Bloomfield Public Schools Bloomfield, NJ 07003

**Curriculum Guide** 

# VEST-LIFE SKILLS Grades: 9-12

Prepared by: Izabela Acquaviva, Kelly Reer and Terry Nevins

Salvatore Goncalves, Superintendent of Schools Sandra Searing, Assistant Superintendent of Curriculum and Instruction Lauren Marek, Supervisor of Special Education, Grades 7-12

**Conforms to New Jersey New Jersey Student Learning Standards** 

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### VEST- Life Skills (Grades 9-12)

**Introduction:** Life Skills is a course designed to prepare students to be healthy, active, productive and successful members of their homes, community and society in the 21st century. For those students receiving special education support services at the Secondary Level, the focus shifts towards transition into life after school. Students will be introduced to basic life skills including personal health and wellness; communications; decision making; and career management. Students in the State of New Jersey and students enrolled in Bloomfield High School VEST program must successfully complete credits towards 21<sup>st</sup> Century life and Careers.

**Course Description:** The VEST Life Skills Curriculum is tailored to help all students with special needs prepare to take responsibility for their own futures. Through career learning, students will be better able to take advantage of workplace opportunities and adapt to changing needs of local, national, and international economies. Through better recognition of individual abilities and how they relate to the world of work, students will acquire skills necessary for adult life. Life Skills will help students to better understand themselves and the world around them as go through different phases of their lives and transition into living independently as an adult. This document is a tool that will provide an overview as to what to teach, when to teach it, and how to assess student progress. As well as considerations made for altered pacing, modifications, and accommodations; this document is to be utilized for all students enrolled in this course, regardless of ability level, native language, or classification. It is meant to be a productive tool that can and will be revised and modified during the course of the school year.

**Course Philosophy:** Students will explore and apply learning to real life challenges in a series of relevant hands-on activities designed to reinforce and extend the core life skills concepts. An individual- independent- approach will also allow students to experience real life responsibilities and challenges of life on their own.

**Mapping/Sequence:** Course Topics include: self-awareness & values, self-advocacy, decision-making, health and nutrition, hygiene, self-care, social awareness & interactions, relationship responsibilities, study skills, test taking skills, computer literacy, meal preparation, kitchen safety, clothing care, housekeeping skills, choosing and accessing transportation, leisure time, career awareness and vocational skills. The curriculum is written following the *Unit By Design* format. The document is written as a series of units containing established transfer goals, enduring understandings, essential questions, and the necessary skills and knowledge a student must attain in a school year. Each unit contains required and suggested activities and assessments. Teachers are expected to design lessons that will meet the requirements within this curriculum; however, teachers have flexibility on how they would like to use the unit.

**Resources:** Resources are listed in each unit by the required/suggested activity. The curriculum document is accessible on the district website.

#### Bloomfield Public Schools Understanding by Design Unit Template

Title of Unit	Self-Awareness, Advocacy and Decision Making	Grade Level	9-12	
Curriculum Area	Area V.E.S.T Life Skills Time Frame 4 weeks			
Developed By	Developed By Izabela Acquaviva, Kelly Reer & Terry Nevins			
Desired Results (Stage 1)				
Established Goals				

Content Area:	21st Century Life and Careers
STANDARD 9.3	CAREER AND TECHNICAL EDUCATION
	This standard outlines what students should know and be able to do upon completion of a CTE Program of Study.

9.3.12.ED.1	Apply communication skills with students, parents and other groups to enhance learning and a commitment to	
	learning and a commitment to learning	
9.3.12.ED.3	Use critical thinking to process educational communications, perspectives, policies and/or procedures	
9.3.12.ED.8	Demonstrate ethical and legal behavior within and outside of education and training settings	
9.3.12.ED-ADM.9	Describe advocacy strategies to promote the learning organization's needs	

## **Primary Interdisciplinary Connections**

Content Area Technology

Standard 8.1 Educational Technology All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaboratively and to create and communicate knowledge.

NJSLSA.L3- Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.

### 21<sup>st</sup> Century Interdisciplinary Themes:

ansfer and emotional growth and as a society
and emotional growth
eaning
Essential Questions
Students will keep considering
E1- What do we know and/or want to learn about ourselves?
E2-How are we different and/or the same as one another?
E3- What is considered a good choice versus a bad choice?
E4-How do the decisions you make affect you and others around you?
E5-What are values and morals?
uisition
Skills
Students will be able to
S1- Identify their own interests, desires and rights
S2- Recognize good choices versus bad choices
S3- Explain how choices affect themselves and others around them
S4-Create realistic goals for themselves
S5-Define and understand what values and morals are

Evidence (Stage 2)		
Checks for Alignment	<b>Evaluation Criteria</b> Performance is judged in terms of	Assessment Evidence
T1-3 U1-5 K1-5	Comprehension Application Synthesis	Transfer Task(s)FormativeQuestioningSelf- AssessmentworksheetsPractical applicationsRole play
		Summative <ul> <li>Completed worksheets</li> <li>Unit test/quizzes</li> </ul>
T1-4 K1-4 S1-5 E1-5	Responses Application Comparisons	Other Evidence         Formative         • Questioning         • Self- Assessment         • worksheets         • Practical applications         • Role play         Summative         • Completed worksheets         • Unit test/quizzes

Checks for alignment and best practice       Summary of Key Learning Events and Instruction The teaching and learning needed to achieve the unit goals.		
Fill out a graph that describes concepts of self-awareness and psychological needs	CEC-Life Centered Career Education: personal social skills: Identify Physical and Psychological Needs:10.42.3P:11-(pg.32)	
Students create a poster containing items, pictures and terms, with which they identify and students present to the class	Poster Paper, Pictures, Markers	
Create a list of examples of personality traits		
Class discussion listing examples of daily decisions		
Role play a variety of decisions based on given scenarios	CEC- Life Centered Education: personal social skills: Anticipate Consequences: 15.63.1E:3-(pg.907-912)	
Class activity "decision making word match" & Decision making cross-word puzzle	CEC- Life Centered Education: personal social skills: Anticipate Consequences: 15.63.1E:2-(pg.900-906)	
Suggested Activities	Suggested Resources	
Students will interview each other identifying personal likes and dislikes	Interview Script	
Create a brochure promoting positive behavior and good decision making	Paper, Markers, Magazine Cut-Outs	
Create a list of individuals that are admired and why		
	t       Summary of Key Learn The teaching and learnin         Required Activities         Fill out a graph that describes concepts of self-awareness and psychological needs         Fill out a graph that describes concepts of self-awareness and psychological needs         Students create a poster containing items, pictures and terms, with which they identify and students present to the class         Create a list of examples of personality traits         Class discussion listing examples of daily decisions         Role play a variety of decisions based on given scenarios         Class activity "decision making word match" & Decision making cross-word puzzle         Students will interview each other identifying personal likes and dislikes         Create a brochure promoting positive behavior and good decision making	

