a different environment in which impacted my education drastically. I was no longer the star student I believed I was. After middle school I went to a catholic private high school in which my education did not expand to its fullest. I didn’t feel like I was learning or advancing enough when compared to high schools around New York. I ended up transferring to Central Park East High School. The community is much better than where I have been before. I enjoy the education system and the opportunities such as HEROES. My guidance counselor encouraged me to join this program to help **organize my thoughts and actions for the college process.**

I grew up and live in Ithaca NY. My dad committed suicide when I was 14 and I’ve had to get a **strong support system** for me to continue through my education. The first year he passed away my grades dropped significantly, I was a straight A student my whole life and I was failing multiple classes. It took me a long time to find ways to make it through a school day with grief but I was able to push through and advocate for myself to my teachers of what they can do to help/support me.

I live in Queens, New York. I would describe my community as diverse but slightly. I go to a predominately Hispanic high school and it's difficult for me to relate to other peers due to our interests in life. What inspires me is the strive for motivation, I want to see myself get better and excel in my projects and assignments. What encouraged me to join this program was my interest in doing well with the whole college application process. I didn't want to enter my senior year without knowing how to do or know anything.

I live in the Bronx, NY, and I face challenges everyday through the education I received. My community is very diverse and friendly but I have seen how living is hard in low-income communities. Education is very limited here, since they provide the education that is necessary to teach but didn't push students to go above and beyond. My family inspired me to work hard in school since I am a first generation student. What encouraged me to join this program was college, I haven't had much support on how to start thinking of college so this was the perfect opportunity to receive guidance which has overall helped me.

Well, I live in the upper part of West Manhattan and it's very chaotic here but I love it. some challenges that I have seen in my education is getting distracted very easily. So since I will get distracted very easily, I wouldn't understand anything. But one way or another I had to step up and get back on track. I would describe my community very welcoming And very fun, especially in the summer because everyone knows each other. Something that inspires me is my mom I just wanna do better for her and I'm not just going to college for her. It's also for me, but I would feel a little bit of achievement if I made her proud. Something that made me want to join this program was just knowing that I would have a head start of getting to know how to get into college and write your resume and write your college essay. I just wanted to know I was secured, and I had an advantage more than everyone.

OUR MENTEES' FAVORITE SESSIONS



Career Discovery Session

"I really liked the session where we were getting deeper into career discovery. My mentor really went into detail about my possible career and what **college, classes, money**, everything that will be necessary in order to follow through with this career which was very exciting and nice."

"My favorite session was the career discovery/ finding the right career for you. It was fun to learn that there are different career choices based on you **personality type**."

"When we talked about different careers I can take up in the future"

"The session about different careers was like a sneak peek into my own personal menu of life choices. Talking about the various paths I can take left me feeling both **inspired and ready** to start planning my journey."

"My absolute favorite was the career discovery session."

"The session where we explored different careers was eye-opening."

"The career discovery session was my favorite! Finding out that there's a job out there that's a **perfect match** for my personality was mind-blowing."

OUR MENTEES' FAVORITE SESSIONS



Other Sessions

"I would say my favorite session was the one about how to create a **college resume** because before I had no idea on what to do, how to write my resume or even when to start writing and my mentor helped guide me through what to do. It really helped me get an understanding of resumes."

"Me and my mentor ended up talking about our lives for the entire session. I wasn't doing too well that day and I was super wiped out and talking to her helped me a lot."

"The first one and getting to know my mentor helped everything else flow well!"



All of the sessions

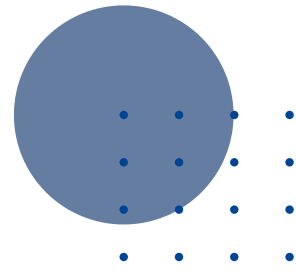
"All of them because I love my mentor"

"I don't have a favorite they are all great"

"I loved all the lessons."

"All the sessions are my favorite because I like the way Alexis created the presentations, she always adds a little bit of something **fun** to it and makes it **engaging**. It makes me look forward to seeing her."

MOST HELPFUL SESSIONS



"The most helpful session was when I and my mentor got to discuss my career path and further **explored nursing careers**. It helped me get the opportunity to learn more about a nurse's day and other jobs in that branch."

The most helpful session for me was the one where we talked about making a college list and creating a spread sheet with all the different categories to take in mind when **selecting colleges**.

"For me the most helpful session was about **procrastination tips** because it's been a huge problem for me throughout my school years and learning some tricks and tips that could help stop my procrastination really benefited me. I used the sources my mentor gave which helped me be more productive."



The most helpful session was Making a **College List** because I didn't know where to start looking for colleges or how to determine them. The Career Discovery was extremely helpful since the personality tests gave me a sense of what careers to pursue.

The most helpful session for me was the **plagiarism session** because I feel like it's such an important topic to discuss because we see it happening in high school and possibly college. Talking about the consequences over all was just very important to me.

THINGS OUR MENTORS DO WELL



"She was very welcoming and fun, she incorporated her personality and things I told her I like into our sessions which make them fun. The way she incorporated them was by having a small break between the sessions where we just talked or did mini activities which **helped me relax** and be able to talk to her and really connect with her."

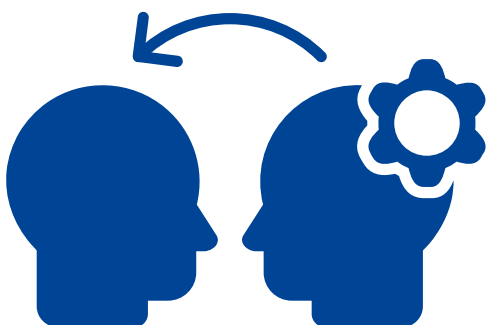
"My mentor always had **resources** and **well thought out slides** ready. They pulled various information together and were always up to changing lessons. Also, were ready every meeting and had pulled certain personal experiences which helped me learn. Overall, had amazing sources which help with careers, jobs, internships, etc."

"Some things my mentor did well made me feel **comfortable**. It was easy for me to talk and listen to her because she made me feel very comfortable; she allowed me to be myself and would ask me personally how I was doing or how my day was."

"She did very well planning the lessons. We did **check-ins** before we started the meeting which I liked. We got along well and she listened to me and made lessons based off the things I told her I wanted to know more about."

"Made good use of our limited time on Zoom"

"She knew the answer to all my questions. She was very kind and gentle with me."



"She listened to my thoughts and questions that I had on college, looked into them, and shared her personal experiences which helped put into perspective what college could possibly look like for me"

"She was very **informative** and encouraged me to ask questions. She paused from time to time to check in on me and how i was doing with the topic we were going over."

"She was great at making sure I understood and was very **kind and understanding** if anything came up. Took the time to get to know me and was overall so sweet."

"My mentor tried to make the lessons for my needs instead of general ideas for all students, which provided me a more specific and **detailed help.**"

"Remembering small things that I mentioned in past sessions and **following up!**"

"She always allowed me the space to speak and provided me with **concrete support.**"

"My mentor did well in teaching the workshops and creating a **lively environment** to be part of."

"Be extremely **relatable** and act like a regular person"

"She planned out great lessons"