

Submitter: Brooke Wittgow

On Behalf Of:

Committee: Senate Committee On Education

Measure, Appointment or Topic: SB604

As an incoming freshman to Western Oregon University I participated in Strong Support. For months before Strong Support I dreaded the idea of going to college and being away from home. I suffered from a lot of social related anxieties. When I arrived I originally felt very isolated after my family had left. However I got assigned amazing group leaders that knew how to make me feel comfortable. They were checking in on me daily and making sure I was eating enough. As the days went on I felt more comfortable with the idea of college I was able to branch out and make new friends. It also prepared me for college level classes with our mock classes everyday. During this time I began to form healthy time management habits with the breaks that were assigned to us. My absolute favorite part of Strong Support however was the events we would have as a group a couple of times a week. This allowed me to enjoy fun activities and open myself up to the people in my group. The people I met during Strong Support I still talk to almost everyday and coming into the year with friends from Strong Support definitely helped me feel less alone. And this is why I am in favor of this bill no one should have to sit alone on the first day of college. Strong Support helps students prepare academically and socially for college.