Strategies for	Differentiation
Students may be assisted through adjustments to assignments deemed necessary as per the Individual Educational Plan	Teachers will utilize the result of assessment to guide further instruction per student
Worksheets and presentation materials may be modified spatially, with regard to the volume of content and in terms of font size	Teachers will supply materials at reading comprehension levels commensurate with student ability
Students may be given additional time to complete assignments	Teachers may utilize prompting and cuing
Students may receive one-to-one teacher support or assistance from a paraprofessional	Teachers will utilize Aquos board for visual learners
Teachers may group students based upon prior student knowledge	Teachers may utilize laptops/Tablets for visual learners
Teachers may utilize tiered activities and/or learning stations	Teachers may utilize apps to enable self-monitoring and self-assessments for the students
Teachers will present a single concept through the variety of learning modes and may assess students in this manner	

Title of Unit	Self-Care: Nutrition, Health, Hygiene	Grade Level	9-12	
Curriculum Area	a V.E.S.T. – Life Skills	Time Frame	4 Weeks	
Developed By	Developed By Izabela Acquaviva Kelly Reer & Terry Nevins			
Desired Results (Stage 1)				
	Establis	shed Goals		
Content Area	Comprehensive Health and Physical Educati	on		
Content Area Standard			nd skills to support a healthy, active lifestyle.	
		n promotion concepts a		

## **Primary Interdisciplinary Connections**

Content Area Technology

Standard 8.1 Educational Technology All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaboratively and to create and communicate knowledge.

NJSLSA.L3- Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.

21<sup>st</sup> Century Interdisciplinary Themes: \_\_\_\_\_ Global Awareness \_\_\_\_\_ Civic Literacy

\_\_\_\_\_ Financial, economic, business, and entrepreneurial literacy \_\_\_X\_\_ Health Literacy

## Transfer

Students will be able to independently use their learning to...

- T1- Recognize how health and self-care can impact one's impression upon those in the community, in school and in the workplace.
- T2- Be able to apply skills independently or with minimal support to make appropriate nutrition choices to maintain proper health.
- T3- Live a healthy lifestyle, and have an understanding of the role that nutrition and fitness both play in one's life.
- T4- Understand the importance of proper diet and exercise as it pertains to a healthy lifestyle.

Meaning			
Understandings	Essential Questions		
Students will understand that	Students will keep considering		
U1- Maintaining good hygiene and an acceptable appearance is important	E1- How is good health related to personal hygiene?		
U2- It is important to eat healthy to maintain a proper lifestyle	E2- What standards do school and work set for acceptable appearance		
U3- Good health is related to personal hygiene	and good hygiene?		
U4- Knowing the names of each of the food groups within the Food Guide	E3- How does your diet and nutrition affect your health?		
Pyramid is important	E4- What is the Food Guide Pyramid and how can we use it?		
U5- knowing how to choose healthy versus unhealthy foods will benefit their	E5- Why is exercise important and necessary in maintaining a healthy		
life	lifestyle?		
Acquis	sition		
Knowledge	Skills		
Students will know	Students will be able to		
K1- Proper hygiene and self- care	S1-Understand what is considered good hygiene		
K2- What type of self-care is expected of them in society	S2- Understand how good health is related to personal hygiene		
K3- Proper nutritional choices through the USDA "my plate"	S3- Maintain good hygiene and acceptable appearance		
K4- The importance of exercising regularly	S4-List the names of each food group and provide examples of foods in		
K5-The difference between a healthy and unhealthy choice	each group		
	S5- Understand the importance of exercising regularly		

Evidence (Stage 2)				
<u>Checks for Alignment</u>	<b><u>Evaluation Criteria</u></b> Performance is judged in terms of	Assessment Evidence		
T1-4 U1-3 K1-5	Comprehension Application Evaluation	Transfer Task(s)         Formative       Questioning         • Questioning       Self-Assessment         • Organization of facts       Summative		
		<ul> <li>Projects</li> <li>Tests</li> <li>Quizzes</li> </ul>		
T1-3 S1-5 K1-5	Responses Application Descriptions Comparisons	Other Evidence         Formative         • Observation         • Worksheets         • Homework         Summative         • Project Completion         • Teacher Assessment		

Learning Plan (Stage 3)		
Checks for alignment and best practiceSummary of Key Learning Events and Instruction The teaching and learning needed to achieve the unit goals.		
	<b>Required Activities</b>	Required Resources
	Class discussion/ board work developing lists of healthy and unhealthy foods	
	Students will create healthy meal plans and shopping lists using guides and worksheets to organize their needs	CEC-Life Centered Career Education: Daily living Skills: Prepare Meals: 5.23.5A:6, 5.23.5E:6- (pg. 798-801)
	Food Guide Pyramid scavenger hunt using	Internet Website: www.mypyramid.gov
	Videos including My Pyramid and Vitamins and Nutrients (The Learning Seed)	Internet Streaming Videos
	Class discussion/ board work listing a variety of exercises that students like to participate in	
	Student log of exercise activities they partake in both in and after school	CEC- Life Centered Career Education: Daily Living Skills: Engage in Group and Individual Activities:8.36.5P:16- (pg. 1366)
	Suggested Activities	Suggested Resources
	Teacher demonstrations of healthy and unhealthy snacks (visual)	Teacher made power point presentation
	Bring in a guest speaker from within the school or community discussing health related issues due to obesity	
	Brochure/poster encouraging active lifestyle	Poster paper, markers, magazine cut outs

