ASSIST Peer Coaching
Laguardia Community College

Room: C249
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Phone: 718-492-5471

Students and coaches:

- Increase self-esteem and social skills
- Increase confidence in learning new things
- Increase confidence in personal and academic goals
- Increase social skills and interpersonal skills
- Increase overall academic success
- Decrease stress

Our coaches also work with students to:

Building Confidence

- Develop new skills
- Develop peer sensitivity
- Increase homework
- Trouble with focusing or concentration
- Anxiety around others during social situations
- Issues regarding making new friends
- Work with students on social interactions

How We Are Different

Our peer coaches are trained to:

- Build new skills
- Develop peer sensitivity
- Increase homework
- Troubleshoot with focusing or concentration
- Anxiety around others during social interactions
- Issues regarding making new friends
- Work with students on social interactions

Experience:

Laguardia ASSIST, a community's spirit where students meet with their peers who foster a community that works. Our peer coaches are trained to:

- Build new skills
- Develop peer sensitivity
- Increase homework
- Troubleshoot with focusing or concentration
- Anxiety around others during social interactions
- Issues regarding making new friends
- Work with students on social interactions
Who we serve

We are here to assist students with:

- Stigmatized individuals
- Isolated people
- Asperger's
- Autism Spectrum Disorders
- Pervasive Developmental disorder (PDD)
- Social Anxiety

LaGuardia's ASIST Program exists under the Office of Crisis and Personal Guidance.

If you or someone you know is in need of care, please direct them to:

Phone: 718-462-5471
Room: C249

Office of Crisis and Personal Guidance

Contact Us

Phone: 718-462-5471
E-mail: laguardia assistir@gmail.com
Room: C249

Our peer coaches listen open-mindedly to each participant's challenges and helps identify goals and plans to address each challenge. The peer coach and participant will work together come up with a plan to accomplish each goal and practice developing skills in a safe and confidential clubhouse. There will also be events and meet other students coping with difficulties interacting with others.

School can be scary to navigate. Let us do it with you!

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Do You..

Struggle with making friends?
Hate group projects or presenting in front of the class?
See the world differently than others?
Hate being the center of attention?

If you answered **YES** to any of the above, see how LaGuardia ASSIST (Academic and Social Student Integration for Success Team) can ASSIST you!