

## Smart Start College Prep Program

Greater Los Angeles VA Healthcare System

The Speech Department of the Greater Los Angeles VA Healthcare System has developed a college preparatory program to:

- Help OEF/OIF/OND Veterans develop insight into deployment-related cognitive difficulties,
- Develop compensatory strategies to increase academic efficiency,
- Develop other requisite learning skills,
- Acclimate to an academic environment, and
- Successfully participate in a college program.

The Smart Start College Course is an 8-session program that is comprised of 7 group sessions, and one individual session. Sessions occur once per week and are about 70 minutes in length. Course content attempts to enhance the self-awareness needed to self-monitor behavior and employ strategies. Lectures cover attention/concentration, memory, reasoning, organization and time management, reading comprehension, academic writing, and test-taking strategies. Quizzes and exams provide feedback to help Veterans determine their readiness for college level coursework.

To Enroll in the Smart Start College Prep Program,  
Veterans can ask their primary care provider for a  
**Speech Department Consult requesting enrollment in the program.**

OR,

Veterans can contact Speech Pathologists:  
Stacey Curtis, M.S., CCC-SLP at (310) 478-3711, extension 40610,  
Cindy Plaisance, M.A., CCC-SLP, extension 40627,  
Leslie Nitta, M.S., CCC-SLP at (818) 891-7711, extension 7205