Strategies for	Differentiation
Students may be assisted through adjustments to assignments deemed necessary as per the Individual Educational Plan	Teachers will utilize the result of assessment to guide further instruction per student
Worksheets and presentation materials may be modified spatially, with regard to the volume of content and in terms of font size	Teachers will supply materials at reading comprehension levels commensurate with student ability
Students may be given additional time to complete assignments	Teachers may utilize prompting and cuing
Students may receive one-to-one teacher support or assistance from a paraprofessional	Teachers will utilize Aquos board for visual learners
Teachers may group students based upon prior student knowledge	Teachers may utilize laptops/Tablets for visual learners
Teachers may utilize tiered activities and/or learning stations	Teachers may utilize apps to enable self-monitoring and self-assessments for the students
Teachers will present a single concept through the variety of learning modes and may assess students in this manner	

#### Bloomfield Public Schools Understanding by Design Unit Template

Title of Uni	t Social Awareness and Interactions	Grade Level	9-12	
	Curriculum Area V.E.S.T Life Skills Time Frame 4 Weeks			
Developed By Izabela Acquaviva Kelly Reer & Terry Nevins				
	Desired	Results (Stage 1)		
	Esta	blished Goals		
Content Area Comprehensive Health and Physical Education				
Standard	2.1 Wellness-All students will acquire h	ealth promotion concepts a	and skills to support a healthy, active lifestyle.	
2.2.8.A.1	Compare and contrast verbal and non		nunication strategies in a variety of	
	settings and cultures in different situations			
2.2.8.A.2	<b>2.8.A.2</b> Demonstrate the use of refusal, negotiation, and assertiveness skills when responding to peer pressure, disagreements, or conflicts			
2.2.12.A.2				
<b>2.2.12.A.3</b> Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle				
	Primary Interc	lisciplinary Conne	ections	
		ent Area Technology		
Standard	8.1 Educational Technology All students will use di problems individually and collabor		evaluate, and synthesize information in order to solve nunicate knowledge.	
NJSLSA.L3- Apply		ge functions in different contex ore fully when reading or lister	ts, to make effective choices for meaning or style, and	

ancial, economic, business, and entrepreneurial literacy
alth Literacy
sfer
n others in a various of situations low it may affect a listener's understanding of a message support to understand the influences of peer pressure on decision
ning
Essential Questions
Students will keep considering
E1-How do we interact with other people?
E2-What is acceptable behavior?
E3-How does one organize social life and leisure time?
E4- How can peer pressure negatively affect my behavior or cause harm
to myself or others?
sition
Skills Students will be able to
S1- Maintain proper social interactions at home, school and work
S2-Prioritize their time to accomplish wants and needs
S3- Avoid peer pressure and the influence of negative situations
S4- Identify various communication styles
S5- Identify a relationship they will want to improve through
communication techniques

K5- Relationship building tec	hniques		
	Evidence (Stage 2)		
<u>Checks for Alignment</u>	Evaluation Criteria Performance is judged in terms of	Assessment Evidence	
T1-3 U1-4	Comprehension	Transfer Task(s) Formative	
K1-5	Application Evaluation	<ul> <li>Questioning</li> <li>Self-Assessment</li> <li>Self-Monitoring</li> </ul>	
		Summative <ul> <li>Projects</li> <li>Tests</li> <li>Quizzes</li> <li>Real-life scenarios</li> </ul>	
T1-3 S1-5	Responses	Other Evidence Formative • Observation	
K1-5nvo	Application	Compliance	
	Descriptions	<ul> <li>Summative</li> <li>Project Completion</li> <li>Teacher Assessment</li> </ul>	
	Comparisons	<ul> <li>Students will be assessed using appropriate correlating Assessment of Functional Living Skills (AFLS) to demonstrate student progress for Units 1,2 &amp;3</li> </ul>	

	Learning Plan (	(Stage 3)	
		ning Events and Instruction ng needed to achieve the unit goals.	
	Required Activities	Required Resources	
	Students observe streaming video of a variety social situations and identify elements to include the situation, characters and topic of conversation	Internet-Streamed Videos showing social interactions/scenarios	
	Practice proper self-introductions, emphasizing eye contact and hand shaking technique	Practice in class with students and staff	
	Role Playing a variety of social scenarios and situations		
	"What do you think?" worksheets- demonstrate respect for others and their property	CEC- Life Centered Career Education- Personal Social Skills: Develop Respect for the Rights and Properties of Others:12.51.3A:8- (pg.455-458)	
	Suggested Activities	Suggested Resources	
	Invite Supervisor, Administrators, and other members of the school community to the class to participate in introductions		
	Observe student populations interactions with one another in social settings such as during lunchtime		

Strategies for	Differentiation
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Students may be given additional time to complete assignments	Teachers may utilize prompting and cuing
Students may receive one-to-one teacher support or assistance from a paraprofessional	
Teachers may group students based upon prior student knowledge	
Teachers may utilize tiered activities and/or learning stations	
Teachers will present a single concept through the variety of learning modes and may assess students in this manner	

#### **Understanding by Design Unit Template**

Curriculum Area       V.E.S.T Life Skills       Time Frame       4 Weeks         Developed By       Izabela Acquaviva Kelly Reer & Terry Nevins       Desired Results (Stage 1)         Established Goals         Content Area:       21st Century Life and Careers	
Desired Results (Stage 1) Established Goals	
Established Goals	
Content Area: 21st Century Life and Careers	
Content Area: 21st Century Life and Careers	
STANDARD 9.3 CAREER AND TECHNICAL EDUCATION	
This standard outlines what students should know and be able to do upon completion of a CTE Program of	of Study.
9.3.12.ED.1 Apply communication skills with students, parents and other groups to enhance learning and a commitmer	nt to learning
9.3.12.ED.3 Use critical thinking to process educational communications, perspectives, policies and/or procedures	
9.3.12.ED.8 Demonstrate ethical and legal behavior within and outside of education and training settings	
9.3.12.ED-ADM.9 Describe advocacy strategies to promote the learning organization's needs	

 Standard
 8.1 Educational Technology All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaboratively and to create and communicate knowledge.

