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# Recovery Education Program's **2014 Course Catalog**

## IMPORTANT DATES

Course Registration:	April 15 <sup>th</sup> – 25 <sup>th</sup>
New Student Orientation (3 Day Event):	May 6 <sup>th</sup> , 7 <sup>th</sup> & 8 <sup>th</sup> 1:00 PM – 3:30 PM
Course Confirmation Letters:	Received by May 7 <sup>th</sup>
First Day of Classes:	May 13 <sup>th</sup>
Last Day of Classes:	August 15 <sup>th</sup>
Summer Recess:	June 30 <sup>th</sup> – July 4 <sup>th</sup>
Holiday Closings:	May 26 <sup>th</sup> (Memorial Day)

## ABOUT US

The Recovery Education Program at the Center for Psychiatric Rehabilitation is an adult education program that offers students the opportunity to choose a range of wellness courses support their treatment, rehabilitation and recovery efforts. This program is designed to strengthen and broaden the student's knowledge of the physical, intellectual, emotional and spiritual practices that will enhance their readiness for personal change and role recovery.

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## FREQUENTLY ASKED QUESTIONS

**Q: What are the requirements to participate in the Recovery Education Program?**

**A:** Interested individuals must apply to the program, provide documented diagnosis of a psychiatric illness, be willing to use an educational environment to foster their recovery, submit medical records, receive physician approval to participate in an exercise class, be willing to consider participation in program evaluation research.

**Q: Can you tell me more about the Recovery Education Program?**

**A:** Although our dedicated staff will do everything in their ability to accept all interested individuals, enrollment is limited.

Courses are offered on a trimester schedule: September – December (fall),  
January – April (spring), May – August (Summer)

For more information, please contact Stephanie Cummings at (617) 353-3549 or [stephc13@bu.edu](mailto:stephc13@bu.edu).

**Q: How do I apply to the Recovery Education Program?**

**A:** You will need to complete a Student Application Packet which includes a Medical & Psychiatric Information Form, and fax it to Stephanie Cummings at (617) 353-7700. After she has received your forms, she will contact you before the start of Course Registration to arrange a short and sweet interview. The packet is available on our webpage at [cpr.bu.edu](http://cpr.bu.edu).

**Q: How much does the Recovery Education Program cost?**

**A:** The courses offered at the Center are free to all of our students, because students who make a commitment to their recovery and make an effort to attend their courses will receive a scholarship which covers the costs of tuition and classes.

There is no application process for the scholarship. All interested individuals who make the simple commitments above will receive it.

However, students will be asked to reconsider their commitment and only register for 1 course the following trimester if excessive absences occur.

**Q: How do I register for courses?**

**A:** You must be enrolled in the Recovery Education Program to register for courses. After you've enrolled, you'll need to complete a course registration form available on page 14 of this catalog. This form is also available on our webpage at [cpr.bu.edu](http://cpr.bu.edu). Please send the course registration form to Stephanie Cummings via fax at (617) 353-7700 or via email at [stephc13@bu.edu](mailto:stephc13@bu.edu).

We strongly encourage our students, current and new, to come to the Center on the first day of registration, April 15<sup>th</sup>, for snacks, beverages and help from staff members. Everything you'll need to register for classes will be there!

**Q: How many classes can I take this trimester?**

**A:** This trimester we are trying something new! The Center is offering students a maximum of 3 courses, and registration is required for *ALL* of the courses offered – There are *NO* “drop-in courses” this trimester. Therefore, *ONLY* register for the courses you can commit to attending. Please note that although every attempt will be made to place you in your first-choice-course, there is no guarantee.

**Q: Can I add and/or drop a course?**

**A:** Due to space limitations, there is no capacity for students to add a course to their schedule once the trimester starts. However, you may drop a course during the first 2 weeks of the trimester.

