

## Student “Letter of Hope” Assignment

Congratulations on transitioning from New Haven!!! Did you ever think it would happen? I know, crazy right? What a journey it has been....

As one of your last assignments before you leave us, we want you to write a “Letter of Hope” to an incoming student. In this letter, we want you to briefly tell your story with the focus being on how far you have come rather than focusing too much on the mistakes in your past. Share your thoughts about the New Haven process and offer advice and encouragement to the incoming student. You too were new once and you know how it feels. Think back to your first day...what do you wish you had known at that time? Is there anything you would have liked someone to say to you (besides that you are going home... ☺)?

The personal experience, wisdom, and encouragement that you can offer an incoming student are priceless. Please do not share your last name or any other confidential information though. We want to respect your privacy. ☺ If you do not want us sharing your letter with others, please let your therapist know. But even if you don't want your letter shared, we want you to write it anyway so that it can serve as a reminder to you of your journey and can be an emotional boost should you need it down the road.