 NJSLSA.L3- Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening

 21st Century Interdisciplinary Themes:
 \_\_\_\_X\_\_\_ Global Awareness
 \_\_\_\_X\_\_\_ Financial, economic, business, and entrepreneurial literacy

 \_\_\_\_X\_\_\_ Health Literacy
 \_\_\_\_X\_\_\_ Health Literacy

## Transfer

#### Students will be able to independently use their learning to...

- T1. Participate in selecting learning objectives and setting goals
- T2. Learn strategies to master
- T3. Apply what they have learned to other settings including the general education classroom

Meaning			
Understandings	Essential Questions		
Students will understand that	Students will keep considering		
U1. Using strategies to prepare for successful performance on tests will	E1. What is important information? How do I determine what I <i>need</i> to		
increase their grade and decrease test anxiety	know?		
U2. There are specific testing taking strategies that impact performance on	E2. What memory technique is best suited to my learning style and helps		
exams	me retain the most information?		
U3. Improving memory techniques will increase our ability to retain important	E3. How am I currently preparing for my tests and exams?		
information.	E4. What do I do before, during and after exams?		
U4. Verbal and Visual word association techniques improve one's ability to	E5. How will adjustments to test preparation and performance affect my		
recall and retain novel information.	grades?		
Acquisition			
Knowledge	Skills		
Students will know	Students will be able to		
K1. How they are currently performing before/after a test.	S1. Apply and define each of the 5 memory techniques.		
K2. Effective Test preparation strategies	S2. Determine which of the 5 memory techniques best suits their		
K3. Strategies for taking certain test formats: True/False, Multiple Choice,	individual learning style.		
Sentence Completion, Essay, Open Book	S3. Incorporate 1-2 of the preferred memory techniques during a content		
K4. The 5 Memory Techniques: Repetition, Visualization, Association,	area subject quiz/assessment.		
Application, Mnemonics	S4. Identify and define effective and ineffective test preparation		

	Evi	strategies. S5. Identify and learn the appropriate strategies for improving performance on various test formats. dence (Stage 2)
Checks for Alignment	<u>Evaluation Criteria</u> Performance is judged in terms of	Assessment Evidence
T1-3 U1-2 E1-5 K1-4	Task Completion Identification Transfer Preparation Improvement	Transfer Task(s)         Formative         • Quizzes         • Worksheet         • Questionnaire         • Homework         • Class Participation         Summative         • Tests         • Quizzes
S1-5		Other Evidence Formative • Observation • Project Completion • Compliance

	<ul> <li>Summative</li> <li>Tests</li> <li>Quizzes</li> </ul>

Learning Plan (Stage 3)			
Checks for alignmen and best practice	Checks for alignment       Summary of Key Learning Events and Instruction         and best practice       The teaching and learning needed to achieve the unit goals.		
	<b>Required Activities</b>	Required Resources	
	Students will identify test-taking strategies to use before taking a test; 3 part test Prep	Internet- Aquos board	
	Students will identify test-taking tips to use during a test	Teacher Notes	
	Students will become familiar with 4 tips to use when graded tests are returned to them	Correct answers, check your grade, review with teacher,	
	Students will identify tips for true/false items and correctly answer T/F statements	Absolute Qualifiers/Non absolute qualifiers	
	Students will develop multiple choice test questions and explore this kind of test	Teacher Notes Study Sheet 2 types of Multiple choice questions	
	Students will list matching test taking tips- Mid quiz	Teacher Notes Study Sheet	
	Students will evaluate old test to determine where the tips could have been used	Content area tests that have been returned	
	Students will discuss tips for completing fill-in-the blank or sentences completion activities	Study Sheet - review tips	
	Students will identify pros and cons of essay tests		
	Students will examine tips for essay/short answer test items	Parts of an Essay-Minimum 4 parts Intro with topic sentence, Body, conclusion- "thought-clock" graphic organizer	
	Students will identify and write the meaning of clue words found in essay questions.	<b>Identify, define:</b> Analyze, Compare, Contrast, Criticize, Define, Describe, Diagram, Discuss, Evaluate, Explain, Interpret, List Outline, Prove, Justify, Relate	

Suggested Activities	Suggested Resources
Test taking Prep Website	http://www.testtakingtips.com/test/genpre.htm
Test Prep and Anxiety	http://www.tn.gov/education/assessment/doc/tsteststrategies.pdf

Strategies for	Differentiation
Students may be assisted through adjustments to assignments deemed necessary as per the Individual Educational Plan	Teachers will utilize the result of assessment to guide further instruction per student
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Students may be given additional time to complete assignments	Teachers may utilize prompting and cuing
Students may receive one-to-one teacher support or assistance from a paraprofessional	Smart board for visual learners
Teachers may group students based upon prior student knowledge	Reduce multiple choice answers
Teachers may utilize tiered activities and/or learning stations	Use visual T-charts and graphs
Teachers will present a single concept through the variety of learning modes and may assess students in this manner	Highlighting code words and concepts

Title of Unit	Kitchen and Housekeeping Skills	Grade Level	9-12	
Curriculum Area	V.E.S.TLife Skills	Time Frame	4 Weeks	
Developed By	Developed By Izabela Acquaviva Kelly Reer & Terry Nevins			
	Desi	red Results (Stage 1		
		Established Goals		
Content Area:	21st Century Life and Careers			
STANDARD 9.3	CAREER AND TECHNICAL EDUCATIO	N		
	This standard outlines what student	ts should know and be able to do up	on completion of a CTE Program of Study.	
9.3.12.ED.1	Apply communication skills with stud	ents, parents and other groups to e	nhance learning and a commitment to learning	
9.3.12.ED.3	Use critical thinking to process educat	ional communications, perspective	s, policies and/or procedures	
9.3.12.ED-ADM.9	Describe advocacy strategies to prom	ote the learning organization's need	ls	
	Primary In	terdisciplinary Conn	ections	
		Content Area Technology		
Standard 8.1	Educational Technology All students will		evaluate, and synthesize information in order to solve	
		ollaboratively and to create and com		
NJSLSA.L3- Apply kno			xts, to make effective choices for meaning or style, and	
	to compreh	end more fully when reading or liste	ning	
21 <sup>st</sup> Century Inte	erdisciplinary Themes:			
XGlobal AwarenessFinancial, economic, business, and entrepreneurial literacy				
^_	Civic Literacy X Health Literacy			
Transfer				

#### Students will be able to independently use their learning to...

- T1: Independently use standard kitchen safety rules T2: Identify and utilize kitchen equipment properly
- T3: Perform housekeeping skills to achieve greater independence

