

## Course Goals

- ★ Students will explore, learn, and implement regulation/modulation strategies that are appropriate for vocational settings to improve their performance and productivity.
- ★ Students will develop and implement different inter- and intrapersonal skills to help them navigate and cope through the events of everyday life.
- ★ Students will build an understanding of and practice applying independent skills so that they will be successful within multiple settings (school, home, vocation, community, etc.).
- ★ Students will identify their strengths, interests, and skills as a framework for exploring different career paths and/or postsecondary options.
- ★ Students will learn and improve their ability to create a resume and cover letter.
- ★ Students will have the opportunity to identify, explore, and define postsecondary and/or vocational goals.

## Curriculum Topics

*Students will expand and deepen their knowledge within each of these topics as they move through the program year by year. The range of the curriculum taught is based on their current understanding/skills, not necessarily their grade level.*

**Foundational:** Basic skills overview and assessment, Executive Functioning skills, Tangible Daily Living skills, Routines/Rituals, Strengths/Weaknesses, Time Management, Regulation strategies.

**Inter- and Intrapersonal:** Communication skills, Adaptability, Attunement, Self Esteem, Respect, Choices/Decisions & Wants/Needs, Self Advocacy, Conflict Management, First Impressions, Interviewing skills.

**Self-Governance:** Community Exploration/Outreach, Digital Citizenship, Money Management, Responsibilities, Luxuries vs. Necessities.

**Vocational:** Postsecondary options, Career exploration, Realistic career goals, Definition of work, Resume building, Cover letters.