My Role at the Cole Resource Center

The Cole Resource Center has provided me a great foundation to getting my foot in the door at a mental health setting. It has taught me the basics about love and compassion, the role about ethics in a diverse mental health setting with patients, families, peers and the McLean faculty, and making some connections in the field of neuropsychology. Also, it has taught me to become more acquainted with the Cole Resource Center staff and understanding how the Center has been a great place to help volunteers and patients feel welcome.

At first when I walked into the Cole Resource Center I felt that I was rusty with my work skills since I haven’t been employed in an office setting for a while. The Center has been a wonderful environment with compassionate staff members. I use the Center to learn new things and as a place to make professional connections.

The Cole Resource Center has given me substantial knowledge in taking up difficult responsibilities, developing leadership skills, managing stress under rigorous settings and managing teamwork. Also, it’s taught me the importance of a patient’s life and that love and care are supposed to be provided to them in order to improve their quality of health. I also learned to communicate better not just with the Center staff, but with the patients here as well. In addition, the Center has helped shape my future experiences in the clinical field, by helping me to interact with patients and volunteers who have lived with various forms of mental illness.

The Cole Resource Center has helped me in other various ways like embarking my professional journey in the mental health and psychology fields. I feel that I am fully confident to challenge myself in the clinical research and neuropsychology settings. Brian Scott has been an excellent liaison by helping me get connected with some great neuropsychologists at McLean Hospital. This can help me in the long-run with my career in clinical neuropsychology. I feel that the Cole Resource Center will be an excellent source for me to use for job connections with the prestigious faculty at McLean-Harvard University affiliated hospitals. The Center has also taught me the kindness of a compassionate work environment and encouraged me to take on more challenges to work in a rigorous setting in the future.

Overall, I highly recommend the Cole Resource Center to anyone who is keen on building up some skills in the mental health setting. Brian and Joanne have been a great guidance to me for making professional connections with the McLean faculty and are a great source to helping other volunteers find careers in many affiliated fields. Brian and Joanne greatly enhance the volunteer experience by engaging us all in projects that make a significant contribution to the Center's mission and giving us authorship of our contributions.

This place has provided a positive impact on my work performance and has taught me to take substantial pride in my work. The team at the Cole Resource Center will always be there to provide recommendations and endorsements for all its volunteers in the future.

Ajanthan Arulanandam

Volunteer, Cole Resource Center