**Q: Do I need written medical permission to participate in any of the courses?**

**A:** Yes. You will need to provide written medical permission for the following course:  
Supported Physical Activity

**Q: Who do I contact if I am unable to attend my course?**

**A:** Please call the Student Absentee Line at (617) 358-1413.

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## COURSE SCHEDULE

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<b>Supported Physical Activity (FC)</b> 10:00 AM - 11:00 AM (Group A) 11:00 AM - 12:00 PM (Group B) Lenny, Donna, Zach	<b>Staff Devotion Day</b> <i>Services Staff Meeting</i> 12:00 PM - 1:00 PM	<b>Team Sports &amp; Recovery</b> 10:00 AM - 12:00 PM Derek, Lenny, Donna, Zach, Alan	<b>Supported Physical Activity (FC)</b> 10:00 AM - 11:00 AM (Group A) 11:00 AM - 12:00 PM (Group B) Lenny & Zach
	<b>Cognitive Remediation (CC)</b> 10:30 AM - 12:00 PM Derek, Susan, Harry		<b>Baby Steps (LCR)</b> 10:00 AM - 11:30 AM Tracy & Natalie	<b>Computer Technology Clinic (CC)</b> 10:00 AM - 12:00 PM Harry & Derek
	<b>Knitting Club (RCC)</b> 10:30 AM - 12:00 PM Louise & Kim		<b>Book Club (RCC)</b> 10:30 AM - 12:00 PM Marijane & Wendy	
NOON	<b>Jewelry Making (RCC)</b> 12:30 PM - 2:00 PM Gloria & Kim		<b>Peer Support (LCR)</b> 12:00 PM - 1:30 PM Tracy & Lenny	<b>Walking Group</b> 12:15PM - 1:15 PM Zach & Intern
		<b>Mindful Music, Dance &amp; Meditation (LCR)</b>		<b>Embracing Loss (RCC)</b> 12:30 PM - 2:00 PM Derek & Gloria
AFTERNOON	<b>Anger to Forgiveness (LCR)</b> 1:00 PM - 2:30 PM Marjorie & Intern	1:30 PM - 3:00 PM Marjorie & Donna	<b>Anger to Forgiveness (LCR)</b> 1:30 PM - 3:00PM Marjorie & Natalie	<b>Qigong Practice (LCR)</b> 2:00 PM - 3:00 PM (Level 1&2) Derek & Intern
	<b>Computer Seminar (CC)</b> 2:30 PM - 4:00 PM Derek, Donna, Harry	<b>Reiki for the Advanced(RCC)</b> 1:30 PM - 3:00 PM Cynthia & Deborah	<b>It's All About Choices (SCR)</b> 2:00 PM - 3:30PM Sharon & Tracy	
	<b>Whole Health Action Management (WHAM) (RCC)</b> 2:30 PM - 4:00 PM Lenny & Zach	<b>Qigong (LCR)</b> 3:00 PM - 4:00 PM (Level 1) 4:00 PM - 5:00 PM (Level 2) Derek & Intern	<b>Painting as a Wellness Tool (LCR)</b> 3:00pm-5:00pm Natalie & Derek	
		<b>Wednesday Movie Night (CC)</b> 4:30 PM - 6:30 PM Zach & Donna All Students Welcome!	<b>Film &amp; Discussion (CC)</b> 1:30 PM - 4:30 PM Donna & Zach	

## COURSE DESCRIPTIONS

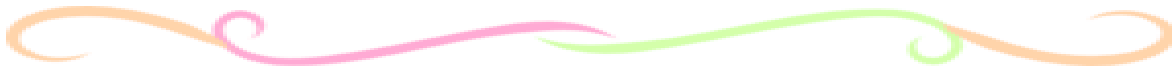
### Anger & Forgiveness

**IMPORTANT NOTE:** *This class meets twice a week.*

Anger is a universal emotion that can fuel change. Short-term anger can be constructive giving us the energy we need to break through our darkness and sorrow. However, when anger becomes a habitual response to deal with life's challenges, it can become an obstacle to the recovery process and our ability to have close connections with others.

