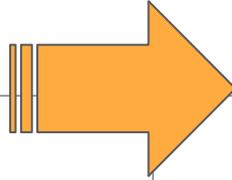


# Students' Testimonials (Click below to see Pg. 2)

\* Student comments were paraphrased for brevity. (See page 2 for additional comments.)

**FROM**



**TO**

**BEFORE the Learning Labs. \***

**AFTER the Learning Labs**

I don't want to speak in front of the class.

Now, I raise my hand, and I want to speak.

I'm afraid to make mistakes and embarrass myself in front of others.

I know that speaking is a skill that I can learn and improve. It's okay to be nervous at first. The feedback I receive helps me to improve quickly.

I don't want to speak and be judged by others.

Now, I can express my thoughts and feelings. I have fun coming up with ideas, telling my stories and getting feedback.

I used to stutter when I read in class

Now, I read in class without stuttering.

I am shy. I don't have leadership experience. I've never done it before.

I was nervous, but I did it anyways. I spoke in front of many people. Now, I'm an Officer & Leader.

# What Students Said About Learning Labs in July, 2022

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1. “Before Learning Lab, I was hesitant, afraid, and self-conscious about what other people would think about me. After the Learning Lab, I learned it’s okay to be nervous, and you should be confident in your ability to speak in front of others. Also, I was scared I’d hurt other people’s feelings when giving them feedback. After the Learning Labs, I learned that I’d be okay to give feedback if I used the PIP process.” (Julian)
2. “I was nervous speaking to big crowds. After the Learning Labs, I learned that it wasn’t that hard. Recently in our talent show, I was one of the hosts. I spoke to a crowd of 50-60 people.” (Ezequiel)
3. “I was really nervous speaking in front of crowds and in public. I didn’t believe in myself. After the Learning Labs, I learned how to open up and be myself. That it's okay to be nervous. I also learned to share more and open up.” (Maria)
4. “Before the Learning Lab, I was very nervous talking in front of people I didn’t know. Now, I feel more confident in what I talk about, how I talk about it, and what I do with what my speech is. Now, I just feel very confident.” (Mia)
5. “Before the Learning Labs, I wasn’t confident or strong. I was scared to tell people bigger definitions because I was afraid they would laugh at me. After the Learning Labs, I learned that being smarter is good, just not to rub it into people’s faces. After the Learning Labs, I feel amazing. I feel I can do anything in the world.” (Kimberly)
6. “When I first joined the Learning Lab, I didn’t know how to think of it. It’s very unusual for people to start using their voices. After the Learning Lab, I learned how to use my voice and talk more. I learned how to be more confident and speak up. I loved how the Learning Lab taught us many things and made everything better on Tuesdays and Thursdays.” (Ruby)
7. “Before the Labs, I was nervous. I was jumping all around. After the Learning Lab, I learned about preparing, speaking loudly, treating others with kindness, connecting with everyone, and looking for people who need help.” (Liam)
8. “Before the Learning Lab, I was self-conscious about how I talked and how other people would judge me about expressing things. After the Learning Lab, I can express myself.” (Sofia)