Meaning		
Understandings Essential Questions		
Students will understand that	Students will keep considering	
U1: Correct safety and sanitation procedures are necessary for proper food	E1: What are standard kitchen safety rules?	
preparation	E2: What are some key kitchen skills I can use independently?	
U2: Proper utilization of the appropriate equipment is necessary in preparing	E3: What is considered basic kitchen equipment?	
a variety of foods	E4: How can I properly take care of my clothing?	
U3: The ability to perform housekeeping skills leads to greater independence	E5: What equipment is used when taking care of my clothing?	
U4: Basic chores of the household will lead to a clean living space		
U5: Proper clothing care practices result in extending the life of garments		
Acquis	sition	
Knowledge	Skills	
Students will know	Students will be able to	
K1: How to follow kitchen safety rules and procedures independently	U1: Utilize kitchen equipment properly when appropriate in preparing	
K2: How to properly use different kitchen tools and appliances	food	
K3: Which household cleaning products are necessary	U2: Use kitchen skills and techniques learned through practice	
K4: How to properly clean their own living space independently	U3: Use appropriate cleaning products when cleaning their living space	
	U4: Maintain a clean and proper living space independently	
Evidence	(Stage 2)	

<u>Checks for Alignment</u>	<b><u>Evaluation Criteria</u></b> Performance is judged in terms of	Assessment Evidence
T1-3 U1-5 K1-4	Comprehension Application Synthesis	Transfer Task(s)         Formative       Questioning         • Self-Assessment       Self-Monitoring         • Project Based Assessment       Projects         • Site Based Evaluation       Teacher Assessment
T1-4 K1-4 S1-4	Responses Application Comparisons	Other Evidence         Formative         • Observation         • Task Completion         • Compliance         • Collaboration         • Note-Taking         • Completed Worksheets         Summative         • Project Completion         • Teacher Assessment         • Students will be assessed using appropriate correlating Assessment of Functional Living Skills (AFLS) to demonstrate student progress for Units 4&5

Learning Plan (Stage 3)		
Checks for alignmen and best practice		ning Events and Instruction g needed to achieve the unit goals.
	<b>Required Activities</b>	Required Resources
	Teacher demonstration of kitchen equipment	Kitchen Equipment/Tools
	Complete kitchen equipment identification worksheets	Worksheet on various kitchen equipment
	Kitchen Safety Worksheets that illustrate the "Do's" and "Don'ts" of a kitchen	CEC-Life Centered Career Education: Daily Living Skills- Prepare Meals: 5.23.4A:5, 5.23.4E:5, 5.23.4P:5-(pgs. 791-796)
	Multimedia presentation of appropriate food safety procedures within the kitchen	Internet/Streamed Video
	Read and interpret clothing labels – Sort clothing labels from "Clothing Labels" worksheet and place in appropriate categories for washing machine care	CEC- Life Centered Career Education: Daily Living Skills - Buying and Caring for Clothing: 6.26.2E:6- (pgs.863-866)
	Teacher/student demonstration of washing machine and dryer use- Using actual equipment	Washing Machine and Dryer
	Create Scenarios to perform cleaning tasks	Cleaning supplies: products, rags, etc.
	Invite a custodian into the room to demonstrate cleaning techniques	School Custodian(s)
	Suggested Activities	Suggested Resources
	Student role play of proper and improper table etiquette based upon a given scenario from flash cards	Etiquette Flash Cards
	Create posters for each meal demonstrating knowledge of healthy food choices	Poster, Markers, Magazine Cut-Outs, Recipes
	Teacher/student demonstration of iron use and care	Iron and Ironing Board

Review laundry supplies including detergent, fabric softeners and pre treatments	Internet-Videos
Make do's and don'ts chart on cleaning products	Internet Resources

Strategies for	Differentiation
Students may be assisted through adjustments to assignments deemed necessary as per the Individual Educational Plan	Teachers will utilize the result of assessment to guide further instruction per student
Worksheets and presentation materials may be modified spatially, with regard to the volume of content and in terms of font size	Teachers will supply materials at reading comprehension levels commensurate with student ability
Students may be given additional time to complete assignments	Teachers may utilize prompting and cuing
Students may receive one-to-one teacher support or assistance from a paraprofessional	
Teachers may group students based upon prior student knowledge	
Teachers may utilize tiered activities and/or learning stations	
Teachers will present a single concept through the variety of learning modes and may assess students in this manner	

#### Bloomfield Public Schools Understanding by Design Unit Template

Title of Unit	Choosing and Accessing Trans	portation	Grade Level	9-12
Curriculum Area	V.E.S.T- Life Skills		Time Frame	4 Weeks
Developed By Izabela Acquaviva Kelly Reer & Terry Nevins				
	Desi	red Results (Sta	ge 1)	
		Established Goa	ls	
Content Area	21st-Century Life and Careers			
This standard ou	eness, Exploration, and Preparation tlines the importance of being knowle ns, career planning, and career requir		s and talents, and beir	ng well informed about postsecondary
9.2.4.A.2	Identify various roles and civic and w	ork-related activities in the so	hool, home and comm	unity.
	Primary In	terdisciplinary C	Connections	
Content Area Technology Standard 8.1 Educational Technology- All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaboratively and to create and communicate knowledge.				
NJSLSA.L3- Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening				
21 <sup>st</sup> Century Interdisciplinary Themes:				
X0	Global Awareness Civic Literacy	X Financial, eco Health Litera	-	s, and entrepreneurial literacy
Transfer				

#### Students will be able to independently use their learning to...

U1: Identify different modes of transportation

U2: Access modes of transportation as a group and/or individually U3: Become more verse in choosing and accessing local transportation

Meaning		
Understandings	Essential Questions	
Students will understand that	Students will keep considering	
U1: There are different modes of transportation	E1: What are the different modes of transportation available to	
U2: Different modes of transportation require different fees	me?	
U3: Being able to use modes of transportation can lead to greater independence	E2: How can I choose and access the correct form of	
	transportation for my traveling needs?	
	E3: How can I plan a trip using a public mode of	
	transportation?	
Acquisition		
Knowledge	Skills	
Students will know	Students will be able to	
K1: How to identify the different modes of transportation	S1: Choose which form of transportation is necessary for their	
K2: Which form of transportation is available to them	traveling needs	
K3: How much fare they will need to have in order to use the transportation	S2: Identify different forms of transportation in their	
K4: How to travel to different places with practice and planning	surroundings	
	S3: Plan out their travel needs using transportation information	
	S4: Use various forms of transportation after planning and	
	practice	
Evidence (Stage 2)		