This course will explore (1) the negative effects of chronic anger on our health and relationships, (2) compassion practice, and (2) forgiveness as a possibility. Forgiveness has the power to heal and free us from past hurts. At the beginning of the semester, students will be asked to identify a "small anger" from a recent experience to practice gently moving through anger to forgiveness. It is a process involving changing our story of being the victim to being in control. In class we will learn and practice ways to transform the anger and widen our perspective. There will be music, readings, discussions, self-reflection exercises, and meditation. We will have the opportunity to share our experiences in the large group, small groups, and pairs in order to build support and ultimately pave the way to forgiveness.

**Tuesday: 1:00 pm – 3pm & Thursday: 1:30 pm – 3:00pm (LCR) with Marjorie & Natalie**



### Baby Steps: *To Creating the Life You Want*

The goal of the course is to learn concrete techniques you can use to take baby steps towards achieving the things you want to get done. "Keep it Simple" is our motto. Daily organization is the key. We will also explore our strengths, values, likes and dislikes just to know ourselves better. Each of us will create a detailed plan to achieve a simple basic goal of our choosing. We will break down the things you need to do into a step by step sequence of events that will lead to success. Success is the ultimate goal!

**Thursday: 10:00 AM- 11:30 AM (LCR) with Tracy & Natalie**



### Book Club

This semester we will have the opportunity to explore several different books and short stories in a variety of genres. We will begin the semester as a group by deciding on several books selections. For this class to be successful, everyone's input is very important. Each student can gain access to the Minuteman Library Network, a Boston-wide library system where you can gain access to books from 35 libraries. Any student who loves to read, no matter what your pace or interest, is encouraged to join, and bring your lunch!

**Thursday 10:30 AM – 12:00 PM (RCC) with Marijane & Wendy**

## **Cognitive Remediation**

Come enhance your wellness and enjoy the experience. Recovery and wellness involve attending to your mind, body and spirit. Oftentimes, a psychiatric illness, history of substance abuse, and/or prescribed medications can impact how we think, how we remember, how we pay attention, and how we learn. This class will teach skills and strategies that will assist you in improving all these areas of function while supporting your overall wellness through computer based cognitive remediation tools. Expect to see the beneficial results at home, school and work.

**Tuesday 10:30 AM – 12:00 PM (CC) with Derek, Susan & Harry**



## **Computer & Technology Clinic**

Is your computer, cell phone, or MP3 acting up? Are you having trouble emailing an attachment, formatting a Word document, or any other computer or technology issue? Then this clinic is for you! Join this class to get individualized help with all your computer or technology problems.

**Friday 10:00 AM – 12:00 PM (CC) with Harry & Derek**



## **Computer Seminar**

This class will allow students to gain personal strength and confidence through their use of the computer. Students will share in a highly supportive environment so that they may learn fundamental computing skills, both physical and conceptual, including typing, mouse control, navigating the web, and more. STUDENTS NEED NO PRIOR COMPUTER EXPERIENCE TO TAKE THIS CLASS. It will use a "practice-based approach" and students will be given individual practice time in order to master the skills taught.

**Tuesday 2:30 PM– 4:00 PM (CC) with Derek & Donna**



## **Embracing Loss**

This course is designed to support you in developing your skills when working with loss. The focus will be on your strengths and resiliency and how you use them to construct and reconstruct the narrative of your life. You will be encouraged to identify your own grieving styles; understand the various models of grief and loss; learn strategies to transcend and embrace your experience of loss; understand how to create space and find meaning through loss. We experience loss in different ways that result from a variety of changes throughout our lives. Areas of topic include types of loss, new perspectives on grief and loss, positive aspects of loss, using rituals as a way to cope, and finding your meaning of death and dying.

