

2024-2025 CTP Course Offerings

Course Offering	Course Description	Connection to CTP Core Pillars:
Advisory/ Office Hours	Students will have access to individualized support to complete tasks and work towards individual vocational goals that are unique to them. Some examples might include applying for jobs, updating a resume, practicing for a specific interview, completing paperwork necessary to access services through community agencies such as Vocational Rehabilitation Services or Social Security, etc.	<ul style="list-style-type: none"> ● Academics for Life ● Independent Living Skills ● Vocational Training
Cooking I, II, III	Staff will work with students to plan healthy meals, grocery lists, and planning for cooking. Students will practice increasing their independent shopping skills, including how to locate items in the store, assist with purchases, and transport groceries. Students will increase microwave and food prep skills by having opportunities to complete steps needed for cooking, including following the recipe and/or directions with microwave and other basic cooking appliances. As students advance, the use of the oven and stove will be incorporated. Instruction will include food safety as well as safe and appropriate use of simple kitchen tools.	<ul style="list-style-type: none"> ● Academics for Life ● Independent Living Skills ● Community Participation ● Recreation and Leisure
Communication s Class	Students will use role-play, video models, discussion, and structured practice to learn and enhance real-life communication skills. Lessons will include using language to negotiate with others, ask for help, problem-solve situations, and form/maintain social relationships using expected pragmatic skills. Students will learn verbal and nonverbal communication, active listening, self-advocacy, expected/unexpected communication skills for the work settings, and more.	<ul style="list-style-type: none"> ● Academics for Life ● Independent Living Skills ● Vocational Training ● Community Participation ● Recreation and Leisure
Community Access for All	Students will learn and enhance skills necessary to safely and productively negotiate the community. The course will include riding public transportation in a structured and independent setting. Trip planning, problem-solving, and safe navigation will be key elements in providing students skills they need to access the community. Students will also explore internet safety, home safety, and the development of a Positive Personal Profile.	<ul style="list-style-type: none"> ● Academics for Life ● Vocational Training ● Community Participation
Friendships, Dating, and Healthy Relationships	<p>Friendships and Dating: Students will learn how to develop healthy friendships and romantic relationships. The course teaches students skills in a variety of topics, including emotions, types of relationships, boundaries, communication, dating, safety, and sexual health.</p> <p><i>**We may update this course to FDP—Healthy Relationships. In this course, Students will learn and enhance their respect and appreciation for themselves and others. It will explore healthy relationships, communication, human reproduction, understanding,</i></p>	<ul style="list-style-type: none"> ● Academics for Life ● Independent Living Skills ● Recreation and Leisure

	<i>and setting personal boundaries.</i>	
Independent Living Skills	Students will learn daily living skills that involve personal hygiene, personal care, laundry, maintaining schedules, including alarm clocks, and keeping calendar appointments. If applicable, students may learn about rent programs and permit study.	<ul style="list-style-type: none"> ● Academics for Life ● Independent Living Skills ● Vocational Training ● Community Participation ● Recreation and Leisure
Nutrition	This class will focus on healthy and unhealthy behaviors and attitudes regarding food and how we feed ourselves. Students will learn about the food pyramid, creating balanced meals, portion size, safe food handling, and factors that affect how food choices are made. They will also learn to budget their daily meals and create meal plans that are suitable for their needs and budget.	<ul style="list-style-type: none"> ● Academics for Life ● Independent Living Skills
Money and Finances	Students will gain skills in using money to make purchases. This course uses various techniques, including participating in mock purchases and real purchases within the class, using weekly shopping list receipts, planning, and budgeting for food, bills, rent, etc., and engaging in various money games to practice giving correct change.	<ul style="list-style-type: none"> ● Academics for Life ● Independent Living Skills ● Community Participation ● Recreation and Leisure
Recreation and Leisure	Students will participate in individual and group exercises, including modified bowling, basketball, yoga, dancing, swimming, walking, yard games, stationary bikes, parachute activities, health club membership, etc. Students will learn cooperative play and social / communication skills and have an opportunity to connect to exercise activities for a healthy lifestyle. In partnership with the East County Community Center, students will have the opportunity to access the pool and weight room as they learn to continue their healthy lifestyles. Students will also explore their interests and hobbies like art, photography, comics, gaming, etc.	<ul style="list-style-type: none"> ● Independent Living Skills ● Community Participation ● Recreation and Leisure
Skills for Employment	Students will work on developing soft skills needed for employment, communication, enthusiasm, attitude, teamwork, networking, problem-solving and critical thinking, and professionalism. The class will spend time problem-solving situations from work experiences. We will study for and take the Food Handlers Test. Students will create a work experience binder that includes resumes and applications so that students have the necessary documents to apply for work and or vocational rehabilitation. Students will develop interview skills and practice interviewing. This class may involve guest speakers and outings to job fairs.	<ul style="list-style-type: none"> ● Academics for Life ● Independent Living Skills ● Vocational Training ● Community Participation
Work Experience (job shadows, volunteering, and unpaid work exp.)	Students will increase their employment and work readiness skills in a supported group work setting both on and off campus. Students will engage in various work experiences to learn to stay on task, follow the supervisor's directions, and gain new experiences in an effort to become more employable and develop a work preference.	<ul style="list-style-type: none"> ● Academics for Life ● Vocational Training ● Community Participation