Checks for Alignment	<u>Evaluation Criteria</u> Performance is judged in terms of	Assessment Evidence
T1-3 U1-3 K1-4	Comprehension Application Synthesis	Transfer Task(s)         Formative       Questioning         • Questioning       Self-Assessment         • Self-Monitoring       Project Based Assessment         Summative       Projects         • Assessments       Assessments
T1-4 K1-4 S1-4	Responses Application Comparisons	<ul> <li>Site Based Evaluation</li> <li>Other Evidence         <ul> <li>Formative</li> <li>Observation</li> <li>Project Completion</li> <li>Compliance</li> <li>Collaboration</li> </ul> </li> <li>Summative         <ul> <li>Project Completion</li> <li>Teacher Assessment</li> </ul> </li> </ul>

## Learning Plan (Stage 3)

Checks for alignment	Summary of Key Learning Events and Instruction
and best practice	The teaching and learning needed to achieve the unit goals.
Required Activities	Required Resources
NJ Transit-Disability Application	http://www.njtransit.com/pdf/sf_tr_fo_reduced_passengers_RF_application.pdf
A Guide to Travel Training	http://www.rideconnection.org/ride/LinkClick.aspx?fileticket=dwrbjbCP7_o%3D&tabid=69
Travel training manual	http://www.gallaudet.edu/clerc_center/information_and_resources/info_to_go/transition_to_adulthood/students_on_the_go_a_travel_training_ma nual.html
Entire unit use of worksheets and activities including: How to read maps, appropriate travel modes, how to read schedules, etc.	CEC- Life Centered Career Curriculum: Daily Living Skills- Demonstrate Knowledge and Use of Various Means of Transportation: Unit 39- (pgs. 1461-1497)
Suggested Activities	Suggested Resources
NJ Find a ride	http://njfindaride.com/?action=goto_about_us
NJ TIP	NJTIP@Rutgers

Strategies for	Differentiation
Break tasks into smaller, more manageable parts that include structured directions for each part	Teachers will utilize the result of assessment to guide further instruction per student
Use flexible grouping to group and regroup students based on factors including content, ability, and assessment results.	Teachers will supply materials at reading comprehension levels commensurate with student ability
Utilize pre-tests to assess where individual students need to begin working	Teachers may utilize prompting and cuing
Vary degree of complexity of work assignments	
Provide access to a variety of materials which target different learning preferences and reading abilities.	
Use a variety of instructional delivery methods to address different learning styles.	
Choose broad concepts and skills that lend themselves to understanding at various levels of complexity.	

#### Bloomfield Public Schools Understanding by Design Unit Template

	Leiguro & Community	Crede Laval	0.12
Title of Unit Curriculum Area	Leisure & Community V.E.S.T Life Skills	Grade Level Time Frame	9-12 4 Weeks
Developed By			4 Weeks
Desired Results (Stage 1)			
Established Goals			
Content Area	Comprehensive Health and Physical Education		
Standard	2.1 Wellness All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.		
2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.		
2.1.12.A.2	Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.		
Primary Interdisciplinary Connections			
Content Area Techno			
Standard 8.1 Educational Technology- All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve			
problems individually a	nd collaboratively and to create and	communicate knowledge.	
NICIEN 12 Apply know	ladae of language to understand be	w language functions in different context	re to make offective choices for meaning or style, and
NJSLSA.L3- Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening			
	any when redding or listening		
	<u> </u>		
21 <sup>st</sup> Century Interdisciplinary Themes:			
x_ Global Awareness Financial, economic, business, and entrepreneurial literacy			
x Civic LiteracyX Health Literacy			

# Transfer

#### Students will be able to independently use their learning to...

- T1-Maintain proper social interactions at home, school, at work and during leisure time activities
- T2- Become more active in their own communities
- T3- Identify some leisurely activities they can independently use

Essential Questions Students will keep considering E1- Why is it important to volunteer your time to help other people?			
E1- Why is it important to volunteer your time to help other people?			
E2-How can community activities/organizations help build friendships and			
relationships?			
E3- How can using resources in your community make you more			
ndependent?			
Acquisition			
Skills			
Students will be able to			
S1- Take a leisure activity interest checklist to determine preferred			
activities			
S2-Identify volunteer work in the community			
53-Research community based activities available to students based on			
preferences			
54-Prepare and set goals for travel; location money, & procedures			
re E3 in E1 S1 S1 S1 S2 S2 S2 S2 S2 S2 S2 S2 S2 S2 S2 S2 S2			

	Evidence (Stage 2)			
<u>Checks for Alignment</u>	<b><u>Evaluation Criteria</u></b> Performance is judged in terms of	Assessment Evidence		
T1-3 U1-3 K1-4	Comprehension Application Synthesis	Transfer Task(s)         Formative         • Questioning         • Self-Assessment         • Worksheets         Summative         • Completed Worksheets         • Projects         • Assessments		
T1-4 K1-4 S1-4	Responses Application Comparisons	Other Evidence Formative • Observation • Project Completion • Compliance Summative • Project Completion • Teacher Assessment		

Learning Plan (Stage 3)		
Checks for alignment and best practiceSummary of Key Learning Events and Instruction The teaching and learning needed to achieve the unit goals.		
	<b>Required Activities</b>	Required Resources
	Discussion of the importance of managing leisure time to enhance relationships	
	Various worksheets and activities on importance and understanding of leisure including: "What's Important?" worksheet, Leisure: Unpaid Work or Relaxation?, Role Play Situation, Activity Worksheet, Daily Recreation Log	CEC- Life Centered Career Awareness: Daily Life Skills -Unit 35: Demonstrate Knowledge of the Value of Recreation-(pgs. 1294-1320)
	Students will create a poster of their favorite leisure time activities conducted with others and will present to the class	Poster paper
	Students will make a list of sports, clubs, etc. in the school in which they are interested and will be encouraged to attend at least one of these activities	Markers
	Suggested Activities	Suggested Resources
	Review the days of the week and months of the year via discussion using the classroom calendar	Classroom calendar
	Discuss with students, components and utilization of a daily planner/calendar	
	Student will enter important dates into their planner/calendar and will reference the planner/calendar daily in terms of keeping appointments and tracking events that may impact others	