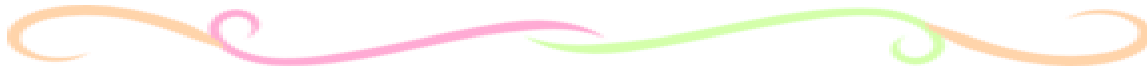
**Friday: 12:30 PM – 2:00 PM (RCC) with Derek & Gloria**



## Film & Discussion

If you are interested in a wild ride with two wacky film enthusiasts please join us for a film extravaganza as we are going to view a wide variety of popular films from our culture. We are going to take these films apart and examine many aspects of the films such as, social impact, technical aspects, director's roles, moral, ethical or philosophical meanings and more. Please join us in selecting, viewing and discussing many films from different genres.

**Thursday: 1:30 PM- 4:30 PM (CC) with Zach & Donna**



## It's All About Choices

In this class we will examine the mood altering substances "uppers" "downers" and alcohol. We will examine the legal and illegal substances that can lead to addictions and wreak havoc on the lives of individuals, families, and society. Is it ok for a person with mental illness to use some of these drugs recreationally? What exactly is an addiction? The class will give people enough information so that they can make informed choices for themselves and know what others, who may be using, are talking about. We will discuss the different addiction recovery programs. Each week there will be time for a short check in. You don't have to have a problem to attend this class. All are welcome. Recovery is possible.

**Thursday: 2:00 PM - 3:30PM (SCR) with Sharon & Tracy**



## Jewelry making

***IMPORTANT NOTE: There is a \$15.00 fee for materials associated with this course which will be incurred by the student.***

Come let your artistic side show and join us as we design and create our own jewelry! During course, we will make bracelets, earrings, and necklaces and enjoy the camaraderie of friends and conversations. Your peer instructor and other assistants will be available to help you during the process. No experience in jewelry making required! We will show you everything you need to know.

**Tuesday: 12:30 PM- 2:00 PM (RCC) Kim & Gloria**

## Knitting Club

**IMPORTANT NOTE:** *There is a \$12 fee for materials associated with this course which will be incurred by the student.* This course is designed for anyone wanting to learn to knit or to improve their knitting skills. Techniques to be taught include: casting on, the knit stitch, the purl stitch, binding off and more. Students will work at their own pace and on projects of their own choosing. This class is also open to those who already know how to knit but want to be part of a knitting group.

**Tuesday: 10:30 PM- 12:00 PM (RCC) with Louise & Kim**



## Mindful Music, Dance & Meditation

With the emergence of the field of neuroplasticity, scientists have discovered that the structure and connections of the adult brain can change. *Neurons that fire together wire together.* What this means is that when we learn and commit to practicing new habits of thinking and acting, we can alter the way our brain works. This offers hope and new possibilities for recovery from many physical and mental illnesses and conditions, such as depression, anxiety, and chronic stress.

*Mindful Music, Dance, & Meditation for Recovery* is a course to help us develop mindfulness skills to increase our capacity to focus in the present moment, reduce distress, and feel happy. We will be experiencing music, movement, and meditation in every class to work on our recovery. Come to class with a curious and open mind ready to sing, dance, and sit or walk quietly in silent community with others on the path of transformation.

**Wednesday: 1:30 PM – 3:00 PM (LCR) with Marjorie & Donna**



## Painting as a Wellness Tool

**IMPORTANT NOTE:** *There is a \$20 fee for materials associated with this course which will be incurred by the student.* **CLASS ENDS JULY 24th**

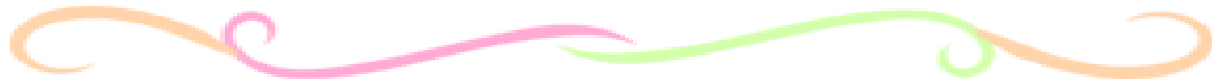
Art can be a powerful tool of communication. As artists we communicate to viewers our innermost values and ideas. As viewers we communicate with the work itself, examining how it resonates with our personal experience. In this course, you will learn the fundamental elements of painting by examining the work of famous artists throughout history. We will discuss themes of mental health, stigma, and wellness in relation to famous artists' works, paying particular attention to how these themes resonate with your recovery journey. Students will have the opportunity to visit local museums and to practice the artistic process through class projects such as sketching, painting, and collage.

