

High School Life Skills Support

Overview of Curricular Domains & Goal Areas

CURRICULAR DOMAINS AND GOAL AREAS – Ages 14-18

Functional Academics

- Functional Math
 - Number Sense
 - Mathematical Operations
 - Money Skills
 - Understanding Time
 - Using Measurement
 - Real Life Application
- Functional Reading
 - Decoding
 - Sight Vocabulary
 - Fluency
 - Comprehension Skills
 - Functional Vocabulary
- Functional Writing
 - Personal Information
 - Increasing Written Expression

Functional Technology Skills

- Managing Assistive Technology
- Managing an E-mail Program
- Basic Internet Skills
- Using Computer Software (e.g.: Microsoft Office, etc.)
- Using Everyday Technology (e.g.: cell phones, etc.)

School/Workplace Skills and Attitudes

- Making Good Choices
- Managing Emotions
- Showing Respect for Self and Others
- Personal Organization
- Independent Task Completion
- Willingness to Try New Things
- Following Written/Picture Directions
- Following Verbal Directions
- Being Prompt and Prepared
- Having a Positive Attitude
- Accepting Responsibility for Actions
- Managing Belongings and Personal Space

Social Skills

- Interacting in a Group Setting
- Listening Skills
- Conversation Skills
- Manners
- Making Requests
- Responding to Requests
- Understanding Emotions/Feelings
- Expressing Emotions/Feelings Appropriately
- Self-Advocacy
- Compromising
- Developing Positive Relationships

Habits of Wellness

- Personal Grooming and Hygiene
- Nutritional Habits
- Participating in Leisure Activities
- Managing Stress
- Practicing Safety
- Dressing Appropriately
- Independent Living Skills

Vocational and Community Skills

- Vocational Skills
- Consumer Skills in the Community
- Restaurant/Dining Etiquette
- Leisure Activities in the Community
- Accessing Community Resources
- Money Management/Budgeting
- Applying for a Job
- Exploring Job Interests

Additional Resources and Supplementary Supports & Activities

Research-Based Reading Interventions:

Reading Mastery

Systems 44

Read 180/Read 180 Flex

Corrective Reading

Research-Based Math Interventions:

AbleNet Equals

Touch Math

Functional Academics:

Edmark Functional Words Series

Signs Around You Fast Food/ Restaurant Words

Grocery Words Job/Work Word

Linguistics Functional Vocabulary Activities for Adolescents and Adults

Vocational training:

School-based vocational opportunities

Office Work Extra-Curricular Supports

Electives Coffee Café

Complete Situational Assessment and/or Vocational Assessment prior to 18th birthday

Social Skills:

Weekly Structured Social Skills Group using *Skillstreaming*

Increased Focus on Pragmatics within Speech & Language services

Inclusion in Extra-Curricular Activities; *Panther Pals*

On-site Consultation & Training with PDE's Autism Initiative

(formerly Verbal Behavior Project)

Community-Based Instruction:

Community – Based Trips (2 times per month)

Consumer Education

Restaurant/Dining Etiquette

Leisure Activities

Community Resources

CURRICULAR DOMAINS AND GOAL AREAS – Ages 18-21

• **Services offered through WSSD, DCIU, Vanguard Transition Services, Elwyn & other Community-Based Providers**

Community Living and Learning

1. Accessing Community Resources
2. Identifying Local Businesses
3. Connecting Needs and Services to Local Businesses
4. Enhancement of Recreation & Leisure Activities in the Community
5. Safety in the Community
6. Travel Instruction

Independent Living Skills

7. Managing Household Tasks
8. Food Handling/Storage
9. Cooking/ Serving Meals
10. After Meal Clean up
11. Laundry
12. Cleaning and Basic Maintenance
13. Home Safety
14. Budgeting/Paying Bills
15. Hobbies
16. Managing Relationships
17. Managing Wellness

Employability Skills and Instruction

18. Assessment of Interpersonal Skills
19. Targeted Instruction in Interpersonal Skills

20. Clarifying Interests and Aptitudes through Work Trials
21. Problem-solving Skills
22. Self-Advocacy in the Workplace
23. Generalizing Skills in a Work Environment
24. Career Preparation; Resumes, Portfolios

Enhanced Employment Opportunities

25. Part-time Employment Opportunities
26. Individual or Small Group Job Coaching
27. Meeting Expectations of an Employer
28. Accepting Feedback from an Employer
29. Using Feedback to Improve Performance
30. Addressing Concerns on the Job Site
31. Looking for New Opportunities

Exploring Post-Secondary Opportunities

32. Researching Schools and Training Programs
33. Researching Entrance Requirements
34. Test Prep
35. Visiting Programs
36. Understanding Resources Available
37. Understanding Funding and Costs

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