

EDUCATION



Education

Overcoming addiction can spark a desire for continual improvement. What better way to achieve this than to go back to school and continue your education? While it can certainly be challenging for recovering addicts to dive back into an educational setting, it can also be extremely beneficial.

Continuing education will help:

- **Build self-confidence** — a valuable tool in recovery
- **Improve marketability** — to help open up new options for jobs and internships
- **Challenge the mind** — keeping yourself engaged and interested

Going back to school for vocational training or college classes is a worthwhile goal. Here are a few tips for navigating this exciting time!

Grants for Recovering Addicts for School

Many people pay for continuing education opportunities with a grant, money given by a person or business that doesn't need to be repaid. Grants often don't have to be used for a specific school and are not always based on academic achievement.

Most grants have a set of rules governing who can apply for them. There are several grants available to recovering addicts who want to go back to school, including:

- Substance Abuse and Mental Health Services
- Private grants are set up in honor of people who have dedicated their lives to fighting addiction or someone who has passed too soon due to addiction

- Associations that work with people in recovery

Individual schools may also offer grants to those who have gone through alcohol or drug rehab. Texas Tech University, for instance, offers more than 30 grants each year to people in recovery, whether they are recovering from eating disorders or addiction.

Scholarships for Recovering Addicts for College

Scholarships can also be a smart way for recovering addicts to cover the cost of a college education. Scholarships are usually based on either academic or financial needs. They don't need to be repaid but are sometimes tied to a certain school.

Browse forums for recovering addicts to help find unexpected sources of funding that others who have been through the college application and payment process can recommend.

Choosing the Right School for Continuing Education



Picking the best program may not depend on what funding sources can be found. Think about the campus atmosphere — there are also “dry campuses,” where no alcohol or drugs are permitted, that are often good fits for individuals in recovery.

Personality is also a huge factor in deciding where to return to school. You might be more comfortable with a small college if you experienced a small high school.

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