**Thursday: 3:00- 5:00pm (LCR) with Natalie & Derek**

## Peer Support

The Recovery Center is delighted to offer all students the opportunity to come together as peers in recovery each week to offer each other support. This group is facilitated by people in recovery for people in recovery. You may seek support in articulating your goals for recovery, learning and practicing new skills, helping each other monitor your progress, assisting each other in your health and wellness, modeling effective coping techniques and self-help strategies based on each other's own recovery experiences, and supporting each other in advocating for effective services.

**Thursday: 12:00 PM- 1:30 PM (LCR) with Tracy & Lenny**



## Qigong: Levels 1 & 2

**IMPORTANT NOTE:** *This course has two levels of experience, levels 1 & 2, which meet at different times during the week. Please read the course description carefully, and sign up for the level that suits you. If you do not know which level to choose, please contact Derek (617) 353-3549.*

Qigong is an easy to learn whole body exercise that uses both static postures and continuous movement. When practiced properly it can help improve the functioning of the entire body, particularly blood and lymph circulation, muscle tone and breathing. Qigong fosters physical, mental and emotional relaxation and is therefore a highly effective tool for people in recovery. The word “Qi” means energy and “Gong” means “exercise”, “work” or “practice” therefore Qigong simply means anything that you work at with the intention of increasing one’s energy. This class will focus on specific breathing, relaxation, static and movement techniques.

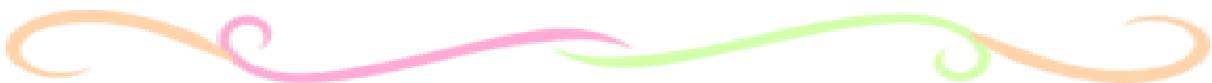
**Level 1:** Specifically for students who have not attended Qigong classes with us before (please note that returning Qigong students may also attend this class for further instruction on the foundation material)

**Level 2:** Specifically for students who already completed the most recent Qigong class with us and wish to deepen their understanding and practice of the material. You are asked not to sign up for this class if you have not completed the previous Qigong class. If you are in any doubt, please speak with Derek.

**Level 1: Wednesday 3:00 PM – 4:00 PM LCR) with Derek**

**Level 2: Wednesday 4:00 PM – 5:00 PM (LCR) with Derek**

**Level 1& 2: Friday 2:00 PM – 3:00 PM (LCR) with Derek**



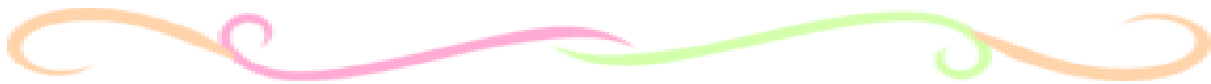
## Reiki Practice for the Advanced

**IMPORTANT NOTE:** *Students must have had both Reiki I and Reiki II trainings. They will hold two clinics for Center students and staff and identify two organizations at which to hold clinics.*

The class on Advanced Reiki Practice will focus on weekly classes focused on providing Reiki treatments both on and off the body for self-treatment as well as pairs and group work. Students will have the opportunity to integrate the use of proper Reiki hand positions and the use of the three Reiki symbols for empowerment, mental-emotional healing and distant Reiki.

The course will meet for 1.5 hours per week and students will learn to maintain a record of their practice and how to plan, organize Reiki clinics both inside and outside the Center. The students will combine practice on themselves and others both in pairings and group Reiki treatments.

**Wednesday: 1:30 PM - 3:00 PM (RCC) with Cynthia & Deborah**



## Supported Physical Activity

**IMPORTANT NOTE:** *This course meets twice a week, and written medical permission is required by the first day of class. Also, since this class leaves from the Center, please arrive 10 minutes early.*

The goal of this class is to help you to increase your levels of physical activity. Physical activity is a critical strategy to improve your health as a resource for recovery. This course is an opportunity to improve your physical wellbeing through structured, supported and individualized exercise. Participants will develop a personalized wellness program that will include stretching, strength exercises and a cardiovascular routine.

