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Moving Forward, Living with HIV: Considering Education or Training

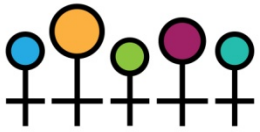
Last updated: October 4, 2023

Together, we can change the course of the HIV epidemic...one woman at a time.

#onewomanatatime

www.thewellproject.org

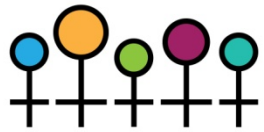
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Education empowers women to overcome discrimination ... have greater awareness of their rights, and greater confidence and freedom to make decisions that affect their lives, improve their health, and boost their work prospects.

– UNESCO



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Women, Education, and Empowerment

- Living with HIV
 - Old days: long-term goals seemed impossible
 - **Now:** same lifespan as rest of population
- Unequal access to education
 - Resources available to help
- Educational credentials needed for opportunities
 - Credential may be required even if these abilities are not relevant to the specific opportunity
- Never too old to learn



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Are You Ready and Able?

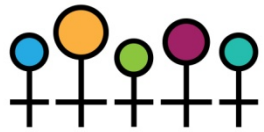
- Evaluate your health
 - Talk to provider about physical readiness
- Identify barriers to education
 - For example, childcare duties
- Find solutions to barriers
 - For example, swapping childcare with another parent
- Recognize past trauma related to education
 - Research harassment policies and their implementation
 - Find affinity groups, mentorship programs, etc.
 - Make list of what you need to feel safe



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Type of Education or Career Path

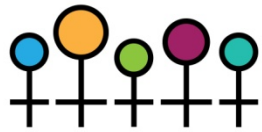
- Identify your goals
 - May want to set goals in steps
- Get GED or High School Equivalency, if necessary
 - May be all you need for a job
- What job/career are you looking for?
 - Personal values
 - Types of activities and settings you enjoy
 - Organizations can help you identify a career
- Talk to a counselor at an educational institution
 - Especially important if (learning) disability is an issue



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Educational Settings

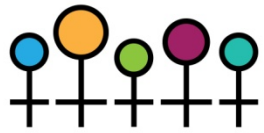
- Adult basic education (ABE)
 - Free
 - Community colleges
 - Affordable
 - Universities and colleges
 - Vocational/trade schools
 - Short programs
 - Online courses/programs
 - Some free courses
- Beware of scams!**



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Identifying Scams

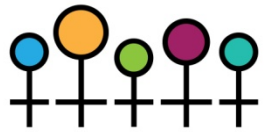
- Similar name to famous university
- Too easy to get degree
- Large flat fee at start
- Degree *mostly* based on experience
- School not in news or on social media
- No student support services
- No physical address
- Institution not accredited
- No “real” professors listed on school website



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Paying for Education

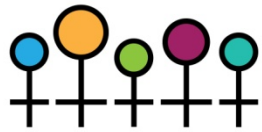
- Support is available
- Federal student aid:
 - Grants
 - Work-study
 - Loans
- Generally requires US citizenship or permanent residency



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Paying for Training

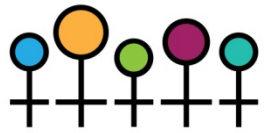
- Vocational rehabilitation agencies
 - Help people with disabilities
- Workforce development system
 - American Job Centers network
 - Also provides assistance looking for job
- School may also have their own grants, scholarships or fellowships



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Grants

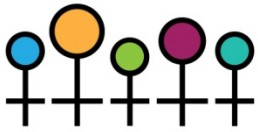
- Need-based grants
 - Depend on your income
- Merit-based grants
 - Depend on your grades
- Grants for specific populations
 - People with disabilities
 - Veterans/National Guard members
 - Foster care youth
 - Members of underrepresented groups



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Work-Study and Loans

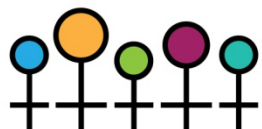
- Work-Study:
 - Part-time employment related to course of study or community service
 - Money earned goes towards education expenses
- Loans
 - Provided by government or private organizations
 - Loans may be forgiven under certain circumstances
 - FAFSA application usually required
 - **Explore other options before taking on debt!**



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"Education teaches a person to use his or her mind: Learning, thinking, reasoning, solving problems, and so on are mental exercises that may keep the central nervous system in shape the same way that physical exercise keeps the body in shape."

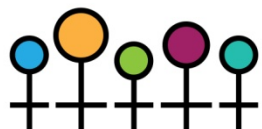
- "The Links Between Education and Health"



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Resources

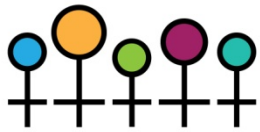
- Scholarships & Grants
 - [HIV League Scholarship](#)
 - [Scholarships for Women](#)
 - [Scholarships for Students Living with HIV/AIDS](#)
 - [STDcheck.com HIV-Positive Scholarship Application](#)
 - [Grants for Women Going Back to School](#)
- Personal Stories
 - [Journey Through Trauma](#)
 - [You're not going to die.](#)
 - [Just Do It!](#)
- Reports
 - [Education First](#)
 - [Girls' Education – The Facts](#)
 - [Women and Girls](#)
 - [Workforce Development in the Community College](#)



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Resources

- Research
 - [Vocational Rehabilitation May Help People with HIV or AIDS and Substance Use Disorder Overcome Employment Challenges](#)
(National Rehabilitation Information Center)
 - [Gender and the Health Benefits of Education](#)
(Sociological Quarterly)
 - [Education and Health](#)
(Robert Wood Johnson Foundation)
 - [Is Equal Access to Higher Education in South Asia and Sub-Saharan Africa Achievable by 2030?](#)
(Higher Education)



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Learn More!

- To learn more about this topic, please read the full fact sheet:
 - [Moving Forward, Living with HIV: Considering Education or Training](#)
- For more fact sheets and to connect to our community of women living with HIV, visit:
 - [www.thewellproject.org](#)
 - [www.facebook.com/thewellproject](#)
 - [www.twitter.com/thewellproject](#)
 - [www.instagram.com/thewellprojecthiv](#)