Strategies for	Differentiation
Students may be assisted through adjustments to assignments deemed necessary as per the Individual Educational Plan	Teachers will utilize the result of assessment to guide further instruction per student
Worksheets and presentation materials may be modified spatially, with regard to the volume of content and in terms of font size	Teachers will supply materials at reading comprehension levels commensurate with student ability
Students may be given additional time to complete assignments	Teachers may utilize prompting and cuing
Students may receive one-to-one teacher support or assistance from a paraprofessional	
Teachers may group students based upon prior student knowledge	
Teachers may utilize tiered activities and/or learning stations	
Teachers will present a single concept through the variety of learning modes and may assess students in this manner	

#### Bloomfield Public Schools Understanding by Design Unit Template

Title of Unit	Career Awareness & Vocational Skills	Grade Level	9-12
Curriculum Area	V.E.S.T Life Skills	Time Frame	4 Weeks
Developed By	Izabela Acquaviva Kelly Reer & Terry Nevins		
	Desired Resu	ilts (Stage 1)	
	Establish	ed Goals	
Content Area	21 at Contumy Life and Caroore		
	21st-Century Life and Careers		
Standard	9.3 Career Awareness, Exploration		
	about and engage in the process of ca		
	to navigate the globally competitive w	ork environment	of the information age.
9.2.12.C.1	Review career goals and determine steps nece	essarv for attainment	t.
9.2.12.C.2	Modify personalized student learning plans to		
	· · · · · · · · · · · · · · · · · · ·		
9.2.12.C.3	Identify transferable career skills and design alternat	e career plans.	
	Primary Interdiscip	linary Conne	ections
	Content Area	Technology	
	ucational Technology- All students will use digital tools nd collaboratively and to create and communicate kno		aluate, and synthesize information in order to solve
	vledge of language to understand how language functi ully when reading or listening.	ons in different context	s, to make effective choices for meaning or style, and
21 <sup>st</sup> Contury Into	rdisciplinary Themes: Global Awareness x Fin		, business, and entrepreneurial literacy

## Transfer

#### Students will be able to independently use their learning to...

T1-Students will be able to apply skills independently or minimal support to operate specific equipment to complete a task.

T2- Students will work collaboratively with co-worker or peers under the guidance of teachers.

T3-Students will understand the importance of task completion as it relates to acquisition of job skills in the workplace.

Meaning			
Understandings	Essential Questions		
Students will understand that	Students will keep considering		
U1-It is important to follow directions and work collaboratively to complete a	E1-How do personal interests and skills affect your job selection and		
task in a timely fashion for an employer or customer.	success?		
U2-Doing a job to its completion will satisfy both employer and customer and	E2-How does knowledge of personal interests and abilities impact on		
will aide in job security.	career choices?		
U3- it is important to work collaboratively with both co-worker and employers	E3-What is the importance of lifelong learning to employment?		
to complete tasks.	E4- Why is it important to follow directions on a job site?		
Acquisition			
Knowledge	Skills		
Students will know	Students will be able to		
K1-How to Laminate, photocopy, engrave and complete other skilled tasks	S1-Know their strengths/weaknesses, likes/dislikes		
K2- Organization of jobs and specific job outline	S2- Know what behaviors are expected at school and the workplace		
K3- Procedures for entering and exiting a worksite	S3- Discuss the importance of lifelong learning and why people work.		
K4-Working collaboratively in a group			
Evidence (Stage 2)			
Checks for Alignment         Evaluation Criteria         Assessment Evidence           Performance is judged in terms         Assessment Evidence			

	of	
T1-3 U1-3 K1-4	Comprehension Application	Transfer Task(s)         Formative         • Questioning         • Self-Assessment         • Project Based Assessment
	Synthesis	Summative <ul> <li>Projects</li> <li>Site Based Evaluation</li> <li>Assessments</li> </ul>
T1-3 K1-4 S1-3	Responses Application	Other Evidence         Formative         • Observation         • Project Completion         • Compliance
	Comparisons	<ul> <li>Summative</li> <li>Project Completion</li> <li>Teacher Assessment</li> <li>Students will be assessed using appropriate correlating Assessment of Functional Living Skills (AFLS) to demonstrate and benchmark student progress for Units 6,7, &amp; 8</li> </ul>

Learning Plan (Stage 3)			
Checks for alignment and best practice	Checks for alignment and best practiceSummary of Key Learning Events and Instruction The teaching and learning needed to achieve the unit goals.		
	<b>Required Activities</b>	Required Resources	
	Practice proper operation and use of filing cabinet	File Cabinet	
	Practice with alphabetizing and collation		
	Labeling and stuffing envelops	Labels and Envelopes	
	Answering phones appropriating	Telephone	
	Operating laminating machine	Laminator	
	Operating photocopying machine	Photocopy Machine	
	Suggested Activities	Suggested Resources	
	Visit Job Site		
	Peer mentoring		
	Tutorials		

Strategies for Differentiation		
Break tasks into smaller, more manageable parts that include structured directions for each part	Teachers will utilize the result of assessment to guide further instruction per student	
Use flexible grouping to group and regroup students based on factors including content, ability, and assessment results.	Teachers will supply materials at reading comprehension levels commensurate with student ability	
Utilize pre-tests to assess where individual students need to begin working	Teachers may utilize prompting and cuing	
Vary degree of complexity of work assignments		
Provide access to a variety of materials which target different learning preferences and reading abilities.		
Use a variety of instructional delivery methods to address different learning styles.		
Choose broad concepts and skills that lend themselves to understanding at various levels of complexity.		