**Tuesday & Friday 10:00 AM – 12:00 PM (FC) with Lenny, Derek, Donna & Zach**

*Depending on the number of participants, this class may be split into 2 groups, Group A (10:00 AM – 11:00 AM) and Group B (11:00 AM – 12:00 PM). Group assignment will be indicated in your confirmation letter.*



## Team Sports & Recovery

**IMPORTANT NOTE:** *You will need to sign a waiver at the beginning of class to participate. Also, since this class leaves from the Center, please arrive 10 minutes early.*

Leisure physical activities are an important part of healthy living and developing satisfying relationships at work and school. This class will expose students to the fun of activity through a variety of leisure sports as well as discussions about important social communication skills. Classes will consist of a combination of classroom and athletic facilities usage. Students will visit our BU facilities and have the opportunity to play sports such as softball, field hockey, lacrosse, track, soccer, and tennis. Guest visits from coaches and athletes will be a regular feature. Classroom topics will include sportsmanship, teamwork, confidence building, and the process of leadership as they relate to your recovery & life.

**Thursday 10:00 AM – 12:00 PM with Derek, Lenny, Donna, Zach & Alan**

## **Walking Group**

**IMPORTANT NOTE:** *This class leaves from the Center. So, please arrive 10 minutes early.*

This weekly drop in group offers students the chance to move your body for your wellness and have time with others to talk and enjoy the beautiful outdoors of our city. It is a great way to start your weekend, improve your emotional, physical and social wellness! Wear sneakers and cotton clothes or workout clothes!

**Friday 12:15 PM – 1:15 PM with Zach & Intern**




## **Whole Health Action Management (WHAM)**

WHAM stands for Whole Health Action Management and was designed by peers, for peers. In this class we will explore setting a whole health goal, learn skills for whole health management and create new health habits. We are going to learn what person-centered planning is and how it is used in planning a whole health goal and reaching that goal with the intent on increasing self-management and independence. The topics that we will cover are the science of stress, improving health, the power of connections, attitudes, health risks and keys to success.

**Tuesday: 2:30 PM – 4:00 PM (RCC) with Lenny & Zach**



# Recovery Education Program's



## 2014 Course Registration Form

**Basic Instructions:** PLEASE WRITE LEGIBLY, and send your completed course registration form to Stephanie Cummings via fax at (617) 353-7700 or via email at [stephc13@bu.edu](mailto:stephc13@bu.edu).

### STUDENT INFORMATION

**Date:** \_\_\_\_\_

**Name:**

[Last Name]

[First Name]

[Middle Initial]

**Address:**

[Street]

[Apartment/Suite Number]

[City]

[State]

[Zip Code]

**Phone:**

[Home]

[Cell]

**E-mail:**

[If you indicate an email address above, your Course Confirmation Letter will be emailed to you, instead of mailed.]

### REGISTRATION INFORMATION & COURSE SELECTION

It's easy as 1, 2, 3! Just sign-up for the 3 courses you want to take this semester. If you only want take 1 or 2 courses this semester, just sign-up for 1 or 2 courses.

Please remember that although every attempt will be made to place you in the courses you select, there are no guarantees! So, please list your courses in order of preference below.

**IMPORTANT NOTICE:** If you indicated an email address above, your Course Confirmation Letter will be emailed to you, instead of mailed.

