

FOR IMMEDIATE RELEASE

Resiliency For Life

Formed in 1999 by two Framingham High School teachers, Resiliency For Life (RFL) is a voluntary academic intervention and dropout prevention program that develops skills and confidence in students with social difficulties who are at-risk of academic failure.

Last month, we invited Jug Chokshi, RFL Executive Director, Mark Goldschmidt, RFL teacher, Cynthia Souza, recent graduate and RFL alumna, and Freddie Morales, RFL student, to talk over the impact RFL has had locally.

We were privileged to hear first-hand accounts from RFL students, Cynthia and Freddie, about the struggles they encountered in high school and how RFL has helped them not just continue, but be successful. "It's clear that this is a very special group of people," commented Scott Barry, Long Cadillac Executive Manager. "The teachers are dedicated to helping students clearly headed down the wrong path and who are craving assistance. These mentors are helping to prevent disastrous choices at such critical points in young adult lives."

RFL's program reaches beyond academics by emphasizing character building traits. By raising students' sense of community and their own personal responsibility, RFL has seen a decrease in the amount of days absent from school and an increase in GPA averages for the students that stay in the program.

"Fundraising has been supported well in the community by Rep. Chris Walsh, Channel 5's scholarship program, and runners in the Boston Marathon," explained Mark Goldschmidt. "Of course, we are always trying to find ways to cover expenses like transportation, which continually rise, as well as expand our program in the Middle School." Currently, RFL serves 50 middle schools students along with approximately 60 high school students.

To learn more about RFL sponsorship opportunities, please use the contact information below.

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"In middle school, I wasn't in control of my temper and that led to poor grades, suspensions, and all kinds of trouble. The Resiliency teachers helped me to manage my personal issues and finally I could get the grades I was capable of. They also brought us on a tour of FSU as part of the Senior Seminar and I fell in love with it. Resiliency for Life literally changed my life."

- Nathalia Castrillon

Fashion designer, lifestyle blogger,
and 2010 RFL alumna