## ABA Addendum

Rethink Programs, using Discrete Trial Training and Natural Environment Training, that can be used for additional instruction and assessment are listed below. Additional Assessment will be conducted by utilizing the Assessment of Functional Living Skills

#### (AFLS)

#### Rethink Programs for Unit 1: Self-awareness, self-advocacy and decision Making

- 1. Monitoring Self
- 2. Demonstrating Assertiveness
- 3. Demonstrating Emotions
- 4. Introducing yourself
- 5. Predicting how things will make you feel
- 6. Naming what makes you feel \_\_\_\_\_.
- 7. Labeling Current Feelings
- 8. Seeking Assistance when Lost
- 9. Calling 911
- 10. Requesting a Break
- 11. Answering Choice Questions
- 12. Tolerating a Change in Routine
- 13. Cooperating with Termination of Preferred Activities
- 14. Cooperating when Waiting for Preferred Item
- 15. Tolerating Divided Attention

Rethink Programs for Unit 2: Self Care: Nutrition, Health and Hygiene

- 1. Using a Toilet for Urination
- 2. Washing Hands
- 3. Washing Face
- 4. Brushing Hair
- 5. Brushing Teeth
- 6. Using Deodorant
- 7. Using a Spoon
- 8. Using a Fork
- 9. Using a Napkin
- 10. Cutting Food with a Fork and Knife
- 11. Pouring Liquids
- 12. Unbuttoning
- 13. Zipping
- 14. Putting on a Pullover Shirt

- 15. Taking off Socks
- 16. Taking off Shoes
- 17. Tying Shoes
- 18. Following a Morning Schedule
- 19. Shaving Face with an Electric Razor
- 20. Using a Sanitary Napkin
- 21. Cutting Nails

### Rethink Programs for Unit 3: Social Awareness and Interactions

- 1. Gaining Attention
- 2. Orienting to the Speaker
- 3. Tolerating Change in Routine
- 4. Avoiding Unusual Behavior
- 5. Engaging in Relaxing Routines
- 6. Maintaining Personal Space
- 7. Initiating Greetings
- 8. Having a Conversation
- 9. Helping Others
- 10. Responding to Bids for Joint Attention
- 11. Initiating Joint Attention
- 12. Requesting from Peer
- 13. Using Please and Thank you
- 14. Reciprocating Comments about Objects
- 15. Answering Peer's Questions
- 16. Making Polite Statements
- 17. Having a Conversation
- 18. Telling Jokes
- 19. Responding to a Peer's Questions and Comments
- 20. Introducing Others
- 21. Giving Compliments
- 22. Reciprocating Compliments
- 23. Joining an Ongoing Conversation
- 24. Demonstrating Empathy
- 25. Using Gestures

- 26. Labeling Another Person's feelings
- 27. Predicting How Others will Feel
- 28. Predicting How Others will Act
- 29. Making Inferences in Dialogue
- 30. Using Figures of SPeech
- 31. Sustaining a Conversation on a Topic
- 32. Maintaining an Appropriate Distance
- 33. Taking Turns

Rethink Programs for Unit 4: Study Skills, Test Taking, and computer literacy

- 1. Keeping Organized
- 2. Following along with a Lesson
- 3. Recalling Information from a Lesson
- 4. Responding to Peer Tutoring
- 5. Taking Notes during a Lesson
- 6. Using a Computer
- 7. Using a Tablet Computer
- 8. Sending Emails

Rethink Programs for Unit 5: Kitchen and Housekeeping Skills

- 1. Preparing a Snack Following a Schedule
- 2. Preparing a Meal
- 3. Setting the Table
- 4. Using a Microwave
- 5. Vacuuming
- 6. Completing a Chore list
- 7. Folding Laundry
- 8. Doing Laundry
- 9. Loading and Unloading a Dishwasher
- 10. Coughing and Sneezing Hygiene
- 11. Preparing a Shopping List
- 12. Purchasing Items in the Community
- 13. Balancing a Checkbook
- 14. Measuring Ingredients

15. Following a Recipe

### Rethink Programs for Unit 6: Choosing and Accessing Transportation

- 1. Identifying Pictures
- 2. Using Public Transportation
- 3. Crossing the Street
- 4. Using an Elevator
- 5. Using an Escalator
- 6. Understanding the Function of Safety Signs

#### Rethink Programs for Unit 7: Leisure and Community

- 1. PLaying Group Sports
- 2. Playing Individual Sports
- 3. Listening to Music
- 4. Reading Magazines and Books
- 5. Playing Card Games
- 6. Drawing Pictures
- 7. Following an Exercise Video
- 8. Watching Television
- 9. Using a Restroom
- 10. Understanding the Function of Safety Signs
- 11. Using a Vending Machine
- 12. Seeking Assistance in Locating an Item in a store
- 13. Eating at a Fast Food Restaurant
- 14. Preparing a Shopping List
- 15. Purchasing Items in the Community
- 16. Dressing According to the Weather
- 17. Ordering from a Menu
- 18. Labeling Community Helpers
- 19. Labeling the Function of Community Helpers
- 20. Identifying Community Helpers
- 21. Identifying the Function of Community Helpers
- 22. Using a Calendar
- 23. Answering Questions about a Calendar

Rethink Programs for Unit 8: Career Awareness and Vocational Skills

- 1. Stocking Shelves
- 2. Following a Schedule
- 3. Completing a Job Application
- 4. Using a Stapler
- 5. Making Photocopies
- 6. Cleaning a Specified Area
- 7. Writing Personal Information
- 8. Delivering a Message
- 9. Sorting Stock Items
- 10. Making Change Using a Cash Register
- 11. Reading and Following Direction
- 12. Notifying Employer if Absent
- 13. Sorting Items for Recycling
- 14. Dressing Appropriately for the Workplace
- 15. Collecting Trash
- 16. Going to Work on time
- 17. Requesting Clarification
- 18. Calling if Running Late
- 19. Accepting Feedback and Correction
- 20. Alphabetizing
- 21. Stuffing Envelops
- 22. Answering the Phone

# **Modifications**

Errorless Teaching is used during Discrete Trial and Natural Environment Training. Physical Prompts, Verbal Prompts, or Visual Prompts may be used and should all be faded to independence.

Physical Prompts will be faded using graduated guidance

- 1. Full Hand-over-hand prompt
- 2. Wrist Prompt
- 3. Elbow Prompt
- 4. Shoulder Prompt
- 5. Shadow Prompt
- 6. No prompt, teacher next to student
- 7. Teacher faded back from student

Verbal Prompts will be faded using either Time Delay and/or Verbal Fading.

Visual Prompts will be faded using Stimulus Fading.