#### COURSE NAME (list in order of preference)

1 <sup>st</sup> Choice	
2 <sup>nd</sup> Choice	
3 <sup>rd</sup> Choice	

**\*PLEASE COMPLETE THE DEMOGRAPHIC SURVEY ON THE NEXT PAGE\***

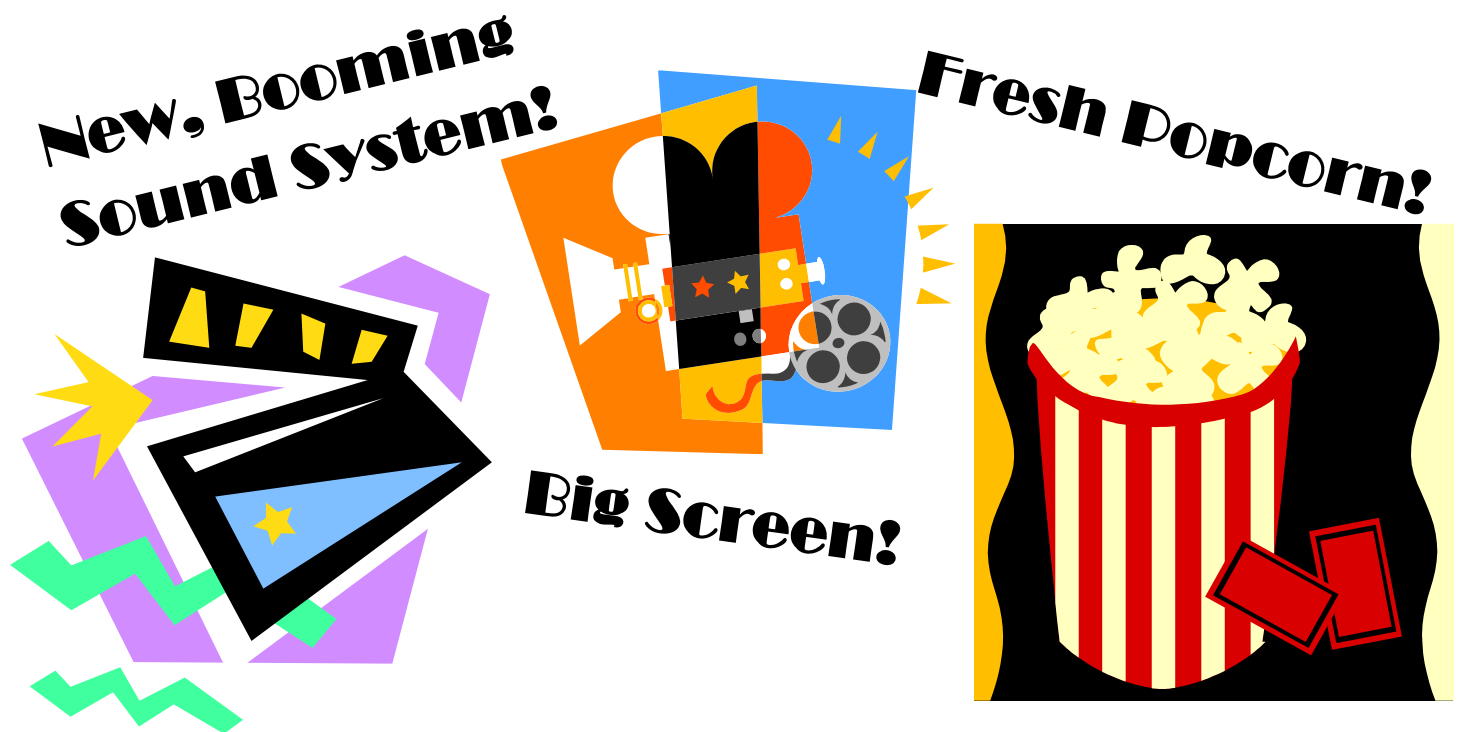
# Summer 2014 Student Demographic Survey

1. **Your Name:** \_\_\_\_\_
2. **What is your gender identity?**
- |   |   |
|---|---|
| <input type="checkbox"/> Female                           | <input type="checkbox"/> Male to female transgender (MTF) |
| <input type="checkbox"/> Male                             | <input type="checkbox"/> Other (please specify): _____    |
| <input type="checkbox"/> Female to male transgender (FTM) |   |
3. **What is your age?** \_\_\_\_\_
4. **What is your date of birth?** \_\_\_\_\_ (MM/DD/YYYY)
5. **What is your race?**
- |   |  |
|---|--|
| <input type="checkbox"/> White                              | <input type="checkbox"/> Asian/Pacific Islander        |
| <input type="checkbox"/> Hispanic or Latino                 | <input type="checkbox"/> Other (please specify): _____ |
| <input type="checkbox"/> Black or African American          | <input type="checkbox"/> Prefer not to answer          |
| <input type="checkbox"/> Native American or American Indian |  |
6. **What is the highest degree or level of school you have completed?**
- |   |   |
|---|---|
| <input type="checkbox"/> No schooling                       | <input type="checkbox"/> 4-Year College Degree (BA, BS) |
| <input type="checkbox"/> Less than High School              | <input type="checkbox"/> Master's Degree                |
| <input type="checkbox"/> High School Diploma/GED            | <input type="checkbox"/> Doctorate Degree               |
| <input type="checkbox"/> Some College                       | <input type="checkbox"/> Professional Degree (MD, JD)   |
| <input type="checkbox"/> 2-Year College Degree (Associates) | <input type="checkbox"/> Prefer not to answer           |
7. **What is your current marital status?**
- |   |   |
|---|---|
| <input type="checkbox"/> Single/Never Married | <input type="checkbox"/> Divorced             |
| <input type="checkbox"/> Married              | <input type="checkbox"/> Widowed              |
| <input type="checkbox"/> Separated            | <input type="checkbox"/> Prefer not to answer |
8. **What is your current employment status?**
- |   |   |
|---|---|
| <input type="checkbox"/> Employed Full-time (40+ hours per week)  | <input type="checkbox"/> Retired                    |
| <input type="checkbox"/> Employed Part-time (1-39 hours per week) | <input type="checkbox"/> Disabled, Not Able to Work |
| <input type="checkbox"/> Not Employed, Looking for Work           | <input type="checkbox"/> Prefer not to answer       |
| <input type="checkbox"/> Not Employed, Not Looking for Work       |   |
9. **What is your current religious affiliation?**
- |                                    |  |
|------------------------------------|--|
| <input type="checkbox"/> Christian | <input type="checkbox"/> Hindu                         |
| <input type="checkbox"/> Jewish    | <input type="checkbox"/> Unaffiliated                  |
| <input type="checkbox"/> Buddhist  | <input type="checkbox"/> Other (please specify): _____ |
| <input type="checkbox"/> Muslim    | <input type="checkbox"/> Prefer not to answer          |
10. **What is your current household income?**
- |   |  |
|---|--|
| <input type="checkbox"/> Under \$10,000       | <input type="checkbox"/> \$50,000 - \$ 74,999  |
| <input type="checkbox"/> \$10,000 - \$19,999  | <input type="checkbox"/> \$75,000 - \$99,999   |
| <input type="checkbox"/> \$20,000 - \$29,999  | <input type="checkbox"/> \$100,000 - \$150,000 |
| <input type="checkbox"/> \$30,000 - \$39,999  | <input type="checkbox"/> Over \$150,000        |
| <input type="checkbox"/> \$40,000 - \$49,999  | <input type="checkbox"/> Prefer not to answer  |
| <input type="checkbox"/> \$50,000 - \$ 74,999 |  |

# Wednesday Movie Nights



**3-2-1 Action! Come & enjoy watching a movie with your fellow students every Wednesday at 4:30 PM in the CC!**



**And remember, YOU pick the flick!  
So, cast your vote every week on the 1<sup>st</sup>  
floor sign-up sheet.**

**Cut!**



# Who Ya Gonna Call?



## **The Center for Psychiatric Rehabilitation's Student Absentee Line (617) 358-1413**

If you are going to absent, please call the Student Absentee Line and leave a message with your name, your teacher's name and the name of your class.

